



AIMCAANA *Connection*

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Allama Iqbal Medical College Alumni Association of North America

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From the Editor's Desk



It gives me great pleasure to present the inaugural issue of our alumni newsletter AIMCAANA CONNECTION to you. The objective of this publication is not only to highlight the important role Iqbalians are playing in their respective communities but also to project the immense potential we have as a group to do noble deeds. Our first session graduated in 1980; today twenty-eight years later I strongly believe we are at a point where we can also give back to our alma mater if we continue to stick together. We have shown glimpses of our strength in the past supporting many charity projects however we can do much more as Allama Iqbal said

نہیں ہے نا امید اقبال اپنی کشت ویراں سے
ذرا نم ہو تو یہ مٹی بہت ذرخیز ہے ساقی!

There is always potential to do good, the only thing needed is the motivation to make it happen. I sincerely hope that this publication provide Iqbalians that motivation to come forward and play their role to improve health facilities in Pakistan especially at our alma mater under the AIMCAANA network. In this issue you will see young Iqbalians combating with financial difficulties of residency search with ideas like Iqbalian house and seasoned Iqbalians making real difference in their patient's life by innovating new treatments strategies and fostering the research culture in Pakistan. I trust all of us will continue to inspire others to come together in making this world a better place to live.

I greatly appreciate the editorial help and guidance of Wasique Mirza and Javed Akbar, photograph contribution by Imran Mirza manuscript proofreading / suggestions by Taseer Cheema and Rizwan Akther. I like to thank all of our contributors and financial supporters for their sincere efforts. Special thanks are due towards Baber Cheema President of AIMCAANA 2008 for his vision, unsolicited support and guidance. Please be generous in your feed back to us that will only make us strive for better.

Dr. Tahir Latif



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Asslam-u-alakum. I am honored to write the President's message for the first ever issue of AIMCAANA CONNECTION that hopefully will serve as the voice of over seven hundred Iqbalians residing in USA.

AIMCAANA executive council started year 2008 by involving over ninety-six volunteers in different committees and projects. Website was upgraded to reflect Iqbalian's colors and to make it more user-friendly, in addition to expanded picture gallery now it can also host videos. A blast e-mail system connecting around 450 Iqbalians was also established to update everyone about different activities planned by AIMCAANA. This year AIMCAANA executive council had made bold decision to allocate amount equaling all life member dues to create Iqbalian's endowment fund (around \$20000) to secure financial future of alumni. A fund to assist young graduates who require financial assistance while searching for residency in the form of qarz-e-hasna was also created. To fulfill these long over due initiatives, other activities like this journal and social program during our annual meeting (expenses around \$12000) will be sponsored by personal contributions of executive council and few senior members of the AIMCAANA. Scholarship program for medical students at AIMC will continue to grow too. We will need your support, both physically and financially, in making these initiatives successful.

I am thankful to Dr. Imran Mirza for his hard work and attention to detail during the upgrade process of website and creating a face book group to motivate many Iqbalians around the globe. Similarly I am indebted to Dr. Tahir Latif (secretary AIMCAANA) for his dedication to streamline different AIMCAANA projects including this newsletter in spite of dealing with his father's ailment (he is currently undergoing chemotherapy for leukemia and I will request you to pray for his shefa-i-kamala). I also hope that AIMCAANA will be able to attract and retain more volunteers like Tahir to make it the most vibrant alumni association of APPNA.

My dearest friends, this mortal life is more than just earning a decent living for our families and then spending it on a luxurious life. I strongly believe that Allah Almighty will question us on the Day of Judgment for the use of financial strength and social power bestowed upon us. I will like to see each one of us stand fearless that day with plenty of contributions to improve the lives of those who are struggling. Please promise yourself that you will open your hearts and wealth for whatever cause you believe in, just like our fellow Americans who spend around ten percent of their gross income on charitable projects. Kindly be more proactive in your local communities and participate in local and national elections to show that Pakistani Americans are an important part of cultural fabric of America. Your presence will remind our fellow Americans that we also cherish life, liberty and pursuit of happiness.

In the end, I will encourage each and every one of you to join us in Washington, DC this month during our annual meeting. We are also arranging a social forum with activists like Munir Malik and Talat Hussain who represent civil society of Pakistan and will update us on the current problems and issues faced by our land of birth. I promise that you will have a fun filled weekend while reigniting the flame of friendship with old friends. Remember once Iqbalian, Iqbalian forever.

Muhammad Babar Cheema



APPNA President's Message

It gives me a great pleasure to send this message for the first formal Newsletter of Allama Iqbal Medical College Alumni Association of North America (AIMCAANA), the "AIMCAANA CONNECTION". I congratulate the publication committee and the Editor Dr. Tahir Latif for this achievement. AIMCAANA has come to age with its 10th anniversary and the Iqbalians are making their presence felt in the Pakistani-American physician community. The present executive committee of AIMCAANA under the able leadership of Dr. Muhammad Babar Cheema is making strides in organizing Iqbalians at the Alumni platform involving the seniors and juniors, alike.

We need to make effective liaison with our Alma Mater to promote education and philanthropy amongst the students and the faculty of our college. The availability of technology alone can not improve the delivery of health care to the less fortunate community that is served by the Jinnah hospital. The transfer of skill and education along with promotion of research is the key to successful treatment of human ailments and preventable diseases. The time is ripe now to engage our self with AIMC. The major part of the APPNA Winter Meeting is going to be held at our college campus on December 22, 2008. We should avail this opportunity to build bridges with our Alma Mater and with your help we can achieve a great deal.

In the United States, APPNA is a leading democratic organization of Pakistani Diaspora. The greatest asset of APPNA and its component societies is the voluntary force of our members whose enthusiasm to work for common mote this year's theme in APPNA, "EMPOWERING COMMUNITY THROUGH ACTIVISM AND SOLIDARITY. The scope of work is enormous and resources are limited. Organization building and resource development are needed to expand the horizons of our work. APPNA Committees and the Component Societies are expected to play a great role in promoting this theme of Community Empowerment.

With best regards,
Mahmood Alam, MD



APPNA Treasurer's Message

Congratulations on the publication of the inaugural issues of AIMCAANA Connection!

It is my pleasure to be a part of your inaugural issue, this is indeed a great step for your alumni. It is heartwarming to see our various alumni organizations grow and expand. We are all proud of how much we have accomplished for our medical colleges and how we have repaid them as well. Hopefully, this publication will help to bring the alumni together and updated as well.

As the Treasurer of APPNA, it is my pleasure to serve your alumni and the entire membership of APPNA. I have been working to organize the treasury of APPNA as well as to revise our budget in order to make it as efficient as possible. For the first time ever, the APPNA Financial reports are available on the APPNA website for all members to read and review. As always, feedback and suggestions are greatly appreciated. I am also hoping to continue my service to you as Secretary of APPNA for 2009 with your support. No words can express my gratitude towards APPNA and all its members for allowing me to offer my services and input.

As you read through this journal, I would like you to look back and appreciate how much you and your alumni have accomplished in the years. It is an excellent accomplishment of which we are all proud. Insh'Allah, APPNA will only continue to grow and be strengthened as we serve society as proud medical professionals of Pakistani descent.

Congratulations!

Sincerely,

Manzoor Tariq, M.D.
APPNA Treasurer 2008
APPNA Secretary Candidate 2009
MTariqMD@gmail.com



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AIMCAANA President Elect's Report

It gives me great pleasure to thank the general membership for the vote of confidence in me to serve as president AIMCAANA 2009. This year we saw landmark changes, our membership increased to three figures with more than 30 lifetime members, website was updated, efforts to compile secure online directory and blast e-mail system was started. Executive council approved the creation of endowment fund, and scholarship program for needy students in Allama Iqbal Medical College was furthered.

