



Year In Review

Our Inaugural Year

Exactly one year ago, the Punjabi Women's Network was founded with a clear goal: *to move Punjabi women forward*. What began as a passion project between two best friends has since grown into a global community of hundreds of young Punjabi women across four countries and over 11 industries.



We're endlessly grateful for the support, energy, and heart this community has shown over the past year. Everything we've built; every event, connection, and milestone, has been made possible because of you. As we look ahead, we're more inspired than ever to keep growing, together.

Read on for a look back at our first year.



Growing our Reach

In just one year, PWN has grown from a single idea into a cross-border movement. We've launched new chapters in the UK and the U.S., and expanded across Ontario's leading universities, including York, Western, Waterloo, McMaster, and more. Each new chapter brings together Punjabi women who are ready to support one another, share resources, and create space in industries and institutions where we have long been underrepresented. This growth isn't just about numbers, it's about building a global community rooted in culture, ambition, and belonging. Follow our local chapters to see what's happening near you and to be part of what's next.



@pwn_uk @pwn_unitedstates @pwn_york @pwn_waterloolaurier
@pwn_mcmaster @pwn_western @pwn_uoft @pwn_tmu @pwn_windsor
@pwn_brock @pwn_guelph.



"Joining PWN has been an incredibly affirming experience. As a Punjabi woman navigating both academia and the tech industry, it can sometimes feel isolating. This community has provided not only a strong sense of belonging but also a space to connect, share, and grow with others who understand the unique intersection of our cultural and professional identities. Being part of this network has been deeply empowering, and I'm grateful for the support and solidarity it continues to offer."

- **Western Chapter Executive**

Strengthening Punjab

For our first International Women's Month, PWN donated ₹2 Lakh (approximately \$3,250 CAD) to Khalsa Girls Senior Secondary School in Morinda, Punjab. These funds will cover the annual tuition of several young girls, giving them the chance to stay in school and continue to pursue their education.

During the school's year-end celebration, PWN Co-Founder Jaspreet Kaur Grewal addressed the students, encouraging them to dream boldly and reminding them that education can be the foundation for a life of opportunity. Thank you to everyone who contributed - your generosity has created real change. We can't wait to grow this impact in the years to come.



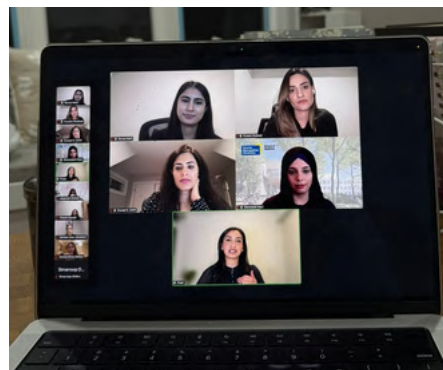
"I want to be a doctor when I grow up!"
"I want to be a lawyer!" "I want to be a businesswoman!"
- **Student Beneficiaries Shared their Aspirations**

Building Connections

Last year we proudly hosted our first Speed Networking Event, strengthening our mission to build a strong, interconnected community of Punjabi women professionals. With over 100 registrants representing more than 15 industries, the energy in the room was electric. Conversations flowed, ideas sparked, and meaningful connections were made. The overwhelming engagement and enthusiasm reflected a shared commitment to lifting one another up and creating a space where ambition and community go hand in hand.



In celebration of International Women's Day, PWN hosted a powerful panel featuring inspiring voices from law, medicine, academia, and finance. Our panelists shared candid reflections on their journeys, the barriers they've broken, and the lessons they've learned along the way. Thank you to our attendees and speakers, Puneet Kohli, Dr. Navpreet Dhillon, Sharanjeet Kaur and Puneet Dhaliwal, for making this such a memorable and motivating event.



