

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

APRIL 14, 2021



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

As the week got going, it dawned on me that the number of offerings at PSOM, UPHS and CHOP on issues around diversity, equity and inclusion (DEI) was so large and were coming across my desk so often that we ran the risk of overwhelming you with multiple emails a week about lectures, workshops, seminars and the like on these very important topics. To stem the avalanche of emails from me on DEI activities, we are planning to create a weekly digest that will go out on Thursdays and also to have the list of activities posted to our website so people can access it easily. Many of us are hungry for these educational opportunities and it will be good to have a more streamlined approach to communication. Of course, if you have other ideas about communication in this space, I would appreciate hearing about them.

On the same topic, many of us are closely following the court case regarding George Floyd's death. There are lots of opinions and at least as many fears and hopes. The country is on edge and we want to be prepared for what could be a very difficult-to-process outcome. I am planning a Town Hall soon after the verdict is released, as is PSOM/UPHS. We must give ourselves the time and space to process. Town Halls can be one way to do it.

I do want to thank you for your dedication to our missions of research, education and clinical care. You have been working really hard despite all the stress of the pandemic, social isolation, etc. The pandemic is still

with you but we all feel we can see the light at the end of the tunnel. I urge you to consider getting vaccinated. It is a key contribution that we can make as individuals to our communities and obviously, the vaccine protects the recipient in a powerful manner. That is a great way to take care of yourself. Another, as you know, is to keep to your routines regarding sleeping, exercise, eating and gratitude (!). If you have not taken a vacation, please consider doing that even if it has to be a “stay-cation.” The altruism required to do the work we do helps us build resilience, but these other methods are also important. Thank you for everything to do! It is a privilege to work with you.

Warmly,
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WELCOME DR. MANAS KUMAR MANDAL, PHD, FNAPSY – VISITING FULBRIGHT SCHOLAR AT NEUROPSYCHIATRY



Dr. Manas K Mandal is currently serving as Distinguished Visiting Professor at Indian Institute of Technology - Kharagpur. He is also an Adjunct Professor at the National Institute of Advanced Studies, IISC, Bangalore. He was formerly a Distinguished Scientist and Director-General - Life sciences in DRDO [2013-2016]. Prior to this, he was Chief Controller R&D (Life Sciences), DRDO. He was also the Director, Defense Institute of Psychological Research for about nine years. He holds a Ph.D. degree from Calcutta University and started his career as a Lecturer at Banaras Hindu University in 1983. Dr. Mandal completed his post-doctoral research at Delaware University as Fulbright Fellow, USA in 1986-87, and at Waterloo University as an International Scientific Exchange Awardee, Canada in 1993-94. Dr. Mandal was a Professor of Psychology at the Department of HSS, Indian Institute of Technology-Kharagpur, prior to joining DRDO in 2004. He was also a Visiting Professor at Kyushu University in Japan in 1997 & 2010-11. During 2003, he was a Fulbright Visiting Lecturer at Harvard University, USA. Dr. Mandal received various research fellowships and awards at national & international levels, such as, Indo-Canadian Shastri fellowship; Natural Sciences & Engineering Research Council of Canada award; Fulbright fellowship, USA; Seymour Kety award, USA; DAAD fellowship, Germany; Career

Award, U.G.C.; Young Scientist Award, ISCA; National Association of Medical Sciences Award; DRDO Spin-off Technology Award, etc. In 2005, Dr. Mandal and his team were given away 'Agni Award for Excellence in self-reliance' for the contribution towards the development of 'Computerized Pilot Selection System' for Air Force. For his overall contribution to psychological sciences, he was elected as the Fellow of National Association of Psychology in India in 2012; and for his contribution to Military Psychology, he was given away the 'Technology Leadership Award' by the Defense Minister of India and the 'Scientist of the Year' award by the Prime Minister of India in 2006 (DRDO). Dr. Mandal specializes in the areas of Neuropsychology and Cognitive Sciences. He has to his credit 12 books, over 100 research papers in international and Indian journals of high repute. These researches are cited in more than 300 international journals and books with over 2000 citations.

Dr. Mandal will be with us from May 3rd through September 2nd. Manas and his wife Sanjukta will be residing in University City and his office space will be located on Richards 5 Pod B. He looks forward to interactions with members of our Department across programs and academic levels, and hopefully we will be enriched by his wisdom.

RESIDENT AWARDS



Dr. Raj Mago of the Philadelphia Psychiatry Society announced the following 3 awards for Penn Psychiatry Residents. Sarita Metzger, MD, MPH (PGY-4) won the Cognitive Behavioral Therapy Scientific Paper or Case Formulation Award for Residents (sponsored by the Philadelphia Psychiatric Society and Academy of Cognitive Therapy). Nana Asabere, MD (PGY-4) won the Family-Oriented Clinical Care Award (sponsored by the Philadelphia Psychiatric Society and the Association of Family Psychiatrists). Michael Roman, MD (PGY-3) won the first prize in the category of Original Research posters. Great performance by our residents!

WELLNESS RESOURCES

Click [here](#) to access our Wellness Resources.

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

THANK YOU FOR YOUR SERVICE.

Vision

Promoting health for the brain and mind to transform lives and the world.

Mission

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational, world renowned clinical services, and transformational public health policies.

Click [here](#) to access the Penn Psychiatry website.

Click [here](#) to access the CPUP Committee on Anti-Racism

