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DOW GRADUATE ASSOCIATION OF NORTH AMERICA

2005

2nd Annual Northeastern Regional Meeting

May 21, 2005

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A Message from the President -Syed Samad, MD

DOGANA was created in 1981, and in a short span of 24 years, it has emerged as a progressive, effective Alumni Association with a well defined mission and carefully planned strategy to achieve its objectives. It is actively involved in a number of projects both in Pakistan and the U.S. Continuation of these activities is only possible with enhancement of effective membership. Thus, it is crucial that our organization continues to grow with a wide, diverse and all-inclusive base.

Since the last newsletter the main news has been the Dow Alumni Retreat. I am happy to report that this second Dow Alumni Retreat in Irvine, Orange County California (April 15-17) was a success. We had a productive meeting in which we discussed long term strategy for DOGANA, raised money for Dow Endowment fund, and looked at the first draft of ENDOW governing bylaws and recommendations for revision of DOGANA constitution and bylaws. CME lectures were outstanding. There was a banquet and musical program each on the 15th and 16th of April.

There is a detailed description of the meeting in this issue of Dow link. Dr. Ahsan Rashid, Dr. [illegible]han, Dr. Yasmin Qasim, Dr. Nadeem Zafar, Dr. Nasar Qureshi and Dr. Farid Qazi deserve special mention as the succe[illegible] of the meeting was largely due to their efforts.

The most notable project and success so far is the set up of an endowment fund for Dow "ENDOW," which is being structured under trusted leadership of Dr. Zia Moiz Ahmed and other members of the board of trustees. Approximately $700,000 has already been pledged and this year we plan to take our pledges to one million dollars, and put the collection process in high gear. An independent board of trustees has been set up to supervise this fund to ensure complete transparency and absolute guarantee the use of this fund for endowment purposes only. The board, compromised of senior and active DOGANA members, forms the life line of all future projects that we will undertake. Dr. Sultan Ahmed has written a draft proposal for "Bylaws for Governance of ENDOW". It was distributed in Dow Retreat for review and comments. An ENDOW magazine is underway with the untiring efforts of Dr. Naseem Sheikhani. The magazine will be reaching to you shortly. It will highlight in greater detail the aspects of this project.

The "Dow Summer Symposium at Dow/CHK" will be held on July 18th, 2005. This program first of its kind, arranged by DOGANA in collaboration with DUHS will have CME lectures and workshops. Symposium arrangements are underway with the efforts of Dr. Shehzad Saeed, University of Alabama at Birmingham and Professor Iqbal Memon department of pediatrics at DUHS. The U.S. delegation comprising of six faculty members is also taking medical equipment like Endoscopes for CHK. They will also have a workshop for guidance of Dowites wishing to pursue post graduate Medical training in USA. More details of this program will be posted on our website, www.dowalumni.com.

Dow Northeast Regional Meeting will be held in Edison, New Jersey on May 21st, 2005. The aim of the meeting is to activate Dowites in NE into some productive service for Dow. We plan to provide a platform to all interested Dowites to plan projects for Dow/CHK and express their thoughts and ideas on issues pertaining to medical education, civil rights and Pakistani-American community. Arrangements are underway with the efforts of Dr. Nasar Qureshi, Dr. Iqbal Jangda, Dr. Abdul Kadir Sheikh and Dr. Mohammad Aslam. It is my earnest request to each one of you to be there.

News of interest is the significant rehabilitation of Khawaja Qayyum Ahmed (Dow 1987), for who funds were raised last year. Through these funds, the family is able to get back considerable normalcy and is able to restart their life in real earnest. I thank all those who contributed to this fund and this noble cause. Dr. Subia Parveen's fund, after her demise, has been given towards treatment of Dr. Anwar Saeed, who is our colleague from SMC undergoing gastric cancer treatment in Boston.

Other projects which executive committee members are working on include: a visiting faculty and metorship program framework being streamlined by Nasar Quereshi. Kazi Salahuddin and his team are working to enhance DOGANA membership. Nadeem Zafar, Nasar Quereshi, Farid Qazi, and Abdul Kadir Sheikh are working hard to draft a proposal to revise the constitution and bylaws. Dr. Amin Karim and his team will represent Dow in the host committee for the summer meeting. Dr. Nasar Qureshi is chairman for the winter meeting at Dow this year. He has already had preliminary discussions with Dow Vice Chancellor, Dr. Masud Hameed, and his Pakistan counterpart Professor Salahuddin. A task force has been setup to look into the feasibility of an adult oncology unit under the auspices of Dow. The task force has contacted our esteemed colleagues in Karachi to get their feedback and demonstrate our commitment to such a project.

I look forward to continued active participation of Dowites and DOGANA in improving the facility at our Alma matter, involvement in the day to day affairs of main stream America and to, be an active and vibrant part of APPNA in all its activities and missions. I hope to see you all in APPNA summer meeting in Houston! - Syed Samad

Dow University of Health Sciences

Vice Chancellor
Prof. Masood Hameed Khan
MBBS (Dow), FCPS (Pak), FRCP (Edin)

Baba-e-Urdu Road
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Pakistan
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Facsimile: 021-9215763

Ref No. DUHS / 2005 /

I am delighted to know of the upcoming meeting of the Dow Graduate Association of North America (DOGANA), to be held in New Jersey on May 21 2005.

All of you will be happy to know that the Dow University of Health Sciences has during the last seventeen months of its existence, achieved much, despite all hindrances.

We have conducted the examinations for first professional MBBS, from written paper till announcement of the result in a period of thirty days, which is a first for Pakistan.

We have successfully completed our GRE I and II examinations to induct faculty for our M.Phil / PhD program, and their placement will be completed by the end of May.

We have increased the number of Assistant Professors from one to two per unit. Those awaiting promotions, since long have been invited for interviews as in universities, there are no promotions and all have to be selected for the next higher post. The selection committee is interviewing applicants for faculty positions and this process will be completed, Inshallah by the middle of this month. The names then go up to the Syndicate for appointment.

New departments are being established in all faculties of the University at its constituent institutions and the Higher Education Commission has accepted our plans for Institute's of Nursing, Oral Health Sciences and Medical Technologists.

On behalf of the University, I wish your conference all the best and keenly await the result of your deliberations

Professor Masood Hameed Khan
FCPS (Pak) FRCP (Lon). FRCP (Edin)
Vice – Chancellor
Dow University of Health Sciences.
Karachi

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Executive Director Rizwan A. Karatela, MD

2nd Annual North East Regional Meeting

Organizing Committee

Mohammad Aslam, MD

Farooq Habib, MD

Muhammad Hamid, MD

Zafar Jamil, MD

Iqbal Jangda, MD

Abdul Qadir Sheikh, MD

M. Nasar Qureshi, MD, PhD

Salman Zafar, MD

Every success commands an encore. The resounding success of the First DOGANA North Eastern Regional Meeting has led to the inevitable- a repeat meeting and a determination to make it an annual event. Last year we received a lot of compliments and only one misgiving "I wish I knew that is was being held".

Last year the evening was caught right in the middle of a snow storm so the committee decided to hold it in the spring this year, announced it early, mailed out the registration forms two months in advance, e-mailed everyone and followed this up with any calls as possible. We hope the outcome of the tireless efforts of this year's organizing committee (which includes Mohammad Aslam, Farooq Habib, Muhammad Hamid, Zafar Jamil, Iqbal Jangda, Abdul Qadir Sheikh, Nasar Qureshi and Salman Zafar.) will be a resounding success. This will be an evening filled with fond memories, a place to renew old friendships and build new ones. This evening only reconfirms the vibrancy of DOW Alumni in the United States and allows them to bond together as a force to impact and contribute to their communities in a positive manner. As importantly, this evening should allow us to reflect on the wonderful education and a future full of opportunities that DOW Medical College has provided us, and to think of innovative ways to pay back our beloved alma mater. Long live Dow.

Nasar Qureshi (1983)
On behalf of the Organizing Committee.

