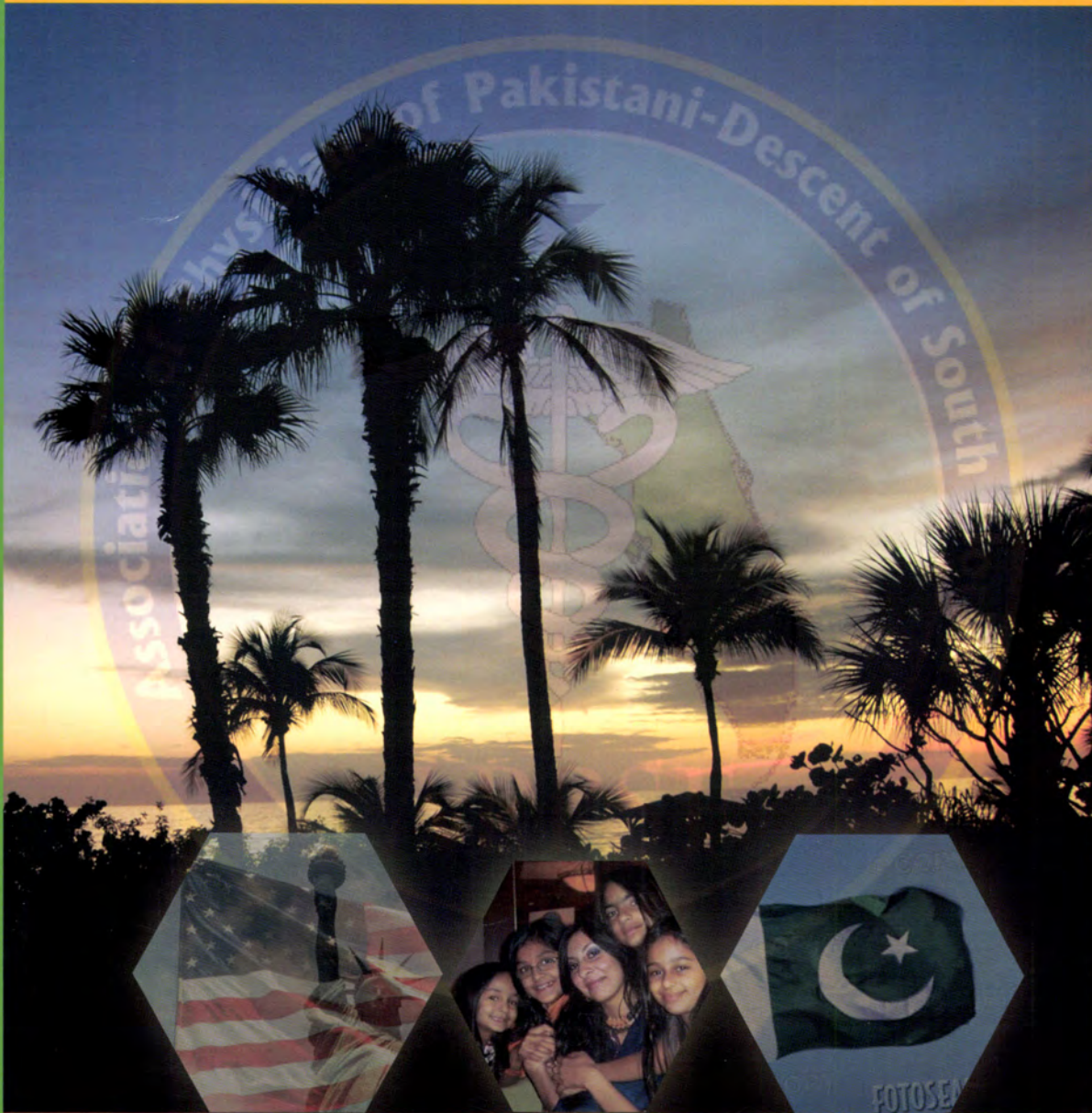


APPSF

APPNA South Florida Chapter

2008



ANNUAL FUNCTION

Miami Beach, Florida

Association of Physicians of Pakistani-Descent of South Florida

Association of Physicians of Pakistani-Descent of South Florida



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THINKING GLOBALLY a necessity for our youth



Humans have shared this planet and its limited resources since the dawn of time. Until recently, human interaction was restricted by geographical boundaries, and distance. In the past two decades the human condition has changed dramatically, mainly as a result of a dramatic change in the quality and quantity of information exchanged between humans of all races and nationalities. Yet, it is not clear if we and our offspring have systematically learned behaviors that help us deal with the changing world around us. It may be worth our while to prepare our youth to

engage the un-relenting change now rather than later.

As we witness the transformation of the world into a global village, where marked and fenced national borders have become meaningless, it is not clear if the human species has a plan to deal with the changes either at the level of the scholar or at the level of home-schooling of our youth. Thus, it is time that we train, coach and encourage ourselves, and our youth in particular, to participate and engage in global conversations that impact all of us and will surely influence all aspects of the lives of our youth. It is also necessary that we as adults of today, develop a code of conduct for the cyber-citizens and inculcate the new realities, strategies and tactics in our youth. For example, it is a necessity of the times that our youth are trained to deal with the information overload in this global village, decipher facts from fiction and innuendo, leverage the possibilities to help humanity, prevent hunger, deal with disease and the dark side of the human spirit.