We need to continue this momentum of growth during the coming years. I have recently visited AIMC to assess the needs of our college and the potential areas where we can help. I believe scholarships to needy medical students, computer with internet access to the hostels, alumni office at the college not only to expedite document verification process but also to expose current students to AIMCAANA are some of the potential initiatives that we can undertake in the coming years. We can also guide current students through an informal seminar arranged by AIMCAANA when we visit our family.

A lot can also be done for the fellow Iqbalians who are struggling to start their career in USA. A fund to provide no interest loans for financial support of young Iqbalians during residency search is urgently needed as many young Iqbalians has reached out to AIMCAANA for help in the last few months due to increasing exposure through the website. Current executive council is already committed to such efforts however financial support from all of us will go a long way. Beside all these things I am sure that every one of you has many ideas please do not hesitate to share them with us. Together we can take the alumni to next level, I pray to all mighty Allah for courage, strength and cohesiveness to pursue our goals.

Rizwan Akhtar, MD



AIMCAANA Executive Director's Report

I have been the executive director for the last five years. We have come a long way since our inception in 1997. Our membership has been growing gradually and we have established strong hold in APPNA mainstream. The membership including life and annual has surpassed the figure of hundred. This figure is still very low compare to the number of Iqbalians in the country. I will request to all Iqbalians to become life member of AIMC as we all know the strength is in the numbers. The life membership dues are 500 and the annual membership dues are 50 dollars. Please mail the checks to the AIMCAANA office at 502 North Valley Parkway , Lewisville Texas 75067 with the membership form.

The financial situation has improved significantly since 1997. In 2001 when I took over, the funds in our account were 4100, and as of April 30th the account value is greater then 25000. Our main expenses were annual meeting expenses every year which is about 2000 to 3000 and the website expenses. The executive council is working to establish the Endowment Fund for the Alumni and we need your help in making this fund successful. We have an established office for AIMC alumni association in Lewisville Texas . This year we have organized in such a way that will benefit our Alma mater a lot. The current President Dr. Cheema has been working hard to take the alumni to the next level. I also commend all the past presidents for their constant support and hard work in making AIMC Alumni strong.

Jalil Khan



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Publication Committee Report

It's my pleasure to introduce to you, the first publication of AIMCAANA connection. Iqbalians have come a long way since the inception of our college thirty three years ago. We have seen the beginnings of a humble campus on Birdwood road evolve into a beautiful, state of art institution at the new campus. Our clinical training has matured from makeshift lecture halls at services hospital to one of the most modern and technologically equipped hospitals. Similarly, our alumni in the United States have grown from a few rebels who chose to come to United States in the early 80s to a strong contingent that has proven its worth in every possible specialty of medicine.

It was due to the dream and hard work of people like Atique Mirza that has led to the development of AIMCAANA ten years ago and since then, we have seen our proud Iqbalians, playing a leading role to strengthen its foundations and at the same time providing strong leadership to APPNA itself. We are proud to have one of our alumni members as the current president of APPNA and we see many more strong candidates ready to take the reins of this esteemed organization in the future.

Any mention of AIMCAANA connection will not be complete without mentioning the vision, organizational skills and hard work of young Iqbalians, especially Tahir Latif, Imran Mirza and Baber Cheema, who, despite their busy schedules and demanding practices have devoted their time and effort towards a successful debut of this newsletter, befitting the legacy of our great institution. Javed Akbar and I are grateful for the confidence that these young physicians have placed in us and gave us the responsibility of adding our experience to this endeavor.

I hope you will enjoy this inaugural publication of AIMCAANA connection, and we will appreciate not only your feedback, as well as continuing support in order to continue this tradition as a successful project for years to come.

Wasique Mirza



Communication Committee Report

We are honored to assume the responsibility of communication Committee of AIMCAANA for 2008. We were given the task of establishing effective communication system to keep Iqbalians informed regarding AIMCAANA activities and provide Iqbalians with an effective networking platform to communicate with each other. We are very pleased to report major progress towards these goals.

AIMCAANA website has undergone major updates to become more user-friendly and interactive. Design and layout has also changed to highlight the magnificent campus and Iqbalian colors. Now website can also hold videos, PowerPoint slides and other presentations to provide educational resource to young Iqbalians. Please visit www.aimcaana.org and send us your valuable suggestions to improve it further.

Blast e-mail system has also been established to reach Iqbalians efficiently and effectively. We have over 450 e-mail addresses of Iqbalians in our database and the number continues to grow with each communication with the Iqbalians. If you have not received these e-mails in the last few months and would like to receive them please visit the website to register your e-mail with us.

Ground work to create a secure web based directory for Iqbalians has been started so far we have over 60 Iqbalians send us their information to include in the directory. We urge all of you who have not done that yet to please send us the information at webmasteraimcaana@gmail.com as soon as possible.

We are thankful to the AIMCAANA leadership for their trust and support and like to thank all the members of the committee for their help and enthusiasm.

Tahir Latif and Imran A. Mirza

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Umad Ahmad



Election & Nomination Committee Report

It gives me great pleasure to present the Election and Nomination Committee report to membership for the year 2007-08. It was a historic year for the alumni when we completed first ever elections through mail in ballot for AIMCAANA 2008 office bearers. The ballots were opened at Dr. LallaRukh Mufti's residence on December 26th in her presence. Dr. LallaRukh Mufti was appointed as an election representative by Dr. Humerra Qamar, so that she could monitor the vote counting on her behalf. We sent 86 ballots to all the members. In addition, seven ballots were sent in duplicate for those who did not receive their ballots. One of the member requested the ballot envelop only as it was destroyed while opening the mail. We received total 63 ballots back, one was sent back in as a duplicate, total 62 ballots were counted, one of the members only voted for the secretary and opted not vote for the President Elect, and hence there were total 61 votes for the President Elect and 62 votes for the Secretary. Election results were as follow, Dr. Rizwan Akhtar received 44 and Dr. Tariq Mahmood received 17 votes for President Elect while Dr. Tahir Latif received 42 and Dr. Humerra Qamar received 20 votes. Rest of the executive council was elected unopposed based on uncontested nominations.

Alhamdulillah, this year learning from last year experience committee is able to start the election process in timely fashion. All those who have the AIMCAANA membership by **May 12, 2008** will have the right to vote. The deadline for the nomination for the Treasurer, Secretary and President Elect for 2009 is **May 16, 2008**. The ballots will be mailed to the AIMCAANA members by **May 26, 2008** and need to be mailed back by **June 15, 2008** (post marked). The election results will be announced at the summer meeting on **27th of June 2008** before the dinner.

Atique A. Mirza



Social Welfare & Disaster Relief Committee

Become a Bone Marrow Donor: Save life

For some leukemia patients allogeneic stem cell transplant may be the only hope for life. Due to centralized donor registries like The National Marrow Donor Program (NMDP), on average 15 suitable unrelated donors are available for every Caucasian who require a transplant, However if you are of South Asian decent and none of your sibling are a match your chances to find a suitable donor is estimated to be 1 in 20000.

This is due to lack of bone marrow or stem cell donor registries in South Asian countries and limited number of South Asian individual volunteering for donation in developed countries like USA or UK. South Asians also carry relatively large number of gene pool that also makes finding a suitable match difficult. For example a bone marrow registry in India has only about 1000 potential donors and no such registry exist in Pakistan as compared to NMDP, where over 6 million potential donors had volunteered to donate their bone marrow or stem cells if needed by any human. Fewer than 65,000 South Asians are registered as potential donors in NMDP.

