Association of Physicians of Pakistani Descent of North America

37th ANNUAL APPNA SUMMER CONVENTION

August 13-17, 2014

Gaylord National Harbor

Washington, DC

Nasar Qureshi for APPNA PRESIDENT ELECT 2015

"I CAME WITH ASPIRATIONS.
I FOUND INSPIRATION."

The Time Is Now

Vision & Goals

Strengthening Organizational Foundation

- Complete transparency and improved governance
- Ensure financial stability of organization
- Long-term sustainable projects
- Ensure equitable leadership role for female physicians
- Meaningful reforms in election-electioneering process
- Effective communication with members

Involvement with the Community in USA

- Establishment of new APPNA Health Clinics
- Leadership development programs
- Youth summer internships in medicine
- Guidance and resources for those interested in pursuing medicine

Sustained Programs to Provide Leadership Role to Pakistani-Descent American Medical Students and Graduates (NAMA)

- Ensuring communication and input of NAMA in long-term planning of APPNA
- Involvement in academic and CME programs
- Research scholarships and awards
- Advocacy of issues for young medical professionals

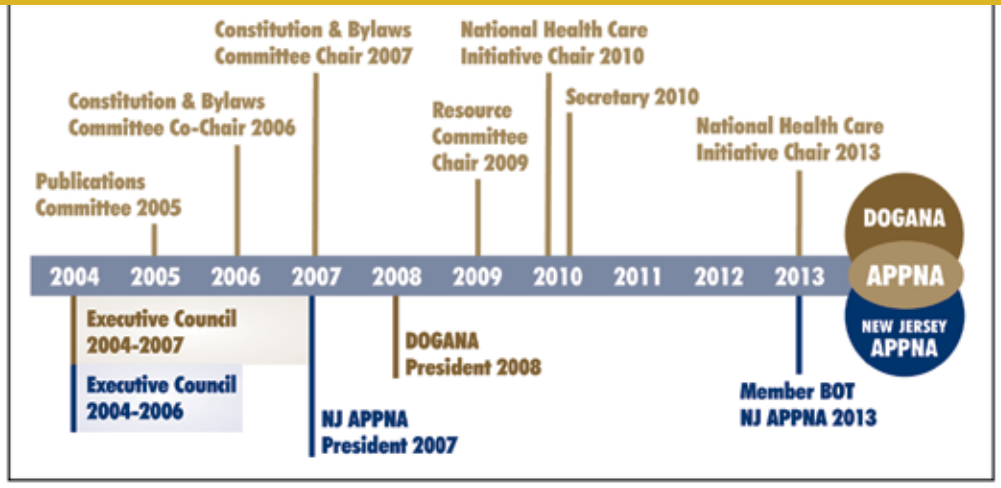
Strengthen Resources for Young Pakistani Physicians

- Sustained efforts for expedited VISA processing
- Strengthening and increasing capacity in APPNA houses
- Active guidance for alternate medically related post-graduation pathways
- Loan program for USMLE exams for deserving students

Together

with our dedication and commitment, we can fulfill our dream and vision for APPNA and make it the organization it deserves to be.

APPNA
THE FUTURE IS NOW.



www.NasarQureshi.com

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APPNA President's Message

Asif Rehman, MD
APPNA President 2014

Dear APPNA Family:

The APPNA Summer Convention is being held August 13th – 17th in Washington DC. This is the first time that this function is being held in August which will incorporate the August 14th Pakistan Day. The convention will be a few weeks after Eid. I warmly extend my best wishes to all my cherished APPNA family; colleagues and friends. I hope that you all enjoyed a peaceful and blessed Ramadan month and had a Happy Eid!

We are hoping for a successful convention in DC, expecting 3,500-4,000 physicians and families from all over the country. Significant activities are planned with high ranking CME, social forum, political symposiums, leadership development conference, Obama healthcare with childhood obesity and healthy heart walk, etc. There is a high level entertainment and I am hoping to see everyone there. I want to thank all the council members, executive committee as well as all the committee chairs and their members for doing extra ordinary work to make this year and convention productive.

The year is halfway finished and we have already accomplished so much. It is truly an honor and privilege to serve as your President for 2014. I continue to appreciate your trust and support as we move forward, achieving our goals and exploring new horizons. I happily anticipate working with you for the remainder of this year with the help and support of the Executive Committee and Council. There are so many more wonderful projects and activities to look forward to. We began a busy year at the central APPNA office in February with a special orientation for council members and the Executive Committee. For the first time in decades, APPNA held its Spring meeting in Los Angeles California at the Beverly Wilshire Hotel. This productive and enjoyable meeting made history; not only with its attendance from all over the country and an excellent CME activity, but with the added bonus of an earthquake! This meeting was a financial success and helped to reunite our APPNA organization from coast to coast. I want to thank the Spring meeting host committee and its leadership.

The concept of an APPNA Foundation was first presented in a strategic meeting. Subsequently, it was unanimously approved at the Spring meeting and now, our APPNA foundation is almost completed. It is in its final stages of registration in Illinois and we are planning to open a bank account in just a few weeks. This historical achievement will offer APPNA much greater financial stability. Funds will be earmarked for projects related to healthcare and the educational sector in Pakistan and in the U.S.

APPNA CABL election reforms were presented in the Spring meeting, were edited and approved in a special council meeting and now will be presented to the general body meeting for a vote. This necessary reform will streamline our election process and further enhance the stability and professionalism of APPNA.

I want to specifically thank the Young Physicians Committee and the Advocacy Committee for their tireless jobs this year, helping young physicians to obtain security clearances. Earlier this year, we retained Roberti and White in Washington DC, a firm which helps us to clear almost every case presented to the Young Physicians Committee and Advocacy Committee. We also had a very successful Day on the Hill in DC. We met several senators and visited the State Department, including the visa section and the Pakistan desk. The day ended with a successful meeting with the Pakistan Ambassador where we stressed our APPNA community's concern about recent

physician and sectarian killing. The ambassador extended a promise to relate the details of our sentiment regarding this issue and convey the document which was presented to him to the PM of Pakistan and Chief Minister of Punjab.

As always, the Social Welfare Disaster Relief Committee was very active since the beginning of this year; funds were raised for the unfortunate security personnel who were killed in KPK. In addition, with recent actions against extremism in KPK, there is significant internal displacement in Pakistan and fund raising is being done under the Social Welfare Disaster Relief Committee. We will collaborate with local non-profit organizations after signing an MOU to help in the ongoing crisis. SWDR continues its diabetic initiative and has created a childhood obesity program to counter this epidemic which is widespread in U.S. Work included education for childhood obesity and dietary instructions as well as visits to schools. The San Antonio Texas chapter took a lead role.

Earlier this year a donor came forward and committed $1,000,000.00 to create an APPNA medical school in the U.S. An Adhoc Committee was created and they met with high ranking AMA officials and with a medical school in Connecticut. They have explored several opportunities and recently visited Montana State University. Although it is difficult task, a step has been taken in the right direction. The first stone of a huge wall has been laid which will have a long lasting effect for the future of our children of Pakistani descent in the coming years.

We are lucky to have an announcement from the Professional Liaison Committee, announcing a sub-specialty meeting at the Summer Convention. It will include pulmonary, geriatric, renal, oncology, psychiatry and the creation of "auxiliary societies". This will help to attract the sub-specialties to come under this umbrella and to get involved in sub-specialty activities, ultimately increasing APPNA membership.

We have completed two international trips; first to Israel, Jordan and Turkey; the second trip was a Mediterranean Cruise, Both were successful, enjoyable, well attended, and financially productive.

I have been lucky to meet the CEO and President of Medtronic earlier this year and I expressed interest in collaborating with Medtronic. Subsequently, we had teleconferences and now, the CEO of Medtronic will be attending our annual meeting. In addition, we hope to develop a long, productive, professional relationship with this organization. Similarly, initiatives were taken with UNICEF hoping to collaborate with them on a long term basis.

I also want to thank all the other committees who are doing an excellent job, specifically the RESA committee. They have organized a monthly meeting, applied for CME grants to different organizations, and are now outlining and arranging high profile lectures for our CME conference in Washington DC. MERIT continued its monthly lectures, expanding its sub-specialties and is now involved in a women's empowerment program. We are also planning a youth program with a visit to Congress, Senate, State Department and Pakistan Embassy in the U.S. during the Summer Convention. That project is focused towards young college students. We are hoping to involve these young students in their early stages, which will shape up the image of Pakistan community. These young students will contribute not only in healthcare but in all other fields of government in the future.

This year, unfortunately, unstable internal conditions in Pakistan lead to the killing of several physicians of minority faith. Most recently, a U.S. citizen of Pakistani descent from Ohio was killed in Pakistan while visiting and volunteering. This is a continuation of extremism, manifested by minority killings and minority civil rights violations over the last few years. APPNA has raised a significant voice to condemn these actions. I have personally written protest letters to the PM of Pakistan as well as the Chief Minister of Punjab. In an effort to further address the social injustice in Pakistan, we have created an Adhoc Committee for social justice of APPNA. This committee will give us guidance to tackle this significant issue of sectorial violence, civil rights, social justice, women and children's rights in Pakistan.

In the end, let me thank you and your families for being here in DC with us. I hope and wish you have a wonderful time and I look forward to seeing you all in New York for the fall meeting

Asif Rehman, MD
APPNA President 2014

Host Committee Chairman's Message

Dr. Hameed Peracha
Host Committee Chairman

Assalamu Alaikum and Eid Mubarak! Welcome to the 37th Annual APPNA National Convention in our Nation's Capitol. The Host Committee along with President Asif Rehman have put together a historic program including a heartfelt Pakistan Independence Day Ceremony along a breadth of educational, cultural, and social programs.

I would like to thank Dr. Asif Rehman for placing his trust in our Host Committee. The arduous process of planning, organizing, and executing for a convention of this magnitude began a year ago, culminating in a program all will enjoy and remember for years to come. The various sub committee members put forth an enormous effort to ensure that we not only provide an organized and comfortable convention, but one that enlightens and delights all attendees.

This years program includes the joyous occasion of Independence Day which will be celebrated as never before. Several Alumni and Chapter events are planned along with a great CME program. The dining and entertainment are world class. The Bazaar will be the largest we have ever had in an APPNA Convention in Washington. Sightseeing, tour, and other recreational activities are planned as well. All this in the setting of the beautiful Gaylord National Resort on the banks of the Potomac River.

The setting, program, and of course all of you, the attendees, provide and opportunity for an absolutely great week to be shared amongst family, friends, and colleagues. For this wonderful APPNA week in August of 2014, let's shed any sectarian and tribal differences as we come together after a beautiful month of Ramadan. Let's avail this time celebrating our heritage in each others good company. Let us fill the days and evenings with smiles, good talk, and good actions that we will look back on for years to come.

Welcome to Washington and Welcome to APPNA. Enjoy!

Hameed Peracha, MD

Chair, APPNA 2014 National Convention Host Committee

APPNA President-Elect's Message

Dr. Mubasher Rana
APPNA President-Elect 2014

Assalaam-Alaikum:

I would like to thank APPNA membership for providing me the opportunity to serve as President Elect this year. The President Elect has 2 main tasks and I will elaborate on them briefly:

Component Society (CS) Recertification: A new APPNA chapter in the Delaware Valley was approved by the APPNA Council at the Spring meeting 2014. This brings to total of 51 APPNA component societies. Out of these, all but 2 have sent in their recertification documents. One of the goals this year was to develop an online CS recertification process. I want to thank Nicholas Suh at APPNA office for his help in developing the program. In the second part of this year, we will be focusing on helping CS obtain their own 501c3 status.

Membership Verification is being done according to APPNA CABL and previous resolutions approved by the APPNA Council.

This year has also provided me an opportunity to plan for next year. I feel APPNA's objectives are primarily based upon the following 4 tenets. I will describe my vision for next year accordingly:

Networking: APPNA provides tremendous opportunity for the membership to develop contacts. As it is very important for families to meet, it is also critical that we have more specialty based professional networks. These can help in professional advancement and charity work related to the specialties. We have made some progress this year and we need to strengthen and expand the program next year.

Education and Transfer of Expertise: APPNA MERITT program is very successful. I believe we also need to develop a robust Telemedicine program for Pakistan. We can develop relationship with internet enabled key hospitals in each district of Pakistan. We can then develop a corp of specialists who are willing to provide expert help as needed.

We are exploring the possibility of establishing an APPNA Medical School in United States. It is a lofty dream but I feel possible with proper planning and perseverance.

Helping Young Physicians and medical Students: We need to develop a much better program to help them find electives, observer ships and research positions..

Charity: We need to develop a more organized program for Disaster relief across the globe. I tend to call it: "APPNA Global Relief". Whenever the need arises, we should have a corp of volunteers who can be deployed to the area.

I salute APPNA chapters who are operating Free Clinics. I challenge all chapters to establish Free Clinics in their area.

We need to have a better mechanism for fundraising for our projects. APPNA Foundation is a step in the right direction.

We have to be prepared to speak up against injustice whenever and wherever it happens in the world.

We have a tremendous intellectual and financial capital in APPNA. I strongly feel we can achieve whatever we aspire for. We also have a great responsibility to be a role model for our future generations. We must always conduct ourselves with utmost integrity, mutual respect and when dealing with the affairs of the association, put APPNA First. I am confident that together we can achieve this and much more.

Publication Committee Chairman's Message

Dr. Syed Tariq Shahab
Publication Committee
Chairman

Dear friends and APPNA members,

On behalf of the host committee, I welcome you back to Washington DC to attend the 37th Annual APPNA Summer Convention. It's our hope that you and your family will find the meeting and the visit to Washington DC very interesting, enjoyable and entertaining. This year, the APPNA meeting overlaps with the Independence Day (14th August) of Pakistan – another memorable and joyous day of our life. The host committee therefore has organized many special programs and celebrations along with the other annual activities.

The Chairman of the host committee had entrusted me with the task of taking out the Summer Meeting Journal this year again. This is the fourth time that I will be taking out this publication since 2008. It is a very demanding, arduous and time consuming task. However the host committee and I have striven hard to fulfill this obligation and to keep up to your expectations.

In this issue, we have details of the four day events with timing's and room numbers for your convenience. Also we have details of the CME activities and Social Forum. We have listed the poets for the Mushaira along with snippets of their famous poems. The report from various alumni, committees and chapters are not included here, since they will be part of the summer journal taken out by the central publication committee.

The Governor of Maryland and Virginia, Mayor of Washington DC, many Senators and Congressmen of the metropolitan DC area appreciate and acknowledge the importance of APPNA and have sent in their welcome messages. We also have messages from APPNA office bearers updating us about the work of the association this year.

