DIVISION ON SOUTH ASIAN AMERICANS

THE ASIAN AMERICAN PSYCHOLOGICAL ASSOCIATION

NEWSBYTE

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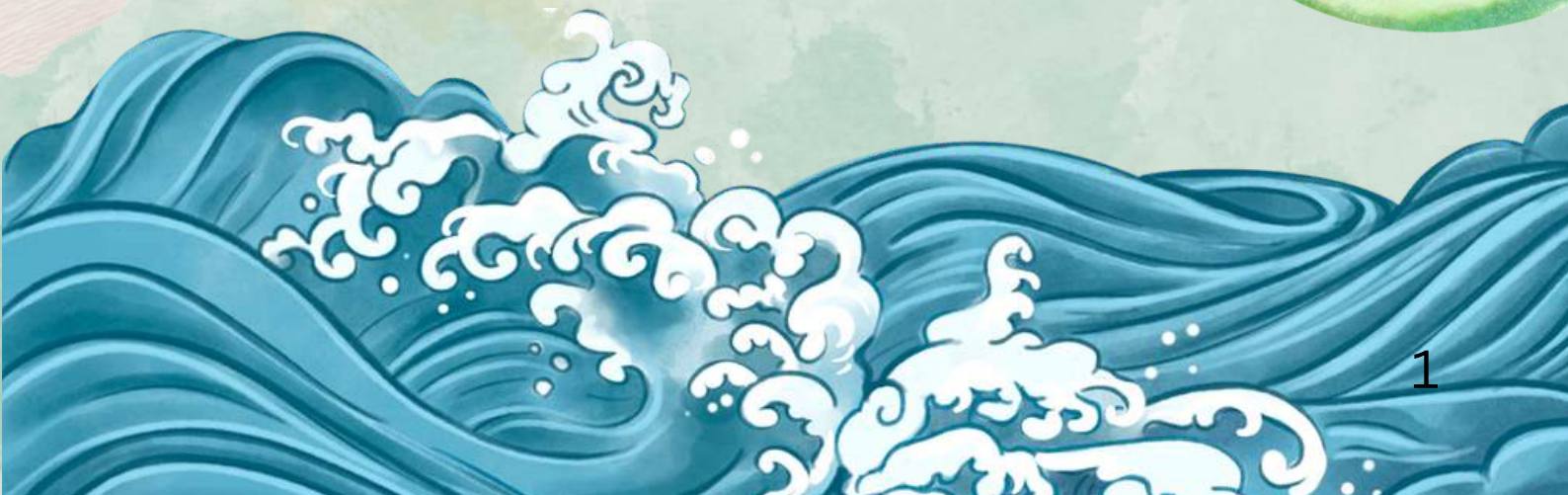

This is the official Newsbyte of the Division on South Asian Americans (DoSAA).
The Newsbyte serves to share perspectives of members and inform the DoSAA community of relevant news and events.
For submissions and questions, please email dosaa.studentrep@aapaonline.org.

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Social Justice

By Vaibhavi Venkataramanan

Social Justice/Advocacy continue to be important in our field and beyond. Getting involved at local, national, and international levels is key in making your voice heard. Below, you will find some resources and links that can guide you. If you have additional resources, please feel free to share them with our community!

South Asian Americans For Change: South Asian Americans For Change organizes a variety of programs, issues calls for artists to showcase their work, and provides volunteer opportunities. It is a great way to get more involved within the South Asian community and break down the stigma surrounding mental health in our community. Please see this link for more information: South Asian Americans For Change.

APA Advocacy: The president has signed a variety of executive orders impacting NIH funding, mental health funding, healthcare funding and education funding. These actions will cut critical funding to programs aiding the health, wellbeing, and education of people across the country. The connection between behavioral health, physical health, and education has been well-established, and as current and future psychologists, we must take action to protect current and future generations through their access to valuable health and educational resources. Please see the link below to draft a letter to your senators and representatives regarding these timely and urgent issues: APA Advocacy

Social Justice

By Vaibhavi Venkataramanan

- **National Alliance on Mental Illness:** An organization that works to increase awareness and advocate for mental health initiatives. There are many ways to get involved at the individual, state, and federal levels; for example, you can share your story and learn about legislation. Please see their website for advocacy, information, and collaboration opportunities: National Alliance on Mental Illness.

- **Research4Impact**: Join this organization where researchers, practitioners, and policymakers can collaborate through research, advocacy, and more. Use your training to give back! You can find more information here: Research4Impact.

