

IAPA Announces 2007 Excellence Awards

Ashwin A. Patkar, MD Outstanding Academician Award



Dr Ashwin Patkar is currently an Associate Professor of Psychiatry and Medical Director of Duke Addictions Program at Duke University Medical Center, Durham, NC. Dr Patkar earned his medical degree from G S Medical College in Bombay, India, his MRCPsych from the Royal College of Psychiatrists, England and Neuropharmacology degree from University of Nottingham, England. He completed his psychiatry residency at Thomas Jefferson University, Philadelphia and was the Director of Biological Psychiatry and Clinical Trials at Thomas Jefferson University. He is Board Certified with the American Board of

Neurology and Psychiatry with subspecialty Certification in Addiction Psychiatry and American Society of Addiction Medicine (ASAM) Certification in Addiction Medicine.

Dr Patkar's focus of research is translational research in addictions. He has been awarded NIH (NIDA) grants to investigate genetic and biological markers of substance abuse. He is the Co-Principal Investigator of the North Carolina Node of the NIDA supported Clinical Trials Network that aims to bring science based medicine into clinical practice and a Co-Investigator on a National Institute on Alcohol and Alcoholism grant to address rural underage drinking. Dr Patkar is involved in SAMHSA supported services and outcome research focusing on patients with co-occurring disorders, and HIV/hepatitis C.

Dr Patkar has published over 80 peer reviewed articles and book chapters and has given over 150 presentations and invited lectures at national and international meetings. He has received the American Academy of Addiction Psychiatry Research Award, the Lilly Biological Psychiatry Fellowship Award and has served on NIH review committee and Advisory Boards for Industry. He is a member of the Addictions Committee of the North Carolina Psychiatric Association and active in the Indian American Psychiatry Association.

Chaitanya V Haldipur, MD Exemplary Public Sector Psychiatrist



Chaitanya V Haldipur, MD has served his entire career in the public sector, first for 16 years at Hutchings Psychiatric Center- where he rose to be Medical director and now for 17 years at the VA, where he has been Chief for over a decade. He is recognized as an outstanding teacher, role-model and clinician with the most challenging - and often disenfranchised- patients. He is the kind of public sector psychiatrist who is excited by the challenge, does a superb job, brings credibility to the public sector, and attracts fresh graduates to the public sector.

His career in teaching in and about the public sector is as long and distinguished

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President's Message

Dear Folks,

Today I sit down to pen my last column for the FORUM as your IAPA president. 2007 is an election year for us and at the end of the May meeting in San Diego we will be electing our new office bearers. I will be moving on up to be a member of the Board of Trustees and Dr. Surinder Nand will become the next IAPA president.

As I reflect on my years with the IAPA and my journey to this point in time, I feel a sense of pride in the organization that we have created, the accomplishments that we have made and pure joy from having been to the places that I have been, the people that I have met along the way and the opportunities that you all have given me to grow and realize my dreams. We have indeed come a long way and I am proud to be a sojourner on this road of many milestones. We now have membership certificates, a state of the art web page, an excellent newsletter and most of all a very vibrant membership. We have folks that can be counted on to serve on committees and to rise to the challenges no matter when and where, the need arises, with enthusiasm to boot.

With the help of all the members on our By Laws committee and our EC at the May meeting with your vote as the final step we will present you our final version of the By Laws and Constitution. Our EC now has a very dedicated second generation MIT who will continue to help us be in touch with the needs of our IAPA from all angles of our professional lives. I am proud to report on our newest achievement whereby we are connecting psychiatry residency programs in India with individuals who are willing to adopt them and ship them their journals so the residents there can benefit from our psychiatry journals.

We presented 3 symposia par excellence at the ANCIPS 2007 meeting in collaboration with our Canadian and British affiliates in Chennai. We were also proud to have Dr. Pedro Ruiz travel to ANCIPS along with my chairman, Dr. Silverman. The host committee and IPS office bearers along with Dr. Natarajan are to be commended for making our stay so pleasant. Now, I want you all to know that we have an excellent program lined up for you under the leadership of Drs Nand, Hatti, Rudra Prakash and Dilip Jeste. Our team has been hard at work trying to make this program worth your while so please hurry up and make your travel plans unless you have already done so. I end this note with a personal invitation to you to come to San Diego with your near and dear ones.

With warm regards and thanks for what you all already do and what you plan to do for the IAPA in the future,

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R. Viswanathan, M.D., D.Sc.

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as his clinical career in public psychiatry. He was awarded the national APA's Nancy Roeske Award, the President's Award for Excellence in teaching and has just been nominated for the SUNY-wide Chancellor's Award for Excellence in Teaching.

He has kept a steady pace in writing and some of his work (with Glassner) has been seminal in the field. Relevant to IAPA, he is an expert in the history of Psychiatry in India. His papers titled "Psychiatric nosology and Classification in Ancient India" and "Madness in ancient India" are classics and clearly challenge Fuller Torrey's assertion that schizophrenia is a relatively 'modern disease', an argument he makes to support his viral hypothesis. Overall, Chetan is a scholar and a gentleman who is as fine and accomplished an example of a public sector psychiatrist as you can find.

Shastri Swaminathan, MD Outstanding Service Award



Dr. Shastri Swaminathan is Medical Director, Department of Psychiatry, Advocate Illinois Masonic Medical Center and Clinical Associate Professor, University of Illinois. He is one of those multi-faceted psychiatrists who serve in many fields and shine in each. Dr. Swaminathan who is a distinguished fellow of or the American psychiatric Association has served on several committees on governmental affairs, private practice psychiatry and religion. He was credited by APA as the lead of the coalition was successful passage of mental health that parity legislation in Illinois. He has served as the president of Illinois Psych Society and in that role was successful and defeating psychologist prescribing bill.

Dr. Swaminathan has also been active in Illinois State Medical Society. Currently he is their President-elect. He has served as

the trustee, as well as the alternate delegate for Illinois in the House of Delegates of the American Medical Association. He has been a pivotal force in campaigning for rights of international medical graduates. He spearheaded an initiative that repealed an onerous section of Illinois medical practice act discriminating against international graduates entering residency.

As the chair of AAPI-PAC, he worked to ensure passage of the historic IMG anti-discrimination legislation in the U. S. Congress. He was a member of the steering committee that successfully campaigned for the creation of the IMG section of the AMA. In addition to his contributions to the profession Dr. Swaminathan is also active in the Indian community. He is the chairman of the India forum. He is advisor to many community organizations which include Indo crisis line, Apna Ghar, and the Indo American center.