On behalf of the host committee, I would like to thank all advertisers', exhibitors' and sponsors' of the meeting. I also extend my thanks to all members of the host committee and specially the members of the publication committee including – Dr Habib Chotani, Dr Umer Rahman, Dr Faisal Qureshi and Dr Reema Chaudri for their tireless work and help in bringing out this publication. My thanks are also due to the staff of the central office including Jennifer Wozniak, Nicholas Suh, Sehba Khan and David McDemit. In the end, my many thanks to the publishers -- International Graphics and specially Osama Zain, Miah and Rabah Raoof for accommodating and understanding all our requests.

The host committee has worked very hard for the last 7-8 months to make this a very successful and memorable meeting. We hope you all will enjoy and have fun during your stay here in the DC area. I have listed the names and contact information of each and every member of the host committee in this Journal. Please feel free to contact us for any question you may have during your stay here.

Have fun and enjoy the meeting.

Syed Tariq Shahab, MD

Chairman Publications

APPNA Secretary's Message

Dr. Asaf Riyaz Qadeer
APPNA Secretary 2014

Dear APPNA family,

Welcome to APPNA 37th Annual Summer meeting. Thanks to APPNA's founding fathers and its subsequent leadership for building this vibrant and blooming family. APPNA has now become an indispensable part of our life. We are fortunate to have wonderful people in this family who are always enthusiastic, motivated and eagerly contributing to see it flourishing. We have excellent potential to grow and the new generation in APPNA is getting ready to write new success story. With the change in time, we also need to identify the needs of modern time and adapt. I strongly believe that APPNA has reached the crossroads where we must engage and make our presence feel to every American and Canadian instead of just Pakistani community, build coalition with all National Medical Organizations in the US and Canada and go Global to be part of an international community. The work on a Medical College in the US is already maturing and soon you will see progress on ground. APPNA initiative on Childhood Diabetes and obesity prevention program requires broad based support. While focusing on strengthening our external influences we also need to solidify our organizational structure and internal linkage with APPNA foundation. With vision and mission accompanying transparency, accountability and accessibility we can achieve a distinction that very few organizations can equal.

The weakness of APPNA has been the lack of a reasonable growth in its membership. We need to do some soul searching as to why the number of new members is mostly limited to seasonal birds brought in by candidates fighting election. If each member of APPNA adds one new member we will double our strength in no time.

We are having robust CME programs with eloquent speakers and we must expand their frequency, locations and specialties so as to increase member interaction and promote our expert physicians.

Newly renovated APPNA's head office with technologically advanced equipment and modernized web is providing a platform for members to connect and create opportunities for jobs, social interactions and matrimonial.

APPNA this year is conducting an extensive three day youth empowerment conference for young physicians and college students, who are our future and we must invest as much in them as possible under a comprehensive plan.

The current leadership of APPNA is aware and alive to the problems and making all out efforts to address them but still there is a long way to go. If we keep marching to the right direction we will get there.

I would also like to thank those who dedicated their time to write articles and made other contributions for this magazine.

I wish you all a happy and healthy future. Enjoy the APPNA Annual Summer Meeting.

Thank You,

Warm Regards,

Dr. Asaf Riyaz Qadeer
APPNA Secretary 2014

Treasurer Report

Summer Convention 2014
by Shahid Rashid MD

APPNA
Association of Physicians of Pakistani Descent of North America

Shahid Rashid, M.D., Treasurer

YTD Income @ 6/30/14

Lifetime Membership Dues	114,594.54
Scholarship	290,461.36
General Fund Revenue	130,128.52
Meetings Revenue	2,632,398.37
CME Revenue	177,768.22
SWDR Revenue	35,630.72
Total Income	3,380,981.73

YTD Expenses @ 6/30/14

Lifetime Membership Dues	4,843.69
Scholarship	1,939.91
General Fund Revenue	190,912.03
Meetings Revenue	1,407,338.51
CME Revenue	9,996.39
SWDR Revenue	34,172.33
Total Expenses	1,649,202.86
Net Profit @6/30/14	1,731,778.87

Dear APPNA family.

It is a matter of personal pride and honor for me to present the APPNA 2014 treasurer report. I am humbled by the trust and confidence of the APPNA family members placed on me, in fulfilling my duties as APPNA Treasurer during this year.

I am glad to announce that 2014, thus far, has been a profitable year and we are hopeful that this financially positive trend will continue for the rest of the calendar year as well. By hard working designated APPNA teams, fiscal performance has been our hallmark and profits were procured in the arranged APPNA meetings. We are already in receipt of the funds for the planning of future 2014 and 2015 meeting sessions.

To smoothly perform the tax and other law abiding and constitutional processes, an accounting firm has been engaged to complete the taxes and required audit and we were able to negotiate the price so as to save APPNA a higher rate for these legal requisite issues.

As a testament to hard work of APPNA teams, fund raising has been successful for social welfare projects like the Fallen Heroes, Diabetes and Obesity projects. Monetary allocations have been arranged for the APPNA scholarship fund for the Nishtar, King Edward, Khyber, Fatima Jinnah and Sindh Alumni divisions. On an encouraging note, I am pleased to report a rise in annual and associate membership over last year and maintenance of lifetime membership as well.

All these achievements would not have been possible without your input and involvement. I want to extend my whole hearted thanks again for your support, confidence and passion for betterment of APPNA. I take pride in what I do for this great organization and I am sure that if we continue working together in the same spirit then sky is the limit and we can achieve great things for this organization.

I extend my best wishes for an exciting, educational and beneficial year for all APPNA family members.

Shahid Rashid Md

Shahid Rashid MD
APPNA Treasurer

UNITED STATES SENATOR
WASHINGTON, D.C.
August 13, 2014

Dear Friends,

I am pleased to extend warm greetings to the members of the Association of Physicians of Pakistani-Descent of North America as you gather together for your 37th Annual Meeting at the Gaylord National Hotel and Convention Center.

This event is an occasion to honor the strength of the mission that characterizes your organization. The programs and services you offer provide important resources to make a positive impact in humanitarian causes and to meet the needs of your physicians, families, and the community at large. I commend all those who work with your organization to help strengthen the community and improve the lives of others.

As many of you know, I helped create the Virginia Health Care Foundation, which has provided health care to more than 600,000 under-served Virginians, and SeniorNavigator.com, a referral network for older Virginians and their caregivers. I have supported comprehensive health care reform to achieve a competitive, cost-effective, and more efficient system. This effort primarily focuses on ensuring that all Americans have access to adequate health coverage, and the coverage must be affordable and based upon data-driven medical standards.

America's diversity is a tremendous virtue. We are fortunate to have a strong and vibrant Pakistani community in the Commonwealth. The contributions of the Pakistani community have been extraordinarily valuable to the spirit and drive that make our Commonwealth and this nation great.

On this important occasion, I am very pleased to join with your families, friends and community in wishing you the very best for a fulfilling and successful convention.

Sincerely,

Mark R Warner

MARK R. WARNER
United States Senator

CHRIS VAN HOLLEN
MEMBER OF CONGRESS
8TH DISTRICT, MARYLAND

August 16, 2014

Dear Friends:

As a Karachi-born member of the Congressional Pakistan Caucus, I am delighted to extend my warmest greetings to everyone attending the 37th Annual Convention of the Association of Physicians of Pakistani Descent of North America.

APPNA is a key organization in meeting the needs of its more than 15,000 member-physicians of Pakistani descent, their families and their communities. Its good work is well known: it has established free health clinics, increased screening for diabetes, and supported disaster relief efforts. Moreover, it encourages research into mental health, advocates for public health and awareness, and increases the opportunity for a healthy life for Pakistanis.

This Convention is also a wonderful opportunity to celebrate Pakistan's Independence Day and the accomplishments of those who are of Pakistani descent. You have my best wishes for an enjoyable and productive gathering.

Sincerely,

Chris Van Hollen
Member of Congress

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July 18, 2014

Dr. Asif M. Rehman
President
Association of Physicians of Pakistani Descent of North America

Dear Asif,

I want to thank you and your fellow Pakistani-American physicians for inviting me to attend your 37th Annual Summer Convention. I very much look forward to attending and spending time with you, your officers and members and especially fellow Hoosiers.

As a past Chairman of the Senate Foreign Relations Committee, I know you are playing an important role in bringing the people of Pakistan and the United States closer together. I care deeply about this alliance and am grateful for your efforts.

I look forward to seeing you and your colleagues.

Sincerely,

Richard G. Lugar

Richard G. Lugar
United States Senator (Ret.)

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+1 202-776-1595 www.thelugarcenter.org

Terence R. McAuliffe
Governor

COMMONWEALTH of VIRGINIA

Office of the Governor

July 23, 2014

Dear Friends:

I am pleased to extend a warm welcome to everyone attending the Association of Physicians of Pakistani-Descent (APPNA) Convention. This conference represents an impressive gathering of some of the most skilled physicians in the United States.

I commend APPNA for your work building bridges within communities, encouraging leadership, and empowering young physicians as part of your youth mentorship program. The innovation that young people bring when they enter the medical field is extremely important as the practice of medicine progresses. The work of the APPNA is critical in promoting public health and providing outstanding healthcare, both in the Commonwealth of Virginia and nationwide. I wish all attendees a happy Pakistan Day and a productive conference.

I send you my best wishes for a successful event.

Sincerely,

Terence R. McAuliffe

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TTY USERS CALL VIA MD RELAY

A MESSAGE FROM GOVERNOR MARTIN O'MALLEY

Dear Friends:

Welcome to the 37th Annual Meeting of the Association of Physicians of Pakistani-Descent of North America.

Since its inception in 1976, your organization has been involved in a multitude of humanitarian and social activities across the country. Your dedication shows a great commitment to the fields of medical care, health education and humanitarian missions; and it illustrates a deep belief in the importance of human dignity—a belief that the people of Maryland share.

In Maryland, we believe in service, the dignity of every individual, and our responsibility to advance the common good. When we join behind causes greater than ourselves, we can overcome insurmountable odds. By coming together today to celebrate more than four decades of service and community support, we are honoring the strides these physicians and medical professionals have made to improve the quality of lives for many.

On behalf of the people of Maryland, thank you for your work and best wishes for a successful event.

Sincerely,

Governor

AMBASSADOR OF
THE UNITED STATES OF AMERICA
ISLAMABAD

June 18, 2014

Dr. Asif M. Rehman
Association of Physicians of Pakistani Descent of North America
6414 South Cass Avenue
Westmont, IL 60559

Dear Dr. Asif Rehman:

Thank you for the invitation to take part in the annual APPNA Summer Convention in National Harbor, Maryland in mid-August. Although I am unable to attend, I welcome the news that the Association of Physicians of Pakistani Descent of North America (APPNA) continues to actively engage its members and seek ways to connect with the community both in the United States and in Pakistan.

All the best for future APPNA endeavors,

Sincerely,

Richard G. Olson

Welcome~

Association of Physicians of Pakistani-Descent of North America
37th Annual Conference

July 25, 2014

As Mayor of the District of Columbia, it is my pleasure to welcome the Association of Physicians of Pakistani-Descent of North America to the Greater Washington, D.C. area on the occasion of your 37th Annual Conference.

This annual event provides an opportunity for each of you to discuss issues of concern in the medical field, as well as to facilitate greater relationships amongst physicians of Pakistani-descent in the United States. As you take this opportunity to reflect on your past accomplishments and discuss new ideas, I invite you to experience the beautiful monuments and museums of this great city, and to discover the diverse neighborhoods that make this community so unique.

On behalf of the residents of the District of Columbia, you have my best wishes for an educational and memorable event.

Vincent C. Gray
Mayor, District of Columbia

Message from APPNA Co-Chairs

Dr. Talha Siddiqui

Dr. Mohammad Akbar

Dear APPNA Members,

We would like to personally welcome each member to the 2014 APPNA Summer Convention. It's an exciting time for APPNA as the organization is motivated and responsive AND OPEN TO NEW IDEAS. This year for the first time APPNA is celebrating Pakistan Independence Day during its Summer Convention. We have collaborated with Pakistan Embassy to celebrate our Independence Day.

The planning of Summer Convention started in December last year. We have had several meetings since then to bring the best and most organized program for you. The President himself visited from New York on several occasion and guided the summer host Committee. We have tried our best to rectify the short comings of the last convention.

Before we close, we would like to thank each of you for attending the convention and bringing your expertise to our gathering. You, as leaders and members, have the vision, the knowledge, the wherewithal and the experience to help us pave our way into the future. You are truly our greatest asset today and tomorrow, and we could not accomplish what without your support and leadership. Throughout this Convention, we ask you to stay engaged, keep us proactive and help us shape the future Conventions with your ideas.

Our personal respect and thanks goes out to all of you.

Mohd. Akbar, MD
APPNA Co-Chair 2014

Talha Siddiqui, MD
APPNA Co-Chair 2014

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APPNA HOST COMMITTEE 2014

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Haroon Durrani *Stage Management*		
Shahid Rafiq *CME*		

DAY TO DAY EVENTS SCHEDULE

Tuesday, August 12

Time	EVENT	Room Name
10:00 PM - 1:00 AM	**Ghazal Nite**	**National Harbor 10**

Wednesday, August 13

Time	EVENT	Room Name
3:00 PM - 8:00 PM	REGISTRATION	Potamac Reg. Counter/Desk
5:00 PM	Inauguration Ceremony	Cherry Blossom Foyer
9:00 PM	SAYA program	National Harbor- 13
6:30 PM	**Chapter Night - and Entertainment**	**Cherry Blossom**
1:00 PM - 5:00 PM	Exhibit Set-up; Move-in	Exhibit Hall A/B
1:00 PM - 5:00 PM	Exhibit Registration	Exhibit Reg - B
6:00 AM - 10:00 PM	Prayer Room	National Harbor - 10

Thursday, August 14

Time	EVENT	Room Name
7:00 AM - 8:00 PM	REGISTRATION	Convention Center Pre-Function
6:00 AM	Golf	Off-site
8:00 AM - 9:00 AM	CME Breakfast	Maryland -C/D-Roll in Back of room
9:30 AM - 3:00 PM	CME (Main session)	Maryland - C/D
11:00 AM	CME Coffee Break	Maryland - C/D
12:30 PM	CME Lunch	Maryland -C/D-Roll in Back of room
2:00 PM - 4:00 PM	Executive Council Meeting	National Harbor - 10/11
4:00 PM	Pakistan Independence Day Celebrations	Atrium
6:00 PM - 12:00 AM	Childcare	Chesapeake 1, 2, 3, 4, 5
7:00 PM	SAYA Program	National Harbor - 13
8:00 AM - 10:00 PM	Game Room	Magnolia 2 & 3
9:00 AM - 6:00 PM	Exhibit Show	Exhibit Hall - A/B
9:00 AM - 6:00 PM	Exhibit Show Office	Exhinit Reg - B
9:00 AM - 6:00 PM	Food Court	Exhibit Hall - A/B
6:00 AM - 11:00 PM	Prayer Room	Chesapeake A/B/C
1:30 PM - 8:15 PM	Youth Forum	National Harbor - 4
6:30 PM	Sindh II -SMC Class of 1989-90 Re-union	National Harbor -2
6:30 PM	AKU Class of 1989 Re-union	National Harbor - 3
11:00 PM	**Tumseeli Mushaira**	**Maryland - A**
6:30 PM	**Alliance Dinner, APPNA Idol & Fashion Show Entertainment**	**Potamac - A/B**