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Rizwan Karatela, MD

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Ahsan Rashid, MD
Farid Qazi, MD
Iqbal Jangda, MD
Abdul Qadir Sheikh, MD

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Melissa A. Fell

Dow Medical College...I do acknowledge

Farooq Habib, MD MBA '79

I came to you with a high school diploma
You furnished me with a medical school diploma
You agreed with my belief that I was nothing but a clot
You taught me that I could even die by a clot
Dow Medical College...I do acknowledge

I entered your door with the name Habib
You bade me farewell with the title Dr. Habib
The cells that you showed me under your microscope
Led me to believe there is much to scope
God bless the souls whose bodies we dissected
God bless the souls whose bones we studied
I carried the brain for 18 years not knowing
But only when you revealed to me
What an amazing control unit
A mass of gray and white matter it was
Dow Medical College...I do acknowledge

I heard the music, sounds and the lectures but
You told me how it all got transmitted from the space to the brain
I sensed good smell and the bad; I smelled food and the fresh air
You explained to me how it traveled through the nose and the olfactory cells
Dow Medical College...I do acknowledge

I would see my mother, my father, my brothers and my sisters
But you taught me how their images were created in the occipital lobe
I was a swimmer, a tennis player and a cricketer not knowing how the body works till...
Your anatomy and physiology teachings enlightened the creation of the creator
Dow Medical College...I do acknowledge

All my life I was breathing without any effort not realizing
There was something called bronchospasm
You taught me what is air exchange
You taught me about the lungs and the heart
The pO2 and the pCo2
The pink and the blue
Dow Medical College...I do acknowledge

I took for granted the toilet and its significance till I was a part of you
You taught me the kidneys and the bladder, nephrons and the sphincter
Chee... those convoluted tubules and the ions which you made sure I know
I now respect the essential needs and their role
Dow Medical College...I do acknowledge

Not a soul in the town was spared of malaria and guess what
You gave me the secret ... break the life cycle of anopheles and you are done with malaria
I saw many elders screaming holding their chest not lasting long
But a pill under the tongue could make a difference was your pharma lesson that lasted long
Dow Medical College...I do acknowledge

Your histology lab educated me about the normal organs
Your pathology lab opened my eyes seeing the diseased organs
You got me ready for the patient's wards
Medical wards, surgical wards, gynae wards
To tell you the truth
You brought me closer to the Lord
Dow Medical College...I do acknowledge

I did not know how to hold the stethoscope
I did not know how to use an ophthalmoscope
I did not know what an ECG meant
I had no clue what a murmur was
I never saw the yellowness of eyes
I never knew what a hernia was
You taught me History and Physical
You taught me Inspection, Palpation and Auscultation
You trained me to make the right Impression
You tried your best to guide me to do the right treatment
Dow Medical College...I do acknowledge

I experienced the taste of politics within your walls
I witnessed the love affairs of activists within your walls
I cherish the bus rides to the picnics
I enjoyed the lively social evenings
The medical student that I was
Had a cool time no matter what
Dow Medical College...I do acknowledge

You let me in with the knowledge of biology and physics
I exited with the knowledge of life and disease
I came to you with no status
You gave me and gave thousands a respectable status
Dow Medical College...I do acknowledge

Now I may be a leading surgeon or a physician
I may be a successful pediatrician
I may be full of the latest knowledge
I may be a professor at a college
I owe it all to you my Alma Ma'tar
I owe it all to you Dow Medical College
Dow Medical College...I do acknowledge

How can I not be grateful to you?
How can I not be thankful to you?
Without the diploma saying Dow Medical College
No residency, no state will acknowledge
I pray to my creator to keep you alive
My Alma Ma'ter, my teacher, my mentor my Dow Medical College
May the creator prevent you from all the illness and the malice
Your buildings, your labs, your classes and your wards
Your staff, your students, your graduates and your patients
May all be blessed with health, wealth and more

Dow Medical College...I do acknowledge

DOW ENDOWMENT FUND

-Zia Moiz Ahmad, MD

ENDOW UPDATE

"We, the members of Dow Graduates Associate of North America (DOGANA), out of our conviction for our Almar Mater, do hereby proclaim the establishment of an endowment fund to be known as EnDow. We aim through this fund, to provide financial support to the educational programs of Dow Medical College and to the medical care it provides to its affiliated Civil Hospital Karachi." So reads the preamble of the proposed Bylaws for Governance of Endow. And so it captures in two short sentences the essence of what we aim to achieve.

Every notable educational institution has an endowment fund to channel the gratitude of its professionally successful graduates to the institution that provided them with the education and tools for success. This not only helps the institution in continuing to meet the growing demands of changing times but to develop into centers of excellence and higher learning. The idea of establishing an endowment fund for Dow Medical College is not new. For a number of years, some of our senior colleagues have been discussing this. Notable among these are Dr. Sultan Ahmed, Dr. Iltifat Alavi, Dr. Saleem Chaudhry, Dr. Basharat Ahmed, Dr. Hafeez-Ur- Rehman and the late Dr. Mushtaq Ahmad . We are fortunate that now with their guidance, the hard work and efforts of the present team (especially Dr. Naseem Shekhani, Dr. Nadeem Zafar and Dr Tariq Butt) and the enthusiastic support of the general membership EnDow is fast growing from a vision into a reality.

EnDow remains a work in progress with everyday bringing us closer to our goals and objectives. To briefly summarize the journey so far, it started with the 1st Dow Retreat in St. Louis in March 2004. The DOGANA members attending this retreat resolved to establish the Endowment Fund for Dow Medical College. The name EnDow was adopted at the suggestion of Dr. Nadeem Zafar. 5013c tax exempt status for EnDow was applied for and approved by the IRS by the end of 2004. A 9 member Board of Trustees was formed. The names of the members of BOT are Dr. Rizwan Karartela as the Executive Director of DOGANA, Dr. Syed A. Samad as President of DOGANA, Dr. Iltifat Alavi, Dr. Sultan Ahmed , Dr. Saleem Chaudhry, Dr. Tariq Butt, Dr. Naseem Shekhani, Dr. Salma Simjee and Dr. Zia Moiz Ahmad.

The initial draft of proposed Bylaws for Governance of EnDow were prepared by Dr. Sultan Ahmed and presented at the 2nd Dow Retreat in Los Angeles in April 2005. Comments and suggestions to the proposed Bylaws from DOGANA membership are being sought. These will be incorporated into a final draft of proposed Bylaws to be mailed to the general membership before the Annual Summer Meeting of DOGANA on July 1 , 2005 in Houston. The Bylaws will be presented for approval by the DOGANA membership in Houston. Once this is completed, the real work will finally begin.

At this point in time, we have pledges of about $700,000.00. The goal is to have pledges of $1,000,000.00 by this summer. We have been mindful to do everything strictly by the book and to avoid, at all cost, the temptation of cutting corners. The collection of funds is being undertaken now that the tax exempt status has been approved, a separate account for the fund opened and the initial draft of Bylaws for Governance presented to the general membership. All the funds collected for the EnDow will be a sacred trust to the members of the EnDow Board (and will be kept separate from the operating funds of DOGANA). We look to the general membership of DOGANA to actively participate in shaping the form Endow will finally take by contributing intellectually in this formative stage and financially once it is up and running. I for one cannot think of a better way to say Thank You to Dow for giving me what I needed to become a successful member of the medical community.

We gratefully acknowledge the help and assistance of Mr. Tariq Malik and Mr. Umair Iqbal in matters related to accounting and tax exemption status.

DOW ENDOWEMENT FUND

Pledge Form

We would like to request you to please take a moment and pledge to support Dow and CHK

Name:_____ **Class of:** _____

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Telephone:_____ **Email:**_____

I pledge for the Dow Endowment Fund the following amount:

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- ☐ 5000.00
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- ☐ 500.00
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Other: # _____ **Exp Date:** _____

Signature: _____ **Date:**_____

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DOGANA VISITING FACULTY AND MENTORSHIP PROGRAM

Nasar Qureshi, MD (D-83) (nasqdogana@aol.com)

With strengthening of the Dow alumni community in North America, catalyzed by the two recent retreats (Missouri- 04 and California- 05) and programs like Dow Endowment Fund (ENDOW), it was felt that a formal mentorship program be established for helping graduating Dow students seeking training in the United, in conjunction with the administration of Dow University of Health Science's (DUHS) Visiting Faculty Program.

To this end, a committee was formed, comprising of Nasar Qureshi - (Chair), Farid U Qazi, Syed Zia Ahmed, Ayub Mazhar, Rizwan Karatela, M. Wajid Baig, Nadeem Zafar, Mahjabeen Islam, Raza Khan and Syed Samad. The committee, in its meetings, formalized a proposal for establishment of the DOGANA Visiting Faculty and Mentorship Program.

MENTORSHIP PROGRAM:
The aims of the mentorship program are as follows:

Resource Identification:
A list is being prepared for various alumni in the following categories;

* *Alumni with Academic affiliation* who can help place Dow graduates in residency training programs/internships/clerkships/ research slots in academic institutions in the US.
* *Alumni associated with community hospitals/medical centers* who can help secure 3-6 month rotations for students/graduates in various departments, facilitating exposure to the US healthcare system in a mentor capacity.
* *List of active alumni willing to take phone calls/emails* from final year DUHS students and graduates for counseling on residency placement and career development.

Actions taken:

* Formal placement of request for people (mentors) to volunteer on DOGANA website (http://www.dowalumni.com/) and e list
* Active personal solicitation by the committee members from known alumni capable of providing above.
* Distribution of forms requesting registration in the program at all DOGANA meetings.
* Email requests to all DOGANA members - to be done in May/June 2005 in anticipation of the Summer Houston meeting.
* A data base of those currently registered is being maintained by Nasar Qureshi.
* Requests from those seeking mentorship are forwarded to Nasar Qureshi who triages these requests to appropriate mentors.

Establishment of Paid Residency Slots
A subcommittee has been formed under the chair of Syed Zia Ahmad to look into the prospect of supporting some residency slots for Dow graduates. This sub-committee is exploring collaboration with APPNA and sister alumni in similar efforts. Also, a mechanism for generating funds to support these residency slots is being evaluated by the sub-committee. Guidelines for graduating residents to help fund this program, on an ongoing basis, is also planned.

