

Association of Physicians of Pakistani-descent of North America



NEW YORK CHAPTER



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October 25th, 2008
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Editorial

APPNA - New York chapter's membership and leadership is lively, energetic and vibrant, It shapes and molds quickly and is always ready for a high moral ground. Because of this flexibility it has acquired a special place and role in resolving the issues faced by Pakistani Physicians and communities across America

“Only in growth, reform, and change, paradoxically enough, is true security to be found “ Ann Lindbergh once said, How illogical it may appear but it's the truth. Security is our issue too and we all are committed to it. APPNA-Local chapter is playing its integral part to make sure that the next generations are proud of our work, however small these steps may be, we will ultimately transform to sanguine encouraging world. This year we had meetings with our law enforcement agencies to bring the concerns of Pakistani Physicians like visa clearance, charitable donations and profiling. I am glad to inform you that these dialogues and open discussions were very fruitful. As the winds of change are blowing all over this country, we must *become the change* we want to achieve.

Congratulations to our all our honorees. Their dedication to Chapter's affairs is exemplary. They are all very special and we take pride in recognizing their hard work and dedicated service to APPNA

I would like to thank all executive committee members for their enthusiasm and support to the chapter activities

Salman Zafar, MD
Chair, Publication committee
APPNA New York Chapter

P. O. Box No. 99
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MESSAGE FROM HUSAIN HAQQANI
AMBASSADOR OF ISLAMIC REPUBLIC OF PAKISTAN

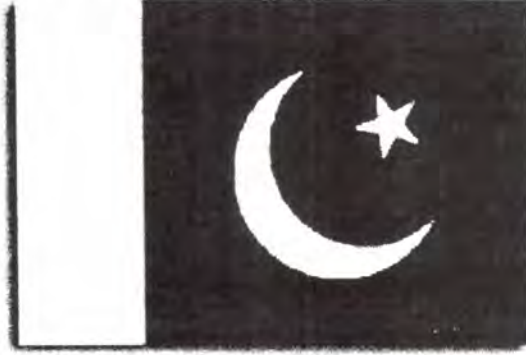
I felicitate the organizers and members of the Association of Physicians of Pakistani Descent of North America (APPNA), New York chapter on their annual dinner on 25 October 2008. Since its inception in 1976, APPNA has been making invaluable contributions to the promotion of medical education and health care in Pakistan. Equally important is its contribution to the welfare of the community.

The Government and people of Pakistan would always remember the way the community of Pakistan-Americans, particularly APPNA members came to the nation's assistance when the tragedy of earthquake struck Azad Kashmir and parts of NWFP in October 2005. APPNA's timely financial and commodity assistance and establishment of clinics in affected areas helped in saving many precious lives.

Over the years, APPNA has emerged as a reputable organization due to the dedication, hard work, discipline and adherence to local laws by its members.

I hope APPNA will continue to work to significantly broaden and deepen of relations between Pakistan and the United States. With the coming of a democratic Government in Pakistan and the establishment of the supremacy of the Parliament, the path is clear for US and Pakistan to engage as democracies committed to a broad-based, long-term, sustainable and mutually beneficial relationship.

PAKISTAN FLAG



Pakistan Flag - The Pakistan Flag was designed by Quaid-i-Azam Muhammad Ali Jinnah, the founder of Pakistan.

The National Flag of Pakistan is dark green in colour with a white bar, a white crescent in the centre and a five-pointed star. The significance of the colour and symbols used in the Pakistan Flag is as follows:

The white and dark green field represents Minorities & Muslim majority, respectively.

The crescent on the Flag represents progress.

The five-rayed star represents light and knowledge.

قومی ترانہ

پاک سرزمین شاد باد کشورِ حسین شاد باد
توڑ نشانِ عزمِ عالی شان ارضِ پاکستان
مرکزِ بعینِ شاد باد
پاک سرزمین کا نظام قوتِ اخوتِ عوام!
قوم، ملک، سلطنت پایندہ تابندہ باد
شاد باد مندرجہ مراد
پرچمِ ستارہ و ہلال رہبرِ ترقی و کمال
ترجمانِ ماضی، شانِ حال جانِ استقبال
- سایہِ خندائے ذوالجلال

THE NATIONAL ANTHEM OF THE UNITED STATES OF AMERICA

O say can you see,
by the dawn's early light,
What so proudly we hailed
at the twilight's last gleaming,
Whose broad stripes and bright stars,
through the perilous fight,
O'er the ramparts we watched
were so gallantly streaming.
And the rockets red glare,
the bombs bursting in air,
Gave proof through the night
that our flag was still there:
O say does that star-spangled
banner yet wave
O'er the land of the free
and the home of the brave!