Friday, August 15

Time	EVENT	Room Name
7:00 AM - 8:00 PM	REGISTRATION	Convention Center Pre-Function
8:00 AM - 10:30 AM	CME (Main session) (No Lunch)	Maryland - C/D
7:00 AM - 8:00 AM	CME Breakfast	Maryland -C/D-Roll in Back of room
10:30 AM - 12:30 PM	APPNA General Body Meeting	National Harbor - 10/11
8:00 AM - 10:00 PM	Game Room	Magnolia 2 & 3
9:45 AM	Youth Forum (Depart for Capitol Hill)	National harbor - 4
9:00 AM - 6:00 PM	Exhibit Show	Exhibit Hall - A/B
9:00 AM - 6:00 PM	Exhibit Show Office	Exhibit reg - B
9:00 AM - 6:00 PM	Food Court	Exhibit Hall - A/B
6:00 AM - 11:00 PM	Prayer Room	Chesapeake A/B/C
2:00 PM - 4:00 PM	DOW Social Forum	National Harbor 10/11
2:00 PM - 4:00 PM	AIMC/Nishar Symposium on Peace & Democracy in Pakistan	National Harbor - 2
10:00 AM - 5:00 PM	Film Festival	Chesapeake D-F
2:00 PM	KE GB Meeting	National Harbor - 5
12:00 PM	Alliance GB Meeting	National Harbor - 12
1:00 PM - 2:00 PM	Friday Prayer - Jummah Khutba by Imam Magid	Potamac - C/D; 1-6
2:30 PM - 4:00 PM	WAPPNA	National Harbor - 7
2:30 PM	SAYA Program	National Harbor 13
5:30 PM	SAYA Band and DJ Nite	National Harbor 10/11
2:30 PM - 4:30 PM	MERIT	National Harbor - 9
6:00 PM - 1:00 AM	Childcare/Baby sitting	Chesapeake 1, 2, 3, 4, 5
3:00 PM - 6:00 PM	PALA (Pakistani American Lawyers Association)	Chesapeake - G
6:00 PM - 10:00 PM	**Alumni Dinners**	
6:00 PM - 10:00 PM	**Aga Khan**	**Maryland - 4-6**
6:00 PM - 10:00 PM	**Allama Iqbal**	**Maryland - C**
6:00 PM - 10:00 PM	**DOW**	**Maryland - A/B**
6:00 PM - 10:00 PM	**Fatima Jinnah**	**National Harbor - 3**
6:00 PM - 10:00 PM	**Khyber**	**Woodrow Wilson - B/C**
6:00 PM - 10:00 PM	**King Edward**	**Cherry Blossom**
6:00 PM - 10:00 PM	**Liaquat**	**Woodrow Wilson - D**
6:00 PM - 10:00 PM	**NAMA**	**National Harbor - 6**
6:00 PM - 10:00 PM	**Nishtar**	**Maryland 1-3**
6:00 PM - 10:00 PM	**Punjab**	**National Harbor - 8**
6:00 PM - 10:00 PM	**Quaid-e-Azam**	**National Harbor - 12**

Friday, August 15

Time	EVENT	Room Name
6:00 PM - 10:00 PM	Rawalpindi	National Harbor - 2
6:00 PM - 10:00 PM	Sindh	Woodrow Wilson - A
6:00 PM - 10:00 PM	Carribean	National Harbor - 6
6:00 PM - 10:00 PM	Dental	National Harbor - 7
10:00 PM - 2:00 AM	Entertainment Night	Potamac Ballroom
10:00 PM - 3:00 AM	Mushaira: (Poetry)	Maryland - D

Saturday, August 16

Time	EVENT	Room Name
7:00 AM - 5:00 PM	REGISTRATION	Convention Center Pre-Function
7:00 AM	UPF	National Harbor - 3
8:00 AM - 9:30 AM	CME Breakfast	Maryland -C/D-Roll in Back of room
9:30 AM - 1:30 PM	CME (Main session)	Maryland - C/D
11:25 AM	CME Coffee Break	Maryland -C/D-Roll in Back of room
1:30 PM	CME Lunch	Maryland - A
12:00 PM - 1:00 PM	Candidate Debate	National Harbor - 10/11
1:00 PM - 3:00 PM	APPNA Social Forum	National Harbor - 10/11
10:00 AM - 4:30 PM	Youth Forum	National Harbor - 4
8:00 AM - 10:00 PM	Game Room	Magnolia 2 & 3
9:00 AM - 6:00 PM	Exhibit Show	Exhibit Hall - A/B
9:00 AM - 6:00 PM	Exhibit Show Office	Exhibit Reg. B
9:00 AM - 6:00 PM	Food Court	Exhibit Hall - A/B
6:00 AM - 11:00 PM	Prayer Room	Chesapeake A/B/C
9:00 AM - 11:00 AM	Rawalpindi Mentoring Session	National harbor - 5
3:00 PM	SAYA program	National Harbor - 13
3:00 PM - 4:30 PM	YPC (Young Physicians Coaching)	National Harbor - 8
10:00 AM - 6:00 PM	Film Festival	Chesapeake D-F
12:00 PM - 2:00 PM	Pak-Pac	Maryland - 1-3
12:00 PM - 2:00 PM	OBAT Helpers Presentation	National Harbor - 5
12:00 PM - 2:00 PM	AIMC Class of 2002 Reunion	Maryland 4-5
12:00 PM - 2:00 PM	SMC Class of 1989 Reuion	National Harbor - 14
1:00 PM - 4:00 PM	KE Reunion - Class of 1970	National Harbor - 15
12:00 PM - 2:00 PM	APCNA	National Harbor - 2
12:00 PM - 2:30 PM	Dental APPNA	National Harbor 12
8:00 PM - 9:00 PM	Prayer area	Potomac Foyer towards River

Saturday, August 16

Time	EVENT	Room Name
12:00 PM - 2:00 PM	Pulmonary	Chesapeake - I
12:00 PM - 2:00 PM	Psychaitry	Chesapeake - H
1:00 PM	Abdelian GB Meeting	National Harbor 3
6:00 PM - 1:00 AM	Childcare/Baby sitting	Chesapeake 1, 2, 3, 4, 5
6:00 PM	CAPPNA DJ Night	Maryland - C/D
12:00 PM - 10:30 PM	YPN (Young Professionals Network)	Maryland - B
3:00 PM - 4:00 PM	Rise for Pakistan	National Harbor 7
10:30 AM	PALA (Pakistani American Lawyers Association)	Chesapeake - G
6:30 PM	**APPNA Banquet Dinner & Entertainment**	**Potamac Ballroom**

Sunday, August 17

Time	EVENT	Room Name
11:00 AM	KE Class of 1969	National harbor - 7
9:00 AM	DNA Health	National Harbor - 6
10:00 AM	YPN	Maryland - B
9:00 AM - 2:00 PM	Exhibit Show (Move-out till 5:00 PM)	Exhibit Hall - A/B
9:00 AM - 2:00 PM	Exhibit Show Office	Exhibit Reg. B
9:00 AM - 1:00 PM	Food Court (Halwa Puri)	Exhibit Hall - A/B

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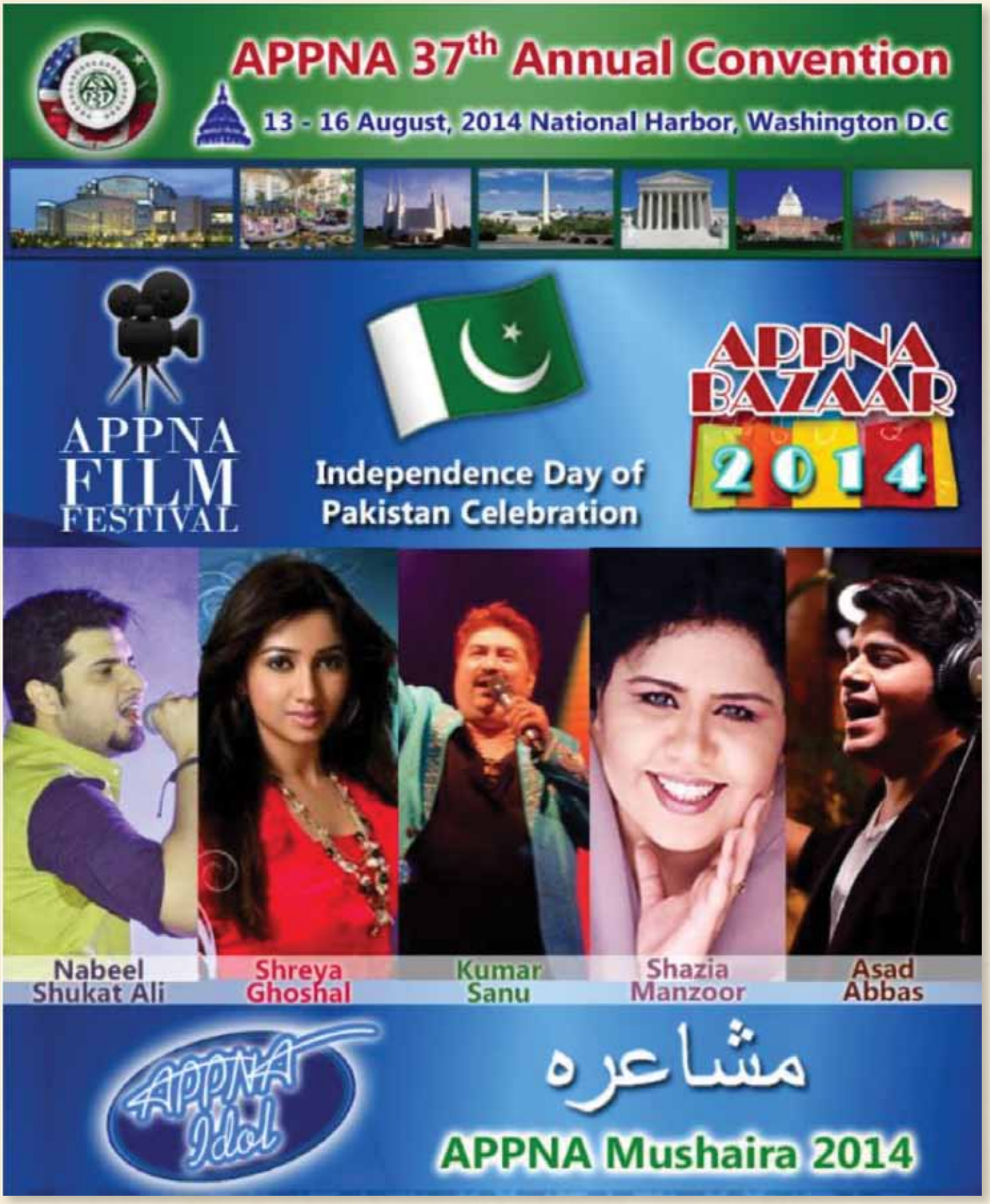
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13 - 16 August, 2014 National Harbor, Washington D.C
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Independence Day of Pakistan Celebration
APPNA BAZAAR 2014
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Shreya Ghoshal
Kumar Sanu
Shazia Manzoor
Asad Abbas
APPNA Idol
مشاعرہ
APPNA Mushaira 2014

SYMPOSIUM FOR PEACE IN SOUTH ASIA

Welcome to the Symposium for Peace in South Asia. I feel distinctively honored that Dr. Asif Rehman, President of APPNA, assigned me the responsibility to chair and moderate this symposium. I am thankful to Dr Abdul Jabar, Chairman Committee for Social Forum for his help and support in organizing this event. I am also grateful to alumni of Nishtar and Allama Iqbal Medical College for their support and cooperation. I believe that these kinds of symposiums and seminars provide us with an opportunity to exchange perception and ideas. It also helps us to sharpen our skills to navigate through unchartered waters and equip us with the tools to have a better understanding of security issues, so that the future generation can live peacefully.

Thanks,

Dr. Nisar A. Chaudhry
Chairperson and Moderator

General Michael V. Hayden

General Michael V. Hayden has previously worked as Director of the Central Intelligence Agency (2006 - 2009), First Principal Deputy Director of National Intelligence (2005 - 2006), and Director of the National Security Agency. As Director of the Central Intelligence Agency, General Hayden was responsible for the overseeing the collection of information concerning plans, intenions, capabilities of America's adversaries; producing timely analysis for decision markers; and conducting covert operations to thwart terrorist and other enemies of the US. Before becoming the Director ofthe CIA, General Hayden served as the country's first Principal Deputy Director of the National Intelligence Agency, Director of the Joint Command and Control Warfare Center, Director of the National Security Agency and Chief of the Central Security Service.

Ambassador Thomas R. Pickering

Ambassador Thomas R. Pickering had a sterling career in the Foreign Service stretching for over half a century. He retired as US Under Secretary of State for Political Affairs, where he had served from 1977 to 2001. Prior to that, he was briefly the president of the Eurasia Foundation, a Washington based organization that makes small grants and loans in the states of the former Soviet Union. Pickering holds the personal rank of Career Ambassador, the highest in the US Foreign Service. 111 a diplomatic career spanning five decades, he was the US Ambassador to the Russian Federation, India, Israel, El Salvador, Nigeria, and the Hashemite Kingdom of Jordon. Pickering also served on assignments in Zanzibar and Dar es Salaam, Tanzania. From 1989 to 1992, he was the Ambassador and Representative to the United Nations in New York. He was awarded an honorary doctor-in-laws degree from Bowdoin College, and has received similar honors from 12 other universities. In 1983 and 1986, Pickering won the Distinguished Presidential Award and in 1996, the Department of State's highest award- the Distinguished Service Award. He is a member of the International Institute of Strategic Studies and the Council on Foreign Relations.

Sardar Attique Ahmed Khan

He is the President of The All Jammu and Kashmir Muslim Conference. Since 2002, he has been unanimously been elected as the President of the party. He has been elected as the member of Legislative Assembly of Azad State of Jammu and Kashmir five times since 1990. He was elected as Prime Minister of Azad Government of the State of Jammu and Kashmir; and held this office from 2006 to 2009. He was reelected as Prime Minister for the post as well. He has served as Chairman Youth and Students Wing and later on as Chief Organizer of the party. He introduced the concept of grass root in political participation. As Chief Organizer of All Jammu and Kashmir Muslim Conference, it expanded the party platform for minorities and non-Muslims for the first time in the State.