Throughout his career he has received numerous awards including, Dynamic leadership award- International medical council and India Medical Association; Presidential award for outstanding legislative activities and liaison to organized medicine; Golden Apple award for excellence in medical student teaching at the University of Illinois and Metro 6 hospitals; and the APA Nancy Roeske award for excellence in teaching.

In summary Dr. Swaminathan's dedication to the field of psychiatry and international medical graduates is laudable and deserves recognition by the IAPA.

Gagandeep Rajee Singh, MD Outstanding Resident Award

Dr. Gagandeep "Rajee" Singh is currently a third year General Psychiatry Resident at University of Medicine and Dentistry of New Jersey - Robert Wood Johnson Medical School (UMDNJ - RWJMS), and will be entering his Child and Adolescent fellowship training at the same school in July, 2007.

He was born in Delhi and came to America just before 2 years of age. He has lived in New Jersey since the age of seven. He is a graduate with Honors of Rutgers University, which he attended as a Goldstein Scholar. Dr. Singh received his M.D. from UMDNJ - RWJMS in 2004. His easy going personality and sense of humor are among his endearing qualities.

As a Psychiatry Resident, he has had an outstanding clinical record. He is focused, energetic, and intelligent. Dr. Singh has been committed towards cultivating his academic and research interests. Last year, Dr. Singh was the recipient of a 'Best Paper' Award from the New Jersey Psychiatric Association, for a case report on Internet Addiction which is being considered for publication at this time. He will be presenting a poster on "The Prevalence of Osteoporosis in Patients with Severe and Persistent Mental Illness" as a young investigator at the 2007 APA convention in San Diego. He is also working on research involving "Teenage Coping Strategies in Response to Stress of Conflict."



While he has been raised here, Dr. Singh feels a deep connection to his roots. He identifies his values as "Indian" and chooses to lead a more traditional lifestyle, including a future 'joint-family' home-life. As a Sikh who maintains an untrimmed beard and wears a turban, he has always stood out and has used this to his advantage to educate others about Indian and Sikh culture. Dr. Singh has dedicated his time and effort towards himself understanding, and otherwise expanding others' knowledge, regarding Indian culture. This has been manifested over the course of his undergraduate and medical school careers via board positions in numerous cultural organizations, as well as through organizing and participating in a multitude of cultural programs during that period.

Also in this vein, Dr. Singh has recently become involved with the North American Sikh Medical and Dental Association (NASMDA). In a short span of time, he has gone from a general member to founding and being asked to be president of the early career physicians' subchapter of this organization (NASMDA-FRAMS). Dr. Singh is currently in the process of recruiting his board members for NASMDA-FRAMS.

Dr. Singh's dedication to medicine and psychiatry has been met with equal fervor for his cultural and religious background, and he has been able to realize goals in these realms over the last decade. His efforts and nature to always strive for more make Dr. Singh a young physician deserving of recognition by the IAPA.

Programs of special interest to the IAPA Psychiatrist

Program	Date/Venue	Session
<p>Issues in Geriatric Psychiatry Iqbal Ahmed,</p>	<p>5/21/07 9 am to 10 30am Room 32 B, Upper Level, San Diego Convention Center</p>	<p>Small Interactive Sessions SI03. <u>Issues in Geriatric Psychiatry</u></p>
<p>Lessons From Teaching Interviewing To International Residents: Integrating Cultural Competency From The Start Of Training Jacob Sperber, Nyapati Rao, Milton Kramer</p>	<p>5/21/07 9 am to 1030 am Room 25 C, Upper Level, San Diego Convention Center</p>	<p>Issue Workshops IW005. <u>Lessons From Teaching Interviewing To International Residents: Integrating Cultural Competency From The Start Of Training</u></p>
<p>Dealing With Disaster Mental Health Russell F. Franco D'Souza Sr., Pedro Ruiz Jr., Kenneth Kirkby II, Bruce Singh II, Jack S. McIntyre</p>	<p>5/21/07 11am to 1230pm Room 3, Upper Level, San Diego Convention Center</p>	<p>Scientific and Clinical Reports SCR01. <u>President's Theme: "Addressing Patient Needs: Access, Parity, and Humane Care"</u></p>
<p>Uncovering the Secret: Intimate Partner Violence Among Asian-Americans Surinder S. Nand, Mina Bak, M.D., Jacquelyn Chang, Yujuan Choy, Mona H. Gill, Eugene Lee,</p>	<p>5/21/07 11am to 12 30pm Room 7 A, Upper Level, San Diego Convention Center</p>	<p>Component Workshops CW14. <u>Uncovering the Secret: Intimate Partner Violence Among Asian-Americans</u></p>
<p>Prevention of Burden and Burnout in Caregivers at Home and Healthcare Workers in Long-Term Care Settings Sanjay M. Vaswani, Amita Rajesh Patel, Chuck Wall</p>	<p>5/21/07 9 am to 10 30 pm Room 28 C, Upper Level, San Diego Convention Center</p>	<p>Issue Workshops IW009. <u>Prevention of Burden and Burnout in Caregivers at Home and Healthcare Workers in Long-Term Care Settings</u></p>
<p>Research in the Skilled Nursing Facility: It is different? S. Gupta; Department of Psychiatry, Olean General Hospital.</p>	<p>5/21/07 2pm to 5 pm Room 30 C, Upper Level, San Diego Convention Center</p>	<p>Symposium S20. <u>Psychiatric Practice in the Nursing Home</u></p>
<p>Parsing endophenotypes across psychotic disorders: Toward a refined nosology of psychoses M. Keshavan; Associate Department Chair, Professor, Wayne State University</p>	<p>5/21/07 2pm to 5 pm Room 23 A, Upper Level, San Diego Convention Center</p>	<p>Symposium SI3. <u>Deconstructing Psychosis: Research planning for DSM-V</u></p>
<p>Psychiatric Practice in the Nursing Home S. Madhusoodanan; Psychiatry, St. John's Episcopal Hospital.</p>	<p>5/21/07 2 pm to 5 pm Room 30 C, Upper Level, San Diego Convention Center</p>	<p>SymposiumS20. <u>Psychiatric Practice in the Nursing Home</u></p>
<p>Behavior Management Program S. Madhusoodanan; Psychiatry, St. John's Episcopal Hospital.</p>	<p>5/21/07 2 pm to 5 pm Room 30 C, Upper Level, San Diego Convention Center</p>	<p>SymposiumS20. <u>Psychiatric Practice in the Nursing Home</u></p>
<p>An Immigrant Parental Journey - Trials, Tribulations and Triumphs D. Ramchandani; Psychiatry, Drexel University College of Medicine.</p>	<p>5/21/07 2 pm to 5 pm Room 30 D/E, Upper Level, San Diego Convention Center</p>	<p>SymposiumS21. <u>Children of Immigrants in the Changing Mosaic of the U.S.</u></p>
<p>Children of Immigrants: An Overview R. R. Gogineni, Asha Mishra; Psychiatry, Robertwood Johnson Medical School.</p>	<p>5/21/07 2 pm to 5 pm Room 30 D/E, Upper Level, San Diego Convention Center</p>	<p>SymposiumS21. <u>Children of Immigrants in the Changing Mosaic of the U.S.</u></p>

