

Chiefs



Shilpa Das, DO

Hometown: Bel Air, MD

Undergrad: University of Maryland, College Park

Medical School: Philadelphia College of Osteopathic Medicine (PCOM)

Interests in Medicine: Sports Medicine, Preventative Medicine, and Global Health

Hobbies: Hiking, jogging, reading, watching Netflix, traveling (pre Covid era)

Favorite Local Restaurant: Nacho Mama's in Canton

Favorite TV Show/Movie: Coco

Most useful item in white coat pocket: Burt's Bees chapstick



Laavanya Divakaruni, MD

Hometown: Ellicott City, MD

Undergrad: Temple University

Medical School: Lewis Katz School of Medicine at Temple University

Interests in Medicine: Preventive Medicine, women's health, advocacy, education

Hobbies: exploring new places, cooking fusion meals, reading, dancing

Favorite TV show/ Movie: Friends

Most useful item in white coat pocket: Snacks!! OR some quick reference, like pocket medicine



Eric Johnson, MD

Hometown: Charleston, South Carolina

Undergrad: Tuskegee University

Medical School: Meharry Medical College

Interests in Medicine: Community Medicine, Academics, Urgent Care

Hobbies: Movies, running, hiking, reading for fun, cooking, listening to music, and spending time with my family

Favorite Local Restaurant: Anything Italian

Favorite TV Show/Movie: Inception/Jurassic Park depending on the day

Most useful item in white coat pocket: Pocket med reference

PGY-3

Class of 2023



Alexandria Alberto, MD

Hometown: Carlisle, Massachusetts

Undergrad: Bates College

Medical School: George Washington School of Medicine and Health Sciences

Interests in Medicine: Community Medicine, Sports Medicine, Global Health

Hobbies: Running, biking, hiking, picnicking

Favorite Local Restaurant: Dooby's

Favorite TV Show/Movie: Human Planet

Most useful item in white coat pocket: Pen



Neha Choubey, DO

Hometown: Radford Virginia

Undergrad: University of Virginia

Medical School: VCOM VA campus

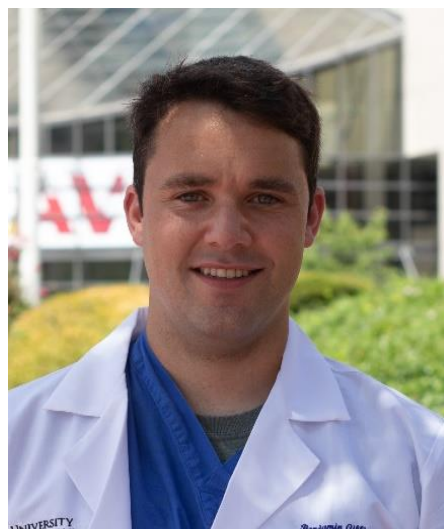
Interests in Medicine: Women's Health, Global Health

Hobbies: Reading, Hiking, Exploring, Traveling

Favorite Local Restaurant: Charmery Ice Cream, Utsuke Ramen

Favorite TV Show/Movie: Sherlock

Most useful item in white coat pocket: Pens, then extra pens



Ben Gillingham, MD

Hometown: Hudson, WI

Undergrad: Saint Olaf College (Northfield, MN)

Medical School: Medical College of Wisconsin (Milwaukee, WI)

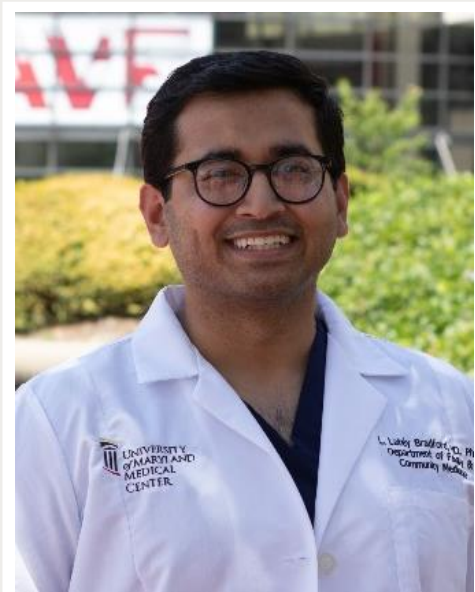
Interests in Medicine: Community Medicine, Palliative Medicine