Freedom

And an orator said, "Speak to us of Freedom."

And he answered:

At the city gate and by your fireside I have seen you prostrate yourself and worship your own freedom,

Even as slaves humble themselves before a tyrant and praise him though he slays them.

Ay, in the grove of the temple and in the shadow of the citadel I have seen the freest among you wear their freedom as a yoke and a handcuff.

And my heart bled within me; for you can only be free when even the desire of seeking freedom becomes a harness to you, and when you cease to speak of freedom as a goal and a fulfillment. You shall be free indeed when your days are not without a care nor your nights without a want and a grief,

But rather when these things girdle your life and yet you rise above them naked and unbound.

And how shall you rise beyond your days and nights unless you break the chains which you at the dawn of your understanding have fastened around your noon hour?

In truth that which you call freedom is the strongest of these chains, though its links glitter in the sun and dazzle the eyes.

And what is it but fragments of your own self you would discard that you may become free?

If it is an unjust law you would abolish, that law was written with your own hand upon your own forehead.

You cannot erase it by burning your law books nor by washing the foreheads of your judges, though you pour the sea upon them.

And if it is a despot you would dethrone, see first that his throne erected within you is destroyed.

For how can a tyrant rule the free and the proud, but for a tyranny in their own freedom and a shame in their won pride?

And if it is a care you would cast off, that care has been chosen by you rather than imposed upon you.

And if it is a fear you would dispel, the seat of that fear is in your heart and not in the hand of the feared.

Verily all things move within your being in constant half embrace, the desired and the dreaded, the repugnant and the cherished, the pursued and that which you would escape.

These things move within you as lights and shadows in pairs that cling.

And when the shadow fades and is no more, the light that lingers becomes a shadow to another light.

And thus your freedom when it loses its fetters becomes itself the fetter of a greater freedom.



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MESSAGE FROM MOHSIN RAZI,
CONSUL GENERAL OF PAKISTAN, NEW YORK

It is with great sense of honour and pride that I extend my heartiest greetings and best wishes to the Pakistani community and physicians of Pakistani decent in New York on this auspicious and happy occasion of Eid Milan Party organized by the Association of Physicians of Pakistani-Descent of North America (APPNA) New York Chapter. Eid Milan is a reflection of our strong cultural, religious, social and eternal bonds with our great country Pakistan.

Over the years, the energetic and dynamic Pakistan-American Community in general and Pakistani Physicians in particular have become an important and vibrant segment of the American society. It is heartening to observe that while maintaining their own rich cultural heritage, identity and moral values, they have also assimilated the best of the American way of life. They are great asset for both Pakistan and the United States. They are also an excellent representative of Pakistan in the United States.

On this happy occasion, while we celebrate the Eid Milan Party lets renew our commitment to work for the greater glory, prosperity and progress of Pakistan. May Almighty Allah be our Protector and Guardian. Ameen.

Eid Mubarak to All.

(Mohsin Razi)
Consul General

New York
212-384-5000
October 21, 2008

**US DEPARTMENT OF JUSTICE
FEDERAL BUREAU OF INVESTIGATION**

Iqbal Jandga, MD.
President
Association of Physicians of Pakistani Descent
North America - New York Chapter
P.O. Box 343
Hicksville, N.Y. 11802-0343

Dear Dr. Jandga:

On behalf of Assistant Director-in-Charge, Mark J. Mershon, please accept his apologies for not being to attend the meeting of the Association of Physicians of Pakistani Descent North America - New York Chapter (APPNA), this Saturday, October 25th, at the LaGuardia Airport Marriott. Mr. Mershon is unable to attend due to scheduling conflicts.

Please be advised that Supervisory Special Agent Mark T. Rossini and I will attend. We look forward to meeting the distinguished members of APPNA and addressing their concerns and questions.