- **988 Lifeline**: An organization that is continuing to look for people to help individuals in crisis: you can serve as a crisis counselor or manager. Please see this link to look for opportunities in your state: 988 Lifeline.

Member Spotlight

By Meena Statz

Dr. Siledar-Lee is a Bay Area based psychologist who works both in private practice and as an on campus psychologist for Google. Her private practice is 2 years old and prior to that she worked in community mental health for 8 years. She is currently serving on the Alameda County Psychological Association Board as the diversity chair. Through this position she is able to raise awareness around South Asian Mental Health. Dr. Siledar-Lee also enjoys providing cultural awareness training and consultation to clinicians outside of the South Asian diaspora. She noted that she engages in podcasts, volunteer work, and advocacy work in addition to her clinical practice.

Dr. Siledar-Lee's practice addresses the concerns of the modern day immigrant. During our talk she pointed out "a lot of people do not understand how difficult it is to become a citizen, it causes great stress in people's lives". She noted that her own immigration story helps her to connect with clients. Other themes she addresses in her practice center around domestic violence, trauma, severe and persistent mental illness, geriatric mental health concerns, and serving financially marginalized communities.

The next steps in her career involve breaking down stigma and empowering patients to address domestic violence and engaging in mental health. She also supervises South Asian graduate students to provide a new generation of psychologists a more well rounded and supportive training experience than she did.
Dr. Siledar-Lee enjoys being apart of the DoSAA community. She finds the biggest benefits to be connecting with other clinicians within the diaspora both personally and professionally. She emphasized that DoSAA helps her to "feel seen and validated" as a psychologist. She is eager to create referral networks for her clients nation-wide, as she finds that many of her clients are moving between states due to life circumstances and wants to provide them with the best possible care.

Her biggest pieces of advice for those who are embarking on private practice are to “take it slow, don’t worry about filling up your caseload” and “you will get clients and lose clients for reasons- but it is all part of the work that we do so don’t take it personally”. She highlighted self care as a huge part of her life and ability to show up for her clients. She is currently reading: “The New Menopause” and has found this book to be helpful in educating herself and her clients on how to best advocate for their physical health. She enjoys spending time with her daughter watching shows, cooking daily, gardening, and enjoying her relationship with her aging parents. In addition to her self care, she said at the end of the day “even if I help one person it is truly fulfilling” to her and keeps her showing up to work everyday.

Research Spotlight

By Yashvi Aware

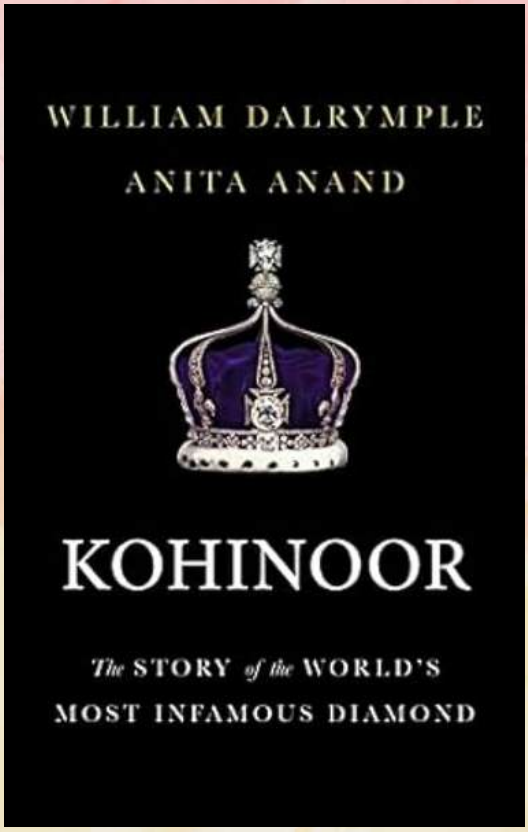
Title: **Intergenerational entrainment: old age, marriage, and care arrangements in Danish-Pakistani migrant families**

Abstract: An increasing number of Pakistani immigrants in Denmark are aging and need different kinds of help and care. Still, few receive the homecare-service provided by the welfare state. Instead, family members care for them at home in complex care arrangements. This article discusses how concerns for elderly care inform marriage strategies in the upcoming generation. However, the future-oriented marriage strategy is complicated by social mobility, increasing numbers of women entering the labour market, rising divorce rates and a strict legislation on family reunification that makes the 'traditional choice' of a spouse from Pakistan difficult and insecure. Thus, connecting care arrangements and marriage strategies highlights the intergenerational entrainment when it comes to elderly care in the Pakistani migrant community.