Establishment of a Career Development Workshop at DOW
An ongoing project in conjunction with the visiting faculty program is being developed by committee members Farid Qazi and Ayub Mazhar. A basic slide presentation will be developed which can be used by any DOGANA member visiting DOW and wishing to undertake a Career Development workshop.

VISITING FACULTY PROGRAM:
The goal is to establish a visiting faculty program for DOW Medical College, comprising of international Dow Alumni in the following categories:

1) Appointment in Dow University of Health Sciences (DUHS) for variable terms
2) Short term or day-long teaching and training efforts

Actions Taken:
The criterion for academic appointment at the DUHS for visiting faculty is under consideration with DUHS administration. To this effect a liaison office is being planned at DOW Medical in Karachi to facilitate this effort. A request form is available at the DOGANA web site for interested alumni who wish to participate in teaching/training activities at DOW Medical College/Civil Hospital Karachi. Several requests have been received in 2004 and have been coordinated through Dr. Saeed Qureshi, Medical Superintendent of Civil Hospital Karachi, with excellent results. A notable example was that of Dr. Qudsi, an endocrinologist who visited Pakistan in December and spent 3-4 hrs every day for three weeks teaching medical students and house staff.
On behalf of DOGANA, Thank you Dr. Qudsi.

We hope that the encouraging response we have received so far shall continue making this worthy project of DOGANA a resounding success.

DOGANA VISITING FACULTY

Dow Graduate Association of North America
11242 Edgewater Circle, Wellington, FL 333414
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DOGANA VISITING FACULTY

Please fill out entirely

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ City _____ State _____ Zip Code _____

Home Phone _____ / Office Phone _____ / Fax _____ / e-mail address _____

Graduation Year _____ Specialty _____ Academic Affiliation _____

DOGANA MENTORSHIP PROGRAM

If you would like to sign up and become a Mentor, please fill out the below form and mail it to:

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ City _____ State _____ Zip Code _____

Home Phone _____ / Office Phone _____ / Fax _____ / e-mail address _____

Graduation Year _____ Specialty of Interest _____

Are you available for phone calls from DOW Graduates seeking Guidance? ☐ **YES** ☐ **NO**

Will you be able to help DOW Graduates in seeking:

Residency ☐ **YES** ☐ **NO**

Clinical Rotations ☐ **YES** ☐ **NO**

Please Return to:
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Shamim Salman

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"DOW" The Way It was: 1962. A Glimpse of Our College (and Hostel) Life. Abdul Rehman, MD

So we decided to keep Basharat as our Mess manager for another year, who wouldn't?... Eighty-two Paisa's per meal, with a total bill of Rs.69.00 for a month's meals. That meant three hefty meals a day, 7 days a week excluding only Sunday evenings, which was the time off for the kitchen staff. That amounted to a total monthly sum of about 7.50 (1.60 in today's money), for the food that was as good as any served in posh Restaurants of Karachi at the time.

Granted, the times were different then but still, that was an accomplishment on the mess manager's part and a bargain for us. You required skills in staff management as well as public relations that were necessary to satisfy everyone and every taste. The month prior to that, under another mess manager, we had to shell out 91 Paisas per meal. No wonder everyone wanted him out. To see that we had an opportunity to be so enterprising at that time amazes me. There was no rent to be paid for this hostel residence. Two students were to share a room that was furnished with a chair, a desk, a reading lamp, and a bed for each student. We had to arrange for our own bedding.

Being an out of town student at DOW had many advantages. Besides all the other amenities, we were given full charge of running all of our affairs. We did have a Hostel Superintendent but quite frankly, he was just there, as a counsel on an as needed basis. On top of the facilities for sports, (Table Tennis, Carom Board, Bad Minton, etc.) available at the site, we got treated royally. Our clothes got ironed, shoes got shined daily and the help was too eager to go hail a Rickshaw for us if we had to go to the movies. We were treated as the Big Doctor saahebs at a time when we only had a few Anatomy lectures by the Late Professor Waheed Saheb to our credit. The entire experience was priceless.

Speaking of the Late Professor Waheed Saheb's lectures, I am reminded of an incident that is worth recounting. As most of us know, we use to take complete notes of all the lectures and use those notes to prepare for exams. Since professor Waheed Saheb loved Urdu Poetry and he had the unusual knack for remembering classic "Ashaar" of renowned poets, every once in awhile he would interrupt his lecture to quote a "She'r", apropos to the subject at hand. One morning, his daughter "Shahnaaz" arrived a bit late in class and had to use the rear entrance to get in to the hall. While making her way down to her usual seat, in the first row as she walked down the center aisle ever so slowly, her pointed high heels made a tapping sound that got Professor Saheb's attention. He paused for awhile and before returning to his lecture said

"Aeri Utha Ke Chalte Hain Kya In Ka Aetbaar - Sabit bey In Ke Qadam Se Sabit Oadam Naheen.".

I wrote this down and for years each time I look at my notes, I saw this Sher, I relived that moment with tremendous sense of Joy.

Most of us got pampered, and I meant pampered in a big way. Between lectures, if you wanted to be served a hot cup of tea and some fresh fruit there was always a friend that was admitted to the Students Ward that you could visit. Students Ward had about six to eight beds exclusively for Medical Students. The Ward came with a small kitchen and a 24 hour attendant. Visitors, especially those in white coats, were treated to tea and fresh fruits (mostly oranges) as a custom. There were students who were "patients" at the Student Ward but were attending lectures at the college only to go back to their hospital beds at meal time. We were told of a student (two years my senior) who use to run out of money every month by the third week and had to seek refuge at the Student Ward by getting admitted there due to "ulcerative colitis" till the next month's money order arrived from his parents. Perhaps living within a budget was not his cup of tea. We did have a strong student union. Besides our yearly election kept the aspiring Student Politicians humble and very sensitive to the needs of certain people.

A walk after the evening meal was a must, as was a siesta after lunch especially in the long summer days. I do not know how we could get to sleep so fast, especially right after a big meal and how we were able to quickly get up after only a half hour sleep, but that was the routine. This routine was a bit rough on our help (the servant) who had to iron the second set of clothes for us, for the afternoon. You just did not put the same shirt on after being in your pajamas.

We had three major political parties at the college at that time. YMO dominated the scene at DOW followed by NSF and Jamiat -e-Tulaba. The latter two parties were not limited to DMC but had their followings in other colleges also. The newly built student's cafeteria building at the left of the main college entrance was the hot bed of Politics. Somehow we were able to take sometimes three or four cups of tea in the space of an hour, as new friends kept joining us at the table. We saw the formation of PPP by Mr.Zulfiqar Ali Bhutto, right in front of our eyes. I remember some students smuggling him into DMC one evening when the street curfew was in force and Mr. Bhutto addressing the students and gathering and saying with both of his arms up in the air (as if to declare that he was unarmed), "they call me a dangerous man and yet they are the ones flaunting there guns to scare everyone to silence". Oh Yes. Field Marshall Ayub Khan was the President at the time and Mr. Bhutto was his Foreign Minister and a rising star since his famous U.N. Speech.

Campus political activity was quite safe and we did have some students at DMC who were there not to get a M.B., B.S. degree but to enjoy the political freedom available to students at college campuses. Elections were a major activity every year with a sizable budget and a tremendous campaign work. Hostels were flooded with candidates and their friends during election seasons and that is where most parties recruited there new members actively. Freshmen were the target every time. But the second and third month of college, you were sure to join a party if you lived in a Hostel. You simple could not stay independent.

Looking back, we see what we received at the time from our college and from our country. No wonder we are always talking about being Pakistani first and everything else afterwards. This sense of indebtedness to our Motherland is ingrained in us. A Pakistan sneezes, we catch a cold here in the United States. This explains our recurrent involvement albeit indirectly, in the affairs of our country of birth.

I guess it is true what they say about us.,

"You can take a Pakistani out of Pakistan but you can not take Pakistan out of a Pakistani". -Dr. Abdul Rehman

DOW RETREAT 2005

-Zafar Iqbal, MD

Irvine, California hosted the second DOGANA Retreat from April 15th -17th 2005. This relaxing and informative 3 day weekend was arranged by Dr. Ahsan Rashid, with the help of Dr Salma Khan, Dr Yasmin Qasim and other committee members. Nearly 75 DOGANA members and some APPNA members attended with their families.

The retreat started on Friday with a visit to Disneyland. Later in the afternoon, a well-organized CME program under the leadership of Nadeem Zafar started. Throughout the 3-day retreat CME lectures were evenly distributed. More than 100 families attended the Friday Banquet. Ahsan Rashid, retreat chairperson welcomed the guests. An interesting musical program by Sareeka and Charanjeet followed a delicious dinner.

Saturday started with CME lectures. General Body meeting was well attended by DOGANA members. Dow endowment by-laws were discussed and useful suggestions, such as; possible donations by multinational corporations by Zahid Sheikh were presented. DOGANA constitution was also discussed. DOGANA president Abdul Sammad presided over the session. Later in the afternoon a wonderful picnic had been arranged on Newport Beach. "Kabab rolls" and excellent arrangements made an evening on the beach a delight.