Program	Date/Venue	Session
<p><u>The Provider's Pursuit Of Cultural Competence: A Biopsychosocial Quest</u>. Richard K. Harding, Nioaka N. Campbell, Meera Narasimhan, Eric R Williams</p>	<p>5/22/07 9 am to 10 30 am Room 24 C, Upper Level, San Diego Convention Center</p>	<p><u>Issue WorkshopsIW031. The Provider's Pursuit Of Cultural Competence: A Biopsychosocial Quest</u></p>
<p><u>Recognition And Management Of Neuroleptic Malignant Syndrome</u>. Andrew J. Francis, Stephan C. Mann, Stanley N. Caroff, Sanjay Gupta, Dora D. Kohen, Permitter Sachdev</p>	<p>5/22/07 9 am to 10 30am Room 25 B, Upper Level, San Diego Convention Center.</p>	<p><u>Issue WorkshopsIW033. Recognition And Management Of Neuroleptic Malignant Syndrome</u></p>
<p><u>Culture Matters: A Multicultural Perspective on the Immigrant Experience</u>. Alejandra Postlethwaite, Natalie D. Weder, Liwei L. Hua, Jacqueline Henschke, Navdeep K. Dhaliwal, Rascha Dughly,</p>	<p>5/22/07 9 am to 1030am Room 4, Upper Level, San Diego Convention Center</p>	<p><u>Component WorkshopsCW24. Culture Matters: A Multicultural Perspective on the Immigrant Experience</u></p>
<p><u>I: 1 Observation In A General Hospital Setting: Issues And Recommendations</u>. Nyapati Rao, Kamil Jaghab, Tanveer Padder, Jacob Elliott Sperber</p>	<p>5/22/07 9 am to 1030 am Room 25 A, Upper Level, San Diego Convention Center</p>	<p><u>Issue WorkshopsIW032. I: 1 Observation In A General Hospital Setting: Issues And Recommendations.</u></p>
<p><u>The International Medical Graduate: Issues in Training, Issues in Practice</u>. Nyapati Rao,</p>	<p>5/22/07 11 am to 1230pm Room 31 C, Upper Level, San Diego Convention Center</p>	<p><u>Small Interactive SessionsS11. The International Medical Graduate: Issues in Training, Issues in Practice</u></p>
<p><u>Gender Differences in Psychiatry - A Biopsychosocial Approach from Australia</u>. J. Kulkarni; Alfred Psychiatry Research Centre, The Alfred.</p>	<p>5/22/07 2 pm to 5 pm Room 28 D/E, Upper Level, San Diego Convention Center</p>	<p><u>SymposiumS41. Women and Psychiatry Around the World: The Importance of Gender and Culture</u></p>
<p><u>Neuroimaging in Obsessive-Compulsive Related Disorders</u>. S. Saxena; Psychiatry, University of California, San Diego.</p>	<p>5/22/07 2 pm to 5 pm Room 30 B, Upper Level, San Diego Convention Center</p>	<p><u>SymposiumS45. DSM-V: Obsessive-Compulsive Related Disorders</u></p>
<p><u>The Resident Experiences a Patient Suicide: Strategies That can Help</u>. Joan M. Anzia, Surinder S Nand, Janet L. Kemp, Arshdeep S. Jawandha</p>	<p>5/23/2007 9 am to 10:30 am Room 25 C, Upper Level, San Diego Convention Center</p>	<p><u>Issue WorkshopsIW058. The Resident Experiences a Patient Suicide: Strategies That can Help</u></p>
<p><u>Disease burden of bipolar and schizoaffective disorder in an Australian cohort</u>. Jayashri Kulkarni, Michael Berk; Paul Fitzgerald; Anthony de Castella; Seetal Dodd; Meg Smith; William Montgomery</p>	<p>5/23/07 11 am to 1230pm Room 24 C, Upper Level, San Diego Convention Center</p>	<p><u>Scientific and Clinical ReportsSCR25. Functioning and Disease Burdens in Mood Disorders</u></p>
<p><u>Leadership Challenges: Breaking Barriers to Success</u>. Anthony Fernandez, Annelie B. Primm, Francis M. Sanchez, Emilio Felipe Romero, Marie-Claude Rigaud, Alejandra Postlethwaite</p>	<p>5/23/07 11 am to 1230pm Room 5 B, Upper Level, San Diego Convention Center</p>	<p><u>Component WorkshopsCW46. Leadership Challenges: Breaking Barriers to Success</u></p>
<p><u>From the Mississippi to the Ganges: Understanding the Cross Cultural Context of Treatment From the Perspective of the South Asian Psychiatrist in America</u>. Asha Sharma Mishra, Sudeepta Varma, Surinder Nand, Nalini Juthani</p>	<p>5/23/07 11 am to 1230pm Room 30 D/E, Upper Level, San Diego Convention Center</p>	<p><u>Issue WorkshopsIW073. From the Mississippi to the Ganges: Understanding the Cross Cultural Context of Treatment From the Perspective of the South Asian Psychiatrist in America</u></p>