Citation: Rytter, M. (2023). Intergenerational entrainment: old age, marriage, and care arrangements in Danish-Pakistani migrant families. South Asian Diaspora, 17(1), 1–17. https://doi.org/10.1080/19438192.2023.2285529

Books Recommendation

By Sripriya Chari



Koh-i-Noor

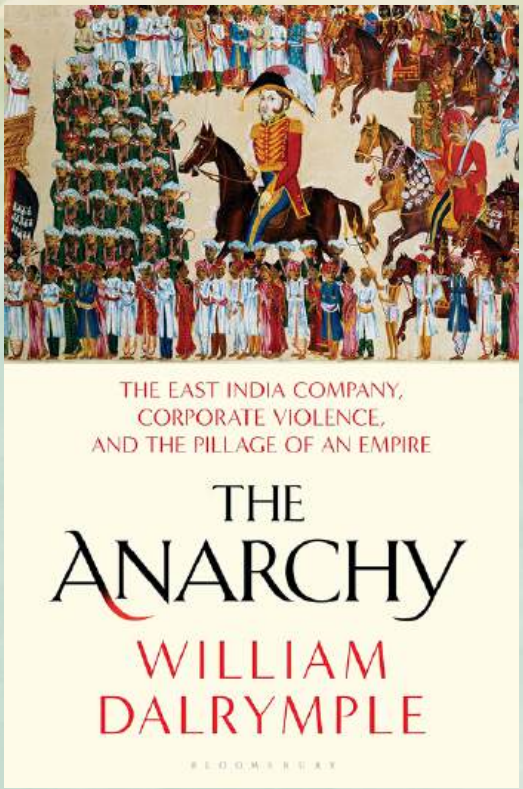
By William Dalrymple and Anita Anand

A fascinating look at the history of the Koh-i-Noor diamond, which finds its way through Afghanistan, the lives of Maharaja Ranjit Singh and his successors, all the way to its present position in one of the royal crowns of King Charles.

The Anarchy

By William Dalrymple

The story of the British East India Company and how it slowly asserted increasing influence in the Indian subcontinent, and how the Mughal power waned. Very helpful to understand how the colonial power insidiously inserted itself into the very fabric of a large region and exploited it for its own benefit.



Podcast Recommendation

By Sripriya Chari

Empire

Can be found on podcast apps like Spotify, Apple, and YouTube

A wide-ranging podcast about empires around the world with over 250 episodes. A number of episodes are focused on South Asia and provide a background on the history, especially colonial history in a very easy, entertaining manner. They also have very knowledgeable guests who share their points of view.

AAPA 2025 Presentations

Congratulations to all the presenters!

"Education is Resistance: Teaching and Learning Asian American Psychology for Liberation" by Sapna chopra

"A Roadmap for how to Respond to Community Trauma" by Razia Kosi

"Liberatory Conversations: Honoring Joy and Authenticity as Resistance in Political Dialogue" by Rohan Arcot & Pooja Aradhya

"Healing Wounds in AAPI Student K - 12 School Experiences" by Sruthi Swami

"From Imposters to Infiltrators: How Students and Faculty Can Foster Asian American Activism" by Saniya Soni and Ankita Nikalje

"Moving Towards Justice and Liberation: Engaged Leadership Strategies" by Jaya Bhojwani

"An Ecological Framework for Supporting AAPI Students with Disabilities in Schools" by Sruthi Swami

"Making Meaning, Resisting Racism: The Moderating Role of Critical Reflection on Hedonic and Eudaimonic Well-being for Asian Americans" by Saniya Soni

"Post-Traumatic Growth? Nah, We're Thriving Mid-Trauma: South Asian Grad Students Flourishing in the Chaos" by Vardha Kharbanda and Bushra Ali

AAPA 2025 Social Pics

Interested in Sharing?

Help us continue to build our DoSAA community by sharing about yourself, your experiences, columns, resources, recommendations and reflections. Submit to be featured in our next Newsbyte using the link or QR code below:

https://docs.google.com/forms/d/e/1FAIpQLSezKbKkszHrjRiQluR9by9kw4nxoIiD1huUBfiDaO_VqK6NOg/viewform?usp=header

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