Saturday Banquet was the best event of the whole retreat. It was graced by the presence of Dr. Khwaja Qayyum, Dow graduate, who was left quadriplegic after an accident couple of yrs back. DOGANA collected about $130,000 for him. Among other prominent personalities were Congressman Rohrabacher, the County Sheriff Chris Norve and Safi Qureshey, Pakistani entrepreneur addressed the guests. Dow Endowment under leadership of Zia Moiz Ahmed collected another $70,000. Our total pledges are now $700,000. Dow endowment has recently received 501c status and soon pledges are to start materializing. After another delicious dinner, Alamgir entertained more than 200 guests.

Few cricket enthusiasts had arranged the viewing of last India Pakistani cricket match live on a projected screen.

The DOGANA retreat ended with a wonderful breakfast of Puri and Nihari on Sunday Morning. It was a wonderful program and we hope to see more successful retreats in future.

The Organizing Committee

Samad, Zia, Ahsan, and Tara with Guests

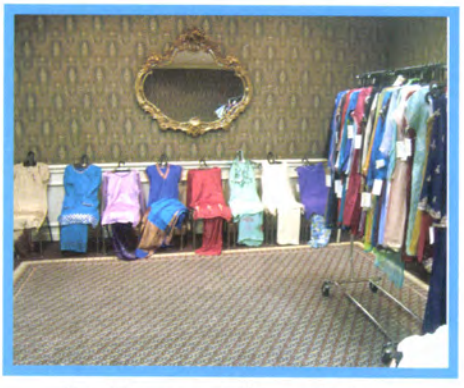
Farid and Yasmin Hosts of Friday Evening Dinner

DOW RETREAT 2005

IRVINE, CALIFORNIA

Iqbal, Quadar, Imdad

Tara, Ahsan and Nasar



"Hold your credit cards!"

Enjoying mouthwatering kabab rolls and samosas at the picnic

"Lets get this picnic rollin"-Salma

DOGANA

JAN 17 2004

DATE IN CARDIOLOGY 2004
December 20th Hotel Regent Plaza Karachi – Pakistan
Seminar JOINTLY
By
APCNA

2004

15 4 2005

JAN 17 2004

2003 8 2

JAN 17 2004

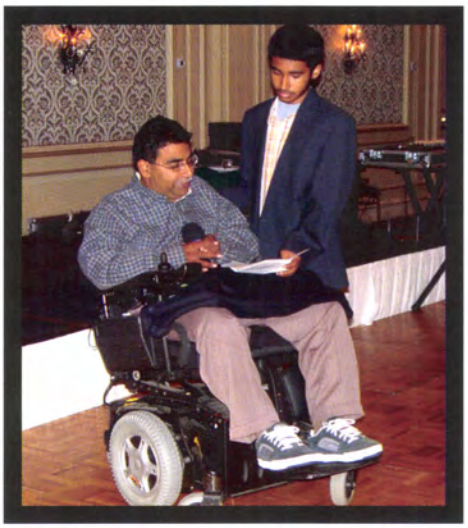
DOW RETREAT 2005

IRVINE, CALIFORNIA

Farooq reciting verses from the holy Quran

Nadeem Zafar-Chairman CME Committee

Nasar hosting the Saturday Gala Evening



Khawaja Qayyum and his son

Senator Rohrabacher

Farooq, Farid and Qadir

Naseem, Ashok and Moin

Politics Anyone?

Almagir's fan club: Yasmin and Naheed

DOGANA in Good Hands but wrong order! Present, Future, Past: Samad, Ahsan and Zia -

DOW RETREAT 2005

-Nadeem Zafar

Traveling to LA for a weekend retreat was a stress in itself. Moving into the western time zone and returning back to the central (+ 2 hr) or eastern time (+ 3 hr) zones within a matter of two days was always going to be a challenge for the aging minds. I asked my wife Seema about the whole family (of three) going over to LA and she asked me if we are going to achieve something significant for Dow in this meeting and also who would be the featured singers. I told her that since we are still in the formative years, I am not sure about the first of her questions and that the singers would be Charanjeet and Alamgir. I then told her that this would be a perfect opportunity for us to meet her family in San Francisco Bay area and to meet some very dear friends/class mates in LA. I also told her about the now routine D85 meeting that we hold every time we meet at either a DOW or APPNA retreat and she was convinced that the whole family should go, but that I should also take the whole next week off. I heeded her advise.

We arrived into LAX on Friday the 15th at 11 am. Judging by the traffic around LAX area on Interstate 405, it felt more like Friday the 13th and the apprehensions went up some and so was the feeling if we indeed would be able to get to the hotel in the next couple of hours! The venue of the meeting was Hilton Hotel in Irvine (Orange County), about 45 miles from LAX. It was nice to see some familiar faces there and Syed Samad was seen hectically moving from room to room, ensuring that the afternoon session could begin on time. Soon Ahsan Rasheed, the local host committee President, also joined him to ensure that the final arrangements for the Friday afternoon session were in place. We began promptly at 3 PM, with the CME session. The afternoon CME was moderated by Nadeem Zafar and the speakers included Salma Khan (PET- What is It?), Farrukh Hashmi (Social and Anxiety Disorders) and Naseem Shekhani (Low Back Pain). Despite very few people in the audience, the presentations were well received and there were many follow-up questions. The afternoon session concluded at 5 PM. Friday evening session included a CME session by Syed Samad (Colorectal Cancer) followed by a dinner session, comprising of tasty Pakistani cuisine. The dinner was followed by a musical evening with bhanGra singer Charanjeet, with many of the Dowites and their spouses seen on the dance floor. Most noticeable were members of class of 1985 and 1986, who seemed hell-bent to make most of the night.

The Saturday morning session began promptly at 8:30 AM, with CME lectures offered by Pervez Rahman (Molecular Era and Leukemia), Nadeem Zafar (Pathology of Gastroesophageal Reflux Disease) and Nasar Qureshi (HPV for the non-Gynecologist). Again there were many questions after each presentation and much debate was generated about eastern dietary habits and gastroesophageal reflux. The CME session was followed by a DOGANA general body meeting, where frank and candid discussions took place about ENDOW and the administrative structure of DOGANA. The members were pleased that an open forum was available for the first time to members to vent their opinions about DOGANA and the current and previous administrations. There was a very strong sentiment for regular elections in DOGANA and for the leadership to be circulated across a much wider base. There were questions about the current status of ENDOW collections and what the fiscal collection targets for 2005 are. The oft-heated session was moderated by Syed Samad, who was instrumental in setting up the general body meeting. A preliminary draft of the DOGANA constitution and bylaws was circulated to the members for their review and input. The meeting was conspicuous for the missing faces of many of the active Dowites, who reside on APPNA and DOGANA listserv and the seniors who have kept DOGANA going since it's inception. Their presence would have made this session even more meaningful. The morning session concluded at 12:30pm. Many of the attendees then went to spend the afternoon at the beach in a coach arranged by the local hosts, where they were provided with a tasty boxed lunch. This was a very pleasurable outing for Dowites. Some of the classes, such as the class of 1985, held their own class retreat in the afternoon where they were provided with a very wholesome lunch by the gracious hosts, Shujaat and Tasneem Naqvi. Personally, it was great to see this couple after 20 years.

Nearly 200 people attended the evening meeting, the highlight of the DOGANA retreat. The meeting started about 45 minutes late since the people kept trickling in. Nasar Qureshi moderated the meeting. After Syed Samad's and Ahsan's welcome of the guests, Nadeem Zafar introduced Khawaja Qayyum, the Dowite from the class of 1987, who was paralyzed by a drunk driver in December 2003. The Dow and APPNA community rose to the occasion to help Qayyum through some very difficult times and it was a sheer delight to see Qayyum in our midst, mobile on an electrical wheel chair. Qayyum received a standing ovation from the audience and spoke to them for a short time. He thanked all those who stood by him in his hour of trial. The family still needs our prayers and goodwill. After Qayyum, Nasar introduced the guests of the local host committee, including Safi Qureshey, Congressman Dana Rohrabacher (US Congress- District 46), Supervisor of Orange County Chris Norve and Consul General of Pakistan at Los Angeles, Noor Muhammad Jadmani. Next, Nadeem Zafar introduced candidates for the forthcoming APPNA elections to the members of the audience and invited each candidate to do a short 5-minute presentation to the audience. This again was a new tradition started at the LA retreat and reaffirmed our commitment to democracy and our affiliation with our mother organization, APPNA. Following this and closing remarks by Ahsan, a sumptuous dinner was served, comprising of very delicious Pakistani cuisine. By now everyone was ready for Alamgir, but one more business had to be attended to. Zia and Ahsan then energized the present crowd to donate for ENDOW and within 10 minutes, they were able to get pledges of approximately $72,000. The stage was then handed over to Alamgir to mesmerize people with his melancholic voice, reminding everyone of the good old Dow days. The brief and informal Sunday morning session was a breakfast meeting for everyone, where Puri, Nahari and Tarkari were served.