Participating in the global exchange will require re-thinking of our long-standing biases and positions. We will have to tolerate challenges to our life experiences and provide the space and a logical path forward to our young. It will be necessary to encourage our youth to challenge dogma and status quo, as well as stifling ritualistic habits. If this could be done judiciously, we would have done our job in preparing our youth for a full and prosperous life ahead.

Let us teach our young the concept of "*Mens sana in corpore sano*," a sound mind in a sound body, where morality and ethics are not the sole property of religion, they are the human qualities not limited and dictated by dogmatic and ritualistic indoctrination. Let's steer them in broadening their thoughts into comparison and reason. Let's nurture their minds for the future world they will shape and live in. Thinking globally will liberate them to do better for the whole of humanity. Recycling, conservation and innovations are not just slogans for them. Theirs is the language of global thinking; we must speak their language. Hence we should teach them to conserve and share. We should teach them that wasting of resources in the U.S., e.g. unnecessarily running water and wasting energy, has a direct impact on citizens on the other side of the globe. They must understand that because of a borderless world, they are more likely to hear about our wasteful ways now then ever before.

The world faces so many challenges today. Our children need to be prepared for the future. Let us emphasize the habit of getting involved in the community, in the country and the global village.

Rizwan A. Karatela, MD



I. ZAFAR HAMID, MD,
PRESIDENT APPSF

President's Message

Dear Colleagues
Asalaam O Alaikum

I welcome all of you to the Association of Physicians of Pakistani-Descent, South Florida Chapter's (APPSF), 4TH Annual Meeting in Miami, Florida. Apart from conducting the business of APPSF, this annual gathering brings together Pakistani Physicians, their families and friends from across the state of Florida and beyond, for a weekend-long professional as well as cultural celebration of our heritage as Pakistanis and Pakistani-Americans.

Since our last meeting, a lot has changed in our country of birth. It would be amiss not to touch on the current situation in Pakistan. While it is extremely encouraging that an elected government is now in charge in Pakistan, it is nerve-racking to witness the daily carnage on the streets and mountains of our beloved homeland. It is heartbreaking to read that our motherland is the most dangerous country on the planet. From the other side of the globe, we must re-double our efforts to support the people of Pakistan in this time of real hardship, anxiety and strain. We must not allow for the shredding of the fabric that is Pakistan. It is impossible to ignore the current circumstance without asking for mobilization of our collective will and wisdom; we must help our motherland recover from the current fiasco and grow in the community of nations. This may not be a task for the soft-hearted; we can all contribute in our small way. To this end, one could choose a method of preference and get engaged in rescuing Pakistan from the abyss.

As Pakistani-Americans, we should actively engage our respective communities and community leaders. We must let them know in no uncertain terms that we expect full protection of our local and national interests. We must make it clear that bigotry and prejudice will not be tolerated in the 21ST century. The coming election in the U.S, is a watershed moment in the history of this nation, and a great opportunity for immigrants like us to participate, be heard and treasure the moment. We must also continue our efforts after the election is over and the process of governing gets into motion.

APPSF has been very active this year. So far, we have organized multiple medical and educational lectures for our physicians, an annual debate for our youth, a cultural event, Ek Shaam Urdu ke Naam, holiday gifts for children at Miami Children's Hospital, a donation to Jinnah hospital in Karachi and a dinner meeting of local business people and Pakistani trade group with the Commercial Attaché of the Pakistan Consulate in New York and Houston. We hope to finish the year with a bang, Insha-Allah.

APPSF has elected a new cabinet for the coming year. The new officers will take charge of the organization on January 1ST, 2009. The support and participation of our community in the activities of the APPSF has been remarkable. I would like to thank all the members of the working committee for organizing the 4TH Annual Meeting in Miami.

In the end, I would like to encourage the physicians in attendance to become members of Association of Physicians of Pakistani-Descent of North America (APPNA) and APPSF; there is strength in organizing oneself.

God bless you all,
Pakistan Zindabad/Long live USA



FLORIDA MEDICAL ASSOCIATION

PRESIDENT-ELECT'S MESSAGE

JAMES P. DOLEN, MD



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ASSOCIATION

Helping Physicians Practice Medicine



Dear Colleagues –

It is truly my pleasure to attend the Association of Physicians of Pakistani-Descent of South Florida's (APPSF) Annual Meeting on behalf of the Florida Medical Association (FMA). As a fellow member of an organized medical association, I understand first-hand the important value and impact that membership can bring.

As a physician, you have been called to heal and restore and to ultimately make a difference. The impact you make on your community to help others, and even save lives, does not go unnoticed. Yet, the challenges that you face every day seem to multiply. From increasing bureaucracy to decreasing reimbursements to the growing threat of malpractice claims, being a physician in Florida is harder than ever before. That is why it is more important than ever to join together with organized medicine as members of the APPSF and the FMA to make your voices heard.