We can change this by becoming a stem cell donor all it requires is a swab from your mouth to determine your HLA typing. Please visit www.marrow.org (NMDP website) to become a stem cell donor after giving careful consideration to risks and benefits. Kits to collect the swab can be ordered from NMDP website for a small cost. With the help of South Asian Marrow Association of Recruiters (SAMAR), AIMCAANA will distribute these kits free of cost to the interested individuals at the annual summer meeting of APPNA in Washington DC. Please visit AIMCAANA booth to obtain the kit if you are interested in becoming the stem cell donor. You can also contact at webmasteraimcaana@gmail.com to request these kits by mail if you are not able to attend the meeting.

Tahir Latif



Aziz Khan, MD

AIMC 1981

Associate Professor of Clinical Medicine

Southern Illinois University of Medicine, Springfield IL

Aziz did his residency in Internal Medicine, Georgetown University School of Medicine Washington DC and went on to complete Hematology/ Medical Oncology fellowship at LAC/USC Medical Center, Las Angeles, CA. He trained many resident and fellows at the Kenneth Norris Comprehensive Cancer Center at the Keck School of Medicine, University of Southern California for the last 17 years. He is recently recruited by Southern Illinois University to help with their expanding Hematology program. Aziz was the best graduate/ gold medalist of second session of AIMC and has won numerous awards and distinction since than including Spirit of Norris award twice. His area of interest includes hematological malignancies, including primary CNS lymphoma and bone marrow transplants.



Bilal Ahmed MD, FACP, MRCP

AIMC 1987

Professor of Clinical Medicine

University of Rochester,
Rochester NY

Bilal did his residency at University of Rochester, Rochester NY. Bilal was consultant in Pulmonary Medicine at University of Hull, United Kingdom before moving to USA. He is Associate Program Director, University of Rochester, Rochester NY. Bilal has been awarded a cumulative total of more than 40 local and national teaching awards for pioneering new teaching methods in the Internal Medicine residency program.

Elected to the national Alpha Omega Alpha Society for contributions to resident teaching Bilal was the best graduate for 1987 class with Distinctions in Anatomy, Pathology, Ophthalmology and Gynecology. He had numerous articles, posters and reports published in national journals pertaining to academic medicine. Book chapters in two medical textbooks published in the last five years. Research partly sponsored by the Robert Wood Johnson Foundation. He is also serving on the board of Association of Program Directors in Internal Medicine and NBME.



Intekhab Ahmed MD, FACP, FACE

AIMC 1987

Associate Professor of Clinical Medicine

Division of Endocrinology,
Diabetes and Metabolic Diseases,

Department of Medicine,
Jefferson Medical College,
Philadelphia , PA

Intekhab did his Internal Medicine residency from University of Connecticut, Farmington, CT. He than became Chief Resident at Brown University , Providence , RI and VA Hospital, University of Wisconsin Madison , Wisconsin. He went on to complete Endocrinology and diabetes fellowship from Duke University, Durham, NC, and University of Wisconsin , Madison , WI. He also worked in Clinical Investigator Preparatory Program, University of Wisconsin , Madison , WI. He is currently working as Program Director, Endocrine Fellowship Program, at Thomas Jefferson University. Intekhab has multiple peer reviewed publications, book chapters and meeting presentations to his credit. He has won several awards due to his teaching and research accomplishments. He is the recipient of many grants for his research projects and is on the reviewer panel for multiple endocrine journals. He is always keen to guide and help young graduates to pursue their career goals.



Asher Alban Akmal Chanan-Khan

AIMC 1992

Associate Professor of Oncology
Division of Lymphoma/Myeloma
Roswell Park Cancer Institute

Asher did his residency in Internal Medicine at Harlem Hospital Center, Columbia University, NY. He was also chief resident Internal Medicine, Harlem Hospital Center, Columbia University, NY. He completed his Hematology and Medical Oncology fellowship from New York University School of Medicine, New York, NY. Asher currently leads the Clinical and Translational Research efforts in Multiple Myeloma and Chronic lymphocytic leukemia at Roswell Park Cancer Institute. He is the principal investigator on various laboratory and clinical research projects. Asher is credited by over 100 peer reviewed publications, abstracts and book chapters and is an invited speaker to various national and international universities and research forums. His research efforts are funded by various organizations and he serves as a reviewer and committee member on various national organizations and reputed journals like Blood and Journal of Clinical Oncology. Asher is recognized among "America's Top Doctors" and is a thought leader in the field of Myeloma and CLL.



Immad Sadiq, MD

AIMC 1996 (Spring)

Assistant Professor,
Warren Alpert School of Medicine,
Brown University, Providence, RI

Immad did his residency in Internal medicine at St. Vincent Hospital, Worcester, MA. His Cardiology Fellowship was at same institution. He went on for Interventional Cardiology Fellowship at Hartford Hospital, Hartford CT and Vascular & Endovascular Fellowship at St. Elizabeth Medical Center, Boston, MA. Immad has multiple Board certifications on his credit. Even at the beginning of his career Imad has shown unique passion to help improve health care in Pakistan by volunteering with Association of Pakistani-descent Cardiologists of North America (APCNA). Due to his tireless efforts he was elected as President for 2008. APCNA has contributed millions of dollars' worth of cardiac supplies to hospitals in Pakistan free of charge for the benefit of indigent population. Recently Pakistan Pacemaker Bank was established by APCNA in collaboration with Heartbeat International, the largest pacemaker manufacturing firm committed to providing free pacemakers and ICDs for the indigent patients in Pakistan.



Ali Jawa MD, MPH, FACE

AIMC 1996 (Fall)

Assistant Professor of Medicine
King Edward Medical University,
Lahore, Pakistan

Ali did his Internal Medicine residency at The Brooklyn Hospital Center, New York and completed Endocrinology and Diabetes fellowship from Tulane University, New Orleans, Louisiana. He took a position of Assistant Professor at the same institution and graduated in Masters in Public Health (MPH) at the same time. He is currently Associate Program Director of Doctorate of Medicine (MD) in Endocrinology at King Edward Medical University. Ali is currently mentoring 11 FCPS-Medicine students, 3 MD-Endocrinology and 2 MD Medicine students. Ali returned to Pakistan as HEC appointed Foreign Professor, started many epidemiology studies from HEC grants of more than 2.5 Million Rupees over the last 3 years. He had over 25 publications and book chapters to his credit. First study titled "Lahore Epidemiological Adult Population (LEAP) study yielded several abstracts that were presented several international meetings. Five abstracts will be presented at American Association of Clinical Endocrinologists (AACE) 2008 meeting from his second study "Lahore Epidemiological Adult Population Diabetes Mellitus, Metabolic Syndrome and Essential Hypertension-The Walled City" (LEAD ME-TWC).



Allama Iqbal Medical College Alumni Association of North America (AIMCAANA) was recognized in 1997 during the annual summer meeting of the Association of Pakistani Physicians of North America (APPNA) in

New York. The alumni first un-official meeting was called by Dr Atique A. Mirza in his hotel room. Dr. Mirza wrote the first constitution and bylaws, which were presented to APPNA in the summer meeting and AIMCAANA was officially incorporated as a component society of the APPNA. Dr. Mirza was chosen as the founding president and continued to work as president for the first four years making his home as alumni's first office. He started AIMCAANA's first website and opened Alumni's first bank account.

