



MANVIR BHANGU

YOUNG WOMAN OF DISTINCTION

From a young age, Manvir Bhangu wanted to change the conversation on gender in the South Asian community. Today, she is the founder and Executive Director of Laadliyan, Celebrating and Empowering Daughters, a Peel Region nonprofit created to empower South Asian girls and women using education, engagement and awareness.

Through Laadliyan, Manvir has directly supported over 5,800 girls and women in the South Asian community with everything from bridging intergenerational divides, to navigating living in Canada as an international student, to accessing free menstrual care packages. As a part of Laadliyan, she also created the Born to Rise Mentorship Program after noticing young South Asian girls and women lacked support and guidance in making academic and career decisions. The program, which pairs young South Asian women with a peer mentor, helps them explore academic and career options that are best aligned with their interests.

In 2018, Manvir successfully co-authored a paper for the Journal of Epidemiology and Community Health on the prevalence of son preference in the Indo-Canadian community after partnering with St. Michael's Hospital to conduct qualitative research on the topic.

Manvir's work has already earned her significant accolades. In 2018, she was named to the Brampton's Top 40 under 40 list by the Brampton Board of Trade, and in 2022, she won the Women Working in Social Activism on Behalf of Women and Children Award given by the Peel Elementary Teachers Federation of Ontario.

Her drive for creating inclusive spaces and mentorship opportunities for South Asian girls and women exemplifies Manvir as an extraordinary change-maker and an inspiration for young women leaders everywhere.

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