



## Indo-American Psychiatric Association

501 (c) (6) Organization

#11-2654138

[www.myiapa.org](http://www.myiapa.org)

## IAPA and Chapter-Led Educational Activities

Some exciting and informative activities are happening in the next month or so. Please join and encourage us to enjoy the activities. Maryland chapter is organizing a talk on Microaggression on July 27<sup>th</sup>.

On August 5<sup>th</sup>, we have worked with various South Asian Associations (IAPA, PAPANA, IPS, and PPS) to celebrate the first South Asian Mental Health Day. Eminent South Asian Psychiatrist scholars from the USA, India, and Pakistan are shedding light on various cultural issues facing the population.

On August 18<sup>th</sup> Pittsburg Chapter is organizing an in-person educational event. If you are in that area, don't hesitate to contact Dr. Mullick @ [pkmullick6@gmail.com](mailto:pkmullick6@gmail.com).

### IAPA- Maryland Chapter Educational Activity

#### Microaggressions and Strategies to Overcome Prejudice in the Workplace and Life.

Speaker: **Ranna Parekh, MD**

Chief Diversity, Equity, and Inclusion Officer  
@ MD Anderson University, Texas.



#### Agenda:

6 – 6.15 pm EST Greetings and Welcome  
Dr. Vani Rao, MD/DC Chapter President  
Dr. Tarak Vasavada, IAPA President  
Dr. Ramaswamy Viswanathan, President-elect, APA

- Date: Thursday, 7/27/2023
- Time: 6:00-7:15 PM
- Platform: Zoom
- <https://us02web.zoom.us/j/85053145042?pwd=YXBVSUZvajVwczhQRlk0ck4zWEcydz09>
- Meeting ID: 850 5314 5042
- Passcode: 934027
- One tap mobile
- +13017158592,,85053145042#,,,,\*934027# US (Washington DC)
- +16465588656,,85053145042#,,,,\*934027# US (New York)

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**Passcode: 934027**



PAKISTAN  
PSYCHIATRIC  
SOCIETY



INDIAN  
PSYCHIATRIC  
SOCIETY

IAPA and PAPANA invite you to celebrate

# FIRST SOUTH ASIAN MENTAL HEALTH DAY

in collaboration with PPS and IPS

## SPEAKERS



### Prof. Dr. Roy Abraham Kallivayalil

Professor and Head, Department of Psychiatry Pushpagiri Institute of Medical Sciences and Research Centre Thiruvalla, Kerala- 689101, India President, Indian Psychiatric Society (2012-2013) President, World Association of Social Psychiatry (2016-2019) Secretary General, World Psychiatric Association, Geneva (2014-2020)



### Vani Rao, MD

FAPA, FANPA Associate professor of Psychiatry and Behavioral Science at the Johns Hopkins University School of Medicine. President of the Indo-American Psychiatric Association (2013-2015). Chair of the Board of Trustees. President of the MD/DC chapter of IAPA



### Prof. Dr. Mowadat Hussain Rana

MBBS, MCPS, FCPS, DCPS-HPE, MCPS-HPE, MRCPsych, FRCPsych, D-CBT Professor of Psychiatry and Behavioural Sciences Former Chief Editor of the Journal of Pakistan Psychiatric Society, Chairman, and Honorary Professor at Robert Gordon University, United Kingdom. Founding Secretary General of EMDR Asia, Consultant to World Health Organisation.



### Farha Abbasi, MD

Assistant Professor in the Department of Psychiatry at Michigan State University Managing editor of the Journal of Muslim Mental Health. Director of the Muslim Mental Health Consortium.

## TOPICS

**Access to Mental Health Care: Challenges in Low & Middle Income Countries.**

**Facilitators & Barriers to Mental Health Treatment among South Asians.**

**The SubContinent: A Potpourri of Psychotrauma**

**Wellness through the Culture Lens**

## MODERATORS



### Muhammad Zeshan, MD

President PAPANA (Pakistani American Psychiatrist Association of North America) Clinical Assistant Professor Psychiatry Rutgers New Jersey Medical School, USA Diplomate American Board Psychiatry & Neurology. Diplomate American Board Child & Adult Psychiatry (Harvard) Certified Master Parenting Coach Certified Maxwell Leadership Coach



### Prof. Dr. Tarak Vasavada

Medical Director, Huntsville Hospital Behavior Service. Clinical Professor of Psychiatry at UAB Heersink School of Medicine. President, Indo-American Psychiatric Association. Past member, BOT, American Association of Physicians of Indian origin Medical Director, Live Well Foundation Madison County Medical Society



**DATE: AUGUST 5**



**11 AM Eastern Standard US Time  
8:30 PM India Standard Time  
8:00 PM Pakistan Standard Time**



**ZOOM MEETING**

**[CLICK HERE TO REGISTER NOW](https://us02web.zoom.us/webinar/register/WN_G6HiEMoZRYyJmMCVLCwRhg)**

**Registration Link** [https://us02web.zoom.us/webinar/register/WN\\_G6HiEMoZRYyJmMCVLCwRhg](https://us02web.zoom.us/webinar/register/WN_G6HiEMoZRYyJmMCVLCwRhg)

Click the link above to register before the meeting.

**The Pittsburgh Chapter of the Indo-American Psychiatric Association invites you to an educational program and meeting.**

**Date: August 18, 2023**  
**Location: Spice Affair (Aspinwall)**  
**8 Brilliant Ave.**  
**Pittsburgh, PA 15215**  
**The Agenda:**

5:30 pm to 6:30 pm – exhibit/display.

6:30 pm to 6:40 pm – President’s Welcome (Prabir K. Mullick MD)

From 6:45 pm on – Keynote Speakers and dinner

**Amit Chopra, MD**

Psychiatrist at Massachusetts General Hospital & Assistant Professor  
at Harvard Medical School

**“Management of Insomnia in Major Depression Disorder”**

Open Discussion - lead by: Prabir K. Mullick MD

**Please RSVP via email ([pkmullick6@gmail.com](mailto:pkmullick6@gmail.com)) by August 11, 2023**

**Registration & Dinner fee: \$20.00 per person**

***Prabir K. Mullick MD***

**President, Pittsburgh Chapter Indo-American Psychiatric Association**

**Clinical Assistant Professor, University of Pittsburgh School of Medicine, Dept. of Psychiatry**