Sincerely yours,

Pedro D. Ruiz
Special Agent in Charge



President's Message

EMPOWERING COMMUNITY THROUGH ACTIVISM AND SOLIDARITY

It is my pleasure to send this message for the annual Banquet of NYC-APPNA. It had been a great honor to be associated with New York Chapter of APPNA for over a decade now. New York Chapter has grown under the direction of numerous capable leaders while embracing diversity and unity of purpose. I congratulate it's eleventh President Dr. Iqbal Jangda who kept up with the traditions of Philanthropy, Community Empowerment, Promotion of Education, and dedicated help for our Young Physicians as he hands over the torch to the next President, Dr. Asif Rehman. I also thank all the members of the Executive Committee for the hard work particularly the efforts of Dr. Salman Zafar to bring out this publication in such a short notice.

The APPNA theme for the year 2008 was **EMPOWERING COMMUNITY THROUGH ACTIVISM AND SOLIDARITY**. We took this message across and empowered our community through APPNA Chapters. Indeed, NYC-APPNA has made strides in providing assistance to our community over the years whether it was post 9/11 disaster or the earthquake in Pakistan. A lot more can be achieved by expanding the chapter activities into various communities and with the presence of more representation in the executive committee of NYC-APPNA.

Throughout this year APPNA continued to work for the betterment of its membership and community at large. APPNA committees helped promoting the work of Medical Education, Social Welfare, Free Clinics, Relief efforts, Membership Benefits, Student enrollment, and Assistance to our Young Physicians and doctors in training.

Our focus is to help developing a strong Pakistani-American community in this country in order to safeguard our civil liberties and to impact positively on our motherland, Pakistan. I am counting on the activism and solidarity at the chapter level to achieve our goals in future. I trust NYC-Chapter will continue to play a significant role in this direction. United we stand and together we shall succeed, *inshallah*.

With best regards,

MAHMOOD ALAM, MD
President APPNA 2008



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MESSAGE FROM PRESIDENT 2008

Dear New York APPNA Members:

Assalaam-O-Alaekom,

A special thanks to you all for giving me the opportunity to serve you in different capacities. This year I am serving you as a president, APPNA New York Chapter. New York chapter knows it's team work and I am so proud that this chapter understands and its members take their responsibilities and roles seriously. It's the main reason NY chapter was able to grow this fast and achieve so many goals it has been assigned to. I must congratulate you all on its achievements.

This year we already have two quarterly meetings; March 8th 2008 in Brooklyn and May 17th 2008 in Middletown. The meetings were very well attended by local physicians along with residents and interns.

Probably you all have noticed that we are present at web now. This long-term demand is finally met and we are planning to put this site to full utility mode. Information, communication and exchange of ideas all in web.

Initial work has already gone in to the women's forum. It will take its own shape and form with time.

We have always joined hands with central APPNA on all issues and especially charitable work of the organization. We pledge to continue our effort on this avenue to achieve higher goals.

In the end I would like to take this opportunity to thank my executive counsel for its unconditional total support and congratulate all the honorees of 2008. Once again let me reiterate that New York chapter has brought a positive change for its local community and is playing a major role in shaping the central APPNA.

Iqbal Jangda, MD
President, APPNA NY Chapter

MESSAGE FROM PRESIDENT ELECT 2008



Dear New York APPNA Members:

Assalaam-O-Alaekom!!

A special thank you to each and every one of you for giving me the opportunity to serve as APPNA New York Chapter President elect for 2008. As many of you know I had the honor of serving as Treasurer and Secretary of the New York Chapter.

My primary goal this year is to assist the President in carrying out his responsibilities and goals, to promote the cause of the Chapter and to prepare myself for the responsibility of being President in January 2009.

I believe my relationships with the current officers, the Board of Trustees and many chapter members, will allow me to continue the goals of APPNA New York Chapter.

We have just concluded a successful year under Dr. Majeed's leadership that I know will continue under Dr. Jangda's supervision. In the next year several major objectives lay ahead of us including increasing membership, creating an active website and continuing to support the Mansera Rehabilitation Project which provides services to earthquake affected areas of NWFP and Kashmir and re-organization of the chapter. The New York Chapter will continue to collaborate with Central APPNA to work for civil liberties to preserve and protect the rights of Pakistani physicians and help young physicians with residency and security clearance.

With cooperation from each and every one I know we will continue to make the New York Chapter one of the vibrant and ideal chapters of APPNA.

Dr. Asif M. Rehman,
F.A.C.P., F.A.C.C., F.S.C.A.I.
President Elect 2008



The Annual Dinner and Musical Function of the New York Chapter of APPNA is the premier program of every year's elected cabinet. This year I was chosen to Chair the program. I am thankful to the President Dr. Iqbal Jangda and all the Executive Committee members for choosing me for this responsibility and for their relentless support throughout. I am also thankful to all the members of the NY Chapter for their active participation in making the program a success. I am thankful to the sponsors for their contributions and support.

