



Association of Scientists of Indian Origin

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President's Message

Mayur Mitra, PhD, DABT

Dear ASIO members,

I hope that everyone is as excited, as much as the ASIO Board of Directors (BOD) is, in preparation for the upcoming SOT Annual Meeting at San Antonio, TX.

The ASIO BOD has planned several events at SOT this year, which includes two separate career resource and development events and the annual reception. The first career resource and development event is **Career Talk with Toxperts**, wherein our junior members have the opportunity to meet and learn as a group from experts in industry, government, and academia. The second event is **Coffee Hour**, wherein mentors and mentees are paired up based on their mutual interests and is an opportunity for a casual 1:1 interactive session. The final event is the grand **ASIO Annual Reception**, wherein all our members meet every year to network and to celebrate each other's success. The venue and timings of the Career Talk with Toxperts and ASIO Annual Reception can be found on the SOT Final Program and Mobile Event App.

It is rightly said that 'A leader is as good as his team'. ASIO has had an incredible year and this could not be achieved without the enthusiastic BOD members who have supported me throughout the year. I would like to thank Udayan Apte, Sharmilee Sawant, Mamta Behl, Jaya Chilakapati, Vijay Kale, Sindhura Ramasahayam, Priya Tripathi, and Vivek Lawana – what a fantastic team we have been! Each of the BOD members brought a diverse perspective and demonstrated accountability, diligence, and perseverance throughout the year. Additionally, I would like to thank the newsletter volunteer committee, led by Pankajini Mallick, which has independently delivered four high quality newsletters this year.

I would urge our junior and senior members to actively participate in the ASIO events this year and help us make them successful. I look forward to meeting my ASIO colleagues at San Antonio!

Thanks and regards,

Mayur Mitra, President, ASIO-SOT
mitram2@gene.com

February 2018, P-2

SOT 2018 San Antonio
★ March 11-15 ★

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We cordially invite you to our Annual ASIO 2018 Reception, an evening to network and bond with fellow toxicologists/students/postdocs and friends.

Please join us to congratulate the award winners, to acknowledge support of our donors and sponsors, meet the ASIO committee members and volunteers, and enjoy delicious food!

WHEN: Monday, 12th March
7:00-9:30 PM

WHERE: Grand Hyatt Texas
Ballroom F
600 E. Market Street, San
Antonio, TX 78205

“CAREER TALK WITH TOXPERTS”



Raja Mangipudy, PhD, DABT

Executive Director, Drug Safety Evaluation, Bristol-Myers Squibb



Chandramallika (Molly) Ghosh, PhD, DABT

Biocompatibility Expert (FDA) and Team Leader

Office of Device Evaluation (ODE) Representative, CDRH
Biocompatibility Standards Task Group (STG)

CDRH Representative, FDA Toxicology Working Group



Irfan Rahman, PhD

Professor of Environmental, Pulmonary Medicine, & Public Health Sciences

University of Rochester, NY

Venue: Grand Hyatt San Antonio, 600 E. Market Street, San Antonio, TX 78205, Room: Texas Ballroom F

When: MONDAY, MARCH 12, 4:45–5:45 PM

For further information contact: Priya Tripathi (tripathp@med.umich.edu) and Saurabh Vispute (Saurabh.Vispute@crl.com).



“COFFEE HOUR”

ASIO also offers “Coffee Hour” to students, a less formal and more convenient way to network with experts in their fields.

For last minute RSVPs or additional information please contact: Vivek Lawana (vjlawana@iastate.edu)

CE Courses/Symposiums/Platform Presentations

Our ASIO members are curating their scientific experience to reflect the diverse skills, interests and backgrounds of toxicology through following topics:

Speaker/ Chair	Affiliation	CE Course/Symposium/Historical highlights session	Session Day/Date/Time
Mamta Behl	NIEHS, Research Triangle Park, NC	Alternate Approaches to Advancing Developmental Neurotoxicity Testing in the 21st Century	Sunday, March 11, 8:15 AM- 12 Noon
Neera Tewari-Singh	University of Colorado, Aurora, CO	Ocular Injuries by Vesicating Agents: Models and Development of Medical Countermeasures	Wednesday, March 14, 9:20 AM- 9:55 AM
Sanjay Srivastava	University of Louisville, Louisville, KY	Atherogenic Mechanisms of Superfund Chemicals	Wednesday, March 14, 2:25 PM- 2:50 PM
Adithiya Charli	Iowa State University, Ames, IA	Environmental Neurotoxic Pesticide Endosulfan Induces Autophagy Preceding Apoptotic Cell Death in Dopaminergic Neuronal Cells: Relevance to Etiopathogenesis of Parkinson's Disease	Wednesday, March 14, 3:25 PM- 3:50 PM
Subramanya (Subbu) Karanth	Medimmune, Gaithersburg, MD	Nonclinical to Clinical Translation of Antibody-Drug Conjugates	Thursday, March 15, 8:30 AM- 11:15 AM
Madhusudan Soni	Soni & Associates Inc., Vero Beach, FL	Arsenic, a Gift and Malice, at the SOT annual meeting in San Antonio, TX	Tuesday March 13, 11:00 AM-12:20 PM

ABT Diplomates 2017

Shahnaz Akhtar	Ashutosh Kumar
Mallikarajuna Basavarajappa	Amarjit Luniwal
Binoj Chandrasekharan Nair	Kiran Palyada
Hemantkumar Dilip Chavan	Chandrakant N. Patel
Sridhar Jaligama	Iqbal Sayeed
Ashish I. Kapoor	Arya Sobhakumari
Manjunatha K. Nanjappa	Pinakin B. Soni
Ramesh C. Kovi	Venkatesan Vijayabalaji
Neelima Mehta Verma	

Achievements keep our momentum going.....