Program	Date/Venue	Session
<u>Psychosis in the Medically Ill</u> Prakash S. Masand	5/23/07 2 pm to 530 pm Ballroom 6 A, Upper Level, San Diego Convention Center	<u>Advances InA05. Advances in C-L Psychiatry and Psychosomatic Medicine</u>
<u>PresenterSouth Asian Psychiatrist-Providing Culturally Sensitive Treatment</u> R. Gogineni ; Psychiatry Department, Robertwood Johnson Medical School.	5/23/07 2 pm to 5 pm Room 5 A, Upper Level, San Diego Convention Center	<u>SymposiumS55. Improving Cross- Cultural Competency in Psychiatric Practice</u>
<u>Spiritually Augmented Well-Being Cognitive- Behavior Therapy</u> Russell F. D'souza , John S Mcintyre; , Australia	5/24 11 am to 1230 pm Room 5 A, Upper Level, San Diego Convention Center	<u>Scientific and Clinical ReportsSCR30. Novel Approaches to Wellness</u>
<u>Killing for A Cause: An Integrated Social Science and Social Psychological Approach</u> D. K. Gupta ; Int'l Security & Conflict Resolution, San Diego State University.	5/24/07 2 pm to 5 pm Room 30 B, Upper Level, San Diego Convention Center	<u>Symposium S87. The Psychocultural Foundations of Contemporary Terrorism</u>
<u>Cultural Considerations In The Diagnosis And Treatment Of Mood Disorders In TheAsian-Indian Population</u> R. M. Parikh ; Psychiatry, Jaslok Hospital and Research Center.	5/23/07 2 pm to 5 pm Room 29 C/D, Upper Level, San Diego Convention Center	<u>Symposium S66. An Update on Cross-Cultural, Ethnic. and Ethnopsychopharma- cological Aspects of Mood Disorders</u>
<u>Killing for A Cause: An Integrated Social Science and Social Psychological Approach</u> D. K. Gupta ; Int'l Security & Conflict Resolution, San Diego State University.	5/24/07 2 pm to 5 pm Room 30 B, Upper Level, San Diego Convention Center	<u>SymposiumS87. The Psychocultural Foundations of Contemporary Terrorism</u>
<u>Passages: perspective of women psychiatrist negotiating career transitions</u> Asha Mishra -chair N. K. Dhaliwal ; Department of Psychiatry and Behavioral Sciences, University of Louisville School of Medicine.	5/24/07 2 pm to 5 pm Room 30 D/E, Upper Level, San Diego Convention Center	<u>SymposiumS89. Passages: Perspectives of Women Psychiatrists Negotiating Career Transitions</u>

Upcoming International Meetings:

WPA Regional Meetings

Seoul, Korea, April 18-21, 2007

Shanghai, China, September 20-23, 2007

Annual Meeting of the Royal College of Psychiatrists - Edinburg, Scotland, UK, June 19 -22, 2007

59th Institute on Psychiatric Services - New Orleans, LA, USA, October 11-14, 2007

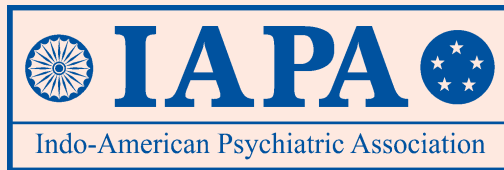
WPA International Congress - Melbourne, Australia, November 28 – December 2, 2007

Annual National Conference of the Indian Psychiatric Society - Calcutta, India, January 2008 (date to be announced)

The Third Biennial Conference of the International Society of Bipolar Disorders - Delhi and Agra Jan 27-29, 2008

WPA European Congress & Regional Meeting - Paris, France, February 5-8, 2008

XIV WPA World Congress of Psychiatry, Prague, Czech Republic, September 19-25, 2008



Join the IAPA Today!

Membership Categories and Dues

1. Life Member: One-time dues payment of \$250 .

Eligibility: Psychiatrists of Indian origin who have completed their required training in psychiatry and who live in the United States or Canada. Alternatively, post-graduate physicians of Indian origin who are in an approved psychiatric residency training program in the United States or Canada.

2. Associate Life Member: One-time dues payment of \$150.

Eligibility: Psychiatrists of non-Indian ethnic origin, non-psychiatric physicians, and non-physician mental health professionals who live in the United States or Canada.

3. Corresponding Member: Annual dues of \$25 per calendar year.

Eligibility: Psychiatrists and mental health professionals who live outside the United States or Canada.

4. Member-in-Training: No dues.

Eligibility: Post-graduate physicians of Indian origin who are in an approved psychiatric residency training program in the United States or Canada.

5. Honorary Member: No dues.

Eligibility: Elected by IAPA council members for outstanding contributions to the field of mental health and / or for promoting the goals and objectives of the association.

Life Members and Members-in-Training will be the only categories of membership having voting rights in the association.

Download/print the membership form and mail it with your payment. @ www.myiapa.org

Alternatively, contact us and we can send you a membership form by fax or email.

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News and Reports

Dr. Dilip V. Jeste invited to join Institute of Medicine.



Dr. Dilip Jeste was among 65 new members invited to join the Institute of Medicine, one of the highest orders for medical professionals in the United States. Dr. Jeste a distinguished Professor of psychiatry and neurosciences at the University of California, San Diego, was selected for his contributions to medical science. IOM president Harvey V. Fienberg stated that members are elected through a highly selective process and recognized for their major contributions to the advancement of the medical sciences, healthcare, and public health. Established in 1970 under the charter of the National Academy of Sciences, the Institute provides independent, objective, evidence based advice to policymakers. The Secretary of Health and Human Services recently asked Dr. Jeste to serve on the national advisory mental health counsel of America's National Institute of Health another very prestigious appointment.

Dr. Jeste stated that he was very proud to be the first psychiatrist of Indian origin, to be selected to the IOM and the to the national advisory mental health counsel.

Dr. Dilip Jeste also serves as the Estelle and Edgar Levi Chair in aging, and is director of the Sam and Rose Stein Institute for research on aging. An internationally known researcher in geriatric psychiatry, Dr. Jeste is Chief of the UCSD division of Geriatric Psychiatry and a Geriatric Psychiatrist with the Veterans Affairs San Diego healthcare system. He came to the US after getting his medical degrees from Pune and Mumbai and completed his psychiatry residency at Cornell University and neurology residency at George Washington University. The Institute of scientific information lists him as one of the world's most cited authors of the last two decades. He is a former president of the American Association of Geriatric Psychiatry and the founding president of the International College of Geriatric Psychoneuropharmacology. He serves as the Editor-in-chief of the American Journal of Geriatric Psychiatry. He is listed in the best doctors in America and is the recipient of numerous awards.