It has always been a pleasure for me to volunteer for the New York Chapter of APPNA. NY Chapter is like mini Pakistan, despite having broadly diversified backgrounds from different regions of Pakistan, the membership, activists and leaderships, all work together in united fashion for the common causes of our Pakistani American physicians and general communities. Whenever there is a call for help the Chapter always rises to the occasion, be it post 9-11 or the recent devastating earth quake. This chapter is the most populous, productive and no doubt very democratic. It conducts all its business in a transparent way, follows all rules and regulations of central APPNA and its own constitution and bylaws, and elects its leadership every year democratically. Just like any organization, its strength lies in its membership base and therefore we all need to work together to add and include more members every day.

In the end, let me thank you all again for your support.

Sincerely,

Javed Suleman, MD, FACC.
Chairman, Annual Dinner & Musical Meeting.

WE MUST ALL HANG
TOGETHER, OR,
ASSUREDLY, WE SHALL
ALL HANG SEPARATELY

Benjamin Franklin

July 4, 1776

A Message for all Pakistanis

Courtesy of

INAM-UL-HAQ MD

Staten Island, New York



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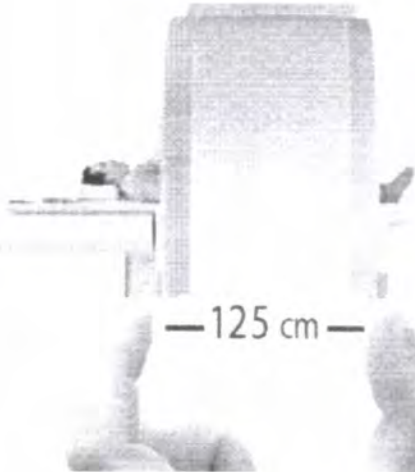


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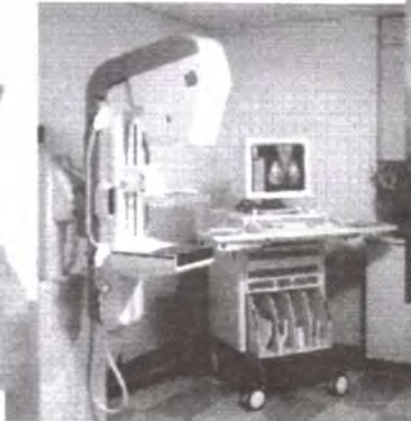
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Shamim Salman MD FACP

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Heart Diseases
Motor vehicle and other unintentional injuries

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Heart Diseases
Malignant neoplasms
(lung, colorectal, breast, etc.)
Cerebrovascular disease

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Height and Weight
Blood Cholesterol & Sugar
Papanicolaou (Pap) test (women)
Blood Test for Prostate Cancer (men age 50 years and up)
Fecal Occult Blood Test and/or Sigmoidoscopy (50 years and up) for Colon Cancer
Mammogram + Clinical Breast Examination (women age 40-69 years)

COUNSELING

Tobacco cessation

Diet and exercise

limit fat and cholesterol; maintain caloric balance; emphasize grains, fruits, vegetables
Adequate calcium intake (women)
Regular physical activity