Hobbies: Exploring Baltimore & beyond, hiking, reading, movies/TV, playing the violin, dungeons and dragons

Favorite Local Restaurant: Wicked Sisters

Favorite TV Show/Movie: Raiders of the Lost Ark

Most useful item in white coat pocket: Phone loaded with apps/Pocket Medicine Handbook/snacks



Tauhid Mahmud, MD

Hometown: Queens NYC, NY

Undergrad: CUNY - City College of New York

Medical School: Albert Einstein College of Medicine

Interests in Medicine: Health Policy and Public Health.

Hobbies: Weight lifting, motorcycling, twitter

Favorite Local Restaurant: The Kabul!!

Favorite TV Show/Movie: Scrubs

Most useful item in white coat pocket: Mini Toothbrush and Toothpaste



Destiny Martin, MD

Hometown: Baltimore, Maryland

Undergrad: Undergrad: Johns Hopkins University.

Grad School: Johns Hopkins Bloomberg School of Public Health

Medical School: American University of Antigua College of Medicine

Interests in Medicine: Community Health, Disparities in Health and Healthcare, and Diabetes Education

Hobbies: Spending time with family

Favorite Local Restaurant: The Royal Maroon Restaurant

Most useful item in white coat pocket: Cell phone with as many medical apps as possible



Rutvij Pandya, MD

Hometown: Darnestown, MD

Undergrad: University of Maryland, College Park

Medical School: University of Maryland School of Medicine

Interests in Medicine: Sports Medicine, Full-Scope FM, Wilderness Med

Hobbies: Running, cycling, hiking, camping

Favorite Local Restaurant: Zella's Pizzeria!

Favorite TV Show/Movie: Jungle Book

Most useful item in white coat pocket: a Cliff Bar!



Ololade Sanusi, MD

Hometown: Lagos, Nigeria

Undergrad: Rutgers University

Medical School: University of Maryland Medical School

Interests in Medicine: Full Spectrum Women's Health

Hobbies: Writing hand-written letters, listening to podcasts, reading and water-coloring.

Favorite Local Restaurant: Ekiben

Favorite TV Show/Movie: It changes every couple of months, but since I have to make a decision at this current moment- It's Queen Sugar and If Beale Street Could Talk

Most useful item in white coat pocket: Granola bars! Your day can go from an A to an A+ with the discovery of a granola bar in your pocket during rounds.

PGY-2

Class of 2024



Sohini Bandy, MD

Hometown: Austin, TX

Undergrad: Yale College

Medical School: Baylor College of Medicine

Interests in Medicine: Women's Health, Community Health

Hobbies: Cooking, Embroidery, Learning Different Languages, Gardening

Favorite Local Restaurant: La Cuchara

Favorite TV Show/Movie: Fruits Basket

Most useful item in white coat pocket: Cellphone

Most interesting fact: I Speak Japanese!



Laurene Dampare, MD

Hometown: Greenbelt, MD

Undergrad: University Of Maryland College Park

Medical School: Ross University

Interests in Medicine: Global Health, Preventative Medicine, Women's Health, Health Policy

Hobbies: Reading, Podcast, Learning New Hobbies

Favorite Local Restaurant: Shagga Coffee And Restaurant

Favorite TV Show/Movie: This Is Us/ Mulan (The 1998 Animated One)

Most useful item in white coat pocket: Pen Light And M&M Candy

Most interesting fact: I Read About 100 Books Each Year (Mostly Use Audiobooks Now)