In 2000, the general body at the Atlanta summer meeting elected a new team of officers, Dr. Jalil A. Khan from Texas as president and Dr. Mahmood Alam from New York as president elect. Dr. Mirza worked hard to organize a winter meeting for the first time in the history of APPNA at our college on Silver Jubilee Anniversary of AIMC. Iqbalians were able to offer a state of the art CME program and brought AIMCAANA into the limelight.

In 2001, during his presidency, Dr. Jalil Khan updated the website, established a contact place for the members in his office at Flower Mound, Texas, expanded alumni bank account and also started to collect data of Iqbalians in USA. In July 2001, he invited AIMC Principal, Dr. Khalilur Rahman, to the annual meeting of the alumni in Chicago and further fosters the relationship with AIMC. Dr. Mahmood Alam presented the new bylaws for the association and new officers were elected.

The APPNA annual meeting in 2002 was a landmark in the history of AIMCAANA due to efforts of Dr. Mahmood Alam. Dr. Eice M. Khan, then CEO and dean of AIMC, was the chief guest with more than 60 members participated in the dinner and general

body meeting, thus setting a new attendance record. AIMCAANA membership rolls stand at an all time high of 200 members. New officers were elected and approved the establishment of the executive office of alumni at Flower Mound, Texas, under the supervision of Dr. Jalil Khan as Executive Director. Drs. Mumtaz Alvi, Jalil Khan, and Atique A. Mirza were approved trustees of the association. The proposal to establish "Iqbalians Educational Trust Fund" was unanimously approved

In 2003, AIMCAANA emerged as a vibrant body of Iqbalians. Dr. Mahmood Alam and Dr. Sajid Chaudhary became members of the APPNA task force for visa problems. Dr. Chaudhary, president 2003, arranged a successful annual summer meeting in Orlando at Gaylord Palms Florida. General body approved the establishment of "AIMCAANA SCHOLARSHIP FUND" and many Iqbalians pledged \$ 1000 each for the fund. Dr. Sajid Chaudhary also initiated Iqbalian's E- list iqbaliansalumni@yahoo.com that attracted AIMC graduates across the globe.

The APPNA 2006 annual meeting saw Iqbalians progressing to another level showing true compassion, when within a few minutes AIMCAANA members pledged \$175,000 for Shaukat Khanum Memorial Cancer Hospital and Research Center. This big achievement was result of then executive council and Dr Asad Qamar then president's hard work and perseverance to convince Imran Khan to become the chief guest. Dr Ashraf Sabhat president AIMCAANA 2007 continued the path to progress with another well attended successful meeting in Orlando. This year alumni reached another landmark when it conducted its first ever election using mail balloting.

The progress continued in 2008 with another update to website, online Iqbalians directory and publication of alumni's first official newsletter AIMCAANA Connection.

Imran Mirza



With each passing year, residency search is getting increasingly difficult. The advent of ERAS (Electronic Residency Application Service) and CSA (Clinical Skill Assessment) test has made this task especially difficult

and more so financially for our graduates. Most young graduates from Pakistan do not have the recourse to effectively apply and present themselves as a competitive candidate for residency positions, especially due to financial difficulties. Just lodging and traveling costs can force many young Iqbalians to restrict the number of application and interviews they can manage. These difficulties however, have not discouraged our determined alumnus to pursue residency positions in USA and instead they have come up with some unique solutions. In 2005 a young Iqbalians Shehram Malik (AIMC 2004) and his few friends established a place just a few block away from CSA examination center on market street in



Philadelphia. This location is providing a novel and low cost solution for any of these young graduates looking for a place to stay, while waiting for their exam or during the interviewing process.

It is proudly called the IQBALIANS HOUSE; however this apartment welcomes any graduate from Pakistan who needs a place to stay during his quest for a residency spot. The apartment has one bed room, a TV lounge, a kitchen, computer room, terrace, and one bathroom. Cost of rent, water, heat, electricity, and phone is around \$1000 per month and is equally shared by the young graduates staying there for that month making it affordable for everyone.

A senior Iqbalian usually has responsibility of managing the house. These days Nasir Iqbal Ahmed (AIMC 2000) is responsible for the house. One person is responsible for cooking on a particular day and this duty comes once or twice a week for each resident. At

the end of every month, House Manager (currently Nasir) collects the required amount from every person who is living there. Usually the expense for one person ranges from \$200 to \$300 per month including groceries. Every new resident of the apartment is required to place a security deposit of \$200 that is refunded when that person leaves the home.

The apartment has excellent access to public transport making local commute and out of city and state travel very convenient. The subway system and train station are just a short walk away. Study environment in the apartment is remarkable as these young physicians gladly help each other in preparing for CSA and USMLE exams. Halal meat and

Pakistani groceries are easily available and mosque is only a ten minute walk away.

Since its inception in 2005, about 30 Iqbalians have benefited from this house at one point or other during exams and application process and subsequently, have gone on to successfully acquire residency positions.

Any of our readers who would like to visit or contact these young physicians and encourage them in their efforts, or any young Iqbalians or other graduates who need further information regarding utilization of this facility can contact Iqbalians House at the following address:

27-A Sellers Ave, Upper Darby, PA, 19082
Phone numbers: (610) 352-1776, (215) 874- 0091

Taseer Cheema
with contributions by
M. Maqsood Cheema
and Rizwan Bukhari



AIMCAANA applauds the efforts of these young Iqbalians and fully supports them. If any of our readers are interested in supporting this activity, financially or otherwise, please contact AIMCAANA at webmasteraimcaana@gmail.com.



Code C, ICU, Code C ICU...

Overhead paging system shrieks in the middle of night to announce yet another cardiac arrest code. I may or may not have registered the overhead in my precious moment of sleep but I could not ignore the deafening beeps of my beeper. I always wake up to my

beeper's call with a transient episode of palpitation that recedes during my frantic attempts to locate the phone. I ran down the hall trying to figure out which one of my patients has decided to test us. Usually the identity is not a surprise as we often predict such an occurrence with reasonable accuracy, especially in the ICU.

It is room 419. We knew this was coming, but we expected her to last another 12 hours. Patient was 89, frail and wasted. Consumed by two cancers, and then repeated bouts of progressive infections on top of a neglected old age, courtesy of her three children who never bothered to visit her during her 2 months in the hospital until yesterday, most likely driven by a sense of profound guilt, which had now taken charge of their rationality. They were asked about the course of treatment that they preferred based on their mother's condition and her extremely poor prognosis. They were asked, if they preferred not to resuscitate her in case of a cardiac arrest. They wanted to do everything possible and were so shocked at the question as if we were the ones who never bothered to watch over her hospitalization and nursing home stay.

In my heart, I was not in favor of putting any further burden of meaningless resuscitation or a ventilator dependent life on her. But at present, I was bound by the family's wishes. Now begins a 45 minute ordeal of doing CPR and bagging. Drugs and shocks according to protocols, adding another set of tubes and wires to the already overwhelming cobwebs of tubes and wires that were there. Monitors are added on top of monitors and a team of skilled doctors, nurses and technical staff embarks on a journey that nobody deems necessary. Unofficially, a silent code takes over. Everyone knows it is a 'slow' code. Nobody says anything but the body language says it all. No rush, no panic and slowly the idea of life and death dissolve into an unplanned social gathering in the middle of the night. Somebody cracks a joke and laughter erupts. Monitor alarms fade into the background as with mechanical efficacy, we do as we are supposed to while discussing everything from dinner and vacations to movies at the same time.