Sultan Mahmood Chaudhry

Sultan Mahmood Chaudry was elected member of AJK Legislative Assembly and Deputy Opposition Leader in 1985. He was elected member AJK Legislative Assembly in 1990. Designated and contested AJK Presidential election in 1990. Became Prime Minister of AJK 1996. Became Opposition Leader in 2001. Elected as member on AJK Legislative Assembly in 2006 and 2011. He completed his Diploma in International Law in 1979 from London City Polytechnic, UK. He completed his Bar at Law from Lincoln's Inn, England in 1981.

Jonathan Pratt

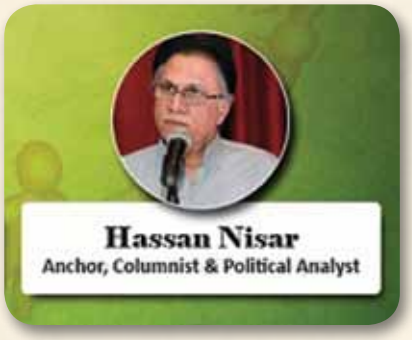
Jonathan Pratt is the Director of the Office of Pakistan Affairs at the Department of State. Prior to this assignment, he was the Political Counselor at Embassy Islamabad from 2010 to 2013. Previous assignments include Brazzaville, Republic of Congo as Deputy Chief of Mission from 2009- 2010; Khartoum, Sudan as Political and Economic Chief from 2007- 2008; Luanda, Angola as Management Officer from 2005- 2007; Amman, Jordan as General Services Officer from 2003- 2005; and Kinshasa, DRC as Political Officer from 2000- 2002. He began his career with the State Department in 1998 as a Presidential Management Fellow in the International Organizations Bureau. Jonathan was a Peace Corps Volunteer in Guinea-Bissau from 1994- 1996 and served with Teach for America in Watts, Los Angeles from 1992-1994. He received an M.A. in International Relations from U.C. San Diego in 1998 and B.A. with Honors from Wesleyan University in 1992. He is the recipient of the 2013 Clement Dunn Award for Excellence, the 2009 Director General's Reporting Award, three Superior Honor Awards, and two Meritorious Honor Awards. Jonathan was born Bethesda, Maryland and grew up in Andover, Massachusetts.

Dr. Nisar Chaudhry

Dr. Nisar Chaudhry is a life member of APPNA and a pioneer in opening up lines of communications with mainstream America and subscribes in the area of US- Pakistan relations. He works with think tanks, legislative arm of the US Government, State Department, and NSC, for the interests and image of Pakistan and contributes for enduring friendship between these great nations. He has been on radio, TV channels, both in Pakistan and US, and also gives lectures at Foreign Service Institute at State Department, where Foreign Service officers are prepared. For his services in the area of US- Pakistan relations, the Pakistani Government awarded him Tamga-e-Imtiaz. He is the President and Founder of the Pakistan American League and former President of the Pakistani American Congress from 2001 to 2003. Served in Executive Council of APPNA for multiple times, chairing various committees several times, as Treasurer in the Center, and seven times regional counselor in the central body. Before that he served as Secretary and President of the Washington local chapter. At present, he is serving as the Chairman of Board of Management of Allama Iqbal Medical College and Jinnah Hospital in Lahore.

Rodney Jones, President of Policy Architect International, will also join this panel.

SOCIAL FORUM PARTICIPANTS



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2014 Exhibitors List by Booth Number

Company Name	Product / Company Category	Booth #
ZAINAB CHOTTANI	Clothing	103
MARIA KHAN	Clothing & Jewelry	105
Cityscape Real Estate	Real Estate	106
vistana enterprize	Jeweler	107
Haute Couture	Clothing	110
Sash & Co.	Clothing	111
Investology	Financial / Insurance Services	113
Alvena	Clothing	115
Armoire	Clothing	117
Maryam Faysal Jamshaid	Clothing	118
Gthreads inc	Clothing	119
ZARUFA Collections	Clothing & Jewelry	122
Bano's Enterprises	Clothing & Jewelry	123
Reenas by Mavra Z	Clothing	129
KunAlia	Clothing	137
Aneela Jawad Khan	Clothing	201
Advanced Realty Answers, LLC	Real Estate Investing	202
Hasan lataliar	Clothing	203
Faiza's Collection by abdul rehman export enterprises	Clothing & Jewelry	205
Zahra Saleem Inc	Jeweler	206
Heritage S	Clothing	207
shazia ahmer	Clothing	210
Mehrunisa Masud	Clothing	211
Z's Fashion Jewelry & Clothing	clothing and jewelry	212
Bagga's Fashion	Clothing	213

Company Name	Product / Company Category	Booth #
Mariamz Collection	clothing and jewelry	214
Aaliyans by Standard Industries	Clothing	215
Ridhi	Clothing & Jewelry	216
Tania's Collection	Clothing	217
Sophia	Clothing & Jewelry	218
Madiha's Atelier	Clothing & Jewelry	219
NKC- Narjis Kamran Collection	Clothing & Jewelry	222
EXCEPTION LINE	Clothing	225
Zubash Gems	Jeweler	227
Unique Gifts	Clothing	228
Majmua The art Gallery	Art and Handcrafts	229
zahra saeed	Clothing	231
Carats & Cents	Jeweler	235
Meer designer	Clothing & Jewelry	236
Neety Singh Jewelry	Jeweler	300
Rehana's Creations	Clothing	302
Rashida Dalal of Karachi	Clothing	303
Ahsan Khan Clothing	Clothing & Jewelry	310
Sania Maskatiya	Clothing	311
Samads carpet	Hand-knotted carpets.	312
SmthBro Surgico Inc.	medical & surgical instruments	313
CITREEN	Clothing	314
Iselect Collection	Clothing	315
A.R.Designers	Jeweler	317
ZAVAR	Jeweler	319
Block Seven	Clothing	324

2014 Exhibitors List by Booth Number

Company Name	Product / Company Category	Booth #
Heartbeat International Foundation	Not for Profit	326
AZRA'S BOUTIQUE	Clothing & Jewelry	327
Federation of State Med Boards	Not for Profit	328
Sehar Ali Studios	Clothing	329
Al-Huda School	Not for Profit	330
Anaa	Clothing	334
The Education Enrichment Foundation	Not for Profit	337
Reveti Jewels Inc	Jeweler	401
Aliyas Designs	Clothing & Jewelry	402
PIA	Clothing	404
Miraya	Clothing	406
Transcure, LLC	Medical Billing Services	410
Arch Global Advisors	Financial / Insurance Services	411
Craft Clothing and jewelry	Clothing & Jewelry	412
LaDivaLLC	Jeweler	413
shabnam Zahid	Clothing	414
shabnam Zahid	Clothing	416
Rabias	Clothing	418
Bareeka	Clothing	422
Ambreen Collection	Clothing	423
Saima's Collection	Clothing	425
Aarna Jewels	Jeweler	427
Laila (pvt) Ltd	Clothing	428
Divine Accents	Jeweler	429
SONAR	Clothing & Jewelry	430
Rangoli by Huma	Clothing & Jewelry	431
DUHS HEALTH & EDUCATION FOUNDATION, NFP	Not for Profit	436
Aman Foundation	Not for Profit	437
Reveti Jewels Inc	Jeweler	500
Samreen's Closet	Clothing	502
EGO	Clothing	503
Alhamdtrends Trends	Clothing	510
regal jewels	Jeweler	511
Mediha's	Clothing	512
style council	Clothing	513
Mehnaz Design Studio	Clothing	514
ToayFay	Clothing	516
Mona Garments	Clothing	519
Aga Khan University	Not for Profit	522
Colours by Azra Ajaz	Clothing	524
The Citizen Foundation USA - Washington DC	Not for Profit	526
-	painting(Thar life,suffism)	527
Woodlinx Inc	Clothing & Jewelry	529
ICNA Relief USA	Not for Profit	531
NutraBee	Honey & Honey products	534
Seema Fashions	Clothing & Jewelry	537
Neemar	Jeweler	600
First Developers	Real Estate Developers	601
Zaytuna Institute	Not for Profit	602
OBAT Helpers	Not for Profit	603

2014 Exhibitors List by Booth Number

Company Name	Product / Company Category	Booth #
TIMPIY	Clothing	604
Signature Diamonds	Jeweler	605
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Braahtii by Huma Nassr	Clothing & Jewelry	612
Lemodele	Clothing	615
Heavenly Regalia	Clothing & Jewelry	617
Samreen's Closet	Jeweler	618
Dhaagay & Precious	Clothing & Jewelry	619
Prestige Retail Inc	Clothing & Jewelry	623
Ayesha Yousaf	Clothing	624
KHAN MENTORS	EDUCATION	625
Laila's Art	Clothing	626
Shiza Hassan	Clothing & Jewelry	627
First Women Fashions	Clothing & Jewelry	629
Tayashe Jewels	Jewelry and clothing	631
SAGAR GEMS AND JEWELLERS	Jeweler	634
Royal Arts and Crafts of Kashmir	Crafts / Antiques	635
Asma and Fatima's Collections	Clothing & Jewelry	636
vic kashmir	Crafts / Antiques	637
Arya Esha Inc	Jeweler	700
SAIRA SHAKIRA	Clothing	704
Aisha's Matrimonial Service	Services	705
Shafaq House of Jewelery	Jeweler	707
Anabellas Collection	Clothing & Jewelry	711
Nadia Chhotani	Clothing & Jewelry	713
Rangoli by Huma	Clothing & Jewelry	715

Company Name	Product / Company Category	Booth #
Ram Creations	Jeweler	716
T-Shirt Studio/Kaathi	Crafts / Antiques	718
KRIPDEV ARTS & CRAFTS	Arts, Crafts, Clothing & Jewelry	722
Kamal Beverly Hills	Clothing & Jewelry	723
Divulge by Aisha Motiwala	Clothing	724
SS designer	Clothing & Jewelry	726
Eye For Art	Art Gallery	727
noorani.inc	Clothing & Jewelry	728
sai art gallery	Clothing & Jewelry	729
Tabassum's Collection	Clothing & Jewelry	730
Attorney Ismail Laher	Legal	731
Ambrina"s	Clothing	734
MASSEY GROUP WEALTH MANAGEMENT LLC	Financial / Insurance Services	735
Zeba's Jewels	Clothing & Jewelry	736
Arts & Antiques	Crafts / Antiques	737
ARTIZARA INC	Clothing & Jewelry	101, 200
LABELS Lahore/ SHEHLA	Clothing	102, 100
Jiya Designs	Clothing	131, 230
Allure Treasures	Jeweler	135, 234
Guzel	Clothing	136, 134
Kitab House Inc	Islamic Books	237, 336
Minha Hasan Designer	Clothing	301, 400
Sameen Kasuri	Clothing	306, 304
sapna creations	Jeweler	307, 305
Jewelry By Madhu	Jeweler	318, 316
EMBELLISHED BY SADAF AMIR	Clothing	322, 518

2014 Exhibitors List by Booth Number

Company Name	Product / Company Category	Booth #
Soundview Broadcasting	Media Broadcasting	325, 323
uzma collection llc	Clothing & Jewelry	335, 434
MIRAGE COLLECTION	Clothing & Jewelry	419, 417
Najma Syed	Clothing	426, 424
Goal	Clothing	435, 224
yasmin inc	Clothing & Jewelry	506, 504
teyjas jewellers R,I inc	Jeweler	507, 505
Uzma Jawad Couture	Clothing	517, 515
Woodlinx Inc	Clothing & Jewelry	525, 523
ummah relief International	Not for Profit	530, 528
ZOQ Art Gallery	clothing and art	610, 501
Islamic Relief USA	Not for Profit	611, 710
Shamim Bhatti	Clothing	616, 614
American Specialty Pharmacy	Pharmaceutical / Biomedical	703, 701
Avaniee Jewels	Jeweler	714, 712
Asfa Zahid & Shaiyanne Malik / Safar Couture	Clothing & Jewelry	719, 717
McLean Furniture	Furniture	743, 745
Sej and Su's Collection	Jeweler	116, 114, 112
Fab by Amirah	Clothing, jewelry	127, 226, 125
Glitterati World	Clothing & Jewelry	128, 126, 124
Rizraf	Clothing & Jewelry	407, 405, 403
The Misk Shoppe	Perfumes and Jewellry	535, 630, 104
Andor Labs LLC	Pharmaceutical / Biomedical	Marlyland Foyer
Jansen Pharmaceuticals	Pharmaceutical / Biomedical	Marlyland Foyer
Mercy International	Not for Profit	Marlyland Foyer
Vertex International	Real Estate	Marlyland Foyer
Mian Consulting	Consulting	Marlyland Foyer
Cure MD	Medical	Marlyland Foyer
Medtronics	Medical	Marlyland Foyer

"Welcome to the Nation's Capital for APPNA 37th Annual Convention and Independence Day of Pakistan celebration."