On a more personal note, I came off this meeting with mixed emotions. It was very heartening to meet the Dow friends again and to see the vibrant Dow spirit in action. On this occasion, we had a general body meeting where frank and sometimes heated discussions took place. It was also the first time, when candidates for APPNA posts were offered a podium and hopefully next year, we would have a question and answer session to follow their presentation. The food was good, the music was enjoyable and the CME informative. Hotel facilities were adequate. On the other hand, many of the vibrant DOGANA voices were absent. Most of the seniors did not attend and we were not able to move forward on the ENDOW front despite having some of the trustees in attendance. Rizwan Karatela and his cool temperament were dearly missed. We did not talk much about the present and future of Dow or DOGANA. Even the DOGANA meeting seemed affected by the ongoing misadventures in APPNA and a lot of time was spent by some of the colleagues to develop consensus for future APPNA meetings.

It is my earnest hope that the summer meeting of DOGANA in Houston would be a more effective business meeting and would achieve much for the alma mater and the people that Dow and Civil Hospital serves. There is no harm in having fun or in politicking. The perspective or the real goals should however never get blurred.

DOGANA AT DOW 2004

-Rizwan Karatela, MD

Second Annual DOGANA lecture Series in Dow

In an effort to get the Dowites involved in strengthening Dow and medical education last year with the help of visiting Dowites, DOGANA established a lecture series program. It was not only a big success but also an impetus for this year's program. The second annual DOGANA lecture series was held in Arag auditorium on December 24th 2004. The lectures were attended by final year students, house staff and local faculty.

The session was inaugurated by President DOGANA Zia Moiz Ahmad and incoming DOGANA President Syed Abdus Samad. They highlighted the various aspects of the prospects of post graduation in USA. Many students and house staff had variety of questions concerning the current status of the post graduation opportunities in USA. The session was very informative for the students and house staff. The students and house staff were encouraged to stay in touch with Dowites in USA, DOGANA list serve and email contacts.

The lectures series were given by visiting Dowites from USA and other countries. The lectures were followed by interactive sessions of questions and answers. The class of 1978 presented an update on their Silver Jubilee project of Operation Theaters at CHK under progress.

DOGANA meeting with Dow administration.

Documents Verification Service

DOGANA members had a meeting with the Dow Administration to discuss various issues concerning Dowites living abroad. One of the issues discussed was Documents Verification Service which are desperately needed by Dowites around the world. Dow Administration reassured that they are looking into it seriously. They pointed out two different kinds of requests the Dow Administration receives. One is the verification from various state licensing authorities. The college has to send the documents directly to the state agencies usually by DHL /FedEx type services. This cost about $100 dollars and obviously the college can not afford to take this expense as there may be many requests by one Dowite who may be applying for two or three different state licenses. The second type of verification comes, as Dr. Saeed Quraishy pointed out, was the letters from Hospital credentialing offices for privileges. This usually is one letter that they send back on their own and do not ask the applicant to pay any money to Dow administration. They acknowledge that the service needs to be reliable. The mechanisms for Dowites from USA or UK needs to be clearly defined and outlined clearly how they must proceed, whom they should write or contact. There must be a mechanism where the payment can be done expediently and the follow-up must be assured. The administration understood our concerns and plan to have things up and running on the official website of DUHS including credit card options. Until such time DOGANA will try to get updated information on the website for exact contact person, fee and email addresses in DUHS. DOGANA will work to coordinate this process through its website and information dissemination.

Visiting Faculty development.

The need for bringing expertise to train and educate students, house staff and Junior faculty was discussed. The University is in the process of developing policy and procedures to encourage visiting Dowites in academia and research to help the local Dowites improve standards of medical education and training at Dow and CHK. DOGANA informed the Dow Administration that there are many Dowites who have interest in mentoring, teaching and conducting workshops for Dow house staff and students. The very productive and fruitful experience of Dr. Shaista Quddusi was one such example which we must follow and offer as many such dedicated Dowites who are willing to give their time for such activities. We are informed that information is being collected for potential Dowites who would be very interested in development of faculty program and DUHS. Zia Moiz Ahmad informed us that two DOGANA scholarships for two top students will be available on behalf of Two US senators which were first announced at the DOGANA Annual Meeting 2004. The Dow Administration is in consultation with DOGANA and will give the names of the selected students. DOGANA's Annual Best Teacher Award, given to the best teachers selected by students would be an annual event to encourage the faculty. (continued on next page)

Creation of Alumni affairs office at Dow

Dogana proposed the creation of an "Office of Alumni Affairs" at Dow to address the needs of Dow Alumni who visit the institution. It was stressed, that with the new status of the university, its alumni can provide a big source of support and provide a reliable and functioning office at Dow which will attract future alumni towards the institution and will encourage more Dowites to get involved in alumni affairs. While the decision was not made, the recognition of the need for such an office was generally accepted.

DOGANA honoring Dow Faculty

On December 25th 2004 DOGANA hosted a Brunch at DHA Golf Club honoring the Dow faculty. It was attended by senior Dow faculty members, current Dow faculty, Dowites living in Karachi and all the Dowites visiting from USA, UK, Saudi Arabia and around the world.

Syed Samad, as the incoming President of DOGANA for 2005, in his address presented his vision of Dow alumni activities under DOGANA for the next year. Keeping with the enthusiasm of the past few years and the renewed interest in involving Dow alumni in various activities for Dowites here in USA and in Karachi, he pledged to organize a second Dow retreat in April, the details will soon be announced. He urged all the Dowites to stay in touch and take active roles in organizing such activities.

Zia Moiz Ahmad as outgoing President of DOGANA thanked all the Dowites who have been extremely helpful in organizing various events for Dowites. He congratulated the class of 1976 for setting up an example of class projects on their Silver Jubilee year celebration when they rebuilt the Casualty Department in CHK. The subsequent class projects then followed with class of 1977's OBGYN project, class of 1978 Operation Theaters and class of 1979's Upgrading Radiology Departments. He also encouraged the future classes to plan well in advance to make their project as part of more comprehensive improvements as whole in Dow and CHK. He recognized efforts of Dowites, namely Dr. Shafeeq Ur Rahman, Dr. Javed Yusuf, and Dr. Arshad Saeed present at the meeting.

The fund raising efforts for Khwaja Qayyum, a Dowite who had an unfortunate accident which left him wheel chair bound, praised Dowites who responded by donating generously and raised a substantial amount of financial help for him. In this regard he specially thanked and commended Nadeem Zafar's tireless efforts in organizing this fundraiser.

The first Dow retreat in St. Louis was a big success. He thanked the team of Dowites who organized the retreat and thanked Naseem Shekhani, Nasar Qureshi, and others. The establishment of "EnDow" (Dow Endowment Fund) and pledges for over half a million dollars was indeed a high point of the meeting. In coming weeks, a full report of the collection of money will be circulated to the donors and the membership of DOGANA.

Dr. Masood Hameed, Vice Chancellor and Principal of Dow University of Health Sciences spoke about the vision of making Dow an excellent institution in medical education and the plans of future development underway at the institution. He stressed on how Dowites abroad can get involved in this process and he assured representation of Dowites in various aspects of development at Dow. He congratulated all the classes for their successful projects. He also urged Dowites to actively participate in the development of visiting faculty at Dow for transfer of knowledge and technology.

As a part of ongoing support in basic science department at Dow, DOGANA's support and donation of computers to the department of physiology was presented to Dr. Shoaib Tauheed, Head of Physiology Department and commended his commitment for improving the department. DOGANA's Best Teachers Awards were presented at the meeting. Dr. Shoaib Tauheed and Dr. Khalid Mahmood was recognized as the Best Teachers for Final Year.

DOGANA's Lifetime Achievement Award 2004 was presented to Dr. Adibul Hasan Rizvi. Professor Adibul Hasan Rizvi needs no introduction; he received a standing ovation when he received the award presented to him by Dr. Masood Hameed, VC and Principal of DUHS. His award read: "Lifetime Achievement Award is presented to Professor Adibul Hasan Rizvi in recognition of his lifelong commitment to the patients of Civil Hospital Karachi...
It was indeed a moment of great pride when Dr. Shafi Quraishy was invited to say few words to Dowites gathered at the meeting. He graciously drove his motorized wheel chair and addressed the meeting highlighting out some of the positive work of the past few years and congratulated many Dowites.

The food was excellent; the idea of Brunch on a sunny bright day was well appreciated. Children were also invited who played in the adjacent golf course and playground area. Many email and telephone numbers were exchanged among Dowites who met their friends, class mates after many years and everyone appreciated the idea of now established tradition of annual winter Dow alumni meeting in Karachi every year. Everyone present at the meeting pledged to attend the next Dow alumni winter meeting in December 2005. (contined on page 21)

LIBELOUS LABELS

Mahjabeen Islam, MD

After a while one gets inured to the defamation of Muslims in western media. Whilst it is invariably an "Islamic" terrorist, fundamentalist or extremist, any non-Islamic semi-violent person or group is always secular or agnostic enough to never need religious qualification.