Three quarters of an hour pass. Residents are leaning against the wall. Nurses appear tired and interns are exhausted by those chest compressions. A flat line on the monitor and code is called off. Family is informed and we head over to the lounge to finish Chinese food left over from dinner. Things are remarkably different, more energetic, more animated and emotional if it was a younger patient or if someone with even a fair chance of survival is involved. But most of the time, as codes go on and on, and chances of survival diminishes, robots take over. Expressionless faces, irrelevant discussions, subnormal emotions.

I am an emotional person, easily swayed by signs of misery, pain or injustice. What happens to me during a code? Maybe I perform my duty in an objective and professional way. Emotions are dangerous when one is dealing with life and death decisions. But still, our attitude amazes me. Are we really changed? Desensitized to the core, witnessing pain and death everyday. Do we just shut off our senses and succeed in keeping all this out of our system? Untouched by sharp fangs of misery, so vicious, leaping and scoring around us. Is it any good to be this cold that one starts doubting ones own humanity? Or it is just a state of denial; a protective mechanism self designed by human mind that selectively allows only the most essential of emotional elements to pass through. A mechanism protecting us from breaking down from the fierce impact of death around us and losing our mind when we fail to reverse something that seems so untimely, cruel and unfair. It protects us from going insane, when a child, all pure and full of life is sucked into the vacuum called death. It gives us the self-control to absorb all those horrible insults inflicted by a drunken patient, unreasonable families or obnoxious drug addicts, and still stays focused. And yet it allows our emotions to come forward when we need the love and compassion to revive the spirits of a patient who is barely clutching to hope. To smile and make our patients feel the warmth of our sincerity. To make them feel comfortable before they decide to pour their most intimate concerns and secrets. The difference between apathy and empathy is very subtle. A thin line, readily susceptible to transgression we lose the focus of our training. It's a profession unlike any other. No wonder they don't call it just a profession. It is called the 'Noble Profession'.

Wasiq Mirza



Iqbalians Endowment Fund



Endowment fund can create a long-term financial safety net that can help in managing different initiatives even when annual giving is down. Currently DOGANA has pledges of one million with around \$250,000 in cash. Endowment fund will be invested cautiously and the profits will be

used towards different AIMCAANA initiatives like assistance program for young graduates and medical students. It will also help us in providing financial assistance to our alma mater AIMC for different educational programs. Jinnah Hospital will also be helped in improving its physical facilities to provide the best possible care to the patients.

This fund will be initiated by approximately \$20,000 from AIMCAANA's account, approximate amount of lifetime membership dues received by AIMCAANA since its inception. We will continue to raise funds by encouraging Iqbalians to become life members and also by fund raising at AIMCAANA meetings. Income from these funds will not be used for administrative expenses. A separate tax deductible account will be established for this purpose. This fund will be managed by the executive council of AIMCAANA who will be updating general membership on regular basis and will be answerable to them.

We will provide you with further details during our annual meeting in Washington, DC. Please contribute generously to this important initiative either at the summer meeting or by contacting me at mbcheema@gmail.com. Your donations will be tax deductible. Our goal is to reach at least \$50000 by the end of June.

Financial Assistance For Iqbalians

AIMCAANA has recently received requests from young Iqbalians to assist them financially either for the USMLE/CSA examination fees or for other activities related to their pursue of career in USA. These requests are currently met with the help of individual AIMCAANA members. Definitely there is need of a permanent fund for this purpose with a specific policy and procedure including eligibility criteria for this educational grant. It will be a no interest loan with a promise to pay it back so that AIMCAANA can continue to build this program and help more Iqbalians. Dr. Nusrum Iqbal (Chair, Social Welfare and Disaster Relief Committee) is currently devising the policy and procedures and will present it to the executive council in next couple of weeks. Inshallah we will then update general membership during our annual meeting. Once again, I will request to donate with open hearts for this project. We owe a lot to our alma mater and its time to pay it back to AIMC and its graduates.

Mohammad Baber Cheema

We love to hear from you!

Please keep in contact by dropping an e-mail to webmasteraimcaana@gmail.com.

1980's

Farah Tufail (AIMC 1985) had recently moved to Houston and is interested in networking with other Iqbalians in the area.

1990's

Hafiz Imran M. Abassi (AIMC 1993) had moved to Winchester VA and working at Winchester Medical Center after completing his Psychiatry residency and fellowship in Geriatric Psychiatry from Case Western Reserve University Cleveland, OH. Imran wishes best of luck to all other fellow Iqbalians.

Tahir Latif (AIMC 1996) named as one of the 50 Smartest Oncologists in America in September 2007 online contest.

Sohail Sarwar (AIMC 1999) wrote this to us, nothing new sir, only doing labor work during residency in New Jersey.

2000's

Nasir Iqbal Ahmad (AIMC 2000) is looking forward to participate in 2009 residency match. He is currently managing the Iqbalian's House in Philadelphia.

Nadia Kousar (AIMC 2003) and her husband Fahad Saeed (AMC) will be starting residency at UIUC in June 2008.

Kanwal Razzaq (AIMC 2004) is going to start Internal Medicine residency from this July at Sinai Grace Hospital, Detroit Medical Center Michigan.

Ahad Aftab Khan Lodhi (AIMC 2006) has developed a website www.gsdpk.com regarding his hobby of raising German Shepherd Dogs. He is currently preparing for CSA after securing 99 in both USMLE exams.



AAIMCAANA Chicago 2006. L-R Nusrum, Umar, Babar, Imran Khan, Zeba, Imran, Mudassir, Tahir

AIMC
8th Convocation
2006



AIMC Class 1992



AIMC Auditorium



AIMC Class 1995



AIMC Class 2003



AIMC Class 2006



AIMC Masjid



APPNA meeting Chicago 2006
L-R Standing Nusrum, Munawar,
Imran, Saboor, Mudassir, Babar
Sitting L-R Zeba, Hina

AIMC Library



Dr. Hafiz Imran graduate of
2004 with 8 gold & 3 silver
medals



AIMC Class 2006



AIMC Class Group Photo 1995



Backstage – Final Year: Hasan, Qaiser, Umer, Salamn, Usman

Iqbalian's House Post Match Party:
Nasir, Bhati, Nomi, Ibrahim



Jinnah Hospital Medical Unit 1 August 2004



Iqbalian's House Post Match Party



L-R: Usman Asim, Masood Jan, Naem Jan, Ahmad Abdullah



L-R: Umair Sharif, Bilal Ayub, Tahir Hayat

College Library



L-R: Rizwan, Nasir, Ibrahim Raza Pasha, M. Ali Syed, Faisal, Tufail, Shoaib Mirza



L-R: Adeel Ijaz, Aamir Cheema, Munawaar Ali



AIMC Class of 2001



Iqbalian's at 8th Convocation 2006



Standing L-R: Shoaib Mirza, M. Ali Syed, Rizwan, Ibrahim Raza Pasha, Tufail Ijaz, Khuram
Sitting R-L: Zahid, Faisal, Dr. Nasir M. Malik, Dr. Arif, Atif, Nasir, Unknown



Two views of the most beautiful college in Pakistan



SAIMA ZAFAR, MD. FACC *Candidate, Treasurer APPNA 2009*

I seek your vote to serve you and APPNA to make it better, stronger and more transparent. I am committed to securing APPNA's financial future. I will emphasize on continuous improvement in accounting fundamentals.

Commitment to seven principles of public life:

selflessness, integrity, objectivity, accountability, openness, honesty and leadership.

Commitment to APPNA and its policies & procedures. Willingness to devote the necessary time and effort. Independent judgment, think creatively. To listen and speak out. Work effectively as a team member.