Tarjan Award goes to Dr. Nalini Juthani



Nalini Juthani, MD is a Professor of Clinical Psychiatry at the Albert Einstein College of Medicine (AECOM) in New York. She was the Residency Program Director and Assistant Dean for Undergraduate affairs at the Bronx Lebanon Hospital Center for 25 years. In addition, she serves on the Admissions and Promotions Committees of AECOM. She has recently joined the Accreditation Council for graduate Medical Education (ACGME) as an Accreditation Representative.

Dr. Juthani is a diplomat of the American Board of Psychiatry and Neurology (ABPN) and she has served as a Board Examiner for 10 years. She was also appointed as a member of the Residency Review Committee (RRC of Psychiatry ACGME). She has served on the Executive committee of the American Association of the Directors of Psychiatric Residency Training (AADPRT) and is a Distinguished Fellow of the American Psychiatric Association (APA). She has received numerous awards in the field of psychiatry education, Religion and Psychiatry to mention a few.

Dr. Juthani's notable contribution is to the education, mentorship and development of IMGs. During her tenure as a psychiatric program director and assistant Dean at Bronx Lebanon Hospital she has trained 125 IMGs from all over the world and 500 medical students from Albert Einstein College of Medicine. She has led conferences for IMGs on "How to become a competitive applicant for Psychiatry Residency training" APA, having recognized her contributions as a notable IMG educator appointed her to the RRC Psychiatry. Currently at the ACGME level she is one of the few female and the first Asian to have been appointed as a Field representative that provides accreditation site visits to residency training programs all over the US. Dr. Juthani was a Finalist for Parker J. Palmer, Courage to Teach award given by ACGME.

Dr. Juthani was the first elected president of the IMG caucus of the Assembly of the APA. She

has served on numerous components of the APA including the IMG, Religion and Psychiatry, Minority and underrepresented, Administrative Psychiatry and management and she was appointed to the Task force on Strategic Planning of the APA by the president of the APA. She is currently serving her second three year term on the Advisory Board of Psychiatric News. In each of these appointments she has represented IMGs, females and the Asian psychiatrists. She was the president of Indian American Psychaitric association for two year term. During this tenure she established an outstanding resident award which IAPA gives out every year.

She has presented on IMG and culture related topics at the APA for over two decades. She has made numerous presentations on the Topic of Religion, Spirituality and Mental Health. She is author of several publications, of note are a chapter entitled "Understanding and Treating Hindu Patients" in the Handbook of Religion and Mental Health edited by Harold Koenig and an article entitled "Challenges Faced by International Women Professionals" published in Academic Psychiatry, 28:4, winter 2004

AAGP Distinguished Scientist Award for Dr. K. Ranga Rama Krishnan



Dr. K. Ranga Rama Krishnan, was named the 2007 AAGP Distinguished Scientist for his scientific contributions to the field of geriatric psychiatry over the course of his career. Dr. Krishnan is the Chairman and Professor of psychiatry, Head of the Division of Biological Psychiatry, and Director of the Affective Disorders Program, Duke University Medical Center in Durham, North Carolina,. His research has focused on the treatment of depression in the elderly, the effects of gender and age, the impact of pituitary size in depression, and the organic bases of depression in the elderly. "I am honored and pleased to be selected for this award by AAGP whose focus and mission reflect my own area of scholarship," Dr. Krishnan commented.

International News

LAHORE: The World Psychiatric Association's regional conference was organized at Lahore from February 15-19th 2007 and attracted key players in the field of mental health from all over the world and was attended by over two hundred foreign delegates from twenty two countries. The conference was organized by WPA Section on Psychiatry in Developing Countries and South Asian Forum on Mental Health and Psychiatry in collaboration with BIA and Asian Division of Royal College of Psychiatrists, Asian Federation of Psychiatric Association, World Association of Psychosocial Rehabilitation, World Federation of Mental Health and Pakistan Psychiatric Society.

President of Indian Private Psychiatric Association, Dr. M. P. Deva Founder Patron of Asian Federation of Psychiatric Associations Dr. Russell De'Souza WPASPDC & SAFI besides many others.

The highlight of the conference was a series of Workshops organized at Aiwan-e-Iqbal the main venue of the conference, Fountain House, Services Institute of Medical Sciences and a Rehabilitation Centre in Johar Town running under the supervision of Prof. Khalida Tareen. The topics covered in these workshops included Total Awareness Therapy in neurosis especially depression, Spirituality and Well being by Prof Russell D'Souza.

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SHEA Award for Dr. Natarajan



Dr Dhanapal Natarajan Director of Mental Health, Saskatchewan Healthcare Canada received the prestigious SHEA, in part, for bringing a sense of vitality and enterprise to Mental Health Services delivery. His initiatives in tele-medicine have improved care in remote parts of the province. The award is given for "extraordinary individual contribution in the field of healthcare in the Province" in the following category, "Leadership, Innovative use of Technology and Client Centered Approach."

Dr. Natarajan is the President of the Indo Canadian Psychiatry Association and a vital and enthusiastic supporter of the South Asian Forum Canadian Chapter chaired by Professor Arun Ravindran. He is also a great believer in the direction to bring change and make a difference through the South Asian Diaspora and the SAFI's model of Brain Circulation. On behalf of the South Asian Forum International on Mental Health & Psychiatry and all the dedicated South Asian Psychiatry colleagues all over the world. We wish him the very best in the future- Dr. Russell D'Souza, Vice President, SAFI



Photograph shows from (right to left) Prof. Deva, Prof. Ruiz, Prof. Sturgeon, Prof. Nalika Mendis and Prof. Chaudhry.

Presidents of seventeen professional specialty organizations in the field of mental health including President World Psychiatric Association Prof. Juan Mezzich, President of American Psychiatric Association Prof. Pedro Ruiz, Prof. Sheila Hollins President of Royal College of Psychiatrists UK, Prof. Shona Sturgeon President World Federation of Mental Health, Prof. Nalika Mendis President South Asian Forum on Mental Health and Psychiatry, Prof. Hamid Ghodse Director Board of International Affairs Royal College of Psychiatrists, Prof. Pichet Udomratn President ASEAN Federation of Psychiatry and Mental Health, Dr. A.B.Ghosh President SAARC Psychiatric Federation, Dr. I. R.S. Reddy President Indian Psychiatric Society, Dr. Sunil Mittal

