



## NEWSBYTE

March 2023

### Note from DoSAA Executive Board:

Hello DoSAA family and friends! My name is Rebecca and I am the Student Representative Chair for DoSAA. I am in my first year of clinical psychology doctoral program at the California School of Professional Psychology and I'm excited to connect with other students in our community and foster a collaborative approach to these Newsbytes and other DoSAA initiatives.

We have scheduled a variety of events over the next few months and would welcome support in the planning processes in hopes of delivering content that is meaningful and valuable to you all. The last few years have definitely highlighted the importance of community, and we are expanding ways and opportunities for members to get involved and work towards DoSAA's mission in creating a forum to impact change for the betterment of South Asian mental health.

Check out this issue for ways to get involved in DoSAA!

-Rebecca, DoSAA Student Representative

## Women's History Month

Women's History Month is a celebration of the contributions women have made throughout history, shaping culture and society. The theme for 2023 is "Celebrating Women Who Tell Our Stories." We wanted to highlight some South Asian storytellers and put together a list of books for you to check out.

### ***Kaikeyi*** by Vaishnavi Patel

Reimagining of the life of the infamous queen from the ancient epic the *Ramayana*, giving voice to an extraordinary woman determined to leave her mark in a world where gods and men dictate the shape of things to come.

### ***The Last Queen: A Novel of Courage and Resistance*** by Chitra Banerjee Divakaruni

Based on true-life events, this novel presents the unforgettable story of Jindan, who transformed herself from daughter of the royal kennel keeper to powerful monarch.

### ***Stories for South Asian Supergirls*** by Raj Kaur Khaira

Discover 50 inspirational stories of South Asian women, from award-winning entertainers Jameela Jamil and Mindy Kaling, as well as pioneering business leaders Indra Nooyi, Anjali Sud and Ruchi Sanghvi.

### ***Untold: Defining Moments of the Uprooted*** by Gabrielle Denath, Kamini Ramdeen

A collection of real stories that explores the South Asian experience in the U.S., U.K., and Canada through the lens of identity, being, and relationships.

### ***Well Behaved Indian Women*** by Saumya Dave

A mother-daughter story about three generations of women who struggle to define themselves as they pursue their dreams.

## Self-Care Feature of the Month ~ Gratitude ~

Gratitude promotes self-care via:

- benefits to healthier living. A regular gratitude practice promotes exercise, better nutrition, and better sleep, among other things.
- selflessness and humility. A regular gratitude practice motivates us to seek kindness and generosity to reward our minds and to improve circumstances of others.
- social connection. Regular gratitude exercise makes us feel more connected to others.

Incorporate Gratitude into Your Life

- Say thank you to yourself. Recount 3 things you appreciate about yourself every night before getting into bed.
- Say thank you to someone you care about. Express your appreciation for them in person.

"Gratitude can be a powerful tool that helps evoke and invite positive emotions."

-Himadhari Sharma,  
Former DoSAA Student Rep.

## Ways to Get Involved with DoSAA

### Join the 7th Annual Summer Fellowship Program

Apply to be a fellow or mentor for the 7th Annual Summer Fellowship Program! Graduate students are paired with professionals or advanced graduate students in the field of mental health to produce a collaborative project that enhances further growth, learning, relationship-building, and community. Applications open March 19th and close April 23rd. For questions, email [dosaasummerfellowship@gmail.com](mailto:dosaasummerfellowship@gmail.com).

Apply to be a [fellow](#).

Apply to be a [mentor](#).

### Write an OpEd or Editorial

As we continue our work to break down stigma around mental health in our culture, we can benefit from the knowledge we have within this community and share insights.

### Submit to the DoSAA Research Corner

There is a lot of meaningful and impactful research that is being conducted within our South Asian community and we want to celebrate it! Submit a summary of the work/project or an abstract of published papers along with the DOI/link to the article.

### Nominate someone for DoSAA's Featured Act of Service

Sheros/heros come in all forms. We want to acknowledge those tireless helpers in the South Asian community who are doing for others. It can be a project that you are involved in or you could nominate someone else who you think deserve a little recognition for their efforts in making this world a better place.

### Submit a Professional Bio

Let's get to know each other! Share a brief description of yourself or someone else in our community.

Email: [dosaa.communication@aapaonline.org](mailto:dosaa.communication@aapaonline.org)

## STUDENT SECTION

Seeking participants for your research? Have an event you would like to advertise to the DoSAA community? [Submit information for an announcement in the DoSAA Newsbyte](#).

Should we do some informal hangouts to connect with fellow students across DoSAA? With classes, work, dissertation, practicum, internship, and demands of daily living, it is normal to feel overwhelmed. You are not alone. [Let's decompress together](#).

How else can DoSAA help psychology trainees? [Share your thoughts](#) on how we can support.

## Community Spotlight

### Asian Neuropsychological Association (ANA) South Asian Interest Group (SIG)

ANA SIG's mission is to support and advocate for neuropsychologists and trainees of South Asian descent in the United States and generate resources that are consistent with the mission of ANA. One of ANA SIG's current initiatives is to develop professional relationships and collaborations with other professionals and organizations that similarly serve our South Asian psychologists, trainees, and overall community.

## DoSAA Chai & Chat

Join us for this ongoing series in which we casually discuss various issues with a glass of cha/chai (or other beverages/snacks of your choice).

- *How to Embrace Your Individuality While Still Honoring Your Parents & Culture*
  - Wednesday, April 12th at 4pm PT / 7pm ET
- *Defining "Self-care" from a South Asian Lens*
  - Wednesday, June 7th at 2pm PT / 5pm ET
- *Let's Talk about Releasing Guilt!*
  - Thursday, August 17th at 4pm PT / 7pm ET



[Register to join us for one or all!](#)