When fellow physicians ask me why I became involved in organized medicine, the answer is simple. Who better understands the needs of a physician better than a physician? Who else can better represent my interests fundamentally and before the Legislature? Representing you and helping you practice medicine is the role of organized medicine in Florida. Associations like the APPSF and the FMA are here to support you as you provide vital services to our community and make the impact that only a physician can. I applaud you for your involvement in organized medicine and encourage you to become members of both organizations.

I also would like to thank President I. Zafar Hamid, MD for his invitation to attend this wonderful event. It is truly an honor to have the opportunity to meet and share with my esteemed colleagues that belong to the APPSF. I would like to take this opportunity to congratulate Dr. Hamid on his wonderful leadership, which is made evident by the APPSF's growing membership. You have much to be proud of.

With a continued partnership between the APPSF and the FMA, the future for physicians in Florida is sure to be bright. Thank you again for this opportunity to meet with you. We look forward to strengthening our partnership in the years to come.

Sincerely,

James B. Dolan, MD
President-Elect
Florida Medical Association



MAHMOOD ALAM, MD

Fellow members, Asalaam O Alaikum

It is my pleasure to send this note of appreciation to the members of the South Florida Chapter of APPNA (APPSF) for organizing their Annual Meeting at Miami Beach on October 31 – November 1, 2008. APPNA has come of age with more than 30 Chapters and the affiliation of 13 Alumni Associations. The activism of the members of APPNA at the chapter level has really made us a grass-roots organization of Pakistani-American Physicians.

APPNA Chapters have been proactive in the community development for the Pakistani diaspora in the United States and APPSF is no exception. APPSF has grown over the last several years and has played a significant role in bringing the community together. We need to build a stronger Pakistani-American Community for our dignified survival and a prosperous future in this country. APPNA Chapters have to play a significant role to achieve this task. Our physicians are well-positioned to act as the ambassadors of our community in America. We need to get involved at the local level and must interact positively with our legislators for the sake of our civil liberties. The success of our community in the U.S. will also promote goodwill of our country of origin, Pakistan.

More than 47 million Americans have no health insurance. Health care access problems also surge among insured Americans. One recent report finds that millions more insured patients are delaying or not getting care, while another shows a spike in "underinsured".* Interestingly, neither Republicans nor Democrats have shown a clear vision or plan to address this deepening health care crisis in America. The establishment of the Free Clinics initiative by APPNA for the local communities at the chapter level is the most desirable activity we could do. I am encouraging all the chapters to take lead in this respect. I envision it as a venture that has great potential for the community service that should be provided to those who are less fortunate and lack access to health care regardless of their ethnicity, gender, race, or faith.

I congratulate the APPSF leadership for organizing their annual meeting. I hope it will be a great success. I will ensure that the APPNA central leadership is represented at your program by either me or by the President-elect. Good luck with your future endeavors.

*American Medical News, Vol. 51, number 27, July 21, 2008

President APPNA

Association of Physicians of Pakistani-Descent of South Florida

APPSF General Secretary's Report



It has been my privilege to serve as the General Secretary of APPSF for the past two years. The experience has been very satisfying for me, and in this process, I have made many new friends. I have found the community to be full of dedicated people who share our vision.

One of the most important focuses of APPSF has been to develop programs and activities where we can channel our youth into productive endeavors. The tradition of annual youth debate is now bearing the fruits of our labor. It was gratifying to see how well our youth are doing in the debates. This has been a true family activity, where parents have shown as much interest as our youth. We feel that this will further enhance their abilities to be more productive in their future lives.

We are happy to see many more physicians and non-physicians willing to give time to various APPSF activities. APPSF has been fortunate to organize events to highlight our heritage and celebrate our adopted land. The community involvement has been very encouraging as we have grown tremendously in the last four years, thanks to our members and support from the community.

We hope to see the continued enthusiastic involvement from our members and their invaluable support in the future. Please join hands in support of our organization and fill out the membership form for APPSF (APPNA-South Florida Chapter) today.

Thank you.
Rahat Abbas, MD
General Secretary APPSF

APPSF Treasurer's Report



In the past year we have had the Annual Function 2007, Ek Shaam Urdu Ke Naam and Annual Youth 2008 Debate as our major events. This year we collected donations for One Rupee School project. We also hosted a dinner for the business

community of South Florida with commercial attachés from Pakistan Embassy.

All donations collected for specific purposes like "One Rupee School Project" and the renovation of Ward VI at Jinnah Hospital through the Social Welfare Disaster Relief committee of APPNA are being disbursed.

It has been my pleasure to serve as APPSF Treasurer and I am greatly thankful to my colleagues in the executive committee of APPSF for their support.