Prof. Haroon Rashid Chaudhry Executive Director of Fountain House also availed this opportunity to inaugurate various facilities and services at the Fountain House. Prof. Pedro Ruiz formally inaugurated the Mohammad Faheem Fountain Gym, Sajjad Hussain Qureshi Library at Fountain House was inaugurated by Prof. Juan Mezzich, Prof. Shona Sturgeon inaugurated the Centre for Mental Health and Spiritual Studies, Art Therapy and Psychodrama Unit at the Fountain House was formally inaugurated by Prof. Sheila Hollins President of Royal College of Psychiatrists while Amna Block Academic Section was inaugurated by Prof. M. P.Deva. (pictures and write up by Dr. Russell D'Souza)

Membership Application & Information for Directory

1. Name _____ 2. Gender _____
3. Languages spoken _____
4. Home Address _____
5. Office Address _____
6. Email _____
7. Telephone (H) _____ (O) _____
8. Fax (H) _____ (O) _____
9. Date & Place of Birth _____
10. Medical School Name & State _____
Year of graduation _____
11. Residency _____
12. Fellowship _____
13. Board Certification: Specialty _____
Sub-speciality _____
14. Membership in Organizations (circle all applicable): IAPA AAPI APA FAPA
Other _____
15. Present Position (circle all applicable):

Private Practice	Administration
Private Institution-Clinical	Teaching
Public Institution-Clinical	Research
16. Academic Titles _____
17. Honors/Award _____
18. Interests (circle yes or no for each area):

a) Developing IAPA Chapters	Yes	No
b) Treating patients of South Asian Origin	Yes	No
c) Developing culturally-sensitive programs for South Asian community	Yes	No
19. Requested Membership in IAPA (circle one appropriate category):

Life member (\$250 one-time dues)	Corresponding member (\$25 annual dues)
Member-in-training (no dues)	Associate member (\$25 annual dues)

Enclosed is my check in the amount of \$ _____.

Please include my name, gender, address, email, telephone number, fax number, and languages spoken in the IAPA Directory: Yes No.

I give consent to include all of the above information in the IAPA Database, which can be used for research and sharing with members: Yes No.

This information will not be used or shared for marketing purposes.

Signature _____ Date _____

Please mail this application with your check to:
Indo-American Psychiatric Association, 107 Chesley Drive, Unit # 4, Media, PA 19063

The Indo-American Psychiatric Association

28th ANNUAL SCIENTIFIC PROGRAM

Sunday, May 20, 2007; 1.30 – 4:30 p.m.

Westin San Diego Hotel, Diamond 1 room, 400 West Broadway
San Diego, California 92101, Phone: 619-239-4500 (APA shuttle bus Route 1 - Red)

1:30pm Welcome

Asha Mishra, M.D.

President, IAPA

Dedication of the Session to Anjali Pandya

Anand Pandya, M.D.

1:40pm Outstanding Academician Lecture

"Sexual Addiction : one more addictive disorder"

Ashwin Patkar, M.D.

Associate Professor of Psychiatry, Duke University, Durham, NC

2:10pm Symposium

"Indians and Sexuality: From Ancient Indian Text to Modern Indian Cinema"

Moderator: Shiv Hatti, MD, MBA

Clinical Assistant Professor, Thomas Jefferson University, Philadelphia, PA

Topics and Speakers

"Making one like a Horse"- Lessons from Ayurveda on Sexuality and Sexual Dysfunction.

Prakash Desai, M.D.

Professor of Psychiatry, University of Illinois at Chicago

"Lesbian Gay and Bisexual South Asian-Americans"

Vernon A. Rosario, MD, PhD

Associate Clinical Professor,

Semel Institute for Neuroscience and Human Behavior at UCLA

"Sexuality in Modern Indian Cinema"

Mohan Agashe, MD

Advisor, Government of Maharashtra on Mental Health Policy &

Program Honorary Director, D.A.T.E.

[Developing Awareness Through Entertainment]

4:25pm Vote of Thanks

Surinder Nand M.D.

President-Elect, IAPA

The Indo-American Psychiatric Association

BUSINESS MEETING & BANQUET

Sunday, May 20, 2007;

Westin San Diego Hotel, Crystal Ballroom, 400 West Broadway, San Diego,
California 92101 Phone: 619-239-4500 (APA shuttle bus Route 1 - Red)

6: 00 pm	Registration
6:30 - 7:30 pm	Cocktails and Social Hour
7:30 pm	President's Address Asha Mishra, M.D.
8:00 pm	Presentation of Awards
Outstanding Academician	Ashwin Patkar, M.D. Associate Professor of Psychiatry, Duke University, Durham, NC
Outstanding Service	Shastri Swaminathan, MD Medical Director, Department of Psychiatry, Advocate Illinois Masonic Medical Center, Chicago, IL
Exemplary Public Sector Psychiatrist	Chaitanya Haldipur, M.D. Chief of Psychiatry, Veterans Affairs Medical Center, Syracuse, NY
Outstanding Resident	Gagandeep Rajee Singh, MD PGY-3 Resident, UMDNJ-Robert Wood Johnson Medical School, NJ
Special Recognition	Pedro Ruiz, MD President, American Psychiatric Association
8:30 pm	Business Meeting – Dr. Asha Mishra Election and By laws issues: Dr. Manoj Shah & Dr. Sanjay Dube Treasurer's Report – Dr. Rudra Prakash Vote of Thanks – Dr. Surinder Nand
9:00 pm	Banquet

Registration required:

For advance registration contact Shiv Hatti at 610-891-9024 ext 104 or fax: 610-891-9699
Email: shatti1@aol.com

Life Members and spouses of life members, and residents free before May 10th, 2007 and \$20 per person after May 10th 2007
Non-members may not register early.

Non members \$30 per person at venue and \$20 per person if they become Life Members on that day

PLATINUM DONOR JANSSEN PHARMACEUTICA INC.