Height and Weight Table

Men				Women			
Height (Feet, Inches)	Small Frame	Medium Frame	Large Frame	Height (Feet, Inches)	Small Frame	Medium Frame	Large Frame
5, 2	128-134	131-141	138-150	4, 10	102-111	109-121	118-131
5, 3	130-136	133-143	140-153	4, 11	103-113	111-123	120-134
5, 4	132-138	135-145	142-156	5, 0	104-115	113-126	122-137
5, 5	134-140	137-148	144-160	5, 1	106-118	115-129	125-140
5, 6	136-142	139-151	146-164	5, 2	108-121	118-132	128-143
5, 7	138-145	142-154	149-168	5, 3	111-124	121-135	131-147
5, 8	140-148	145-157	152-172	5, 4	114-127	124-138	134-151
5, 9	142-151	148-160	155-176	5, 5	117-130	127-141	137-155
5, 10	144-154	151-163	158-180	5, 6	120-133	130-144	140-159
5, 11	146-157	154-166	161-184	5, 7	123-136	133-147	143-163
6, 0	149-160	157-170	164-188	5, 8	126-139	136-150	146-167
6, 1	152-164	160-174	168-192	5, 9	129-142	139-153	149-170
6, 2	155-168	164-178	172-197	5, 10	132-145	142-156	152-173
6, 3	158-172	167-182	176-202	5, 11	135-148	145-159	155-176
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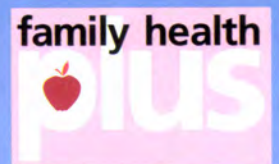
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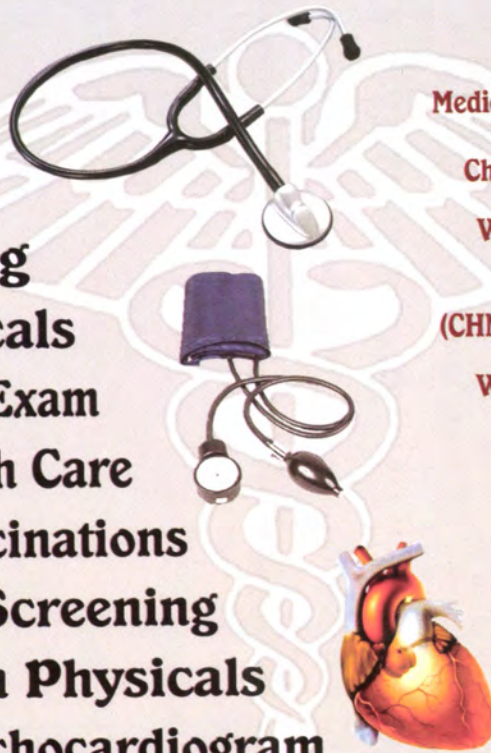
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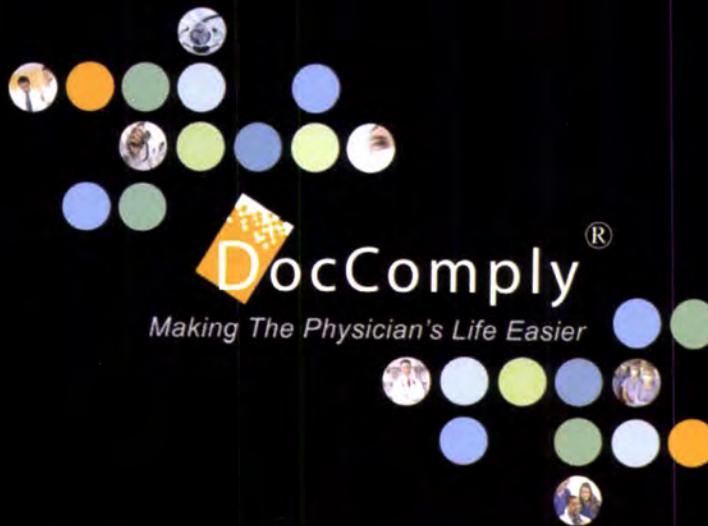
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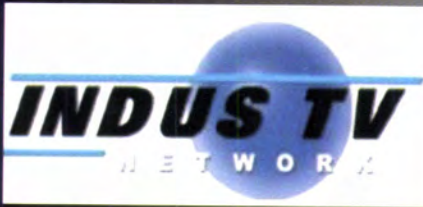
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(ڈاکٹر عبدالرحمن عبد)

اے غزالہ، اے مری جان تمنا، جان جان
تیرے گن گانے کو پھر مجبور ہے میری زباں
آج بھی دلکش ہے یونہی تیرا حسن جادواں
”تجھ میں کچھ پیدا نہیں دیرینہ روزی کے نشاں“

جائے میخانے کوئی کیوں جام دینا کیلیئے

ہے لقب ساقی تو تجھ جیسی حسینہ کیلیئے

عاشقوں کے دل جواں جس سے ہیں وہ ارماں ہے تو
نسل انسانی کی خاطر قتل کا ساماں ہے تو
جو پیام کفر دے وہ دشمن ایماں ہے تو
اہل دل کے واسطے ہر درد کا درماں ہے تو