Unser Khan, MD,
Treasurer APPSF

Opening Balance July 2007	12,136.66
INCOME	
From July 2007 to June 2008	
Membership, Annual Function 2007, Ek Shaam Urdu ke Naam, Magazine ad revenues and Donation for One Rupee School Project.	73, 893.65
Total Income	86, 030.31
EXPENSE	
Annual Function 2007 Expense	43, 205.87
Ek Shaam Urdu Ke Naam	8, 154.98
Debate 2007 Expense	935.82
One Rupee School 1st Installment	5000.00
JPMC donation, Meeting Pak embassy	1884.00
GB Meetings	532.00
Expense Total	59, 712.67
Net Income	26, 317.64
Ending Balance June 2008	26, 317.64



APPSF Third Annual Youth Debate

April 20, 2008, Ft. Lauderdale, FL

The APPSF Third Annual Youth Debate was held on April 20th, 2008 at the Broward Community College Campus. The youth debate has been APPSF's most important event in keeping with our mission of development of our youth into productive and effective community leaders and workers. To accomplish this mission we want to challenge them to think analytically and make them effective speakers.

It was encouraging to note that in the third year there was more enthusiasm, participants were better prepared and the contents of the speeches were of high standard and presented with eloquence. Some very thought provoking debate points were raised. The topic for the high school debaters was "Should Illegal Immigrants be Legalized?" The topic for the middle school youth was "Is Academic Qualification the Key to Success?" The process of evaluation has been streamlined in accordance with the National Debate Society guidelines. The judges meticulously evaluated the participants and scored their performance on 10 points system evaluating standard aspects of the debate.

2008

DEBATE

"Is Academic Qualification the Key to Success?"

"Should Illegal Immigrants be Legalized?"



The Judges

Winner of the Debate 2008

Middle School:

First place: Shehzad Ali

Second place: Narmeen Hanif

Third place: Nofel Karatela

High School:

First place: Amna Imran

Second place: Novera Hamid

Third place: Maheen Hanif

Judges for the Debate 2008

1. Dr. Sohail Punjwani, MD, *Medical Director, Compass Health Systems, Miami, Florida*
2. Dr. Khalique Ahmed, *Associate Professor, Lynn University, Boca Raton, Florida*
3. Dr. Zafar Nawaz, *Associate Director and Professor at Breast Cancer Institute, University of Miami Miller School of Medicine*



The APPSF Youth receiving their Debate Trophies at the Annual Function.



Buying Real State — After the Bubble

Ishrat Khurshid



About the Author

Ishrat is a licensed real estate broker and mortgage professional. He is the owner of Sunshine Realty Associates, Inc – A full service Brokerage house with offices in Coral Springs and Port St. Lucie. He provides advice on residential and commercial real estate and financing markets in South Florida and the Treasure Coast. In addition, he arranges funding for business ventures such as property acquisitions, Gas Station businesses, Convenience Stores and franchise investing. He can be reached at 954-234-8203 or Ishrat@sunshinerealtyfl.com

In late 2006, the housing bubble had already started to burst and home values had stopped climbing across the country. Many boom towns around the coastal areas of the county had already become inundated with excessive inventories yet builders couldn't stop the train wreck soon enough. Their greed had allowed them to disregard the fiscal discipline as they ignored the fundamentals of supply and demand and over-committed themselves. Lenders were already blinded by a steady stream of cash pouring in from all angles and wanted to keep the party going forever. Investors also wanted piece of the action. Those who didn't own a home wanted one, people with one home wanted another, or shall we say as many as possible? There was no end to the madness. A deal had to be done at any cost. Sellers, lenders, investors, and some real estate professionals all contributed to the housing fiasco.

Everybody remained in denial and we continued to ignore the warning signs. It wasn't until spring of 2007 when finally people started to realize the magnitude of the catastrophe that had been created. Over the course of the year and half that followed, we witnessed a disaster like no other in generations. We may have to go all the way back to the great depression of the 1930s to find a similar catastrophic event. Savings and loans crisis of the late 80s and the real estate slow down of 1970s were child's play compare to what we face now.

By the time all is said and done total loss in real estate value may exceed over 5 trillion dollars and a net loss to individuals and institutions may exceed 1.5 trillion. I am pessimistic in that I believe human

beings can not change their deep-rooted traits. Greed and self service is in our very nature. History is full of events where we have succumbed to greed and we have lavished in the exploitation of others for self interest. I suspect this won't be the last time either. Similar catastrophic disasters, economical and social, await us in the decades to come unless the very core of our behavior is fundamentally and permanently changed.

Now that the finger-pointing phase has begun, I say its time for us to pause and reflect. Let us all look within ourselves first and admit that we were all part of the problem. Builders who disregarded prudent disciplines as they built nonstop, investors (us – you and me) who stood in long lines at midnight with dollar signs in their eyes waiting for the builder's door to open and willing to pay whatever the asking price. We believed that somehow, magically, the house would worth \$100,000 more even before we actually close on the deal just a few months later. Lenders knew that the money they were lending really was not theirs. All they had to do was to package the loan off to someone else and keep a handsome profit in the middle. It is this profit that made them turn a blind eye to quality control procedures and lending regulations. Regulators not only were sleeping on the switch but in fact they were preaching "non-intervention" in the free markets. And, politicians, who are now pretending to save the day, were in cahoots with big players in the secondary markets such as Fannie Mae, Freddie Mac, and lenders like Countrywide. The list goes on...