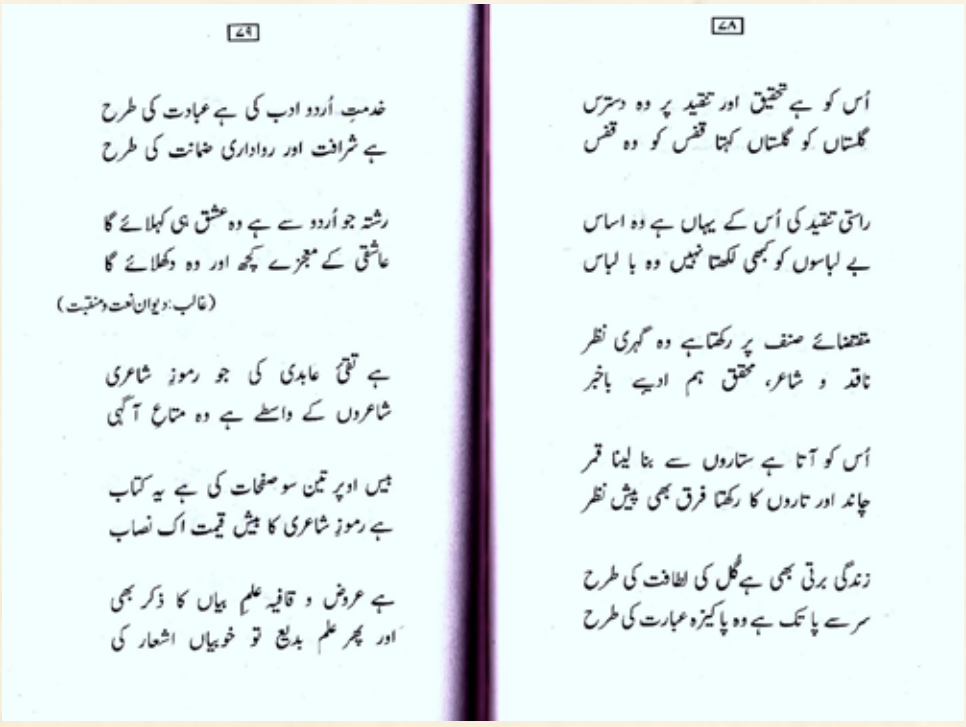
Mohammad Akbar, MD and Staff

Appna Mushaira 2014

Poets Participating:

Naseer Turabi
Manzar Bhopali
Poplar Marhati
Iqbal Ashhar
Taqi Abidi
Naseem Syed
Gopi Chand Narang
Sabiha Sabah
Khalid Jan
Abdul Rehman
Baqar Zaidi
Abdullah Abdullah

August 15, 2014, start at 10 Pm



خدمتِ اُردو ادب کی ہے عبادت کی طرح
ہے شرافت اور رواداری ضمانت کی طرح

رشتہ جو اُردو سے ہے وہ عشق ہی کہلائے گا
عاشقی کے معجزے کچھ اور وہ دکھلائے گا

(غالب: دیوان نعت و منقبت)

ہے تقی عابدی کی جو رموزِ شاعری
شاعروں کے واسطے ہے وہ متاعِ آگہی

ہیں اوپر تین سو صفحات کی ہے یہ کتاب
ہے رموزِ شاعری کا بیش قیمت اک نصاب

ہے عروض و قافیہ علمِ بیاں کا ذکر بھی
اور پھر علمِ بدیع تو خوبیاں اشعار کی

اُس کو ہے تحقیق اور تنقید پر وہ دسترس
گلستاں کو گلستاں کہتا قفس کو وہ قفس

راستی تنقید کی اُس کے یہاں ہے وہ اساس
بے لباسوں کو کبھی لکھتا نہیں وہ با لباس

مقتضائے صنف پر رکھتا ہے وہ گہری نظر
ناقد و شاعر، محقق ہم ادیب باخبر

اُس کو آتا ہے ستاروں سے بنا لینا قمر
چاند اور تاروں کا رکھتا فرق بھی پیشِ نظر

زندگی برتی بھی ہے گل کی لطافت کی طرح
سر سے پا تک ہے وہ پاکیزہ عبارت کی طرح

Dr. Taghi Abedi (Canada)

Mushaira Pages

Sabiha Saba (New York)

موسم نئے پھولوں کی جب شال بدلتے ہیں

موسم نئے پھولوں کی جب شال بدلتے ہیں
دھڑکن مین چھپے نغمے سُر تال بدلتے ہیں
چاند اور ستاروں کے اثرات خدا جانے
کیا جانئے کب دل کے احوال بدلتے ہیں
موسم یہ اداسی کا برسوں سے نہیں بدلا
ویسے تو سبھی موسم ہر سال بدلتے ہیں
سو رنگ میں زندہ ہیں جذبات مروّت کے
انسان کے یہ جذبے اشکال بدلتے ہیں
اک خوئے محبت پر قائم ہیں صبا ہم تو
اک وہ ہیں کہ ہر لحظہ اعمال بدلتے ہیں

صبیحہ صبا

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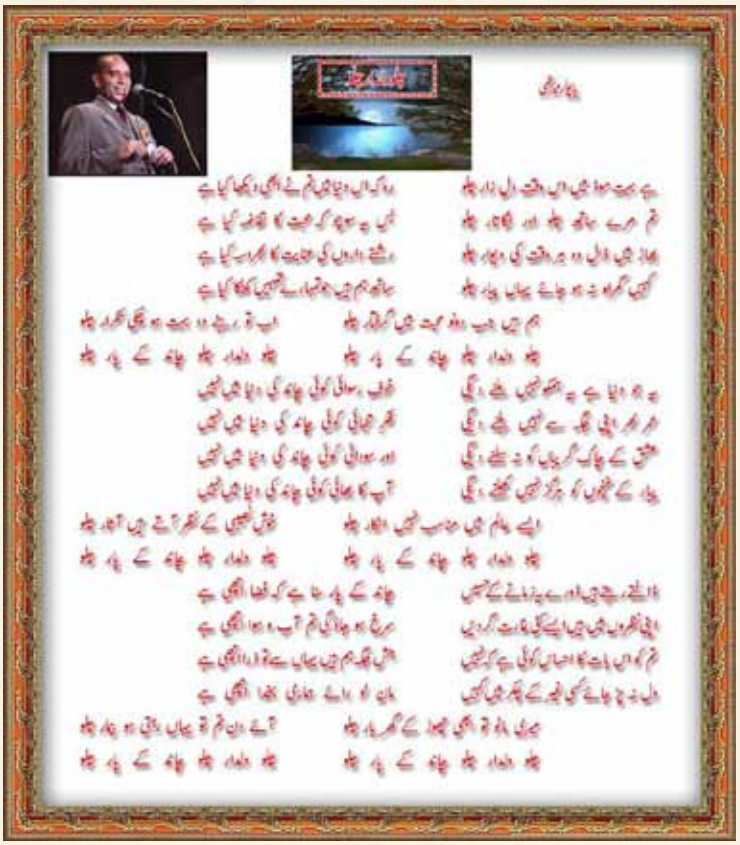
Poplar Marhati



Tajammul Ehsan, MD
Neurocare

Board certified Neurologist
Over 30 years experience
Practice in Fairfax and
Herndon, Virginia

703-787-7638

Mushaira Pages

Nasim Syed (Canada)

Nasim Syed (Canada)

be nasab aawaz ka mat dejeyo hargiz jawab

دل لہو ہوتا ہے ہو، آنکھیں لہو مت کیجیو
چاہتیں ہے جو کہ دنیا ہو کبھو مت کیجیو
رہی محو گفتگو اک آرزو سے رات دن
آرزو جب رو برو ہو، گفتگو مت کیجیو
جا نہیں اس کو تبرک یارگاہِ عشق کا
جب مسک جائے کوئی دھڑکن، وفو مت کیجیو
سورمہ سوسفہ ہے وہ رخ دیدہ کو تاکید ہو
ایسے چہرے کی تلاوت بے وضو مت کیجیو
مدعا کہہ کر سبک سر کیجیو مت عشق کو
اس انا خو کی انا کو سر خرو مت کیجیو
سورمہ سوسفہ ہے وہ رخ دیدہ کو تاکیدہو
ایسے چہرے کی تلاوت بے وضو مت کیجیو
بے نسب آواز کا مت دیجیو ہرگز جواب
اپنے لہجے کو کبھی بے آبرو مت کیجیو
دربدر،کاسہ بہ کف، شہرت گزیدوں کا کہ غول
ان سے عبرت لیجیو، کہ مالکوہو مت کیجیو
چاک پر کیسے ڈھلا ہے کون، کس آوے کا ہے
جا نہیں سب، آئینہ پر روبرو مت کیجیو

Naseer Turabi (Pakistan)

Mushaira Pages

Iqbal Ashar (India)

Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

Dhakkan ke wali ne mujhe godhi me khilaya
Sauda ke qaseedo ne mera husn badhaya
Hai meer ki azmat ke mujhe chalna seekhaya
Main daag ke aagan me khili ban ke chameli

Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

Ghalib ne bulandi ka safar mujhko seekhaya
Hali ne muravvat ka sabak yaad dilaya
Iqbaal ne aaina_e_haq mujhko dikhaya
Momeen ne sajayee mere khwabo ki haveli

Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

Hai zauk ki azmat ke diye mujhko sahare
Chakbast ki ulfat ne mere khwab saware
Fani ne sajaye meri palko pe sitare
Akbar ne rachayee meri berang hatheli

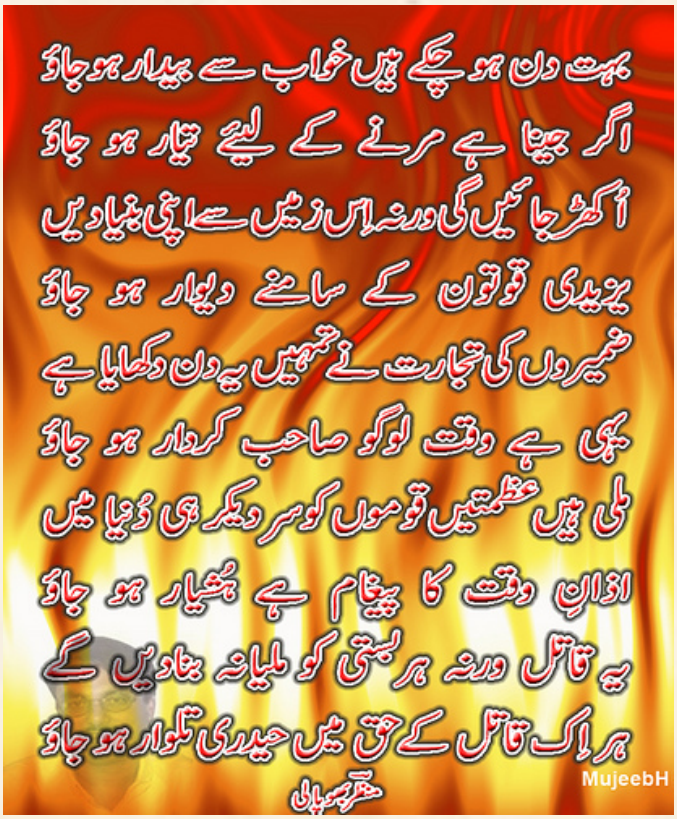
Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

Q mujhko banate ho tassub ka nishana
Maine to kabhi khud ko musalmaa.N nahi mana
Dekha tha kabhi maine bhi khushiyo ka zamana
Apne hi watan me hu magar aaj akayli

Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

-IQBAL ASHAR-

Manzar Bhopali (India)



"Welcome to APPNA Convention 2014"

From the Staff and Doctors at
THE HEART INSTITUTE

6400 Arlington Blvd. Suite 930,
Falls Church, VA 22042
Ph: 703-532-1700;
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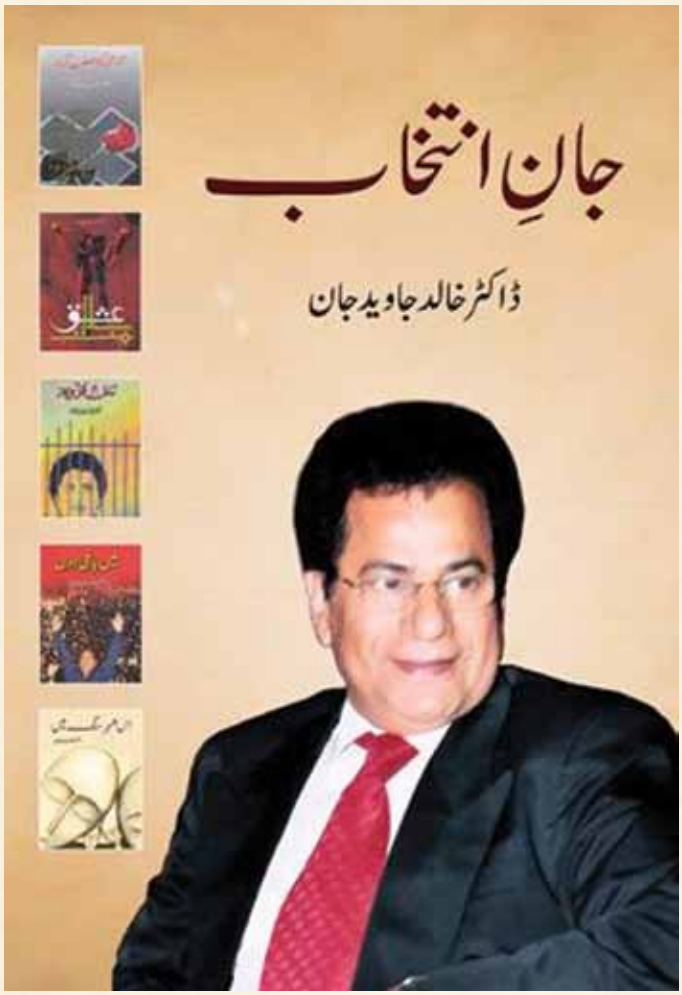
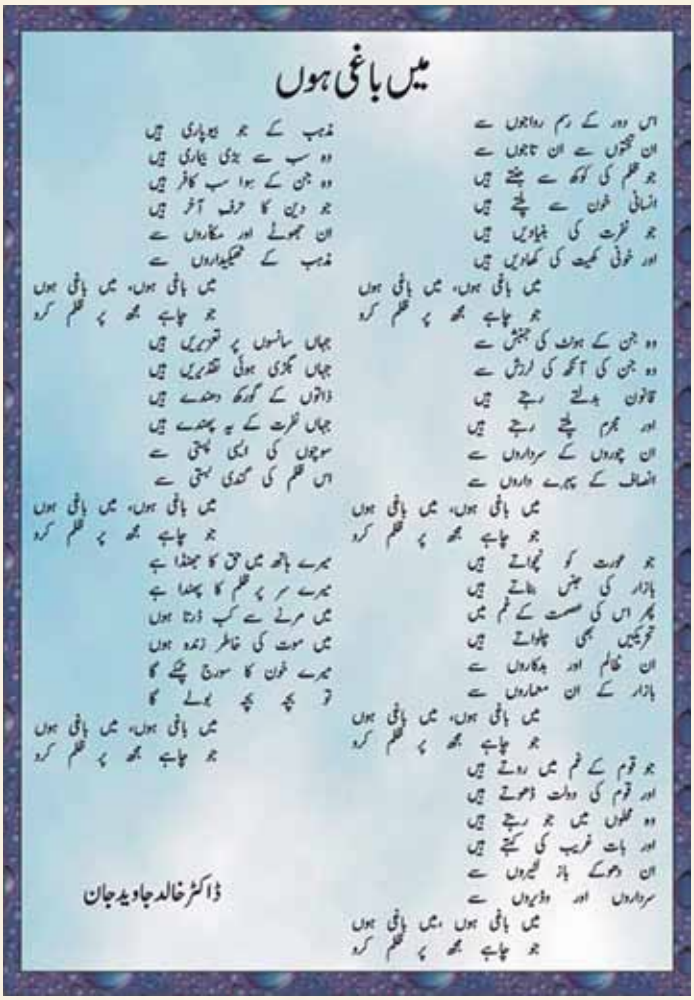
Mushaira Pages





میں باغی ہوں

اس دور کے رسم رواجوں سے
ان تختوں سے ان تاجوں سے
جو ظلم کی کوکھ سے پلتے ہیں
انسانی خون سے چلتے ہیں
جو نفرت کی بنیادیں ہیں
اور خونی کھیت کی کھادیں ہیں
میں باغی ہوں، میں باغی ہوں
جو چاہے مجھ پہ ظلم کرو