Strategic vision

Annual Budget

- Improve APPNA financial procedures, for timely annual-budget.
- Create checks & balances in expense management for APPNA events.
- Prepare budgets for specific projects and fundraising.

Financial Planning

- Ensure adequate financial controls are regularly reviewed for conformity with the IRS and Department of Homeland Security.
- Provide sound financial advice for long term planning.
- Explore potential new funding opportunities and pursue grant applications.

Financial Transparency & Reforms

- Create and Implement election spending reforms .
- Utilize APPNA'S resources exclusively in pursuance of its objectives. Appoint independent auditor for comprehensive review of APPNA's financial operations.
- Present audited accounts to the Executive committee.

Please visit www.saimazafar.com

Services to APPNA

- Member Election and Nomination Committee 2003
- Member Social Welfare & Disaster Relief Committee 2005 (raised \$1.8 million for earthquake relief)
- Co- Chair Social Welfare and Disaster Relief Committee 2006
- Chair Social Welfare and Disaster Relief Committee 2007

In 2007 as Chair Social Welfare Disaster Relief Committee:

1. Collected and disbursed more than \$250,000 for various projects like LRBT, Street Children Fund for Pakistan, Flood Relief, Bangladesh Cyclone, Virginia Tech Victim Fund.
2. Developed Bone Marrow registry for Individuals of Pakistani origin.
3. Breast Cancer Awareness program and Website (www.APPNAHAYAT.org) in seven languages
4. Hepatitis B and C prevention program for Pakistan
5. Funded individual physicians for travel, room and board for residency interviews; funded physicians health care for life threatening illnesses that were curable; funded plight of physician in distress from domestic issues
6. Established a Website with services for on-line donations for the social welfare disaster relief committee (www.APPNA-SWDRC.org)



A well established, busy, multi-specialty private practice group in Southeastern New Mexico is looking for BE/BC Internist, Family Practitioner, Endocrinologist, Gastroenterologist and Medical Oncologist to keep up with practice growth.

Join five Board Certified Medical Oncologists/Hematologists, 3 internist, and a pulmonologist with a dedicated support staff of over 50 people including 9 RNs. Practice has three locations providing sophisticated medical oncology services with 25 infusion chairs, 10 exam rooms, and 1 procedure room. The physicians are committed to the care of cancer for both the patients and their families.

This is an H-1B/J-1 visa opportunity with Compensation well above the national average plus bonus structure

(negotiable) with Partnership track available. Complete benefits package includes malpractice and health insurance; retirement plan; and relocation assistance. Vacation/CME time is plenty and negotiable.

Join a great team and work in a dynamic environment with all the amenities that the New Mexico has to offer which include; four season recreation, exceptional schools, (both private and public sectors), a state university, winding bike trails, Hiking and skiing facilities and great restaurants.

Please contact David Southward at daves.senmho@yahoo.com or 505 624 7535. You can also contact Tahir Latif MD at drtahirlatif@yahoo.com to expedite processing.



GYN اور MED 2 کے ساتھ بنا آڈیٹوریم کافی اچھا تھا۔ یہاں پر پروفیسر مختار حسن اور پروفیسر سعید کھوکھر جونیئر ڈاکٹرز کے ہمراہ آڈیٹوریم میں داخل ہوتے تھے اور لیکچر دیا کرتے تھے۔

کالج کیمپس کے مکمل ہونے تک کے مختلف ادوار میں پرنسپل صاحبان کو اس بات کا کریڈٹ جاتا ہے کہ انہوں نے سلسلہ تعلیم کے ساتھ ساتھ سلسلہ تعمیر پر بھی مکمل یکسوئی اور دل جمعی کے ساتھ کام کیا اور حکومت سے مختلف گرانٹس لینے میں بہت سنجیدہ اور Active رہے۔

پروفیسر افتخار صاحب کے بعد خاص طور پر گردیزی صاحب نے کالج کو موجودہ شکل دینے میں اہم کردار ادا کیا۔ ان دنوں یونین نہیں تھی اور ماحول خاصا خوشگوار تھا۔ سڑک پر کرکٹ کھیلنا ہو یا کینٹین پر بیٹھ کر غزل گوئی اور غزل سرائی، اقبالینز عموماً اپنی زندہ دلی میں گن رہ کر شب و روز خوش خوش گزارا کرتے تھے۔ بہت سارے دوست ایسے تھے جو ڈے اسکالرز تھے لیکن ہاسٹلز میں اکثر وقت دوستوں کے ساتھ گزارا کرتے تھے۔

پھر کیمپس میں لڑکیوں کی آمد نے ہم سے ہاسٹل نمبر 3 جو کہ اب ہاسٹل نمبر 5 ہے، چھڑا دیا۔ لڑکیاں ان دنوں اس بات پر کافی خوش تھیں کہ انہیں بھی مساوات کا حق دار سمجھ کر اچھی جگہ پر منتقل کر دیا گیا ہے۔ کالج کے لیکچر ہالز اور پھر بہت ہی خوبصورت لائبریری بنی تو FMGEMS کی تیاری کرنے والوں کی خوشی کا کوئی ٹھکانہ نہ رہا۔ پھر اسٹوڈنٹس یونین آئی۔ ہم نے گردیزی صاحب سے یونین آفس مانگا تو انہوں نے ایک بہت خوبصورت آفس ہمیں دیا 89، تک پورا کیمپس ماسوائے جناح ہسپتال کے فلی فنکشنل تھا۔

سوئمنگ پول میں لڑکے سوئمنگ کم اور پانی کو تھپڑے زیادہ مارا کرتے تھے۔ جم میں کچھ دوست خوب ورزش کرتے تھے۔ آپ میں سے بہت سوں نے یہ صورتحال نہ دیکھی ہو، ہم میں سے کچھ نے اس زندگی کو جیا ہے۔

بکھرے تنکوں کو سمیٹنے میں ایک عرصہ تو لگا مگر اس کے نتیجے میں بننے والا آشیانہ انتہائی خوبصورت ہے۔

جاوید اکبر

لیٹ سیونٹیز میں بننے والا علامہ اقبال میڈیکل کالج بڑے مراحل سے گزرنے کے بعد آج ایک خوبصورت مکمل کیمپس کی شکل میں موجود ہے۔

جولائی کی ایک صبح کا ذکر کرتا ہوں۔ ڈرائیو سمین ڈرائیونگ سیٹ پر موجود ہے۔ شوق کا یہ عالم ہے کہ اُس نے خاصی اونچی آواز میں اسٹیر یولگا یا ہوا ہے اس میں یہ گانا بج رہا ہے ”موسم پیار کا یونہی چلتا رہے“ بس کی تمام سیٹوں پر لڑکے لڑکیاں براجمان ہیں اور باقی دھکم پیل سے بے نیاز اسٹیل کی راڈز کو پکڑے کھڑے ہیں۔ ہمارا سفر LDA کے فیلڈس سے شروع رہا ہے۔ منزل سرسبز ہسپتال اور برڈوڈ روڈ کا AIMC کا کیمپس ہے۔ بس بل کھاتی سڑکوں سے گزرتی ہوئی ”بیکھے موڈ“ سے ہوتی ہوئی نہر کے کنارے آ پہنچی ہے۔ اچانک ایک مچھلے کی آواز آتی ہے ”اوائے سمین گانا فیئر لائیں یار“۔ جس بھرے گرم موسم میں اٹھکھیلیاں کرتی لڑکے لڑکیوں کی ٹولیاں سرسبز ہسپتال کے سامنے اترتی ہیں۔ اور باقی کالج کو چلی جاتی ہیں۔ یہاں پر بڑا دلچسپ منظر ہے۔ لڑکوں کی خاصی تعداد کالج سے ذرا پہلے بائیں جانب ناشتہ اسٹال پر رُک کر بھر جی دودھ اور چائے کے ساتھ ساتھ لسی کا ناشتہ کرنے کے لئے اسٹال کا رخ کرتی ہے اور پھر بھر پور Sedative قسم کا ناشتہ کرنے کے بعد لیکچر ہالز کو چلی جاتی ہے۔

