



Manvir Parmar, PGY2, Family Medicine

Manvir is a PGY2 family medicine resident at the North West site in North Battleford. She was born and raised in Calgary, AB where she completed her undergraduate biology and nursing degrees prior to attending medical school in Limerick, Ireland. She is passionate about resident wellness, and works with the North West team to help create wellness initiatives that help build collegiality and strength amongst her peers and staff. In her free time, she enjoys baking, travelling, and spending time with her friends and family.

Here are some of the reasons Manvir was chosen as Resident of the Month (As quoted from the nomination letter):

"One of Dr. Parmar's most admirable traits is her tireless dedication to helping others. Despite the demands of her busy schedule, she always finds the time to offer assistance to those in need. Whether it's nurses, pharmacists, or fellow physicians, she has earned a stellar reputation for being approachable and dependable. Her colleagues consistently speak highly of her, reflecting her ability to foster strong working relationships based on mutual respect and trust. Dr. Parmar's presence creates a positive work environment, where her dedication to collaboration is apparent in every interaction."

"A defining aspect of Dr. Parmar's character is her deep compassion, which remains steadfast regardless of how tired or overwhelmed she may be. Her ability to care for others, both professionally and personally, is truly inspiring. Her empathy extends beyond her clinical duties - she is the type of colleague who recognizes when someone is struggling and takes the time to offer support. In our cohort, Dr. Parmar has become a source of emotional strength. When others face difficult days, she knows exactly what to say or do to lighten their burdens. Whether it's offering a listening ear, or finding ways to inject humour into stressful situations, she has a remarkable ability to put a smile on anyone's face. Her warmth and empathy create an uplifting atmosphere for those around her."

"Dr. Manvir Parmar exemplifies the qualities of an outstanding doctor and friend. Her tireless work ethic, boundless compassion, and unwavering support for her peers make her an invaluable part of our medical community. She is the definition of a true friend and exceptional physician, and we are fortunate to have her as part of our cohort. Dr. Parmar's presence elevates both the professional and personal lives of everyone she encounters, and her influence will undoubtedly leave a lasting impact on those lucky enough to work alongside her."