Ari Goldstein, MD

Hometown: Owings Mills, MD

Undergrad: University Of Maryland, College Park

Medical School: University Of Maryland SOM

Interests in Medicine: Preventive Medicine, Community Medicine, Addressing Health Disparities, Health Policy

Hobbies: Tennis, Cooking/Baking/Generally Concocting, Reading

Favorite Local Restaurant: Either Ekiben Or The Helmand

Favorite TV Show/Movie: TV Show: The Wire, Movie: Lost In Translation

Most useful item in white coat pocket: Pen, Specifically a Zebra Sarasa Black Ink pen in 0.7mm

Most interesting fact: Spent My Time Between Undergrad And Med School Working In Case Management At A Refugee Resettlement Agency In East Baltimore



Jacklyn McGrath

Hometown: Hampstead, MD

Undergrad: University Of Maryland College Park

Medical School: University Of Maryland SOM

Interests in Medicine: Women's Health, Infectious Disease, LGBTQ Healthcare

Hobbies: Sports, Baking, Puzzles, Reading

Favorite Local Restaurant: Iron Age

Favorite TV Show/Movie: TV Show - Jane The Virgin / Movie - V For Vendetta

Most useful item in white coat pocket: Snack Pack

Most interesting fact: I Used To Write Short Stories, And Actually Won A State Competition For One In High School



Bushra Mian, MD

Hometown: Pelham, NY

Undergrad: Fordham University

Medical School: Ross University

Interests in Medicine: Women's Health, Family Planning, Hospitalist Medicine

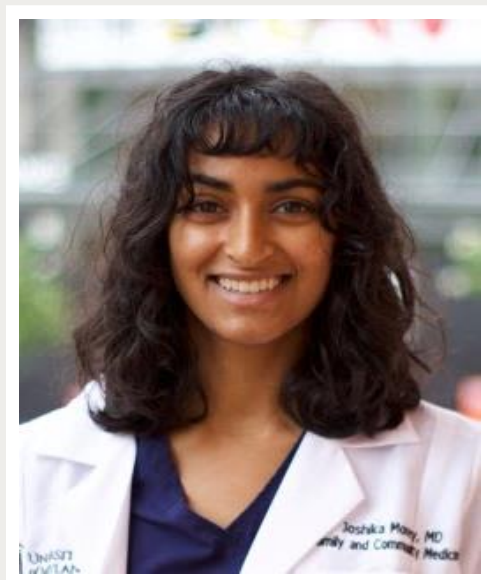
Hobbies: Baking, Painting, Trying New Restaurants, Spending Time With My Cat, Family, And Friends

Favorite Local Restaurant: Il Canale In DC

Favorite TV Show/Movie: Friends

Most useful item in white coat pocket: Multicolored Pens

Most interesting fact: I Love To Paint Arabic Calligraphy



Joshika Money, MD

Hometown: Alpharetta, GA

Undergrad: University Of Georgia

Medical School: Oakland University William Beaumont School Of Medicine

Interests in Medicine: Abortion Care, LGBTQ+/Gender Affirming Care, Psychiatry/Behavioral Medicine, Addiction Medicine, Geriatrics, Community Medicine, Policy/Advocacy

Hobbies: Going For Walks, Growing Plants, Watching Netflix

Favorite Local Restaurant: Any Ethiopian Restaurant

Favorite TV Show/Movie: Pose

Most useful item in white coat pocket: Snacks >>> Everything

Most interesting fact: I've Helped Feed A Ball Python While Working At An Animal Sanctuary



Brittney Morning, MD

Hometown: Dallas, TX

Undergrad: Howard University

Medical School: Howard University College Of Medicine

Interests in Medicine: Adolescent Medicine, Procedures, Women's Health, Outpatient

Hobbies: Watching Scary Movies, Eating And Attempting To Meal Prep.