پھر میں کیوں امید باندھوں، مہر عالم تاب پر

تو چڑھا دے پھر وہ دستار محبت میرے سر

ہولے ہولے اپنے سر کے بال سہلاتی ہوئی

آج بھی چلتی ہے تو نخرے سے اٹھلاتی ہوئی

ہر طرف ناز و ادا کے جال پھیلاتی ہوئی

”کوڑو تنسیم کی موجوں کو شرماتی ہوئی“

ڈھونڈتے ہیں زلزلے تیرے خرام ناز کو

بجلیاں تر سے ہیں تیری دہڑکنوں کے ساز کو

تیرے بارے میں سبھی ہیں آج سرگرم سخن

دیکھئے جس کو وہی ہے تیری سوچوں میں گن

تیرے دل میں کس لیے لاگی ہے اوروں کی گن

تو اگر میری نہیں بنی، کسی کی بھی نہ بن

جیب میں تیری سجا جو غیر کا رومال ہے

میں سمجھتا ہوں یہ میرے دشمنوں کی چال ہے

تو زمیں کی چیز ہے یا آسماں کے واسطے
آئی ہے دنیا میں تو کیا جانیئے کس کے لیے
ریشک انجم ہیں تری آنکھوں کے یہ روشن دیئے
گھٹ کے مر جائے وہیں تو دیکھ لے بس کر جسے

ہائے کیا فرط طرب میں جھومتا جاتا ہے دل

اہتمام ماسوا کو بھولتا جاتا ہے دل

تیری اک اک جنبش لب پیار کا نغمہ بنی
جس طرف اٹھی نظر تیری وہیں بجلی گری
رک گئی باد صبا جو تو چمن میں آگئی
پھول مہکے مسکرا اٹھی چمن کی ہر کلی

ہے مرے لب کا تبسم ناچنا گانا مرا

”کہہ رہی ہے میری خاموشی ہی افسانہ مرا“

یوں نہ چہرے سے اڑا نفرت کا یہ عادی نہیں

ایک عاشق کیلیئے ایسی سزا اچھی نہیں

خوشنما بھنورہ ہے یہ، یہ تو کوئی کبھی نہیں

پھول سمجھا ہے تمہیں اتنی غلط فہمی نہیں

اے غزالہ رحم کرا اس عاشق بیمار پر

خوشنما لگتا ہے یہ بھنورہ ترے رخسار پر

اے غزالہ داستاں اس وقت کی کوئی سنا

جب بھری دنیا میں تیرا ہم نوا کوئی نہ تھا

کون تجھ کو دیکھتا تھا پیار سے میرے سوا

میرے اندر کر دیا تھا تو نے اک محشر پیا

دل چل جاتا تھا جب لبتی تھی میرا نام تو

”لوٹ پیچھے کی طرف اے گردش ایام تو“

خبر سے تجھ یدا ایماں تو کرو۔ آخرت کا کوئی ساماں تو کرو

کچھ نہیں تو عقد جانی ہی سہی۔ اک عدد گوری مسلمان تو کرو

دبے الفاظ کچھ کہا پہلے۔ پھر مخاطب ہوئے وہ ٹوکہ کر

اس سے پہلے کہ میں بھی کچھ کہتا۔ چل دیئے اٹھ کے تھینک یو کہہ کر

چینی ڈاکٹر (عبدالرحمن عبد)

ہیں مشہور ان کے فسانے بہت۔ کہ یہ ڈاکٹر ہیں سیانے بہت
تجربہ بھی آخر کوئی چیز ہے۔ ہیں نئے یہاں کے پرانے بہت

جڑی بوٹیاں ان کا میدان ہے۔ انہیں پتے پتے کی پہچان ہے
ہے کھونا کھرا ان کو معلوم سب۔ شفا کس سے ہے کس سے نقصان ہے

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بکن ان کا دیکھو تو دل جائے کانپ۔ ہے مینیو میں ملی یا کتے کی چانپ
یہ کھاتے ہیں ہر شے تکلف بغیر۔ Delicacy ان کی ہے پچھو یا سانپ

ہیں کیڑے کھوڑے سب ان کی غذا
بچا ان سے جس کو بچائے خدا

نہ محنتوں ہوں نہ رانجھا ہوں نہ تم فرہاد ہو لیکن
وقامیں آج تم ریکارڈ سب کا توڑے جاتے ہو
کفن رُخ سے ہٹا کر پیار سے وہ کان میں بولے
”گلی میں نے کئی تھی تم تو دنیا چھوڑے جاتے ہو“