One cannot entirely blame the West for these labels, for the perpetrators of 9/11 permanently damaged all things Islamic. It is when Muslims themselves echo these slurs and invent new ones to boot that it hurts. And it hurts not just the insulted but the Muslim community as a whole.

Fundamentally speaking Fundamentalism was an organized militant Evangelical movement originating in the late 19-early 20th centuries in opposition to Protestant liberalism and its thrust was inerrancy of the Scripture. In common parlance it had acquired the connotation of rigid adherence to fundamental principles, opposition to secularism and most importantly intolerance. And then Islam came along radar screens and even though "fundamentalist" was born a Christian it is now any devout Muslim, man or woman, violent or peaceful, bearded or clean-shaven, fashionable or head-covered.

To be Muslim one must believe in the fundamentals of faith that is belief in God, the angels, the prophets, the Books, the Day of Judgment and fate and predestination. This iman-e-mufassil causes entry to the fold of Islam and by definition a billion of the world's people are fundamentalists, excuse me, I mean "Islamic fundamentalists".

Not only have we accepted this slur without protest we propagate and add to it. An objection to the denigration of Islam in social conversation can earn you that title and the Pakistani accent already hard on the ears, in this emphasizes the D, and you are suddenly a fundo. A hapless email correspondent abbreviated it to funda. At least get the colloquial right thought I. But then perhaps he does know it is fundo, and that funda carries more punch. It does indeed and actually verbalized by him would definitely send my heart into fibrillation.

Reeling under this fundo-funda onslaught, I felt balmed by Khusro Mumtaz's article "Attack of the Liberal Fundos" that appeared in The News in January. That the ultra-liberal set in Pakistan has its own deep-rooted prejudices and mindsets is a point very well taken. And yet here the word "liberal" is a misnomer for the word "liberal" carries connotations of open-mindedness, progress and freedom from prejudice. Mumtaz illustrates well the blinders of bigotry that these pseudo-liberals carry, making them as much the fundos they denigrate albeit at the other end of the moral/social spectrum.

Until 9/11 all things relating to Islam were Islamic. Since that had no oomph the word Islamist has been coined and though dictionary definitions are gentle and relate Islamism to the faith and practice of Islam, in my mind it is a hybrid of the words "Islam" and "extremism". If you are shy and retiring you get to being called a Muslim, if you get hot and bothered by the assaults on your religion and speak up, you are an Islamist. Actually the air headed socialite of Pakistan calls the religiously inclined Muslim a fundo, the Western media and brown-sahib sycophants call them Islamists. Like the Americans say: same difference.

As though fundo and Islamist were not slurs enough, Muslims and, I believe, Pakistanis have coined the word "jihadi". Contrary to popular thought Jihad-e-Akbar or the major jihad is the constant, daily struggle against our base instincts (nafs-e-ammara) so that nearness to God is achieved through observance of the five pillars of Islam as well as constant zikr or remembrance of Him.

After returning from battle of Khyber the Prophet (pbuh) said that he had returned from Jihad-e-Asghar, the minor jihad to now Jihad-e-Akbar. Jihad-e-Asghar is harb or war with the enemies of Islam. Interestingly by scholarly tradition Jihad-e-Akbar is to be far more brutal than Jihad-e-Asghar, and with the continual onslaught of our inner desires coupled with the magnetism of the material world it is indeed the greater battle.

Pronouncing the name Mahjabeen has been a challenge for most non-Pakistanis. An Arab gentleman introducing me for a presentation stumbled all over it and called me "mujahideen". Evoked laughter and was affectionate. Labeling another a "jihadi" however is not funny, and actually in this day and age of The Patriot Act a potential ticket to deportation or Guantanamo Bay for the one thus labeled. Hapless Muslims use these slurs to avenge themselves and sadly their purpose is not achieved and in the larger analysis they have only contributed to the steady disenfranchisement of Muslims in America.

Whilst the world was busy in 2004 with the fallout of the Iraq war and the War on Terror, legislation was passed in the US Congress making anti-Semitism a punishable offense. After 9/11 hate crimes, at times homicidal, against Muslims and those resembling Muslims have risen exponentially. Muslims outnumber Jews in the United States but in terms of political maturity they are in virtual infancy. Whereas a backlash against Muslims for the crime of one group is understandable it should by no means be condoned. The irony is that instead of mobilizing a political voice for representation of Muslims targeted by the ignorant as well as the government, Pakistani-Americans are busy hurling insults and pursuing petty personal vendettas.

The Quran advises against judging others and specifically against mocking them: "O you who believe let not one group mock another for it may be that the latter are better than the former" (Hujarat 49:11). Additionally unity is enjoined on us by the Quran "and hold fast together to the rope of Allah and be not divided" (Imran 3:103) just as it was urged by Quaid-e-Azam Muhammad Ali Jinnah and became part of the motto of Pakistan. Ironically one sees historically that Muslims are typified by their difference of opinion with another Muslim, the "deyrh eent ki masjid" syndrome.

Throwing around fundo, Islamist, jihadi and other variations of the same are irresponsible at the minimum and endangering at the extreme. The day should dawn that Muslims should protest Islamophobic slurs the way that our Jewish friends have objected to anti-Semitism and legislation protecting them has been passed. Infighting typifies Muslims but its time that we graduate beyond petty domestic politics and work together toward protecting and enhancing our community. Not just in America but the world over.
Mahjabeen Islam is a physician practicing in Toledo Ohio. Her email is mahjabeenislam@hotmail.com

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(DOGANA AT DOW 2004 Continued)

DOGANA Cardiology Workshop at CHK

On December 30th 2004 one day workshop in Cardiology was held by the Department of Cardiology at CHK. Professor Khalida Soomro organized the team of house staff and student in the department to present cases for discussion on diagnostic and management issues. Dr. Zia Moiz Ahmed present a talk on CHF followed by interactive question and answer session. Then Dr Sameer, House staff in Cardiology presented a case of Cardiomyopathy and CHF with excellent slide presentation, EKG display and Echo clips during his presentation. Dr. Rizwan Karatela then presented a talk on Acute Coronary Syndrome, following which current case present in the ward was presented and EKGs were discussed. Dr. Zia Moiz Ahmad second talk was on Arial Fibrillation with Slides discussion the latest strategies in the management of of Atrial Fibrillation. House staff then presented a case of a patient with new onset atrial fibrillation and severe Cardiomyopathy. The discussion followed afterwards was lively and very informative as concerns about long term anticoagulation with lack of monitoring and education was highlighted. Refreshment break consist of well known Samosa from Doctors Cafeteria and Mango Cake with Tea was served. Professor Khalida Soomro and Associate Professor Riaz took us for a tour of the department and showed us the area now established for a library and computers in the ward.

DOGANA visited Islamic Mission Hospital.

The reception luncheon was held at the site of newly acquired Islamic Mission Hospital to establish a tertiary care facility in Karachi to help poor and needy patient of the city who are in desperate need of such a facility and health care. Dr. Hamid Zaki presented the overview and vision of the Poor Patient Society and its various projects in the city. Specially he pointed out how many Dowites involved in many such projects for the patient care both in CHK and through out the city. Dr. Abdul Bari Khan then presented his vision of the development of this facility. The land is 20 acres and it is hoped that a state of the art facility could be built with various specialties and tertiary care. While financial help would be needed for creation of such a project, the main emphasis was on the transfer of knowledge and technical skills badly needed by the local doctors. Dr. Bari urged all the visiting Dowites to seriously help in organizing "hand-On" workshops on a regular basis in addition to their financial support. At this moment he pointed out the pledge by visiting Dowite from US, Dr. Adil Jamal Akhtar who will take the responsibility for establishing an Oncology Unit at the facility, with full technical, training, hands-on" and financial support. Many Dowites from USA, UK and elsewhere were gathered there and pledged to support in various aspects of this project.