If I start to write about all the craziness I witnessed during the boom years and narrate the stories of greed, I could end up writing a book. Take, for example, one

Continued on page 22

Preventive Health Screening

Dr. Azra Khan

About the Author

Dr. Azra Khan is a practicing Anesthesiologist. She graduated from FJ MC and completed her anesthesiology training from Jackson Memorial Hospital, Miami. She is very passionate about education, a healthy lifestyle, and human progress through personal responsibility. She loves to read and travel. Dr. Khan is lifetime member of the APPSF team and she has contributed tremendously towards the organization.



We have all heard the old adage “prevention is better than cure.” Science has come to prove it, and with our modern medicine and ever improving diagnostic technical abilities, it has become so much easier to perform the required screening procedures, but we just have to schedule it! In that regard, public health education remains paramount in raising awareness in general populace. Screening means looking for signs of disease in people who have no symptoms. It can help detect diseases in their early stages where treatment can prove to be of greater benefit. Industrialized countries have seen tremendous gains in terms of better health and longevity for us; while on the other hand, taking care of ourselves and of those close to us remains a matter of personal responsibility.

Health Screening Tests for Everyone

The U.S. Preventive task force recommendations for screening are as follows:

Cervical Cancer: Women need annual Pap smear until two or three in a row are normal; interval

between screenings may be lengthened after that.

Colorectal Cancer: Men and women 50 years of age or older should get a colonoscopy every 10 years, and tested for blood in stools every year.

High Blood Pressure: Adults ages 18 and older should be screened for high blood pressure. One influential report recommends screening every two years for people with BP lower than 130/80, and at more frequent levels for patients with higher baseline readings.

Lipid Disorders: Cholesterol testing is recommended in men ages 35 and older and women ages 45 and older who have associated risk factors of heart disease such as diabetes, hypertension or a family history of cardiovascular diseases.

Breast Cancer: Mammograms are recommended for women ages 40 or older every one to two years.

Osteoporosis: Women ages 65 and older should be screened routinely for osteoporosis starting at age 60 for those identified as being at higher risk for fractures.

Tobacco: Smokers should visit their doctor to receive recommendations to quit their tobacco habit.

Continued on page 17

Leading Preventable Causes of Death

CAUSE	Number of Deaths Resulting
Smoking	435,000 deaths or 18.1% of total deaths
Overweight and Obesity	365,000 deaths or 15.2% of total deaths
Alcohol Consumption	85,000 or 3.5% of total deaths
Infection	75,000 or 3.1%
Toxic Agent	55,000 deaths or 2.3% of total deaths
Motor Vehicle Collisions	43,000 deaths or 1.8% of total deaths
Incidents Involving Firearms	29,000 deaths or 1.2% of total deaths
Sexually Transmitted Diseases	20,000 or 0.8% of total deaths
Illicit Use of Drugs	17,000 deaths or 0.7% of the total deaths

EK SHAAM URDU KE NAAM "MIRZA GHALIB IN SOUTH FLORIDA"

"Ek Shaam Urdu Ke Naam"

APPSF continues to play a major role in arranging musical and cultural enrichment programs for the community every year. This year, we had a unique program where we invited Mirza Ghalib to South Florida. To indulge in the rich poetry of Mirza Ghalib, we had invited the fabulous duo of Dr. Farzana and Mr. Siraj Karatela from Atlanta. They had presented the first such program in Atlanta in one of the Aligarh Alumni Association's evening few years back. Knowing that this presentation will fit perfectly in our theme of promoting Urdu awareness and to keep our Urdu roots alive, we invited the team to South Florida.

The program was a huge success. The audience enjoyed the interview of Mirza Ghalib (played by Siraj Karatela) by Dr. Farzana. The interaction was absolutely, undoubtably entertaining and audience enjoyed the superb performance by Siraj Karatela, who delivered Ghalib's poetry in a very captivating manner. Mesmerized by the excellent performance, the audience applauded on each verse of Ghalib as the evening went on. The slide show on the history of Urdu language was very informative. The program ended with the superb performance by Asif Ali.

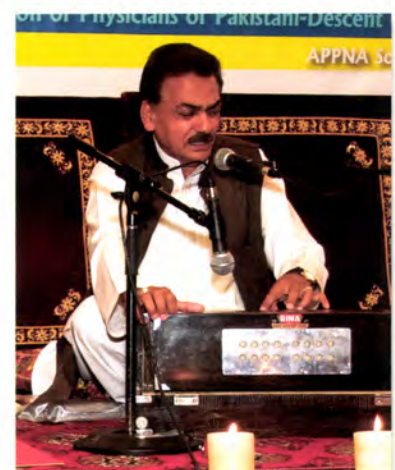
Mirza Ghalib
SELECTED LYRICS AND LETTERS