وہ جن کے ہونٹ کی جنبش سے
وہ جن کی آنکھ کی لرزش سے
قانون بدلتے رہتے ہیں
اور مجرم پلتے رہتے ہیں
ان چوروں کے سرداروں سے
انصاف کے پہرے داروں سے
میں باغی ہوں، میں باغی ہوں
جو چاہے مجھ پہ ظلم کرو

جو عورت کو نہلاتے ہیں
بازار کی جنس بناتے ہیں
پھر اس کی عصمت کے غم میں
تحریکیں بھی چلواتے ہیں
ان ظالم اور مکاروں سے
بازار کے ان معماروں سے
میں باغی ہوں، میں باغی ہوں
جو چاہے مجھ پہ ظلم کرو

جو قوم کے غم میں روتے ہیں
اور قوم کی دولت ڈھوتے ہیں
وہ محلوں میں جو رہتے ہیں
اور بات غریب کی کہتے ہیں
ان دھوکے باز لٹیروں سے
سرداروں اور وڈیروں سے
میں باغی ہوں، میں باغی ہوں
جو چاہے مجھ پہ ظلم کرو

مذہب کے جو بیوپاری ہیں
وہ سب سے بڑی بیماری ہیں
وہ جن کے ہوا سب کافر ہیں
جو دین کا حرف آخر ہیں
ان جھوٹے اور مکاروں سے
مذہب کے ٹھیکیداروں سے
میں باغی ہوں، میں باغی ہوں
جو چاہے مجھ پہ ظلم کرو

جہاں سانسوں پہ تعزیریں ہیں
جہاں جکڑی ہوئی تقدیریں ہیں
ذاتوں کے گورکھ دھندے ہیں
جہاں نفرت کے یہ پھندے ہیں
سوچوں کی ابھی پابندی ہے
اس ظلم کی گندی بستی سے
میں باغی ہوں، میں باغی ہوں
جو چاہے مجھ پہ ظلم کرو

میرے ہاتھ میں حق کا جھنڈا ہے
میرے سر پہ ظلم کا پھندا ہے
میں مرنے سے کب ڈرتا ہوں
میں موت کی خاطر زندہ ہوں
میرے خون کا سورج چمکے گا
تو بچہ بچہ بولے گا
میں باغی ہوں، میں باغی ہوں
جو چاہے مجھ پہ ظلم کرو

ڈاکٹر خالد جاوید جان

Dr Khalid Javaid Jan hails from Lahore. A graduate from Rawalpindi Medical College, he was involved in anti dictatorial struggle from his years of student ship. It is reflected in his poetry. He has authored 20 books including five collections of poetry. He articulates passionately against oppression and discrimination. His famous poem Haan main Baghi hoon is attached.

His poetry books are:

آؤ مجھے مصلوب کرو
میں باغی ہوں
زنداں میں کوئی دیوانہ
عشق سلامت
اس شہر سنگ میں
جان انتخاب

"With Best Compliments To All attending APPNA Convention 2014"

Tariq Mahmood, MD

19 Ridge Road Westminster Street, MD 21157
Ph: 410-848-5450
Fax: 410-848-5451

PHOTO GALLERY

PRESIDENTIAL DEBATE AT THE DOGANA RETREAT

courtesy Rashid Nayyer

DOW RETREAT

courtesyTalha Siddiqui

PHOTO GALLERY

KE RETREAT 2014 in FORT LAUDERALE, FLORIDA

courtesy Ayesha Najib

PHOTO GALLERY

SMC RETREAT 2014 in ATLANTA, GEORGIA

courtesy Yaseen Abu Baker

PHOTO GALLERY

APPNA MICHIGAN CHAPTER MEETING

courtesy Kashif Qureshi

PHOTO GALLERY

APPNA DMV CHAPTER SPRING MEETING, 2014

courtesy Samia Waseem

PHOTO GALLERY

NISHTAR MEDICAL COLLEGE ALUMNI RETREAT

courtesy Kamran Rao

PHOTO GALLERY

APPNA CHICAGO CHAPTER (PPS) 2014

courtesy Sohail Khan

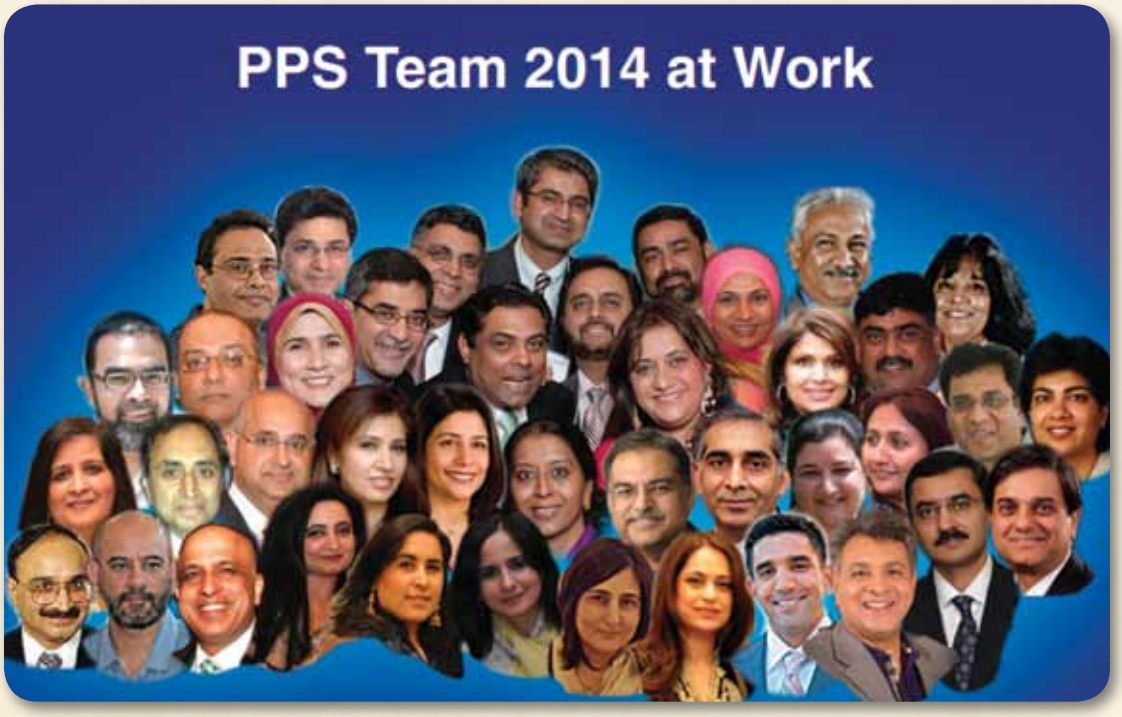


PHOTO GALLERY

APPNA INTERNATIONAL TRIP TO MIDDLE EAST

courtesy Asif Rehman

THE APPNA CHILDHOOD OBESITY & DIABETES AWARENESS CAMPAIGN

As many of you know, obesity has become the leading cause for several common diseases, such as diabetes, high blood pressure, high cholesterol just to name a few. Recent estimates say that one in three children in the United States are obese or overweight before their fifth birthday. Unfortunately, obese children are more likely to become obese adults.

Children learning all about healthy habits during an APPNA sponsored Health Fair.

As members of the APPNA community, we need to recognize the dire need to bring awareness to this diseases and their impact on our own health and the health of our members of our communities. With this in mind, APPNA has organized a national campaign focusing on Childhood Obesity & Diabetes Awareness.

The APPNA, **ADOPT-A-SCHOOL** (Childhood Obesity & Diabetes Awareness Campaign) will present a series of programs designed to appeal and inspire our children. These programs will be presented during special school assemblies or PTA meetings, school walk-a-thons, and neighborhood health fairs. By educating our children, their families, and our community leaders, we can fight this national and global epidemic!

Look what we learned! Children at a APPNA sponsored Health Fair show off their "Watch My Plate" plates. Children chose from several healthy food offerings to help them understand "good foods/bad foods" and age appropriate portions.

APPNA has modeled our campaign after the 5-2-1-0 program:

5 Five servings of Fruits or Veggies each day

2 Two hours of screen time (television, computers, phones, etc.) daily

1 One hour or more of physical activity

0 No more sugary drinks! More water and low-fat 1% milk

Activities during these presentations include: show-&-tell presentations about good food/bad food, story walks or walk-a-thons, and Zumba classes. Presentations can also include brief speeches on healthy choices by community doctors or dieticians. Participants receive educational materials such as Ready-Set-Go stickers, watch my plate posters, pedometers, jump ropes, and T-shirts. Our hope is that by partnering with schools and other community events, we can work together to promote physical activity and healthy eating habits.

READY, SET, GO! 5 2 1 0

Thank You to each of the esteemed members of our South Texas APPNA chapter & special guests for supporting our campaign and attending the inaugural dinner. Among those is attendance: Dr. & Mrs. Sheikh, Dr. Ali, Dr. Abe Rodriguez (Medical Director for the BHS Physicians Network), Dr. Thakur (AAPI member), Dr. Kumar (AAPI member), Dr. Munir, Dr. Fahim, Dr. Latif, Dr. Hands (Director of Thyroid & Endocrine Center of South Texas) , Dr. Muhammad Naeem, Dr. Lubna Naeem (National coordinator of COAC), Dr. Salman, Kathy Moore, Mariah Hands, Dr. Akhtar Hussain, and others.

HASSAN FOUNDATION

A non-profit organization with no administrative cost

Hassan Foundation, is a unique nonprofit, charitable organization, with no administrative cost. Hassan Foundation's concept is that of a conduit, connecting generosity of donors to the needs of poor people, facing a diverse variety of challenges. We end up getting involved in various projects, outside the realm of clean water, without losing sight of our main objectives.

Most of our funds, and energy is consumed in water projects, as a result, 650 water projects have been completed in all 4 provinces, of Pakistan, since 2007. Keeping in line with our conduit concept, and diversity in desires of donors, we do get involved in various non-water projects.

Our clean, and safe drinking water projects include Hand pumps, Power wells, gravity dependent water supply, water storage tanks, and power pump enhanced, water supply line, connecting as many as 3 villages, to the only one available source of clean drinkable water.

Our Non water projects are all for Zakat eligible people, including care for Orphans, education, (computerizing high schools, and scholarships for qualifying professional college bound students) besides blood drives, disaster relief, construction of homes for flood victims, and a Pacemaker bank.

Hassan Foundation supports a soup kitchen in Detroit, and usually just before Christmas providing warm jackets, socks, and hoodies to Detroit's homeless is one of our most heartwarming projects.

Mukhtar A Khan
Chairperson, Hassan Foundation

25779 Kelly Rd, Roseville MI, 48066

TEHZIBUL AKHLAQ TRUST

THE TRUST. THE SCHOOLS. THE FUTURE.

CREATING THE TEHZIBUL AKHLAQ TRUST

The Tehzibul Akhlaq Trust (TAT) was established in September 1960 by Lahore based alumni of Aligarh Muslim University (Aligs), in partnership with local philanthropists. The Aligs realised that after the creation of Pakistan, the mission for education for the socio –economic development of Muslims, started by the great educational reformer Sir Syed Ahmed Khan, needed to be continued.

Together they formed a Trust which would further this mission for quality, affordable education that focused on academic achievements as well as character building and a sense of civic responsibility. This Trust, in honour of Sir Syed Ahmed Khan's journal for the welfare and development of Muslims of the sub continent, was called "Tehzibul Akhlaq Trust".

TAT SCHOOLS

At present, TAT runs two schools in the region of Lahore, and has recently started a college of computer science. Each educational institution functions autonomously but under the TAT mandate. Great emphasis is placed on personality development through sports and co curricular activities.

Aligarh Public School Gulberg was established in September 1965 and presently has over 900 students enrolled. The school, based in Gulberg, Lahore, provides education from nursery to Grade 12.

Aligarh Public School Manga was started in September 1966 and is a large campus located in Manga, a rural area at a distance of 38 km from Lahore. The school, also providing education up to Grade 12, has a variety of features including hostel accommodation for boys and extensive sports grounds. Vocational training and technical diploma classes are also in the pipeline for capacity building of the local, rural community.

Sir Syed College of Computer Science (SCOCS) is a project envisioned due to the rising need for higher education in Pakistan. It has been realised only recently with classes starting from September 2014.

While starting with classes of Bachelors of Science (Honours) in Computer Science, TAT envisages that

the college will expand under its academic leadership to encompass more dynamic study programs.

The BSc. Computer Science classes are being offered with the affiliation of the prestigious University of Engineering & Technology, Lahore. The degree is recognised by the Higher Education Commission of Pakistan and the Pakistan Engineering Council.

TAT USA

A few years ago when expatriate Aligs and their associates visited the TAT institutions in Lahore and viewed the need for further expansion of educational activity, particularly in the rural area, they volunteered to form TAT USA. This was registered in July 2013 in Maryland USA and tax exemption granted by IRS in December 2013.

TAT FUTURE

- To address local needs, TAT has planned several long term projects including:
- Establishment of a higher secondary school for girls in DHA Lahore on donated land
- Establishment of Aligarh Institute of Technology (AIT) at Manga
- Construction of Auditorium, Residential Blocks for teachers and employees at Manga

While TAT schools run on a self sustainable, no profit-no loss basis, all development projects at TAT schools and colleges have been funded through generosity of various donors.

For more information, or to donate contact:

Mr. G. A. Sabri, President TAT
Email: ga.sabri@gmail.com
Phone: +92.321.517.1949

Mr. Rizwan Siddiqi, President TAT USA
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"With Best Compliments to All attendees of APPNA Summer Convention 2014"

Mashood Qadri, MD
Desert Kidney Associates
612 W Baseline Rd, Mesa, AZ 85210

Jashnay Azadi Mubarak

EMPOWERING WOMEN: THE PROGRESS CONTINUES

- Pregnant woman stoned and killed along with her unborn baby by her own father and brothers, right in front of the High Court in Pakistan.
- 300 Nigerian girls kidnapped. No news of where they are.
- Gang-rape an epidemic in India.
- Women forced to have their pregnancy aborted if the fetus happens to be a girl.

All of you must have heard these stories and hundreds more like these as soon as you put on the T.V. or radio or pick up a newspaper. The tradition of neglecting, abusing, raping, burning alive and killing women is centuries long. Things are getting better in the educated and developed nations; however, denial of women's basic human rights is persistent and widespread.

I would like to commend the editors of the APPNA Journal for choosing women empowerment and feminism as the theme for the 2014 edition of the APPNA Journal.

I would also like to give a big applaud to APPNA for standing out as one of the organizations that has done a lot to "empower" its women members. If you just look at the last few years in the history of APPNA you will find women like Durdana Gillani, Rana Akbar, Zeenat Anwar, Shahnaz Khan, Saima Zafar and others, many of whom got to the top of the leadership in APPNA. In addition, APPNA has presented life achievement awards to very deserving women like Dr. Azra Raza.

