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## **PRESS RELEASE**

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### **UTHSC-COM Physician Wins International Book Award**

(MAY 6, 2021) – How do we prepare medical students, residents and seasoned physicians to keep their hearts open in a profession where there is an epidemic of burnout, depression and suicide? A book that shares one woman physician’s journey as a champion of soul-deep, system-wide self-care has won a 2020 Nautilus Book Award. “Resilient Threads: Weaving Joy and Meaning into Well-Being,” by Mukta Panda, M.D., was named a Silver award winner in the memoir category.

The Nautilus awards are given to print books of exceptional merit that make a literary and heartfelt contribution to spiritual growth, high-level wellness, responsible leadership and positive social change & social justice, as well as to the worlds of art, creativity and inspiration.

Mukta Panda, MD, is professor and assistant dean for Well-Being and Medical Student Education in the University of Tennessee Health Science Center’s College of Medicine Chattanooga. Her memoir was released in early 2020—just as the COVID pandemic began. It was the first book from a new publisher, Creative Courage Press, based in Colorado. “The award is a testament to the relevance of Mukta’s journey in a year when we all became more aware of the sacrifices physicians make to their own well-being to care for their patients,” said Shelly Francis, publisher.

“Resilient Threads” is an inspiring and instructional story of an academic physician, a mother, and an immigrant from India, and how she has contributed to humanism in healthcare and medical graduate education. By weaving stories of connecting to her patients, students, and colleagues with her own stories of belonging, she models how we can each thrive by creating community and self-awareness. Dr. Panda is also co-author of a new [Oath to Self-Care](#)

[and Well-Being](#) and will be leading the University of Tennessee medical graduates in their Hippocratic Oath at the May 19 graduation ceremony. In 2020, she was named [Woman Physician of the Year](#) by the Tennessee Chapter of the American College of Physicians.

*Midwest Book Review* offered this endorsement, “A ‘must read’ for anyone working in the health care community, especially during the once-in-a-century impact of a global pandemic, “Resilient Threads: Weaving Joy and Meaning into Well-Being” will have great value for readers in other stress-filled occupations and circumstances as well. Thoroughly ‘reader friendly’ in organization and presentation, “Resilient Threads” is especially and unreservedly recommended for both community and college/university library Health & Medicine collections. [...]”

Learn more about *Resilient Threads* at [www.MuktaPandaMD.com](http://www.MuktaPandaMD.com) or [www.CreativeCouragePress.com](http://www.CreativeCouragePress.com). The book is available through any bookseller. For more about the Nautilus book awards, visit [www.nautilusbookawards.com](http://www.nautilusbookawards.com).

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