Favorite Local Restaurant: Lauriol Plaza

Favorite TV Show/Movie: Insidious And The Strangers

Most useful item in white coat pocket: Snacks

Most interesting fact: I Love Scary Movies



Pablo Ordóñez, MD

Hometown: Alexandria, VA

Undergrad: College Of William And Mary

Medical School: Drexel College Of Medicine

Interests in Medicine: Full Spectrum

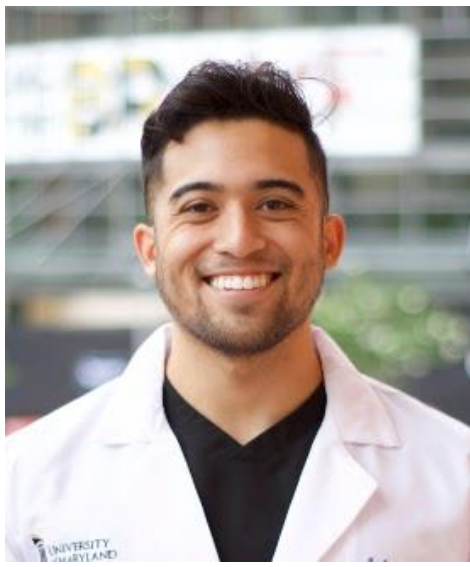
Hobbies: Fishing

Favorite Local Restaurant: Chicken Fiesta

Favorite TV Show/Movie: Terminator 2: Judgement Day

Most useful item in white coat pocket: Snack

Most interesting fact: Dual Citizenship



Joshua Perlman, DO

Hometown: Tyson's Corner, VA

Undergrad: Virginia Tech

Medical School: Kansas City University

Interests in Medicine: Sports Medicine

Hobbies: Powerlifting (Main Hobby) Fitness (Boxing, BJJ, Judo) Binge Watching Unhealthy Amounts Of TV (Netflix, HBO Max, Hulu, etc.)

Favorite Local Restaurant: Any Good Thai Restaurant

Favorite TV Show/Movie: Rick & Morty And Deadpool

Most useful item in white coat pocket: Pen

Most interesting fact: I'm A Triplet



Nicole Taylor, MD

Hometown: Toronto, Canada

Undergrad: University Of Western Ontario

Medical School: Sackler School Of Medicine

Interests in Medicine: Addiction, Lifestyle Medicine

Hobbies: Running, Yoga, Snow Boarding, Cooking

Favorite Local Restaurant: Anywhere That Has Pasta

Favorite TV Show/Movie: New Girl

Most useful item in white coat pocket: Pen

Most interesting fact: I Can Start A Campfire

PGY-1

Class of 2025



Alia Capone, MD

Hometown: Cary, NC

Med school: UNC-Chapel Hill

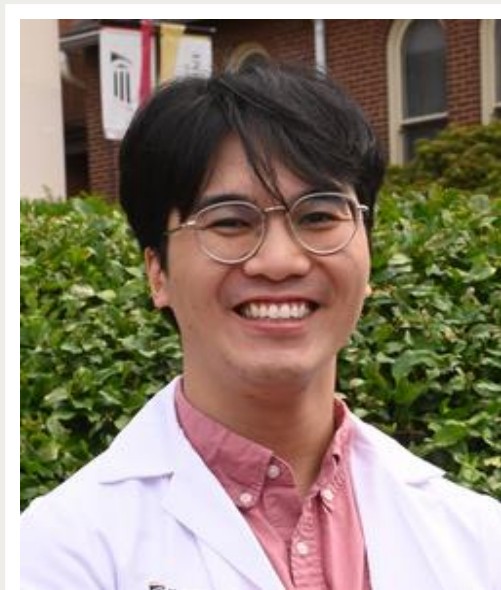
Interests in medicine: Academics, GYN, inpatient, peds/adolescent, social justice

Hobbies: pickle ball, game nights, winery/brewery hopping, yoga

Restaurant: The Food Market

Tv Show: Game of Thrones (minus season 8)