Human Development Foundation (HDF) that also started from the APPNA platform followed the footsteps of APPNA, kept its traditions, and equally deserves the merit for not only empowering the women of HDF here in U.S. but even in their projects in Pakistan.

Let me give you a few examples:

(1) HDF has enrolled more girls in our Schools than boys the ratio of Girls to Boys is 55/45 in elementary schools. The secondary schools are just for girls.

(2) HDF provides health services to all women who are pregnant in our project areas. This includes prenatal care at their homes, Tetanus immunization to all women of reproductive age, Safe deliveries (by trained birth attendants) and post natal care. These services have been provided to 84,500 women from Mardan, to Islamabad, Swat, Lahore, Rahim Yar khan, Zohb (Baluchistan), Bugna in Azad Kashmir, Karachi kachi abadis and Tandoo Mohammad Khan.

(3) HDF has given Microloans to over 2,700 women to start their own businesses, so they can support their families and they all have done it successfully.

(4) HDF has provided vocational training, including tailoring, embroidery, computer skills, poultry, and beautician courses to over 6,700 women.

Women in HDF are so empowered that one of them, Rukhsana Parveen Khokar, wrote to me on facebook just a few days before our D.C. Fund raiser event and said, "Dear Madam, I am sitting in Marriot, Lahore, waiting for a team to come and give me training to work at USAID. Ma'am, I want to attend your event in D.C. so I can tell people that HDF transforms lives. It has transformed my life. I graduated from HDF School in Rahim Yar Khan and now I have finished my masters and am working with USAID. I want to thank you personally for helping me change my life for the better. Now mothers give my example to their daughters. I hope one day I will help some people like this. Thank you HDF."

You can imagine how it made the HDF team feel. We showed her interview on video during our event in D.C.

This is what we want. This is how it should be. We have set an example now let us- APPNA and HDF continue the struggle, the trend, the movement, the force and the positive thinking, so we never again have to listen to or watch or read the news as we did recently (see above).

"Aey subha mere des main tu aa ke rahe gi
Rokain ge tujhe shab ke tarafdaar kahan tak"
(Habib Jalib)

Atiya Khan M.D. **(KE graduate of 1968)**
Chairperson HDF BOD

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APCNA: COMING OF AGE

(Association of Pakistani-Descent Cardiologists of North America)

This year we celebrate the ten years of APCNA. While, without a doubt, APCNA has accomplished a lot during this time, we must move forward for the next ten years and beyond. From the strength of solid foundations and organizational processes to implement them, we embark on more challenging and far reaching projects.

Common goal shared by dedicated people is the essential ingredient for any organization. The mission of the organization becomes the driving force and people unite around it. When people unite, the resources, the talent, and the ideas become available. This thus, translates into renewed enthusiasm, dedication, and hard work as the organization becomes stronger with time. What started as a small group of individuals in New Orleans in 2004, has grown into a decent size organization.

The solid foundation of an organization rests on its dedicated members and leadership. Solidifying the organizational set up according to its constitution and mission statement becomes fundamental.

Objective evaluation of the projects, its outcome and intended results will be paramount in judging our performance. Our organization will be compared with other professional societies such as American College of Cardiology and American Heart Association. Our members are excelling in their respective professional careers and leading many major institutions throughout the country. Lets bring them within the folds of APCNA for collective work and sharing their talent & expertise to make this organization a model professional organization.

I invite you to learn about APCNA at www.apcna.net where we highlight the work done in the past ten years. I hope you will take a look at the work we have done so far and will decide to get involved in APCNA. If you are a physician related to cardiovascular specialty and are not a member of APCNA, this is the time to become member. For all our non-physician friends we ask their support in anyway they can to help needy patients in Pakistan through our various projects.

Khurram Moin, MD, FACC
President APCNA

OBAT HELPERS

Article by Rezwan Khan, M.D.

Dedicated to transforming lives through education and empowerment, Indianapolis based 501(c)3 OBAT Helpers, is the only U.S. based group that serves the 300,000 stranded Pakistanis who are living in makeshift camps throughout Bangladesh since the 1971 India-Pakistan war.

More than three generations are living in a single 8 ft. x 10 ft. spaces. These forgotten people continue to suffer in abject poverty with no access to basic amenities, and severe lack of education. Working tirelessly to turn this situation around, OBAT Helpers has been instrumental in providing opportunities of growth and transformation to this community since 2004; starting by providing assistance in just one camp. In 2014, OBAT Helpers celebrates ten years of empowerment through community development as it serves more than 30 camps through 6 different cities in Bangladesh.

OBAT PROJECTS

EDUCATION & TRAINING: OBAT operates more than 50 educational and training programs: including seven schools, 25 preschools, Education for Working Children programs, 4 tutoring centers, 2 sewing training centers.

SELF-EMPOWERMENT: Over 1,600 families have been empowered through our micro-finance program.

HEALTH: Over 10,000 people are assisted annually through two health care facilities, one mobile clinic, and a cataract surgery program that serves 500 cataract patients a year.

INFRASTRUCTURE DEVELOPMENT & FAMILY ASSISTANCE: OBAT provides financial assistance to the sick, elderly and the widows in the camp communities.

RAMADAN FOOD DISTRIBUTION: Thousands of families have been helped through our Ramadan Food Distribution and Qurbani Meat Distribution Programs.

In the last ten years, OBAT Helpers has had impactful and important plans to empower these forgotten people. These people have the drive, the passion, the desire to achieve; all they need are the right resources and opportunities to achieve and actualize their dreams. With your help, OBAT has been able to empower thousands of individuals in one decade. In ten years, countless people have transformed their lives and become empowered. In just one decade, the society is now on its way to evolving and positively transforming. Imagine what can happen in another decade? ■

For more information, please visit
www.obathelpers.org or call **317-203-0603**.

OBATHELPERS
Empowerment through community development

THE INDUS HOSPITAL: 2014 UPDATE

"Exceptional Care without Exceptions"

In a country where there is 1 doctor for every 1,206 people, 1 bed for every 1,665 patients and the government's expenditure is of a total of Rs.560 on a person's health, the situation seems grim. With 60 percent people living under the poverty line and numerous people dying of diseases that could be treated, there is a huge fraction of people losing their lives in Pakistan because they could not afford quality healthcare. Yes, we do have hospitals but quality medical treatment is way beyond the reach of a common man.

In such circumstances there are individuals and organizations working to provide basic health facilities to the marginalized fraction of our society.

The Indus Hospital is one such organization too that came into being with the efforts of a group of doctors and philanthropists. Established in 2007, The Indus Hospital is a 150-bedded multi specialty hospital providing Quality Healthcare, absolutely Free of Cost to our less privileged brethren.

Located in the densely populated area of Korangi, The Indus Hospital is one of its kind facility with its paperless and entirely computerized environment, high quality services, free of cost treatment; there is no other facility in the country that is catering to an array of diseases and is solely running on the Zakat and Donations of the well-wishers and philanthropists.

Since its inception, The Indus Hospital has benefited more than 1.8 million patients with an average of treating 40,000 patients per month. The hospital houses nearly all medical facilities like Cardiothoracic, General Surgery or Trauma, Urology, Orthopedics, Ophthalmology, ENT, Plastic Surgery, Pediatric Surgery, Dialysis and Emergency. It also has a well-established Infectious Diseases Control Clinic treating diseases like TB, Rabies, HIV etc. The hospital even has its own research department known as the Indus Hospital Research Center (IHRC) and a Centralized Blood Bank – Indus Hospital Blood Center (IHBC).

With the quality of services provided at the hospital, it becomes inevitable that there are more people who want to be tended at the facility than the center can actually accommodate.

Indus Hospital, Present Day

Vision 2024: In realization, it was decided to increase the capacity from a humble 150 bed to 1,500-beded, with five-times the number of current OPDs. This will happen in Three phases over the period of 10 years and would be including more facilities like Neurology, Dentistry and Gynecology which are currently not available due to space limitations.

Phase : 1	**150 - 600 beds Along with Indus University of Health Sciences to be completed by 2017**
Phase : 2	**600 - 1,000 beds to be completed by 2020**
Phase : 3	**1000 - 1500 beds to be completed by 2024**

Vision for Indus Hospital, 2024

Currently, running at a monthly operational cost of around PKR 80 million, it is going to get ten times more with expansion. The hospital functions completely on Zakat, Donations and Sadaqat from its supporters who share the Indus vision of serving humanity at large. Quality Healthcare is everyone's right and we need to make it available to all. So let us all get together and vow to make it a better place for all the citizens of our country.

To contribute your share, log onto
www.indushospital.org.pk
Phone: 0092-21- 111-111-88
Email: crd@indushospital.org.pk

"Our Best Compliments to all attending APPNA Convention 2014."

Best Wishes,

Dr. Nasir Rasheed
8700 Sudley Road
Manassas, VA 20110

APPNA-related Pakistani Woman is honored by the International Organization with a Distinguished Award for bringing the concept of psychiatric rehabilitation in Pakistan.

The Psychiatric Rehabilitation Association (PRA) in their Annual Meeting held in Baltimore last month awarded the John Beard Award to Mrs. Shaheen Sultan Ahmed. The presentation read:

> Shaheen, in terms of the Beard Award, we are honored and privileged as an Association to present the 2014 John Beard Award to you. Your commitment to psychiatric rehabilitation and recovery has been long, and included working to influence services both here as well as internationally. Now more than ever, we are focused on building international and culturally diverse relationships with people throughout the world; you have been a champion in this area. Your work has not only facilitated partnerships here in the United States, but also in Pakistan and other locations that set the tone for future collaboration for our workforce, as well as others interested in supporting and expanding recovery worldwide.
>
> We are grateful for your support of PRA/PRF and look forward to the ways that your lifelong commitment to our field continue to grow and develop.

Mrs. Ahmed founded a non-profit organization, Caravan of Life in USA (COL),and COL, Pakistan Trust, whose sole purpose is to gather the latest technology and research in psychiatric rehabilitation in the United States and make it available to similar organizations in Pakistan. Taking advantage of modern video-conferencing and on-line distance learning programs, Mrs. Ahmed mobilized renowned professors at the Rutgers University to develop and deliver courses for the Karavan-Hayat (KEH) staff at no cost to KEH or the trainees; the first ten trainees graduated in November, 2009. COL's innovative methods for building capacity in this field were recognized at the Annual Meetings of International Institutes of Psychiatric Rehabilitation (ISPR) held in Bangalore, India, in 2009, in Boston, USA in 2012 and in Baltimore, USA in 2014. Impressed by the course results, the Aga Khan and Shifa Universities in Karachi are now themselves looking into availing of similar long-distance training opportunities from COL.

COL has recently set up The Recovery House, in Karachi. It is envisioned to be a center of excellence, to be followed by a series of such centers of psychiatric rehabilitation across Pakistan. The Recovery House is designed to provide residential care facilities and day treatment programs at its premises in DHA, Karachi.

Mrs. Ahmed's concept is borne of an abiding belief that Pakistanis are capable of anything they put their mind to, especially if given access to top specialists and cutting-edge practice, concept and facilities will indeed open a new frontier in this field for poor, suffering Pakistanis.

APPNA INSTITUTE OF PUBLIC HEALTH (AIPH)

An Important Milestone in the journey of APPNA

Realizing the fact that Public health, especially preventive medical care, is extremely important for a country with limited resources like Pakistan where more people die from preventable medical problems than from most other causes, last year, we took the challenge of initiating and inaugurating the APPNA Institute of Public Health. The Institute started its operation on December 26th 2013 under JSMU and within its premises with unwavering support of the Vice Chancellor Prof. Tariq Rafi. Also Prof. Lubna Rafi a PhD in Public Health has been hired as its Dean and Ms. Nayyab Azizi as its Project Director.

In the last seven months there had been tremendous progress in AIPH. In January, AIPH leadership met with WHO officials in Islamabad and both parties are working on a highly meaningful and robust relationship. The WHO officials acknowledged the fact that the Institute is emerging as a good training ground for all aspects of public health. After a cordial meeting in December 2013 between US Ambassador to Pakistan Mr. Olsen, Chief of USAID to Pakistan, VC Prof. Rafi and President APPNA 2013 Dr. Javed Suleman (Me), many follow up meetings and phone discussion took place with USAID Islamabad officials and the concept note for USAID was developed and circulated. USAID staying within its policies has extended its full support to AIPH. A team of Health and Nutrition Development Society (HANDS) visited AIPH in March 2014 and signed a five year MoU with AIPH. Dr. Sumera Haque, Senior Director Practice Operations, George Washington University MFA/ Sibley Physician Group visited the Institute and pledged her support to the Dean and the Project Director. Dr. Asma Jameel Saddiq, member APPNA shared her desire to be involved in an action research project for Autism in children and collaborate with AIPH and AMAN Foundation with WB funding support. Skype meeting and written communication took place with Ms. Riffat, Chughtai, to discuss collaboration with School of Public Health at University of Pittsburgh. Dr. Hamid Jafiri, WHO officer now employed by CDC, a world leader in eradicating Polio, also pledged his full support for the Public Health Institute. Prof. Dr. Anjum Noor, Public Health faculty from UK, visited the Institute and offered his services in voluntary teaching and developing the academic curriculum.

In April 2014 the vacant faculty seats of the APPNA Institute of Public Health were filled with hiring of two lecturers and an Assistant Professor. A productive meeting with Health Foundation and Hepatitis Awareness Initiative of Institute of Public Health was held. MoU draft and vaccination modalities were discussed and dates and details for the sessions with faculty and students were decided. AIPH team had a productive meeting with Prof. A. G. BILLO, Representatives of United Nation Office for Coordination and Humanitarian Assistance (UNHCR). AIPH fully participated and partnered in a seminar on "Management of Medical Emergencies in Karachi". Beside these multiple seminars and public awareness programs were conducted by AIPH team and some were on live TV telecast. This year in June, positions for MPH and MS in Public Health, were offered by the Institute, and the academic session to start in August 2014. The curriculum is developed in consultation with international experts in Public Health.

Indeed this APPNA Project is of historical significance and is a shining example of our contributions to our country of birth, Pakistan. It has the potential of saving thousands of lives for decades to come. The continued success of the endeavor however depends upon the support, commitment and participation of the future APPNA leadership and members.

Javed Suleman, MD, FACC

APPNA SUMMER MEETING 2014

DAY 1: INAUGURATION & CHAPTER NIGHT

APPNA SUMMER MEETING 2014

DAY 2: PAK INDEPENDENCE DAY & ALLIANCE NIGHT

APPNA SUMMER MEETING 2014

DAY 3: ALUMNI NIGHT DINNER & ENTERTAINMENT

APPNA SUMMER MEETING 2014

DAY 4: MAIN BANQUET DINNER & ENTERTAINMENT

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Fatima Group is one of the most reputed business entities in Pakistan, manufacturing and marketing a strong diverse portfolio of products and services, comprising of Fertilizer, Textile, Sugar, Energy, mining and trading.