Higher Education Support Program

We proudly launched our Higher Education Support Program, designed to reduce the financial barriers faced by many students pursuing advanced education and professional certifications. We recognize that the path to higher education often comes with significant costs, which can discourage even the most determined candidates. To help ease this burden, PWN awarded \$100 credit to select applicants preparing for one of the following exams: LSAT, MCAT, DAT, GMAT, or CFA. This initiative reflects our ongoing commitment to creating access, equity, and opportunity for Punjabi women navigating competitive academic and professional spaces.

"The PWN credit enabled me to feel a bit less hesitant to purchase resources when preparing for the MCAT—which can be incredibly expensive. Through the credit, I was reimbursed for many costs associated with taking the test, reducing the financial burden I experienced quite a bit. As a student, it can be difficult to try to cover all of these costs without feeling guilty or incapable. Thus, I am incredibly grateful for the impact that the PWN credit had on my journey, making it more affordable and manageable!" - **Higher Education Credit Recipient**

Showing Up, Speaking Out

Last February, we hosted our first skill-building workshop, The Power of Presence. Led by PWN Co-Founder Jaspreet Grewal, the event welcomed over 50 students from universities across Ontario. The session focused on foundational skills that shape how we show up in the world; confidence, public speaking, and the ability to take up space with purpose. Through thoughtful conversation and interactive discussion, attendees explored the power of presentation, the importance of language, and the lasting impact of self-belief. What made the evening truly special was the energy in the room. As ideas flowed, so did a collective sense of confidence and connection: a reminder of how transformative shared learning can be.



"The workshop offered valuable insights on how presence and confidence play a pivotal role in shaping professional and personal opportunities. It was powerful to reflect on the Punjabi women before us whose strength paved the way for our progress today and tomorrow. This workshop was a powerful reminder that women deserve a seat at the table and should confidently own their space."

- Workshop Attendee

Toronto Waterfront Marathon

Members of the Punjabi Women's Network participated in the Toronto Waterfront Marathon, running 5km last year!

At PWN, our mission extends beyond advocacy and leadership, empowering Punjabi women through wellness, movement, and meaningful community connections. This run was more than just a fitness milestone; it was a celebration of resilience, unity, and the strength we build when we show up for ourselves and one another.



"Participating in the Toronto Waterfront Marathon with PWN was a needed reminder that leadership takes many forms. Running alongside other Punjabi women reinforced the importance of wellness and community in our professional and personal growth. It wasn't just about completing 5km, it was about completing it together."

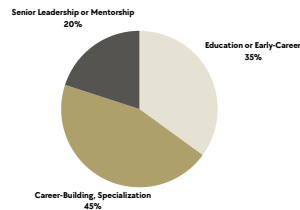
- PWN 5km Participant

Programming Survey

Earlier this year, we launched the PWN 2025 Programming Survey to better understand the evolving needs, challenges, and aspirations of Punjabi women across our growing network. This data directly informs our programming and ensures that every event, initiative, and partnership is rooted in the lived realities of our members. As we continue to grow, your voice matters more than ever. If you haven't filled out the survey yet, we'd love to hear from you (bit.ly/pwn2025) help us build a network that truly reflects and supports our community.

Career Phases:

- 35% are in the Foundation or Exploration phase (education or early-career)
- 45% are in Growth or Establishment stages (career-building, specialization)
- 20% are in the Legacy phase (senior leadership or mentorship roles)



Top Industries:

Business & Finance - Law & Government - Medicine & Health Sciences - Marketing & Design

Looking Forward

This past year was just the beginning. From launching our first workshops and global chapters to building a powerful network of ambitious Punjabi women, we've laid the foundation for something truly transformative. Every event, every conversation, and every connection brought us one step closer to our vision: a world where Punjabi women lead, thrive, and uplift each other, both locally and globally. **As we look to the year ahead, we're more committed than ever to expanding our impact, deepening our community, and creating space for every Punjabi woman to rise.**

2024/25: A POWERFUL START. AN EVEN BOLDER FUTURE.



PUNJABI WOMEN'S NETWORK