Most useful item in white coat: multi- colored Pilot G2 pen



Do Dang, MD

Hometown: Boston, MA

Medical school: University of Wisconsin School of Medicine and Public Health

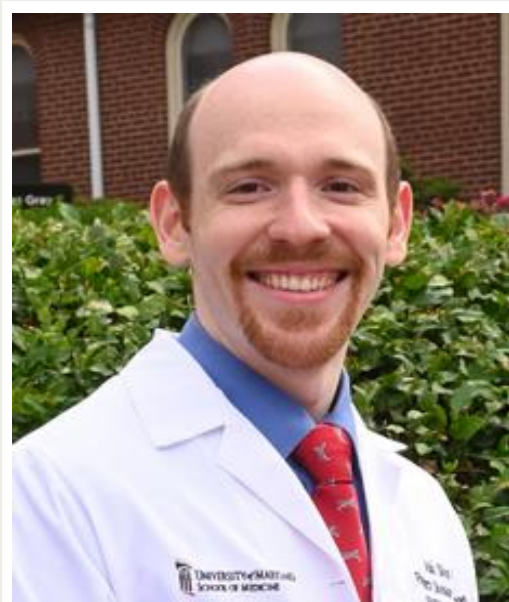
Interests in medicine: community medicine, health equity, advocacy, public health, reproductive justice, urgent care

Hobbies: houseplants, dreaming about having a dog, watching TV, working out, eating at buffets

Favorite local restaurant: Dooby's

Favorite TV show/movie: I love rewatching Hey Arnold, ATLA/LOK, Devil Wears Prada, and Mean Girls

Most useful item in white coat pocket: Stephanie (my stethoscope)



Joshua Ferey, MD

Hometown: Blacksburg, Virginia

Medical School: University of Virginia (UVA) School of Medicine

Interests in Medicine: health policy, public health, women's health

Hobbies: following politics, playing board/card/video games, sewing

Favorite Local Restaurant: Cheezy Mike's

Favorite TV show/Movie: Star Wars Episode V - The Empire Strikes Back

Most Useful Item in White Coat Pocket: tape



Valen Gordon, DO

Hometown: Waldorf, MD

Medical School: Lake Erie College of Osteopathic Medicine - Seton Hill

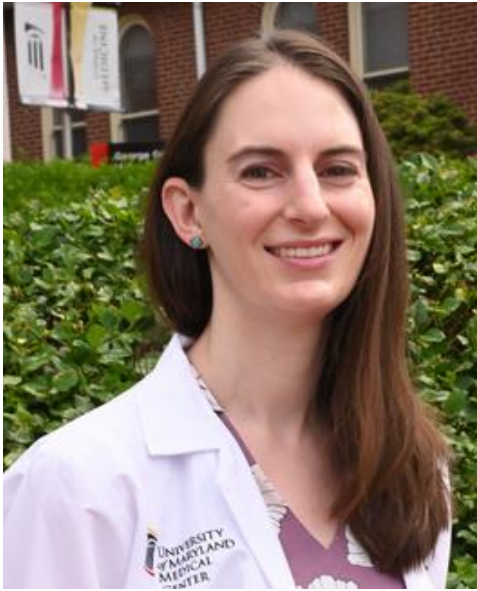
Interests in Medicine: full spectrum family medicine and sleep medicine

Hobbies: baking cookies, taking naps, watching movies

Favorite Local Restaurant: I'm a foodie, there are too many great options to choose just one

Favorite TV show/Movie: Powerpuff Girls, Hellboy

Most Useful Item In White Coat Pocket: Snacks, and probably a pen



Elizabeth Harlan, MD

Hometown: Oxford, OH

Medical School: University of Toledo College of Medicine

Interests in Medicine: Reproductive and sexual health, addiction medicine, public health

