



SSA Newsletter F23 **Week 7**

Upcoming Events for Fall '23: Socials, Kirtan Nights, Discussions, and inter-SSA collabs!

- **Week 7 (Nov. 14th):** SSA & Punjabi Club Kirtan Night!
- **Week 7 Weekend (Nov. 18th):** Tailgate with SacPunjabis for the UC Davis vs. Sac State football game!
- **Week 10 (Nov. 30th):** End of Quarter Sports Day Social!

→ **As we wrap up the Fall Quarter, look forward to more collabs with Sikh/Punjabi organizations on and off campus, as well as multicultural clubs on campus, in Winter Quarter!**

Stay tuned and keep up with our Instagram: [**@ssaucd**](#) for all finalized dates, times, and locations!

General Announcements

Before we get into our recent events, here are some updates to make note of: we made a discord server for all of our SSA members! Add the discord to keep up with any updates we send regarding future events or general announcements. Specifically for those in our Vaddha/Chotta program, we have created separate channels to connect with other Vaddhe and Chotte, as well as channels to either receive or provide tutoring and resources to those in your major/distinct college!

Here is the link to add: <https://discord.com/invite/eFEr4yhr>

SSA Shirt Design Competition For SSA Merch: help us make some merch for SSA members this year! Whoever wins the competition for the best 2023-2024 school year SSA shirt design, will get a **FREE** shirt themselves! [Here is the link to the competition form:](#)

https://docs.google.com/forms/d/e/1FAIpQLSd57kRSVxUgN_OKp1qy7S6iTOENC78_tonTgmYq7JX_HrNkcw/viewform

Participants Needed for Research Study: An undergraduate student at UC Davis is conducting a research project on abdominal pain in the Punjabi Sikh community of Sacramento County. She is currently looking for volunteers to complete a 5-minute anonymous online survey. **Note:** individuals must be currently experiencing abdominal pain to participate in this study. **Please refer to the flyers posted below for more information on contributing to this study.** Thank you everyone!

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Seeking Research Participants!

Project: Healthcare Seeking Behaviors for Abdominal Pain in the Punjabi Sikh Community

To participate you:

- Must be capable of giving consent
- Must be of age 18 or older
- Must report current chronic or intermittent acute abdominal pain at the time of consent
- Must identify as a Punjabi
- Must have a primary residence in Sacramento County



Please scan the QR code or visit <https://bit.ly/abdsurvey> for the survey

The pain characteristics of Punjabi Sikhs is not well-documented. Contribute to this research!

5 minute online, anonymous survey!
Survey available in Punjabi and English!

Principal Investigator: Manpreet Kaur, mkskaur@ucdavis.edu for any questions or concerns

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ਖੋਜ ਵਿੱਚ ਹਿੱਸਾ ਲੈਣ ਲਈ ਬੇਨਤੀ

ਪ੍ਰੋਜੈਕਟ: ਕਿਵੇਂ ਪੰਜਾਬੀ ਸਿੱਖ ਭਾਈਚਾਰਾ ਪੇਟ ਦੇ ਦਰਦ ਲਈ ਦੇਖਭਾਲ ਦੀ ਮੰਗ ਕਰਦਾ ਹੈ

ਹਿੱਸਾ ਲੈਣ ਲਈ, ਤੁਸੀਂ ਲਾਜ਼ਮੀ:

- ਸਹਿਮਤੀ ਦੇਣ ਦੇ ਯੋਗ ਹੋਵੋ
- 18 ਸਾਲ ਜਾਂ ਇਸ ਤੋਂ ਵੱਧ ਉਮਰ ਦੇ ਹੋ
- ਸਹਿਮਤੀ ਦੇ ਸਮੇਂ ਮੌਜੂਦਾ ਗੰਭੀਰ ਜਾਂ ਰੁਕ-ਰੁਕ ਕੇ ਪੇਟ ਦਰਦ ਦੀ ਸ਼ਿਕਾਇਤ ਕਰੋ
- ਆਪਣੇ ਆਪ ਨੂੰ ਪੰਜਾਬੀ ਵਜੋਂ ਪਛਾਣੋ
- ਆਪਣੇ ਆਪ ਨੂੰ ਸਿੱਖ ਵਜੋਂ ਪਛਾਣੋ
- ਸੈਕਰਾਮੈਂਟੋ ਕਾਊਂਟੀ ਵਿੱਚ ਰਹਿੰਦੇ ਹੋ



ਸਰਵੇਖਣ ਲਈ ਸ਼ਿਕਾਇਤ ਕਰਕੇ 5 ਮਿੰਟ ਲਈ ਨੂੰ ਸਮੇਂ ਲੈਣ ਲਈ ਇਸ ਲਿੰਕ 'ਤੇ ਜਾਓ <https://bit.ly/abdsurvey>

ਇਸ ਵਿਸ਼ੇ ਵਿੱਚ ਬਹੁਤੀ ਜਾਣਕਾਰੀ ਨਹੀਂ ਹੈ। ਇਸ ਖੋਜ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਓ!

5 ਮਿੰਟ ਆਨਲਾਈਨ, ਅਨਿਯਮਤ ਸਰਵੇਖਣ!
ਸਰਵੇਖਣ ਪੰਜਾਬੀ ਅਤੇ ਅੰਗਰੇਜ਼ੀ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

ਪ੍ਰਮੁੱਖ ਖੋਜਕਰਤਾ: ਮਨਪ੍ਰੀਤ ਕੌਰ, ਸਵਾਲਾਂ ਜਾਂ ਚਿੰਤਾਵਾਂ ਲਈ mkskaur@ucdavis.edu ਨਾਲ ਸੰਪਰਕ ਕਰੋ

Here is a quick look at the events we have had these past 2 weeks: Dixon Corn Maze Social, Davis Creamery Ice-Cream Social, Campus Lunch w/ SSA Social, and Yuba City Nagar Kirtan 2023!

Dixon Corn Maze Social: Thursday, Oct. 26th; Thank you to everyone who came out, we had an amazing turnout! Special shoutout to all of our maze leaders who got us out in less than an hour :) Please check out our Instagram for pictures of everyone who came + more!





Davis Creamery Social: Thursday, Nov. 2nd; It was so great to see some new faces at our ice cream social! We hope you all had a great time - we loved talking to everyone! Unfortunately, we did forget to take pics at the event - we promise to remember for next time :)

Campus Lunch w/ SSA Social: Friday, Nov. 3rd; Thank you to everyone who made time in their schedules for our lunch social! It was great to see people we normally are not able to on our regular Thursday events :) Here is an amazing picture of the back of our Co-President, Prabhjot!



Yuba City Nagar Kirtan: Friday - Sunday, Nov. 3rd - Nov. 5th; Huge thank you to our SSA general members and board members for helping build a truly incredible float with the UC Davis community. Your hard work and dedication to represent the Sikh community at UC Davis honorably did not go unnoticed. Here are a few pictures of the float and some of our builders!





That's all for week 7! Thank you for reading up on our updates, and good luck on any midterms you have coming up!