Hospital Director/CEO

Fatima Group in collaboration with Workers Welfare Fund (WWF), ministry of Labour and Manpower, Government of Pakistan, is setting-up a 200 bed hospital at Multan to benefits approx. 35milloin people in 14 districts of Southern Punjab.
Mukhtar A. Sheikh Memorial welfare Hospital will be a 200 bedded health facility spread over an area of 270000 Sft. This hospital will provide both outdoor as well as indoor patient facilities, capable of handling all types of emergencies.
We are looking for committed candidate for position of Hospital Director

Job Summary:

- Responsible for all matters relating to the operation of the hospital.
- Responsible for strategic planning and implementation of programs that provide the building blocks in the development of a health care system.
- Responsible to develop the hospital's management organization.
- Ensure that all hospital units are working towards meeting their missions, goals and strategies, in accordance with the mission and policies set by their respective Boards.

Job Specification:

Advanced degree in health care administration such as MHA, having MBBS as prerequisite.
Minimum of 15-20 year experience of progressing responsibility in major teaching healthcare institutions

Chief Psychiatrist & Administrator

Mukhtar A. Sheikh Trust under the umbrella of Fatima Group is establishing a hospital for Psychiatric patients in Multan.
Mental Health is an area which desperately requires immediate attention of all of us. Besides lack of resources, funds and recognition of the problems in this field, there is also a dire need for experts to come forward to cater the needs of this neglected population of the society.
Fatima Group's vision is to build a state of the art health facility in Multan with specialized set-up for mental health concerns. In reality, a welfare facility for economically deprived people of Multan and its' vicinity.
We are looking for committed candidate for position of Chief Psychiatrist & Administrator.

Job Summary:

- Responsible for day-to-day operations of the facility, including budgeting, staffing, business management, and related staff, as well as coordinating the administration of the clinical aspects of the Hospital.
- Organizes and directs the overall program of clinical activities and therapy.
- Directs and coordinates medical activities and activities related to patient care
- Plans, organizes, directs, and controls the work activities of the Hospital.
- Directs the revision of rules, regulations, and procedures to meet changes in law or policy.
- Selects and assigns staff, identifies staff development needs and ensures that training is obtained.
- Plans medical and psychiatric programs
- Investigates and studies new developments in medical treatment and techniques; adapts them to the specific needs of the facility.
- Carries out liaison activities with other community agencies
- Develops new policies involving clinical methods and practices

Job Specification:

MBBS with American Board in Psychiatry OR Member of Royal College OR FCPS (Psychiatry)
Minimum 8 years post fellowship experience.

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Fatima Group: E-110, Khayaban-e-Jinnah, Lahore Cantt, Lahore, Pakistan: +92:42-111-328-462; Cell:+92-300-8644475

Jinnah Medical and Dental College has established a 150 bed hospital as its Department of Cardiology, Cardiothoracic Surgery and ancillary departments at Shaheed-e-Millat Road Karachi. Medicare Heart Hospital is expected to provide services from September, 2014. We are a not-for-profit Trust hospital.

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To find out more or to donate

Mr. Rizwan Ahmed Siddiqi
President TAT USA
5410 Josie Court, Ellicott City, MD 21043, USA
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Mr. Laher is with Liles Parker, PLLC. He is a Harvard and Georgetown University graduate and a former Jones Day lawyer.

Mr. Laher has handled many cases over the years and always acts in their best interests. He always does what is best for his clients. Mr. Laher will help you or try to find you an attorney who can.

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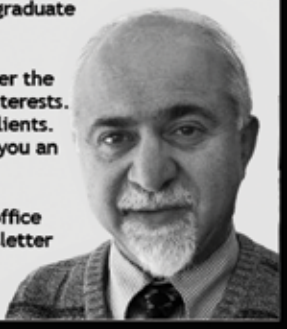

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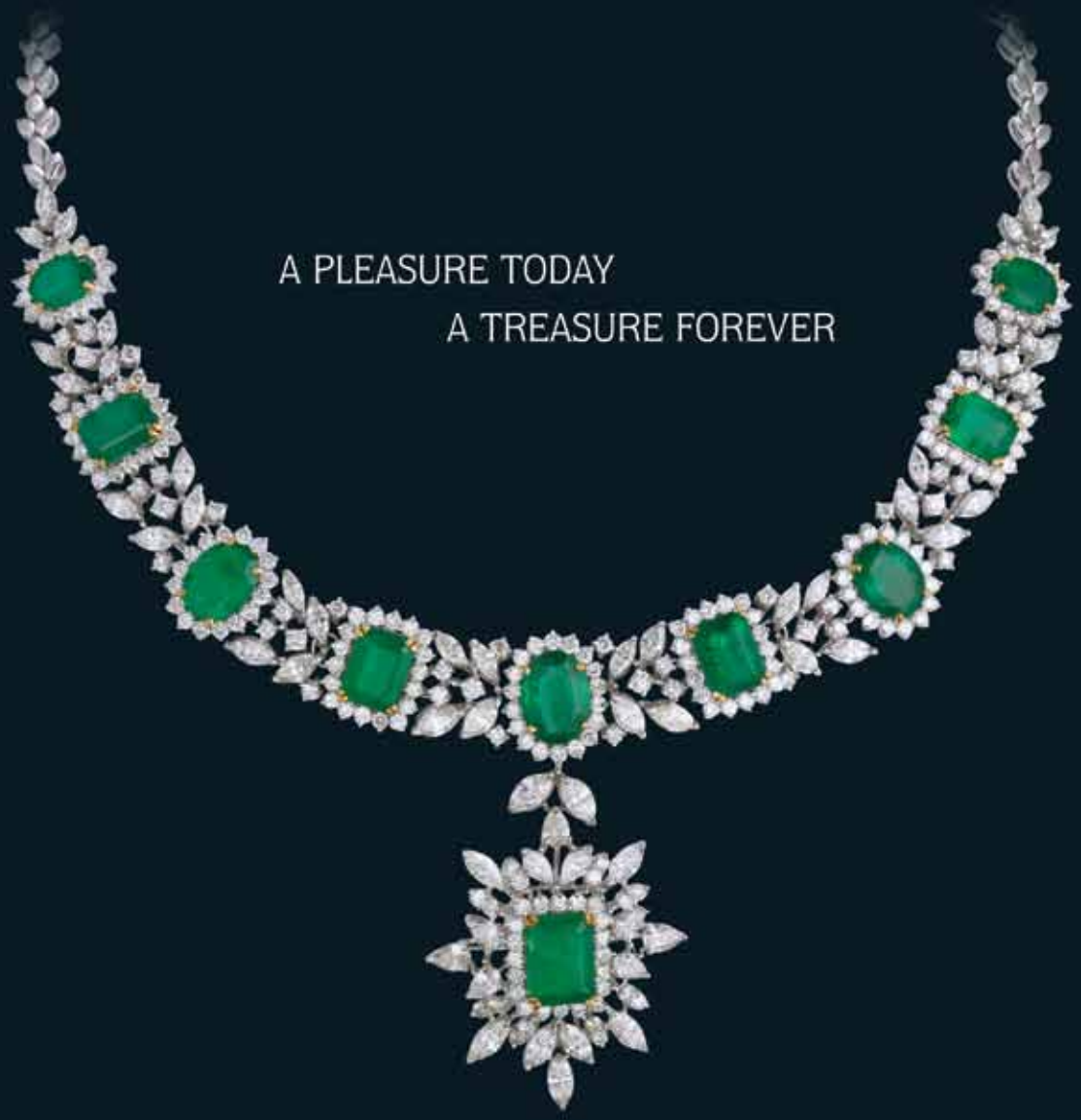

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APPNA President Elect 2015

Dear Friends, Assalamo-Alaikum:

Congratulations on becoming a voting member of APPNA. The election process makes APPNA a strong democratic institution. I have demonstrated my ability to lead with a capacity for sustained hard work and continued commitment over the years. It is important to make an informed decision before you exercise your right to vote.

Services to APPNA:

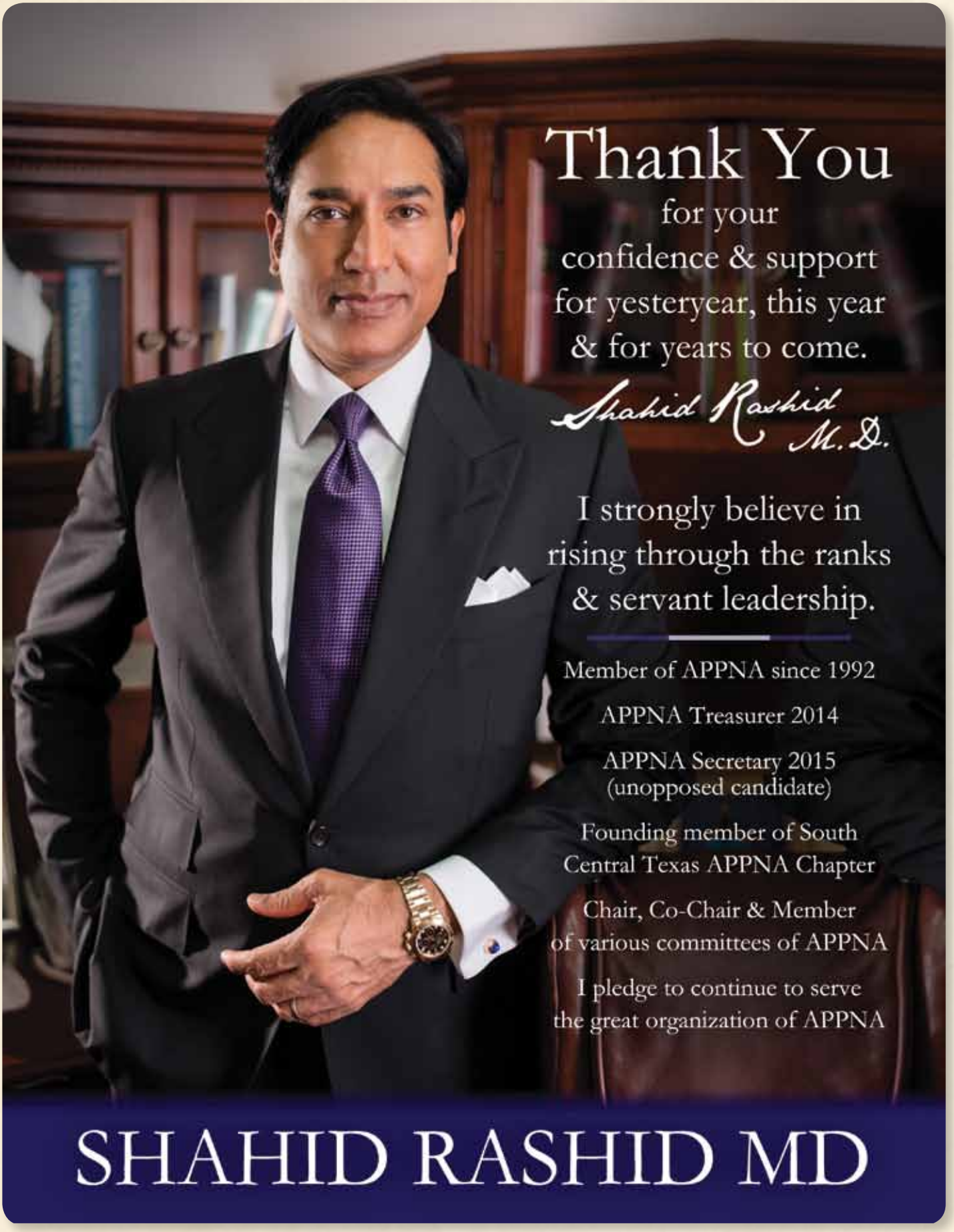
- APPNA Secretary 2014
- APPNA President South Texas Chapter
- Chairman Governing Board APPNA South Texas Chapter Houston Texas
- APPNA Chairman Host Committee Houston summer meeting. Under my leadership a memorable meeting with a profit of $220 thousand dollars. Not many can claim this in the 37 years history of APPNA
- APPNA Co-chair leadership and development committee
- APPNA Member International Committee
- APPNA Member Finance Committee
- Lifetime Member of APPNA
- Lifetime Member King Edward Medical College
- Lifetime member of IMANA
- APPNA Musharia Participant
  Compiled and published five books on Urdu and Punjabi poetry and literature
- Member Board of Trustee Zindagi Trust USA (Shahzad Roy Charity). Help fund raise to educate underprivileged children of Pakistan
- Extensive Management experience and President Doctor's Hospital Tidwell Houston, Texas, a 110 bed acute care facility

Vision For APPNA:

- Think Big! APPNA Medical College in USA and Pakistan. If we have the resolve we can do it !
- APPNA Foundation for robust long range strategic planning for APPNA for next 10 years and effective fundraising for development of charitable and educational projects of APPNA
- Comprehensive election reform
- All APPNA component Societies to have their own 501(c)(3) status
- Empower APPNA Woman Physicians by appointing them as Committee Chairs and involving them in Education and Welfare Programs
- Focus on issues of Civil Liberties and Constitutional Rights.
- Empower local chapters, get their nominees instead of friends to head committees, to engage in active networking, community development and develop future APPNA Leadership.
- Increase membership over four thousand participants by introducing incentives and an aggressive membership drive.
- Organize APPNA sports events for physicians
- APPNA House in Texas

For Young Physicians:

- Advocacy with Law makers to establish Fast Track Visa process for Pakistani physicians
- Annual National Convention for Young Physician and residency program directors in America
- Integrate young physicians by providing them support, mentorship and affordable APPNA house in United States of America
- Create a single platform as web for better opportunities for residency program, clinical observership and matrimonial potentiality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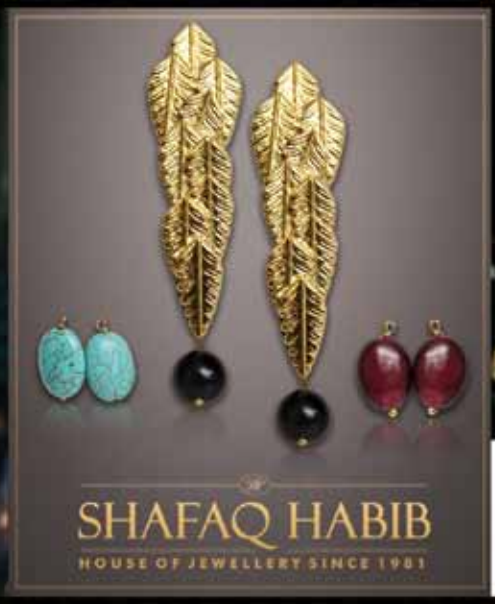

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