Hobbies: My plants, reading, riding my bike, hiking

Favorite Local Restaurant: Susie's Soba

Favorite TV show/Movie: Bob's Burgers

Most Useful Item In White Coat Pocket: A pen and paper



Suzanne Ho, MD

Hometown: Berkeley, CA

Medical School: Drexel University College of Medicine

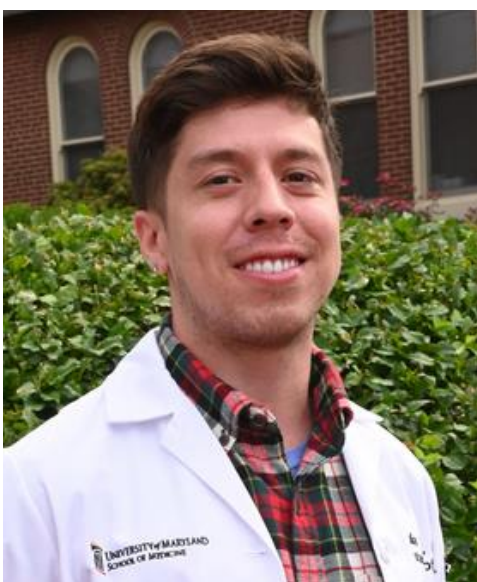
Interests in Medicine: Reproductive Health and Abortion Care, Community Medicine

Hobbies: vegan cooking, hiking, going to the farmer's market, spending time with family and friends

Favorite Local Restaurant: Dodah's Kitchen

Favorite TV show/Movie: Avatar the Last Airbender

Most Useful Item In White Coat Pocket: snacks



Malcolm Matheson, MD

Hometown: Worcester, MA

Medical School: Johns Hopkins School of Medicine

Interests in Medicine: Primary Care, Depression, Addiction, Research

Hobbies: Video games, poolside lounging

Favorite Local Restaurant: Yemen & Gulf

Favorite TV show/Movie: Everything Everywhere All at Once

Most Useful Item In White Coat Pocket: Cell Phone



Ishan Shah, DO

Hometown: Ellicott City

Medical School: Nova Southeastern University

Interests in Medicine: Sports Med, Pain, Addiction

Hobbies: playing basketball, gym, hiking

Favorite Local Restaurant: Honey Pig

Favorite TV show/Movie: Scrubs

Most Useful Item In White Coat Pocket: Pen light



Anmol Singh, DO

Hometown: Columbia, MD

Medical school: Campbell University College of Osteopathic Medicine

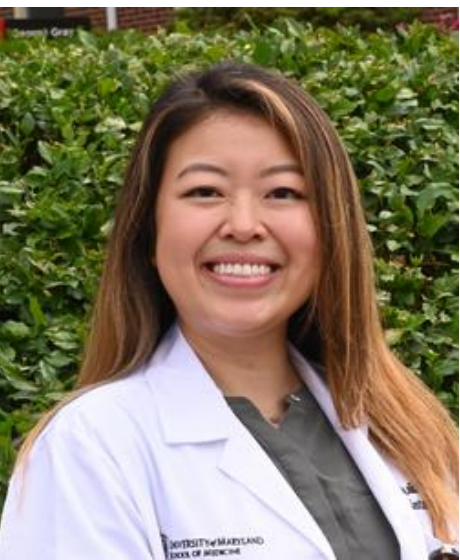
Interests in Medicine: Primary care, sports medicine

Hobbies: Cycling, PS5, hiking, ice cream

Favorite local restaurants: Mango Grove, Maiwand Grill

Favorite movie: Harry Potter 1-3

Most useful item in white coat: snacks x2



Yannan Zhou, DO

Hometown: Rockville, MD

Medical School: LECOM

Interests in medicine: women's health, travel medicine, addiction

Hobbies: traveling, eating, kitties, gym, hiking

Favorite local restaurant: Favorite tv show/movie: Friends

Most useful item in white coat: multicolor pen, snacks