Past IAPA Awardees and Past Presidents

Year	Academician Award	Service Award	Resident Award	Public Sector Award	Past Presidents
2006	Philip T. Ninan	Malathi Koli	Biju Basil	Chandragupta S. Vedak	Asha Mishra
2005	Madhukar Trivedi	Malini Patel	Seeba Anam	Bhasker Dave	Sanjay Dube
2004	Shitij Kapur,	Nyapati Rao	Kumar Budur	Janakibai Theogaraj	Sanjay Dube
2003	Vishwajit Nimagaonkar	V. Raghuraman	Harish K. Trivedi	-----	J. Srinivasaraghavan
2002	Salman Akthar	Geetha Jayaram	Jyotsna Agarwal	-----	J. Srinivasaraghavan
2001	D.P. Devanand	Seeth Vivek	Priyamvada Narayanan	-----	J. Srinivasaraghavan
2000	Rohan Ganguli	Asha Mishra	Arif M. Shoaib	-----	Nalini Juthani
1999	Anand Pandurangi	Rajkumari Bansal	Madhavi Prakash	-----	Nalini Juthani
1998	Mantosh Dewan	Ramakrishna Shenoy	-----	-----	R. Viswanathan
1997	K. Ranga Rama Krishnan	Rekha Ranade	-----	-----	R. Viswanathan
1996	Matcheri S. Keshavan	Ramachandran	-----	-----	Manoj Shah
1995	V. Chowdary Jampala	J. Srinivasaraghavan	-----	-----	Manoj Shah
1994	Vikram Yeragani	Velandy Manohar	-----	-----	Ashwin Pandya
1993	Rajiv Tandon	Veena Garyali	-----	-----	Ashwin Pandya
1992	None	Gopalakrishna Upadhya	-----	-----	Velandy Manohar
1991	Nalini V. Juthani	Padam Jain	-----	-----	Velandy Manohar
1990	R. Viswanathan	Barin Desai	-----	-----	Jambur Ananth
1989	George Cohelo	Prakash Ettigi	-----	-----	Jambur Ananth
1988	N.P.V. Nair	Manoj Shah	-----	-----	Girish Shah
1987	Prakash Desai	Anjali Pandya	-----	-----	Girish Shah
1986	Dilip Jeste	None	-----	-----	Y. Haveliwala
1985	Jambur Ananth	Satish C. Varma	-----	-----	Y. Haveliwala

From the Editors Desk

This year's annual meeting is in San Diego on Sunday, May 20, 2007. The IAPA Scientific Program Committee and annual meeting staff under Dr. Asha Mishra's leadership have planned another outstanding program this year. The topic for the scientific session in the afternoon is: "Sexual Addiction: one more addictive disorder" with Dr. Ashwin Patkar as the speaker. This will be followed by a symposium "Indians and Sexuality: From Ancient Indian Text to Modern Indian Cinema". The moderator Dr. Shiv Hatti has put together several interesting presenters and presentations on the panel. The traditional IAPA Awards Banquet and Business Meeting will be held in the evening at Westin San Diego Hotel. Please register for the meeting and dinner.

Look inside for a list of the IAPA Award winners for this year. We urge you to attend the entire program. See you in San Diego!

Editors:

Antony Fernandez, M.D.

Radhika Sriram, M.D.

Indian Philosophy, Modern Psychiatry and Mental Health

by Satish C. Varma, M.D., and Sudeepta Varma, M.D.

One weekend, while attending a social function at a New York Hindu temple, we met a long time acquaintance who shared with us the recent death of his forty-year old son to heart disease. When we began to offer our regrets and condolences, he replied, "It's okay. It's part of life. We all have to go sometime." His countenance was calm, not without signs of love lost, but peaceful nonetheless. We couldn't help but discuss our interaction with this man and the untimely tragic loss of his only son, who left behind a wife and two daughters. We were both struck by his reply. Should this man offer such an answer in the context of psychoanalytic or psychodynamic therapy, the therapist may categorize his reply as employing psychological defenses, particularly intellectualization or rationalization and as someone who had not fully worked out his grief issues. One aspect of the therapy may then focus on interpreting these defenses at some point in the future. But it seemed to us that this man was seeking comfort in something other than his defenses. He shared with us that he regularly attended the temple services and that they provided him with the necessary tools to deal with his son's death. He was not the first person in our community of Indian immigrants and their children who had expressed this idea. There were countless family friends who struggled with illness, death, and economic troubles who found that their temple attendance had provided them with the answers to their most difficult questions. We became curious to understand the message that was offered to them and in what ways was this process similar or different to modern psychiatry. We then decided to embark on a seven-day inquiry by attending temple services each evening for one week to help elucidate the mystery and power that lay in Indian philosophy.

The study of spirituality and its impact on mental and physical health has gained popularity in recent years in medical communities and lay public alike. A 2002 Mayo Clinic review found that overall, religious involvement and spirituality are associated with better coping skills, decreased morbidity and mortality, less depression, anxiety, and suicide. There is a growing interest in psychiatry and other branches of medicine in the area of spirituality as most surveys show that 90% of people believe in a higher power. These issues, appealing to the mass media, have graced the covers of many national magazines including one November 10, 2003 Newsweek magazine cover, "God and Health: Is Religion Good Medicine? Why Science is Starting to Believe." Spirituality and Psychiatry are learning from each other.

In an attempt to better conceptualize Indian philosophy and its impact on mental health, we decided to attend 7 nights of services at this temple. Annually, a well-known speaker/guru delivers a service each night including bhajans (songs of workshop) weaved with mythology and philosophy. There were certain key ideas, although not meant to be a complete, that we distilled from our experience.

- 1) Why do many South Asians turn to the temple as opposed to formal mental health services?

It appears that there is a pervasive stigma against seeking help for mental health, not only in the South Asian community, but present in many minority cultures. Furthermore, a lack of awareness of resources, skepticism, and mistrust in allopathic medicine are some key reasons. Moreover, many Indian immigrants do not have health insurance or the economic means to access and utilize mental health resources. And lastly, for many Indians, philosophy and religion not only provide them with an outlook on life, but also as a way to gather as a community. These individuals have often received comfort and solace in time of need. Issues of isolation from the parent country may further the drive to return to familiar settings including the temple.

- 2) Does Hindu philosophy address the mental health needs of these individuals and if so, in what way is it similar to modern psychiatry? How is it different?

Both traditional Hindu philosophy and modern psychiatry recognize that human conflict is the cause of psychological distress and that it can manifest as psychological or physical symptoms. They both offer a framework to conceptualize this distress in order to alleviate it.

According to psychoanalytic theory put forth by Freud, the underlying cause of conflict stems from the id, the pleasure principle, and its struggle with the superego and mediating ego. Repression of the id, and its sexual and aggressive impulses, begins to manifest as psychiatric symptoms. Defenses then develop to help modulate the incessant desires and to allow the individual to continue to function.