اک شرارت میں عجب پیار کی صورت نکلی
دل لگی ہم جسے سمجھے تھے، محبت نکلی
تیری سطوت کا یہ عالم کہ بدن سے میرے
جان نکلی تو تری لے کے اجازت نکلی
ہم تو محنت سے جمع کرتے تھے مال دنیا
اس اثاثے کی مگر کوڑی نہ قیمت نکلی
بعد مرنے کے کھلا راز یہ ہم پہ آخر
ہم جسے دنیا سمجھتے تھے وہ جنت نکلی

آستین کا سانپ (عبدالرحمن عبد)

ہمارے دم سے ہے طاقت تمہاری۔ ہمیں پودار، یہ ہمت تمہاری
تمہاری بات گو ہم تک نہ پہنچے۔ چھپی ہم سے نہیں نیت تمہاری
یہی کچھ ہے فقط دو چار سکے۔ ہمیں معلوم ہے قیمت تمہاری

کس نے یہ کر کے ٹیلیفون، یونہی مجھے ڈرا دیا۔ فون تھا وائبر میٹ پہ دل ہی مرا ہلا دیا
صبح کے پونے دو بجے، آیا کسے مرا خیال۔ ”چچین سے سو رہا تھا میں، کس نے مجھے جگا دیا

پلے مشرق کے، ہم کو مشربی تہذیب کیا آئے
ہمیں تو اپنی بیگم کو، Honey کہتے حیا آئے

کبھی بجلی کبھی پانی نہیں ہے۔ مرا مگر قصر سلطانی نہیں ہے
اگر دشوار ہے جینا ہمارا۔ تو مرنے میں بھی آسانی نہیں ہے
میں اب بھی دیکھتا ہوں خواب لیکن۔ اب ان خوابوں میں طغیانی نہیں ہے
میں مرنے کی ازاں پہ جاگتا ہوں۔ طریقہ کو مسلمان نہیں ہے

جتنی جی چاہے مری جان خریداری کر۔ پیر بھاری نہ سہی، بیگ تو کچھ بھاری کر

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- It does not matter how slowly you go so long as you do not stop.
- Teachers open the door, but you enter by yourself

Albert Einstein...

- Imagination is more important than knowledge...
- Try not to become a man of success but rather to become a man of value.
- I never think of the future - it comes soon enough.
- The important thing is not to stop questioning.
- Science without religion is lame, religion without science is blind.
- Only two things are infinite, the universe and human stupidity, and I'm not sure about the former.

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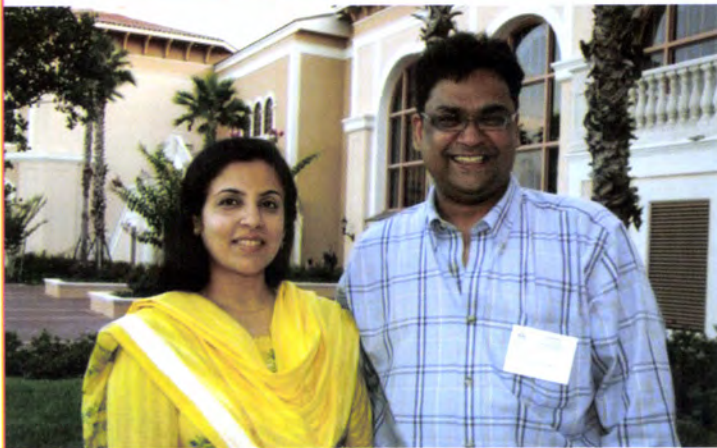
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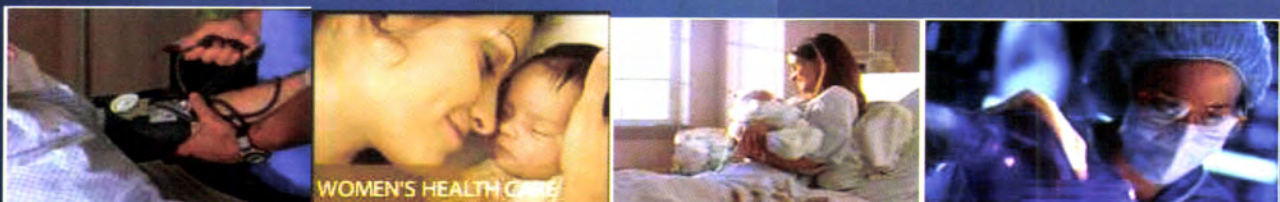
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