C. Kanda



Mirza Ghalib in South Florida





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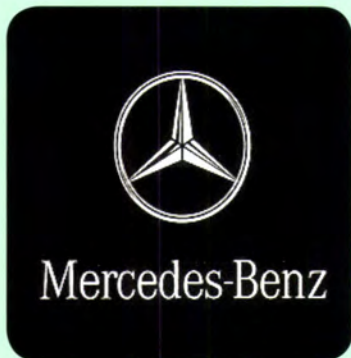
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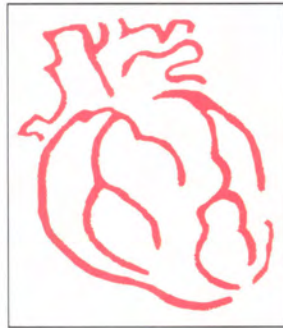
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5K

APPSF Walkathon 2008



Dr. Sohail Punjwani has been an avid runner. He has participated in NY marathons and regularly participates in local marathons. He has been an advocate of getting all the doctors and their families involved in regular sporting activities. He lives in Miami Beach and practices Psychiatry.

Promoting Active Lifestyle



This year, in order to encourage an active lifestyle for better living, APPSF decided to arrange a walkathon for the members on Saturday. This is to supplement our traditional Saturday Brunch activity. The idea of APPSF Walkathon was introduced by Dr. Sohail



Punjwani at the organizing committee meeting at Dr. Jawed Jangda's house. The ideas was approved unanimously by all the working committee members.

The planning for this event began immediately and Dr. Punjwani charted out the route, the location and the logistics of gathering the participants for the event. The response had been very promising. We have encouraged all adults to participate and bring with them their children. All the participants will be given APPSF Walkathon T-shirt. This 5K Walkathon will commence at the beautiful Venetian Causeway, Miami.



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Continued from page 9

Preventive Health Screening

Alcohol: All adults should receive screening and behavioral counseling interventions to reduce alcohol misuse in primary care settings.

Obesity: Taskforce recommends that clinicians screen all adult patients for obesity for intensive counseling and behavioral interventions to promote sustained weight loss for obese adults.

In essence we cannot over emphasize the importance of personally taking charge of our lives in terms of healthy living. We all need to incorporate permanent good habits of eating healthy and simple diet, doing minimum of 30-45 minutes of physical exercise daily, and seeing our doctor regularly. We need to constantly educate ourselves, our families, and extended community towards higher standards of productive lives.

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Congratulations!

Allauddin Bhullar & Family congratulate the participants and the Winners of APPSF Annual Youth Debate 2008



APPSF Annual Youth Debate 2008 Winners



Amna – Novera – Maheen – Shehzad – Narmeen – Nofel

The winners of the debate competition for the middle school were:

First Place: Shehzad Ali; Second Place: Narmeen Hanif and Third Place: Nofel Karatela.

The winners of the debate competition for the high school were:

First Place: Amna Imran; Second Place: Novera Hamid and Third Place: Maheen Hanif.

APPSF is thankful to Mr. & Mrs. Allauddin Bhullar for their continued support of APPSF

cab driver who barely earned one hundred dollars a day after a 12 hour shift, who was ready to kill someone to buy this particular house from a builder for \$334,000, with a monthly payment of \$3,150.00. Someone had falsely told him that by the time the house is built, it would worth for over \$400,000 and by flipping it immediately after closing, he could walk away with a cool \$60,000. I eventually helped him cancel that contract and saved him from ruining his life. He did lose his \$1,000 deposit.

Others were not as lucky. I know a young optometrist who bet \$100,000 along with \$100,000 each from his father, mother and a close friend to buy 20 condos from a builder in a conversion project. He lost his \$400,000, which included his parent's nest egg, his practice, his piece of mind, and he still owes close to two million to the banks. The ugly side of greed is now inflicting its pain all across the landscape. There is blood everywhere and investors have lost fortunes. Lending institutions and banks are collapsing as the historical giants have turned into dust. Builders are clinging on for dear life, regulators have finally begun to earn their paycheck and politicians are looking to save face.

I know I said above that I don't believe that we as human beings will ever change in our behavior; therefore, I am sure that we will see this same scenario get played again in the next 30 to 50 years. But for now, as this storm finally dissipates, a new era of opportunities has begun. As we go forward and welcome the year 2009, the storm of the century seems to be winding down. With the mother of all bailouts by the U.S. government in place, there seems to be much hope that the real estate market may begin to stabilize. At last, we have either seen

the bottom or we are very close to it. Officially, home values have already dropped as much as 34% in some parts of the country. According to some estimates, we are now at 2003 level of prices.

For those who want to jump back in, be careful! But now is really the right time to start buying. If you wait longer, you may lose out on some opportunities of a lifetime. For example, we have been able to buy for as low as 35 to 50 cents on a dollar. A townhouse with 3 bedrooms that originally sold for \$280,000 is being sold for \$80,000, or a 4800 square foot home with 6 bedrooms and 4 bathrooms in one of the most affluent and desirable subdivisions, was originally sold for 1.1 million and is now being sold for \$600,000 — you get the picture.