Similarly, in Hindu philosophy, there is an emphasis of the concept of desire or "Thrishna" and its stronghold of the senses. The Bhagavad Geeta (literally "The Divine

Song") is considered one of the religion's major sacred texts and possibly the world's longest epic poems with 700 Sanskrit verses. More importantly, in its 18 sessions, it can also be considered the world's first documented psychotherapy. The Bhagvad Gita portrays the story of the warrior Arjuna who was faced with a great moral dilemma: to wage war against his nefarious family in the service of justice. Paralyzed with fear, he is unable to act. Krishna, his charioteer, trusted friend and sage, identifies Arjuna's central conflict as one of desire and attachment and to his loved ones, his pride, and the outcome of the war. It is this desire to win that is causing Arjuna's psychological symptoms, war neurosis or a DSM-IV-TR categorized panic disorder. Arjuna begins to understand the conflicts before him. He is not the only one at war- but rather the larger concepts of dharma and thrishna are at battle-should he pay attention to his duty or to his desires? This parallels the intrapsychic conflict between one's superego and id as put forth in Freud's structural model

Also similar in both Indian philosophy and psychodynamic therapy is the idea of trust. When entering a therapist's office or the temple, a certain amount of trust is implicit in each case. Moreover, both can be considered an act of submission. Lying down on a couch in the analyst's office or sitting on the floor, with shoes removed in a temple, both require a certain amount of surrender and trust to an authority figure (the guru, the therapist or even God).

Although there are many differences between Indian philosophy and Psychodynamic therapy, a few that were most apparent to us were:

- 1) Who is the patient? Psychodynamics, for the most part, emphasizes the development and appreciation of the individual in the context of the family and society (barring group and family therapy). The relationship is between therapist and individual. It is this relationship and transference that will be the basis for much of the work and healing that is done. Indian philosophy is addressed to the masses and is conducted in large groups. The family unit, not the individual, is the basic unit of Indian society.
- 2) Which time period in a person's life is most relevant? The emphasis in psychoanalytic theory is on the past and the various stages of psycho-sexual development. Indian philosophy is present and future oriented.
- 3) What is the theoretical framework? Psychodynamic theory and modern psychiatry comprises a classification system

of disease states and syndromes. Indian philosophy, mainly focused on prevention does not address and classify various disease entities according to symptoms. It is not equipped to treat a severely and persistently mentally ill person. Indian philosophy does postulate the concept of "sanskar" which acknowledges nature and nurture, but does not detail biological influences.

- 4) What is the aim? According to Freud, the picture of mental health is to be able to "work and to love". Psychodynamic treatment seeks to understand an individual's dysfunction and attempts change through interpretation of the transference as well as the defenses employed by the individual. Ideally, immature defenses are replaced with healthy, mature ones leading to clarity and hopefully, resolution of presenting symptoms.

Indian philosophy, is also interested in restoring an individual back to function. However, it does not stop there. Indian philosophy, seeks to make the functional person exceptional through recognition of ones "true nature". According to this idea, most individuals live in 'Samsara' or in ignorance of their infinite potential and that they are constrained by 'maya' or illusion. Various paths can be taken to achieve 'moksha' or liberation from maya which produces desire and attachment, the cause of suffering. Krishna revealed to Arjuna the solution to his suffering by teaching him that through any of the four pillars of yoga, one can achieve 'Moksha' or liberation from suffering. He highlights the impermanence of the material world, and attachment to it, as the cause of suffering. The four paths to happiness lay through Karma (duty), Ghyana (knowledge), Dhyana (meditation), and Bhakti (devotion and love). According to the Gita, only through detachment from our material ego, the " False self ", can we truly be happy.

In summary, both Indian philosophy and psychodynamic theory provide a rich understanding to the human psyche. They both recognize conflict emerging from the battle between desire and moral duty and aim to alleviate the inner turmoil that is produced as a result. Although the theoretical framework and methods by which they aim to cure the "neurosis" of the individual differ, they can be complementary. As mental health workers, it is of paramount importance to be savvy about not only of our patient's cultural and religious framework but to be able to tap into our own values as they serve to further equip our armamatorium of techniques in service of healing our patients should they be open to them.

*

New Members

The following is a list of new Life members and Members in Training who have joined us this year. The IAPA family extends a warm welcome to all of you. Let us thank all those who have been tirelessly working to recruit new members.

LM Anand Amit, Carmel, IN
LM Ananthamoothy Renuka, New Hyde Park, NY
LM Bezwada Reddy, Copiague, NY
LM Bhagwager Zubin, New Haven, Ct
LM Chandra Ravi, San Francisco, CA
LM Chaudhary Nivedita, Raleigh, NC
LM Chaudry Ramesh, Midlothian, VA
LM Daniel Rajendra, Elmont, NY
LM Das Madhavan, Yorkton, Saskatchewan
LM Garlapati Vamsi, Crystal Lake, IL
LM Kale Milind, W. Hartford, CT
LM Khan Rukhsana, Fremont, CA
LM Khan Shakeel Ahmed, Pittsburgh, PA
LM Khandat Amaresh, Chester, VA
LM Narula Amarjot Singh, Mahwah, NJ
LM Prasad Kalpana Raj, Bryn Mawr, PA
LM Sahani Gurender, Avon, CT
LM Shanbhag Vinayak S., Irvine, CA
Lm Shukla Sashi, Port Jefferson, NY
LM Sivakumar Anupama, Naperville, IL
LM Sriram Thiruneermalai G., Glen Allen, VA
LM Trehan Ramneesh, Raymond, ME
LM Varia Indu, Chapel Hill, NC
LM Vasavada Nishendu, Lewisville, TX
LM Veluvali Sreejaya N., Plymouth, MN
MT Anam Seeba, New York, NY
MT Ras Goginci, New York NY
MT Viswathan Swamirathan, New York, NY
MT Bhagi Sahasranaman, New York, NY
MT Diwan Shilpa, Brooklyn, NY
MT Mathews Jose, Roanoke, VA
MT Hossain Anowar, Richmond, VA
MT Dole Aparna, Brooklyn, NY

MT Gandhirai Bindu, Elgin, IL
MT Mehja Sachin, Roanoke, VA
MT Gade Sheela, Boston, MA
MT Aggarwal Rashi, Edison, NJ
MT Kuchibhatla Ajay, Charlottesville, VA
MT Mellacheruvu Sandeep, Ridgeland, MS
MT Sireesha Kolli, Gibsonia, PA
MT Muralee Sunanda, Hamden, CT
MT Afroz Rownak, Richmond, VA
MT Thomas Anil, New York, NY
MT Neha Khurana, Stamford, CT
MT Ajay Sharma, Middletown, Del
AM Zaheer Aslam, Bloomington, MN

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