DOGANA visits to CAA and Children Cancer Foundation was also very productive. It allowed many members to actually see how many Dowites working hard to make a substantial difference in the health care delivery system in Karachi. The full detail will be presented in the second half of this report in the next issue of Dow link. - *Rizwan Karatela, MD*

Nadeem A Kazi, MD
candidate for President-elect APPNA

NAKAZI@POL.NET

Nadeemkazi.com

Services to APPNA

Secretary, APPNA 2005
Treasurer, APPNA 2004
First ever budget was prepared and approved.
The entire loan for APPNA Sehat was paid off.
Chairperson of Finance Committee 2004
Lifetime due fund did better than the market.
Chairperson Winter Meeting in Karachi 2003
Founder and Past President of Arizona Chapter of APPNA
Chairperson of Membership Committee – 2003.
Largest ever increase in APPNA history
Member Constitution & Bylaws Committee – 2003 & 04
Chair Host Committee APPNA fall EC meeting 2002
Co chair Finance Committee – 2003, 2002
Co chair Membership Committee – 2002
Member Finance Committee – 2000
Member Membership Committee – 2000, 1999
Member Executive Council – 2000 and 2003

Services to Sindh Medical College Alumni
President – 2000
-Increase membership from 45 to 230 in one year
-Started an ongoing ACLS training program in Pakistan during my presidency. So far more than 3,500 physicians were trained.
-Publish the first ever SMC Membership Directory.
Vice President - 1998 & 1999
Member, Board of Trustee – current

Professional
President, House staff,
Illinois Masonic Med Center 1992-93
Chief of Internal Medicine
Casa Grande Regional Med Center 1999 – Present
Director of Division of Gastroenterology
Casa Grande Regional Med Center 1997 – Present
Associate Assistant Professor,
Midwestern Univ, Glendale, AZ, 1998-present
Pvt practice: Gastroenterology in AZ, since 1997

Community Services
President, Pinal County Medical Society 2001- now
Received congressional award for the "leadership in Tort reform"
Chairperson of Arizona Business bureau, 2002
Member Board of Director: "Pakistan Kidney Foundation". **Providing free service to needy Urological patient in Pakistan.**
Stared free clinic in Phoenix, AZ
Member Executive Committee, Arizona Medical Association 2001- Present

If you want APPNA to be independent of out side forces and focus on the issues concerning membership than I am your candidate for APPNA President-elect. I have already been elected twice by APPNA membership and served as a **Treasurer** and currently I am serving as the **Secretary**. This year, I am running for **President Elect**. I am requesting your support for my candidacy. **Please vote base** on candidates **past efforts** and **record** not on the basis of alumni or who they know. I will spend all my energy to bring every one on one platform to work as team. I believe in **team work** as this is the only way to deliver. We will move forward with your support and achieve what is rightfully ours. I request your vote. 2005 will not be a year of politics as usual for APPNA; rather it will be a year of hope and inspiration. Together we can make it happen.
Please visit my website Nadeemkazi.com or you can contact me at nakazi@pol.net. Thanks in advance for your support.

WITH BEST COMPLIMENTS

Abdul Qader Sheikh, M.D.
Syosset, New York
Dow 1984

Mohammad Aslam, M.D.
East Meadow, New York
Dow 1984

Muhammad Hamid, M.D.
East Meadow, New York
Dow 1984

Iqbal S. Jangda, M.D.
Long Beach, New York
Dow 1984

Shahid N. Haque, M.D. F.A.C.S

BEST WISHES FOR A BRIGHT FUTURE!

General Vascular Surgical Associates

Recognizing DOGANA As a Great Success! With Best Wishes,

Zafar Jamil M.D.
F.A.C.S.

APPNA Secretary -2006 *Candidate*

Mahmood Alam, MD, FACP, FACC

My Vision for APPNA . . .

To make APPNA a more r**epresentative, vibrant,** and **effective** organization of Pakistani-Americans that can stand up to **present day challenges.** I would strive for a fiscally stable **APPNA** by building an **endowment** that caters for our present & future needs.

A brief record of accomplishments in APPNA
Organized APPNA at grass root level, founding secretary NY Chapter 1997-98, **President NYC-APPNA,** 2000; **Founded** NJ-APPNA chapter 2003, **Founding Member AIMCAANA** 1998, **President** AIMC 2002, **Member** Central **EC, 2000-02, Councilor** Region II, 2001
Organized & Directed Three Seminars for Young Doctors in NY, 2000, 2003, 2004
Took pride by working actively with **Young Physicians Taskforce,** 2003-04, **pleaded** the cases of visa rejections by making **three visits** to US Embassy in Pakistan, 2003-04
Participated & helped organizing two **Days on the Hill,** September 2003, June, 2004
Co-Chaired Membership Committee 2003-05, Member host Co Annual Meeting 2002
Chaired host Co of rated **most successful Spring Meeting at NYC 2004**
National Treasurer APPNA, 2005, Chair, Finance Committee, 2005

Dear Friends, *Lets' do not divide us based on Alumni affiliations or regionalism. Your support for those who are* ***committed*** *and have a record of accomplishment will make a difference. I request you to* ***vote for me as Secretary APPNA 2006.***
ALAMMD@AOL.COM

THE RIGHT CHOICE

ZAHID ASGHER, MD

Candidate for Secretary

APPNA – 2005

I am a strong believer in APPNA's mission and have served the cause for many years, to the best of my capacity. I am presenting myself as a candidate for the office of Secretary APPNA, and, if I have favor with you, will be able to serve APPNA and its projects in the USA and Pakistan more effectively.

I have a passion for organization and believe in listening to all shades of opinion, in accommodation, without compromise on principles. I do not think confrontational politics is very productive. A colleague, not in full agreement with me, but entitled to his/her viewpoint, may be an asset and may be able to make a worthwhile contribution to our collective efforts.

We have opted to live in the USA with our free will. Our children, while cognizant of our national and religious values, are in tune with American norms, morals, and culture. It is my firm conviction that we have a very valuable role to play in promoting good relations and understanding between the society we were in born in and the one we have adopted.

My level of participation is indicated by the following:

APPNA Activities:

APPNA life member
Secretary, President of APPNA Upstate NY-PA
Co-chair APPNA Ethics & Grievance Committee.
Coordinator APPNA alliance entertainment program
Worked at fund raisers and various APPNA projects

Local Community / Civic Activities:

Secretary, Treasurer, and President of Islamic Association of the Finger Lakes (IAFL)
Fund raising for IAFL projects
Fund raising for Red Cross in National Calamities
Charter Member Lions Club at Corning Hospital
Cofounder and General Secretary of Finger Lakes Chapter, Regional Community Alliance (RCA), a regional community political and social awareness organization, upstate New York
Campaign and fund raising co-coordinator for US congressional candidate for elections 2004
Participant in "Walking Together", an inter-faith project involving Jews, Christians,and Muslims
Participant in "Adopt a Highway" project for community clean up
Regular participant in "Carrier Development Project" for high school students
Speaker at various community programs, including Rotary Club, educational institutions, and businesses, regarding Islam
Coordinated cultural programs in collaboration with local South Asian community

Professional:

Graduate of DMC 1985; Board Certified Pathologist
Founder of Regional Pathology Associates (RPA), a group of pathologists in five hospitals in upstate NY
Secretary, Treasurer, and President of Medical Staff, Corning Hospital, Corning, New York
Member, Board of Trustees, Guthrie Cl, Sayre, PA
Member, Board of Directors, Schuyler Hospital, Montour Falls, New York
Chairman, Infection Control Committee, Blood Usage and Tissue Review Committee, Executive Committee, and Building Committee

Activities in Pakistan:

Visiting consultant with the Department of Pathology at Lahore Medical and Dental College
Honorary consultant to Shauket Khanum Memorial Hospital, Lahore
Organizer of release movement of innocent female inmates in Pakistani prisons
Patron of Scholarship Fund for needy medical undergraduate students
Actively participated in placement of fresh graduates in US residencies
Assisted residency graduates in job search and relocation

WINTER MEETING

DOGANA AND DUHS
AT
DOW MEDICAL COLLEGE
in KARACHI

DECEMBER 27th - 29th

Those interested in participating in the lecture series/workshops contact:
Nasar Qureshi, MD. PhD.
nasqdogona@aol.com

Detailed information to be posted soon at Dowalumni.com

Shahida Abbas, MD

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LUBNA & NASAR QURESHI

BEST WISHES FOR ALL OF DOGANA's ENDEAVOURS

Syed A. Samad, MD, FACP, FACG
For Treasurer APPNA 2006

Dear APPNA Member:

Assalamo-Alaikum. APPNA is well on its way to being a progressive and effective organization. Yet, challenges remain. We need hardworking, dedicated and judicious leadership at the helm of APPNA to transform these challenges into opportunities. We ought to continue our advocacy and consensus building endeavors. We must also augment the financial stability and the organizational strength of APPNA.

I pledge my continued, sincere and untiring efforts towards achieving that goal. I request your vote and support for Treasurer APPNA 2006.

Goals:

- Improve fiscal management and enhance financial strength.
- Streamline the preparation of budget.
- Introduce systems for transparency and accountability.
- Ensure implementation of standard operating procedures.
- Develop a long term plan to financially strengthen APPNA.
- Enhance central office systems for better communication between treasurer, finance committee, accountant and auditors.

Personal

- Graduate of Dow Medical College, 1983.
- Associate Clinical Professor of Medicine, University of Arkansas for Medical Sciences.
- Diplomat American Board of Internal Medicine and Gastroenterology.
- Fellow of the American College of Physicians.
- Fellow of the American College of Gastroenterology.

Services to APPNA

- Chairman, Membership Committee 2005.
  Targeting record increase in membership in collaboration with Alumuni and Regional Chapters.
  Working to have an informative, member friendly and interactive website.
  Preparing membership benefit brochure outlining recent achievements, ongoing projects and future goals.
- President-Elect, Mid-South Chapter, 2005.
  Organized Mid-South chapter meetings with CME in 2002 and 2004.
- Member, Constitution and Bylaws Committee, 2005.
- Chairman, Resource Development Committee 2004.
  Helped to raise well over $500,000 for various projects including APPNA SEHAT.
- Member, Research, Education and Scientific Affairs Committee, 2004.
- Organized alumni sponsored symposia during APPNA summer meeting on "Nuclear Proliferation in SE Asia", Women prisoners in Pakistan - 2003 and Hudood Ordinance in 2004.
- Actively working with key government agencies and ECFMG promoting young physicians visa and licensing issues.
- Active participation in all six APPNA meetings in 2004.
- Life member of APPNA.