As you contemplate buying, make sure you don't succumb to the evils that did us all in during the last bubble. Keep the "Greed" in check. Buy what you need or what you can handle. Don't buy a house bigger than what you can afford. Don't try to look for the bottom too hard or be stubborn to bargain for the absolute rock bottom price. In doing so, you will lose out on some phenomenal deals. And, make sure you buy for the long time horizon. If you buy for investment, make sure to have sufficient reserves to cover the downside. Finally, here is your opportunity to make good on all those losses you incurred during the bubble years. Apply the hard earned knowledge you acquired by making the mistakes during the bubble years. Happy shopping! May your dreams come true!

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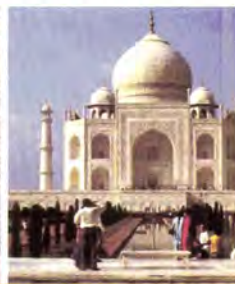
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SUPPORT OF COMMUNITY PROJECT ONE RUPEE SCHOOL

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APPSF supports the well-deserving community program, Amal-e-Danish, a non-government, welfare organization in Pakistan. It is dedicated to providing quality education to the poor, who are deprived of educational facilities, and does so without hurting their dignity; it charges only one rupee a month for every student. APPSF has identified the core values of the project very appealing

They believe in providing education to every child, without any prejudice to caste, color or creed or gender. They do not refuse admission to a child because he or she is not equipped to fit into a class of his or her own age-group.

The work is in progress and APPSF was able to send its donations through the APPNA main office. Details and updates are available on the APPSF website.



We thank all those who have helped in this project, especially Mr. Javed Qureshi

Contact Information:

Amal-e-Danish: 58, Press Chambers,
I.I. Chundrigar Road, Karachi, 74200
Phone Number: +92 21 263 9661

APPSF Requests you to please support this valuable program for the poor children in Pakistan. Please Donate Generously and make checks payable to APPSF (One Rupee School)

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APPSF HOLIDAY GIFTS

APPSF Holiday Gift Donation at Miami Children's Hospital – Dr. Danyal Khan



Holiday Season 2007 was the first year that the Association of Physicians of Pakistani-Descent of South Florida decided to sponsor a donation of holiday gifts to the children of this region.

After some deliberation, it was decided that the children who are admitted to a hospital are the ones who are missing out the most on the festivities and are therefore most deserving of these gifts. Miami Children's Hospital was selected as the site for this year. More than 50 new toys, games, books, etc., were bought and wrapped by various APPSF members and volunteers.



The ceremony to distribute the gifts was coordinated by myself (Dr. Danyal Khan) & Dr. Zulqarnain Naqvi, along with the assistance of the Child-Life department

at Miami Children's Hospital. We decided to select the playroom of the Oncology department as the location for this ceremony (although all the patients of the hospital were invited to participate). The smiles on the faces of the kids made it obvious that this was the highlight of their hospital stay. The gifts had previously been divided into different groups, according to the ages of the kids (less than 5 yrs, 5-10 yrs and more than 10 yrs of age) and the gifts that were only meant for boys or for girls had also been separated. The whole ceremony lasted about an hour, however we were still left with more gifts. Then we went to the rooms of the patients that had been too sick to come out to the playroom and distributed gifts to them.

I would like to thank the APPSF office bearers for their guidance and the APPSF members for the donation of gifts.

RECOGNIZING UHI MEDICAL CLINIC

The clinic is an innovation of Pakistani community in the making for three years. We have worked very hard for three years to build this clinic; the assumption is the clinic would become an icon of Muslim communities of South Florida, helping needy uninsured in our neighborhoods.

With the help of generous contributions and supports of our community this beautiful clinic reflects the respect and affection for indigents. The clinic impresses patients and visitors alike, including city mayor, city commission and other religious and civic leaders.

But we are facing a dilemma—how to make this icon a permanent herald of our commitment. The plan was to get 100 committed members willing to pay \$600.00 per year or \$50.00 per month for only two years after that we would claim funds from city or county. We originally had forty plus doctors committed to volunteer. Now more than ever the clinic needs those commitments. The clinic represents Pakistani (Muslim) American community coming together and taking a leadership role in the mainstream of civic activity.

I am personally very pleased with the support and attention this clinic is winning from APPSF organization. This clinic needs a powerful and influential group like yours (AAPSF) to survive and be momentous.

The State of Florida provides protection and immunity against lawsuits—once physicians, nurses and volunteers sign a contract with State of Florida, they become employees of the state during the time they are volunteering at the clinic or at their practice office. The State of Florida guarantees protection against any possible damage.

The clinic location is ideal to serve Miami-Dade and Broward counties and also attract financial and medical expertise from both counties. It has three examination rooms, resident doctor office, patient records room, and receptionist and computer room. A special room is set up to draw blood and prepare it to be shipped to the nationwide lab.