Congratulations to our ASIO members for their recent recognition



Dr. Gopala Krishna
Supernus Pharmaceuticals,
Inc., Rockville, MD

Nominated on as the Associate Editor, Drug and Chemical Toxicology; Editorial Board Member, Toxicology Mechanisms and Methods; Guest Editor and Editorial Board Member of Mutation Research

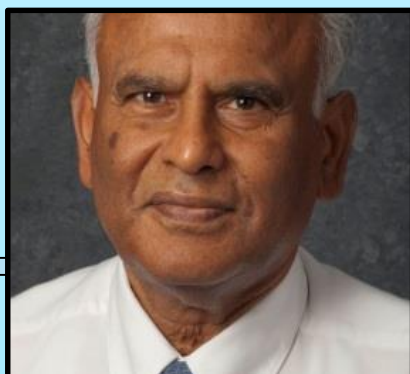
Fellow of Academy of Toxicological Sciences (F-ATS)

*Soni &
Associates*

Dr. Madhusudan Soni
Soni & Associates, Inc., Vero
Beach, FL

One of the top 5 notable global scientific leaders in the area of Generally Recognized As Safe (GRAS) Notifications to FDA and as a most prolific GRAS Expert Panelist based on an analysis by an independent group of reviewers.

Fellow of Academy of Toxicological Sciences (F-ATS)



Dr. Gunda Reddy
Toxicologist at US Army
Public Health Center

Editor-in-Chief, Drug and Chemical Toxicology

Editorial Board Member, Toxicology Mechanisms and Methods

Fellow of Academy of Toxicological Sciences (F-ATS)

Get to Know Your Fellow Members

As early-career scientists, our biggest challenge other than funding, is lack of work-life balance, which leaves us feeling exhausted. So the question we should all ponder about is “How can we expect to perform to your greatest potential if we are tired and stressed”?



“**Get to Know Your Fellow Members**” segment in our NL issue brings ASIO members experiences of our fellow scientists and provides ways to keep us positive and healthy. In the current issue, our fellow scientist, Shirisha Chittiboyina shares her understanding on work/life balance.

“It’s OK to take break”Says Shirisha Chittiboyina

I was never an overzealous kid who planned her life goal in middle or high school. My only desire was to be independent and travel around the world.

Being a math nerd, I have received advice on how I can be a successful engineer and see places. But my very ambitious parents convinced me that I could use my brains to be a better physician and still travel to help people around the world. That’s my landing into science and visit to the UK and the US. Pursuing PhD was not on my to-do list, until I met my till-date favorite advisor Julie Graham at SCRI from UK, who identified the scientist in me and encouraged me to apply for a PhD program. And the trouble starts....

I am sure majority of you who have earned a PhD in the US will agree with me that this is the most challenging job you have ever taken in your life, to pursue a PhD. In my case, I have changed three advisors, three schools to finish one Masters and one PhD. You might ask, why take the trouble. I could have easily quit and chosen another profession. The thought crossed my mind too, several times on various occasions. But, just when I decided to quit, a wonderful opportunity came by from Indian University, Bloomington that promised I could finish my PhD in three years or less. And I did finish my PhD in three and half years with spending 80% of my life in the lab and changing my project once. It was about time, I thought, to take a break. I had my post-doc opportunity in hand by the time I defended my thesis. But my Post-doc lab needed me as soon as possible. There is always a rush here I tell you. So, forget about the break and back to lab with pipettes, cells, western blots and never ending assays. However, here is when I have realized I need to learn how to balance my work and my personal life. And the trouble ends....

Get to Know Your Fellow Members continued....

This changes your outlook towards research. Spending 100 hours a week in the lab and to see no light at the end of the tunnel is depressing and sometimes can put a check on your confidence. To beat this, I have looked outside my lab life.

It could be anything you love to do, something as simple as gardening to something as ambitious as running a marathon. I did both. I did gardening (don't ask the fate of the plants) and run a half marathon and of course numerous 5Ks and a 10K. We need not be trained athletes to do these feats. Have a friend or even a lab mate to tag along with you for fun walk.

If you are a loner, like me, just listen to your favorite music and walk the three miles, which is healthy to your mind and body.

I was trained as a child in an Indian classical dance forms but was too shy to perform on stage. During my postdoc tenure, I have participated in stage shows on nearly four occasions during the span of two and half years. I have cooked for 300 people for a local event. Any of these tasks were not stressful at all. I actually learned to interact with people outside my work, appreciate all the work they do and understand people's perspective on life.

I hear my colleagues complain, I don't have time for all this. I have kids. It is difficult. Trust me, we all do have time. At the least I know every one of us is capable of making time. As far as kids are concerned, engage them in your activity. Have fun together. Do a parent-child fun activity. It could look chaotic but it helped me rejuvenate, refresh my mind and focus better on my research. Not to brag, I have submitted five papers in my first two years of postdoc of which three are published, one is accepted and another one under review. I have submitted 10-12 proposals for fellowships and NIH funding. It was not easy. But it was not undoable either, as I was no longer under a mental stress. Yes. I still do work 80-100 hours a week because that is what it demands. I traveled to 10 different countries for vacation over the past eight years. I spend my nights writing papers and proposals. Am I successful in all my attempts? No. But that does not intimidate me. Because I know I am good at many other things beyond research.

This is my story. Some of you might already be doing what all I have done and probably more. I know some of my friends who go for a 10 km hiking or bike for 20 miles at a stretch. For those who have not come out of the shell, give it a try.

Hobbies and passions are to be followed wherever you are and whatever you do.



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