

# January 2025

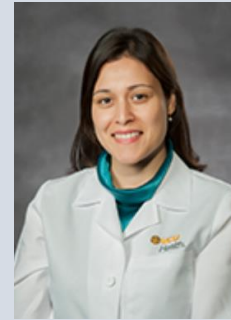
## DEPARTMENT OF PSYCHIATRY

### MENTAL HEALTH AWARENESS

Blue Monday' is now a recognized awareness day, usually the third Monday in January. This is felt to be the point in the year where most people feel at their lowest in mood and most depressed. This year Blue Monday is 20 January.

### Way to go!

Dr. Bushra Shah was elected as a Distinguished Fellow of the American Psychiatric Association by the APA Board of Trustees!



### COMING UP

All Department Meeting  
Friday March 21<sup>st</sup>

### MEET OUR NEW FELLOWS FOR AY 25-27



Nida Anjum, MD  
PGY-3  
(she/her/hers)  
St. Martinus University Faculty of Medicine  
Oakland Medical



Neha Bandekar, MD  
PGY-4  
(she/her/hers)  
St. George's University  
Jamaica Hospital Medical Center



Suryanaren (Sunny) Kummarapurugu, DO  
PGY-3  
(he/him/his)  
Edward Via College of Osteopathic Medicine –  
Virginia Campus  
Charleston Area Medical Center/  
CAMC Institute for Academic Medicine Psychiatry Program



Paul Zimmer, DO  
PGY-4  
(he/him/his)  
Marian University College of  
Osteopathic Medicine  
Community Memorial Healthcare