UHI Medical Clinic; 4851 NW 183 St Miami, Florida 330055
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Mr. Shabbir Songerwala (CPA); *Accountant*
Mr. Sadrul Fasihi; *Administrator (305-342-8303)*
Mr. Faisal Imtiaz

APPSF acknowledges the mission of UHI clinic and encourages its members to participate in this noble cause. A complimentary booth has been arranged for further information about UHI.

RECOGNIZING OUR MEMBERS

DR. MAZHAR MAJID

APPSF



Dr. Mazhar Majid, APPSF's Lifetime Member, recognized by Dow University of Health Sciences for his invaluable services to the patients.

Dr. Mazhar Majid has been providing his expertise to poor and needy patients in Pakistan. This is his third year of offering his expertise in cardiology care for non-affording patients at the Civil Hospital Karachi. The expertise in cardiology care in Pakistan is still in its rudimentary stages. Specialized cardiology care is limited to only rich and well-connected people. For the vast majority of patients, lifesaving measures are beyond their reach. Dr. Mazhar Majid is one of the few cardiologists who perform angioplasty and stenting every year free of cost to these patients. For his work, Professor Khalida Soomra, Department of Cardiology at the Dow University of Health Sciences in Karachi, has duly recognized Dr. Mazhar Majid for his dedication and services for the patients of Civil Hospital.



Recognizing Our Youth — Najia Hamid, A True Source of Inspiration for our Youth

Ex-President, SAYA, (APPNA Youth Division)

We would like to acknowledge one of our very promising youths in our annual publication. With her strong leadership role in youth organizations and active participation in the community, Najia Hamid has been a true example for all of our youths. She has been a shining star of South Florida and we are proud of her achievements.

From early childhood she has been involved in APPNA activities. She led the APPNA youth division of APPNA amicably as the President of SAYA in 2007. She has successfully organized the APPSF youth debates every years since 2005. She has played a key role in "Hands Across America" and the Pakistani and South Asian Student Organization at the University of Miami. One of their major works was the "Project Downtown at University of Miami." She has been very instrumental in the relief works such as Earthquake 2005 in Pakistan and Hurricane Katrina in 2005.

Najia Hamid is a senior at University of Miami with a pre-med major and will be graduating this December. She wants to pursue her career in Medicine and is applying for Medical School admission. We wish her all the best in all her future endeavors.



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APPSF

APPSF YEAR AT A GLANCE

All photographs courtesy of Dr. Unser Khan







CHIEF ORGANIZER

Dr. Rahat Abbas

We are obliged to thank all those who have worked hard and tirelessly in planning and organizing the various APPSF events through out the year.

PROGRAM CO-ORDINATORS



Dr. Javed Hashmi



Dr. Mazhar Majid



Dr. Tariq Javed

APPSF Annual Function 2008

Organizing Committee

We have had a very wonderful team of dedicated people working tirelessly for months. We would like to recognize their valuable time and effort in making this program a very succesful event.

1. CME Committee:

*Sabiha Rehman, M.D.
Sohail Punjwani, M.D.
Tariq Javed, M.D.
Javed Hashmi, M.D.
Bazgha Majid*

2. Food Committee:

*Mohammad Amin
Fauzia Hanif
Sheeba Hamid
Allauddin Bhullar*

3. Hotel Management

*Rahat Abbas, M.D.
Unser Khan, M.D.*

4. Tickets and Sales:

*Sheeba Hamid
Fauzia Hanif
Zavaria Jangda
Anjum Moin
Ahmed Kabani*

5. Publication Committee:

*Rizwan Karatela, M.D.
Ishrat Khurshid
Allauddin Bhullar
Shahid Barry
M. Amin
Azra Khan, M.D.
Javed Hashmi, M.D.
M. Jawed Latif-Jangda, M.D.
Naveed Bin Kamal Shams, M.D.*

6. Medical Exhibition:

*Unser Khan, M.D.
Mazhar Majid, M.D.
Bazgha Majid
Shahid Barry*

7. Social Welfare:

*Iftikhar Hanif, M.D.
Birjis Alam, M.D.*

We would like to thank all the members of APPSF organizing committee



The APPSF Organizing Committee 2008

Front (L-R); Dr. Aneela Abbas, Dr. Azra Khan, Dr. Shazia Zafar, Dr. Shabtab Karatela, Rubina Bhullar, Dr. Sabiha Shams, Javeria Jangda, Uzma Hahmi, Middle (L-R); Dr. Unser Khan, Anjum Moin, Dr. Shahida Kamal, Nazli Badar, Dr. Farhat Amin, Naheed Khurshid, Sheeba Hamid, Fauzia Hanif, Samina Punjwani. Top Row (L-R); Dr. Javed Jangda, Allauddin Bhullar, Moin Mumtaz, Dr. Rizwan Karatela, Dr. Javed Hshmi, Shahid Barry, Dr. Zafar Hamid, Ishrat Khurshid, Dr. Zafar, Mohammad Amin, Shams Rehman, Dr. Rahat Abbas, Dr. Iftikhar Hanif and Dr. Sohail Punjwani.



Dr. Azra Khan



Dr. Sabiha Rehman



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