شاید کچھ دوستوں کو یاد ہو بائیو کیمسٹری کی کلاس بڑی دلچسپ ہوا کرتی تھی۔ مشہور زمانہ فاروقی صاحب اور شریر لڑکوں کے Interactions کی وجہ سے اس لیکچر میں نہ جانا ایک Comedy event کو مس کرنے کے مترادف ہوتا تھا۔ اسی طرح مچھٹھیا ہال اور نہر کنارے بنے نئے ہاسٹلز سے اقبالینز کے کاروان علم کی پیاس بجھانے کے لئے اپنی منزل کو رواں دواں ہوتے تھے۔

جانے کیوں ہر گزرا ہوا دور موجودہ دور سے اچھا لگتا ہے۔ اُس وقت لاہور کے حالات بہت مختلف تھے۔ گن پوائنٹ کی وارداتیں نہیں ہوتی تھیں۔ موبائل نہیں چھینے جاتے تھے۔ موبائل خیر اُس وقت ہوتے بھی نہیں تھے۔

مجھے یاد ہے Evening clinicals کے بعد بعض اوقات لکشمی چوک کا رخ کرنے والے طلبا ایک سیر شکم ڈنر اور پھر مووی کے بعد رات گئے اپنے اپنے ہاسٹلز کو لوٹتے تھے اور پھر صبح تین چار گھنٹے کی نیند پوری کرنے کے بعد صبح اسی روٹین کو دہرانے کے لئے پھر تازہ دم نکلتے تھے۔



ڈاکٹر ساجد چوہدری

دیتے۔ اُس نے بہت اصرار کیا کہ تم امریکا جاؤ نہ جاؤ۔ تم یہ امتحان ضرور دے دو۔ تو خیر میں نے امتحان دے دیا اور دونوں پارٹس پاس کئے۔ اسی دوران FCPS ریڈیالوجی بھی ہوگئی۔ پھر میں آغاخان ٹریننگ کے لئے چلا گیا۔ یہاں میں نے دیکھا کہ ہر شخص امریکا آ رہا تھا پھر میں بھی USA آ گیا۔ ریڈیالوجی میں بہت زیادہ مشکل تھی سو میں نے انٹرنل میڈیسن میں ریزیڈنسی لے لی پھر ویور اور پھر آئی۔ ڈی میں فیوشپ۔

ساجد اکبر: اچھا آپ 90's کے شروع میں آئے۔

ساجد چوہدری: 94ء۔

ساجد اکبر: اقبالینز Alumni کے بارے میں بتائیے۔

ساجد چوہدری: یہ تو بہت اہم بات تھی۔ المنائی فورم کی شروعات کا کریڈٹ تو جاتا ہے متیق مرزا کو۔ میں پھر اُس میں انوالو ہوا۔ سیکریٹری بنا۔ پھر پریزیڈنٹ۔ اُس کے بعد APPNA کے افیئرز میں حصہ لیتا رہا۔ مجھے کچھ جوئیز ساتھیوں کی ہیلپ کرنے کا موقع ملا۔ جیسے دو اقبالینز کے اوپر ایک کیس بنا ہوا تھا تو اُس کے لئے ہم نے فنڈ ریزنگ کی وہ کیسز جیتے۔ ریڈیڈنٹس بحال ہوئے ان کو ہر طرح سے سپورٹ کیا۔

سب سے پہلے ہم نے ای میل گروپ اسٹارٹ کیا جس میں ابھی قریباً دو سو پچاس لوگ ممبر ہیں۔ اُن کے پاس ایک فورم ہے۔ دوسرا ذاتی طور پر لوگوں سے رابطہ کیا۔ USA میں سات سو سے زیادہ اقبالینز موجود ہیں۔ میرے خیال میں موجودہ پریزیڈنٹ بابر چیمہ نے بہت اچھا کام کیا ہے اور میں ان سے بہت متاثر ہوں۔ اس وقت ہمارے لائف ممبر کی تعداد پینتیس سے کچھ زیادہ ہے اس میں سب سے زیادہ کثرتی بیوشن بابر چیمہ کا ہے۔

ساجد اکبر: کالج کے حوالے سے کیا کر سکتے؟

ساجد چوہدری: میرا ایک خواب تھا کالج میں اسکالرشپ شروع کرنے کا۔ پچھلے سال دوستوں کی مدد سے پانچ اسکالرشپ Pledge ہوئے اور ابھی ہم اس پہ اور بھی کام کر رہے ہیں۔

ساجد اکبر: آخر میں آپ سے یہ پوچھوں گا کہ اقبالینز کے لئے آپ کا کیا پیغام ہے؟

ساجد چوہدری: یہی کہ ہمارا فورم بہت Vibrant ہے۔ اس پہ مزید کام کی ضرورت ہے۔ تمام دوست آگے آئیں اور اس فورم پر قدم سے قدم ملا کر آگے بڑھیں۔

ساجد اکبر: آپ کے وقت اور اچھی باتوں کے لئے بہت شکریہ۔

ساجد چوہدری: آپ کا بھی بے حد شکریہ۔

ساجد اکبر

کچھ دن پہلے اقبالین ڈاکٹر ساجد چوہدری سے ہماری بات ہوئی وہ قارئین کی نذر ہے۔

ساجد اکبر: ساجد بھائی! بہت شکریہ آپ نے ہمیں وقت دیا۔ سب سے پہلے آپ ہمیں اپنے بارے میں بتائیے۔

ساجد چوہدری: یہ میرے لیے اعزاز کی بات ہے کہ آپ میرا AIMCAANA CONNECTION کے لیے انٹرویو کر رہے ہیں۔ لاہور سے تھوڑی دور ایک چھوٹے سے ٹاؤن چوکے سے میں نے پرائمری اور ہائی اسکول کیا۔ میٹرک میں میں نے ٹاپ کیا۔ لاہور بورڈ سے انٹرویوڈ اسکالرشپ کے لئے سلیکٹ ہوا۔ گورنمنٹ کالج ساہی وال سے F.S.C کیا۔ پھر علامہ اقبال میڈیکل کالج میں داخلہ ہوا۔ اُس وقت کالج کی کمیونس برڈوڈ روڈ پر واقع کیونٹی میڈیسن کالج کی بلڈنگ میں تھا۔

ساجد اکبر: آپ کی گریجویٹ کلاس کا نمبر کیا تھا؟

ساجد چوہدری: ہماری کلاس پانچویں گریجویٹ کلاس تھی۔

ساجد اکبر: ساجد! آپ ذرا ہمیں اُس وقت کے تجربات سے آگاہ کیجئے کہ کہیں کالج، کہیں ہاسٹلز، کہیں ہسپتال اور لیکچر ہالز کہیں اور۔ کیا اس کو صرف نبھایا یا اس سے لطف اندوز بھی ہوئے؟

ساجد چوہدری: دیکھئے ہمیں تو اُس وقت اس بات کا احساس ہی نہیں تھا کیونکہ کسی اور میڈیکل کالج کا ہمیں تجربہ ہی نہیں تھا۔ سیدھے علامہ اقبال میڈیکل کالج میں ہی آئے۔ ایک طرح سے یہ بہت فن ہوتا تھا۔ کہ جی لیکچر کے بعد بس میں بیٹھے تو ہسپتال چلے گئے۔ بس کے ذریعے ہاسٹل۔ ہم تو اسے بہت انجوائے کرتے تھے کہ ایک ہی جگہ Restricted نہیں تھے۔

ساجد اکبر: کچھ خوبصورت یادیں AIMC کے حوالے سے۔

ساجد چوہدری: علامہ اقبال میڈیکل کالج میں ہمارا سیشن 79 میں شروع ہوا۔ بہت لبرل ماحول تھا۔ اسٹوڈنٹس خاص طور پر اسپورٹس کو بہت انجوائے کرتے تھے اور اس میں بہت انوالو ہوتے تھے۔ اقبالینز سٹی رانی میں چیپمنن تھے میں ڈرامہ کلب میں کافی ایکٹیو تھا۔ صوفی ساجد میرا کلاس فیلو تھا۔ وہ صوفی تبسم صاحب کا پوتا تھا۔ سب سے پہلے ایک پنجابی پلے ہم نے کیا ”بابا ہیرا“ میں نے اُس میں اماں کا رول ادا کیا تھا۔ اس سے ہونے والی آکم ہم نے PWS کو دی۔ اسد نذیر کے ساتھ ایک پلے کیا۔ خاص بات یہ کہ ریہرسل میں بڑا مزہ آتا تھا۔

ساجد اکبر: اس کا مطلب یہ ہے کہ میرا خیال صحیح تھا کہ آپ کسی نہ کسی حوالے فون لطف سے ضرور وابستہ ہیں۔ اچھا امریکا کب آئے؟

ساجد چوہدری: یہ بھی اتفاقاً ہوا۔ گریجویٹ کے بعد میں نے بالکل نہیں سوچا تھا یہاں آنے کے بارے میں۔ FCPS پارٹ ون کیا تو VIVA میں گزر بڑ ہوگئی۔ اسی ٹائم ایک دوست نے کہا کہ تم USMLE کیوں نہیں

صاف ستھری سی فضا سے جی میرا بھرنے لگا
دھوئیں کا سرمہ میری آنکھوں کو یاد آنے لگا

کچھ پریشاں ہے میرا معدہ جگر اور لبلبہ
وائرس و بیکٹیریا کا ٹوٹا سا ہے نشہ

آنٹیں بھی میری ذرا پھنس پھنس کے ہیں چلنے لگیں
کئی دن سے ان میں بھی جھاڑو نہ اُن کا پھر سکا

کئی دن سے قوت شامہ بھی کچھ بے چین ہے
بدوؤں کی کوئی محفل اس کی مہماں نہ ہوئی

کان بھی میرے ذرا کچھ اونچا ہیں سننے لگے
ان کے پردوں میں بھی کوئی خاص ہلچل نہ ہوئی

نہ کسی رکشے نے میری کار میں منہ دے دیا
راہ چلتے بھی میرا جھگڑا کسی سے نہ ہوا

کمر میری سیدھی رہ رہ کر ہے کچھ دکھ سی گئی
ویکٹوں میں مرغا بننے کا تجربہ نہ ہوا

پھیپھڑے حیران ہیں دل کا بھی سینہ چاک ہے
اس طرح جینے میں جینے کا مزہ کیا خاک ہے

چل پڑو پھر سوئے مقتل دل نے آخر کہہ دیا
عقل کی کھڑکی پہ تالہ شوق کا پھر لگ گیا

دھوئیں کا کاہل میری آنکھوں میں پھر سے آ گیا
ناک پھر بہنے لگی کھانسی کا پھر دور آ گیا

جانی پہچانی فضا میں سانس بوجھل ہو گئی
دل نے خوش ہو کر کہا لگتا ہے لاہور آ گیا

وثیق مرزا

لاہور نامہ



AIMCAANA CONNECTION کے نام سے اقبالینز alumni کی پہلی کاوش کے ساتھ میں تمام قارئین کو خوش آمدید کہتا ہوں۔ گزشتہ دہائی میں سینئر ساتھیوں نے جس جوش و جذبہ سے اس فورم پر کام کیا ہے وہ لائق تحسین ہے۔ بابر چیمہ اور طاہر لطیف کے ساتھ ساتھ وثیق مرزا اور عمران مرزا جیسے باصلاحیت حضرات کی قائدانہ صلاحیتوں کے باعث ہم یہ پہلا پرچہ آپ کے ہاتھوں میں پہنچانے میں کامیاب ہوئے۔ زندگی چلتی ہوئی گاڑی ہے جس کا کوئی اسٹاپ مقرر نہیں۔ اس کے باوجود اپنی زندگی کا بیشتر حصہ دوسروں کی زندگی بہتر بنانے میں لگے ڈاکٹر حضرات تکنیکی اعتبار سے بڑا خوبصورت ادب تخلیق کرنے میں مصروف دکھائی دیتے ہیں۔ آج کے پاکستان کی زہر آب زندگی کو تلخ حقائق کے آئینے میں دوسروں کو دکھانے کا گراں نہیں خوب آتا ہے۔ اس کی ایک جھلک آپ اس شمارے میں ملاحظہ فرمائیں گے۔

آخر میں آپ سب سے گزارش ہے کہ اس فورم میں بڑھ چڑھ کر حصہ لیجیے۔ یہ آپ کا فورم ہے اور اس کو دوام بخشنا اور مزید ترقی دینا ہم سب پر لازم ہے۔ مختلف موضوعات پر طبع آزمائی کرنے والوں کے لیے یہ ایک نہایت خوبصورت ذریعہ ہے۔ خاص طور پر علامہ اقبال میڈیکل کالج کے حوالے سے کوئی بھی تحریر ان صفحات کی زینت بن سکتی ہے۔ لیجیے یہ ہے ہماری پہلی کوشش۔ اس سے لطف اٹھائیے اور اپنی قیمتی آرا سے ہمیں نوازیے۔ شکر یہ

کتنے بے باک تھے لمحے وہ ملاقاتوں کے
سرمئی شام میں وہ وصل کی سوغاتوں کے

اب بھی جلتے ہیں سرمشام دیئے تیرے لئے
تذکرے اب بھی فسانوں میں تری باتوں کے

دل کو سرشار سا رکھتی ہے تری یاد کہ یوں
وقت لوٹ آئے ہیں بھیگی ہوئی برساتوں کے

چاند سے گہرا سا رشتہ ہے میری چاہت کا
چاند نکلے ہے مگر بعد مناجاتوں کے

کتنے جاوید ترے نام کے اب نامے لکھے
سلسلے تو بھی تو کچھ چھیڑ جو باتوں کے

جاوید اکبر مدیر اردو سکشن





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**For Our Socio-Political Forum
At The APPNA Summer Meeting**

**June 27, 2008 • 2:00 to 5:00 pm
Wardman Park Marriott**

PANELISTS

Munir A. Malik ■ Talat Hussain ■ Lisa Curtis ■ Hussain Haqqani

Panel discussion focusing on the strategic relationship between Pakistan and USA. Pakistan and the US have had a long, complex, and tumultuous relationship. In the last few years, Pakistan has been a critical partner in American efforts to combat terrorism. The U.S. has considered support for General Musharraf as being the same as friendship with Pakistan. Has the time come for the U.S. and Pakistan to re-evaluate their strategy towards each other? Or will they continue to be locked in an embrace that may ultimately prove fatal for both?

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