Services to Dow Medical College Alumni Association

- President, Dow Medical College Alumni 2005.
- President-elect 2003-2004.
- Mid-South Councilor 2002.
- As President, currently revising constitution and bylaws, structuring Dow endowment fund, enhancing membership and financially strengthening DOGANA. Propose to create an adult Oncology ward at DUHS. Attempting to streamline credential verification service. Arranging Second Dow retreat and regional meetings. Raising funds for various civil hospital projects in Karachi, Pakistan.
- As President-elect, supported creation of endowment fund, visiting faculty and mentorship program, First Dow retreat, and formation of World Association of Dow Alumni.

Services to Pakistani and Muslim American Community

- Past President, Muslim Association of Arkansas.
- Past President, Islamic Center of Pine Bluff.
- Actively involved in advocacy on behalf of Pakistan and Muslim causes.
- Member of a delegation of Muslim leaders in Arkansas to meet the Governor and Senators in the immediate aftermath of September 11, 2001.
- Member of Arkansas delegation "Day on the Hill" meeting both Arkansas Senators and Congressmen in Washington DC, 2004.
- Member of Islamic Society of North America.
- Member of Council on American Islamic Relations (CAIR).
- Member of Human Development Foundation.
- Member of PAK-PAC.
- Member of American Civil Liberties Union (ACLU)

Services to Local Community

- "National Leadership Award" by National Congressional Committee for leadership in area of health care reform.
- Honorary Co-Chairman Arkansas Physicians Advisory Board.
- Recognized as "One of the top Gastroenterologists in Arkansas", by Consumers Research Council of America.
- "National Scientific Speaker" for Wyeth, Astra-Zeneca and Tap Pharmaceuticals.
- "Teacher of the Year" University of Arkansas, family medicine residency program.

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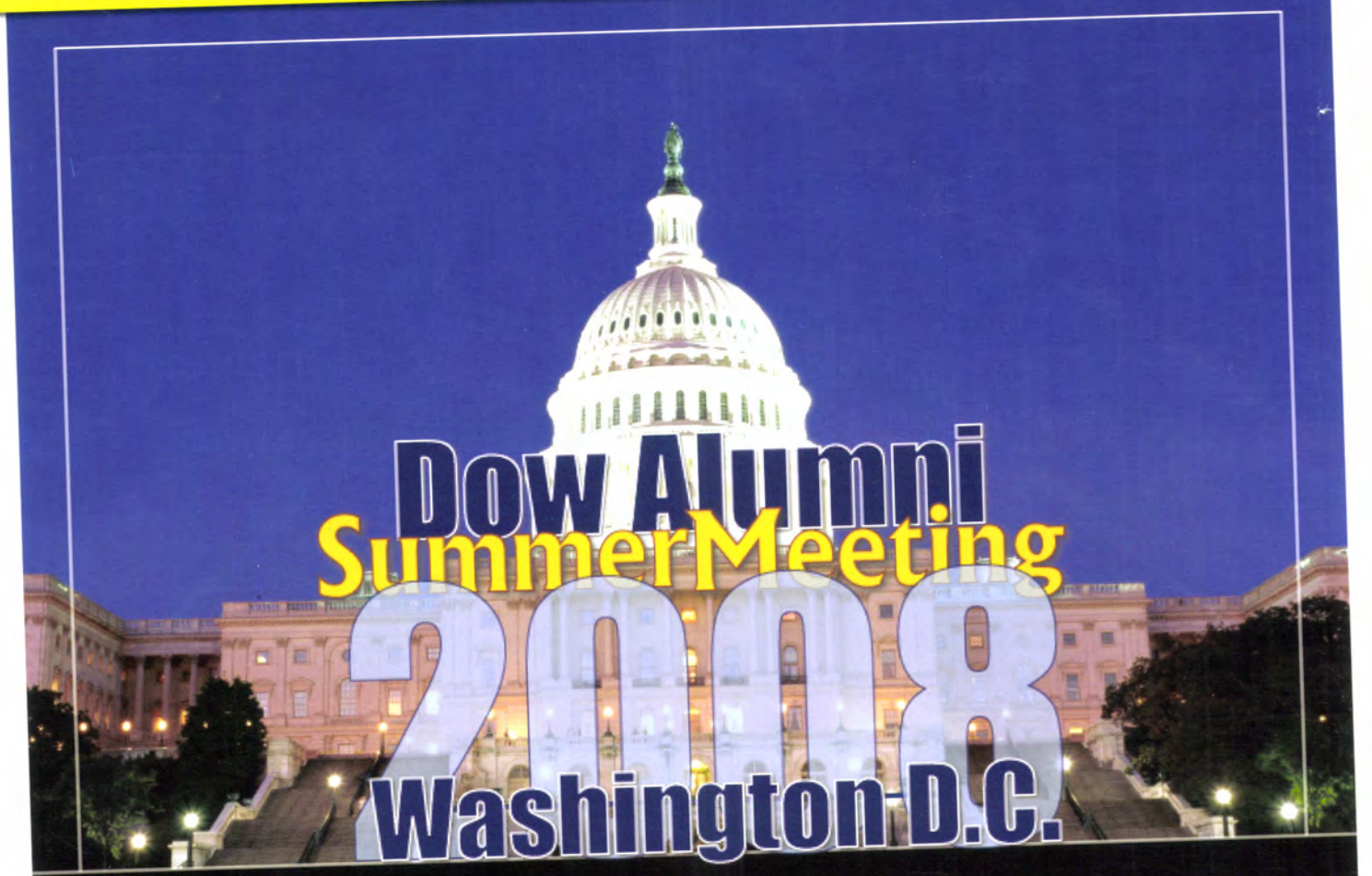
June 2008

Dow Link

Newsletter of DOGANA

Newsletter: Volume 2008, Number 2

Dow Graduate Association of North America



June 27-28, 2008

CONTENTS

Editorial 2
President's Message: 3
Secretary-Treasurer Report: 4
President Elect Message: 5
Message From Vice Chancellor: 6
Message From Principal: 7
Dow Retreat 2008: 8
Dow in Pictures: 13
Dow History- Part I: 14
Recognizing Dowites: 16
Dow Class of 1983: 17
Dogana Scholarship Fund: 18
Dow Class of 1987: 20
Dow Class of 1989: 21
A Book By Dow Graduate: 24
Are We Heading In The Right Direction: 25
Notes From Across The Wall: 26
Committee Reports: 29
Dow Class of 1985: 32

Dow Graduate Association of North America
DOGANA
Dow Link
Summer 2008
Editorial
Newsletter: Volume 2008, Number 2
a publication of DOGANA

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Articles to be submitted by Email to rizwan@karatela.com. Word document, pdf or plain email format will be acceptable. The Editor reserves the right to edit all the submitted material.

Focusing on being an Alumnus

Keeping with our theme of showcasing the role of an alumni organization, we have decided to shed some light on the importance of transition from a student to an alumnus.

The major role and goal of a student in an undergraduate or a postgraduate institution is to focus on his or her studies, and acquire tools to achieve success upon completion of studies. During this process, the students also gain maturity and insight into the greater role of intelligentsia in society and get exposed to a myriad of ideals and ideologies that they may utilize to formulate a future mode of action.

Once the students successfully negotiate the life of studies and, graduate, they assume the honorable role of alumni. The basic role of an alumnus is to serve as role model of the alma mater, and to provide career counseling and post graduate training. The alumnus can also provide the backbone for improvement of educational standards and can also provide an opportunity to network for professional activities and social gatherings.

The alumni can enrich the alma mater by acting as mentors, advisors and molders of ideas. They can payback without writing a check if they fulfill the myriad roles of an alumnus body. The continued involvement of an alumnus can turn out to be mutually beneficial. A large number of western graduates and post graduate institutions pay attention to their alumnus bodies for the above cited reasons-networking for graduating students, financial support for the betterment of the alma mater and sense of pride and accomplishment at the success of the alumnus. These alumni are expected to go to the campuses to speak about life experiences, and are encouraged to host students/graduates at their adopted workplaces. These colleges and universities have alumni offices on campuses that serve as a resource center for the students and graduates.

We would like to plant a seed of these aspirations in the general membership of DOGANA and to wider diaspora of Dowites across the globe. We close by proposing-

1. *Closer working relationship between DOGANA, DOGANE, WADA and DUHS*
2. *Established speakerships to be whetted by the respective alumnus organization (eg North American via DOGANA, European via DOGANE etc)*
3. *Establish official elective rotations at US/UK institutions where students form DUHS can serve observerships and electives. An exhaustive and objective selection criteria needs to be establish to select students for these, and potentially can be supported by DOGANA, DOGANE etc.*
4. *The Dean office of DUHS should have an alumnus coordinator so that these efforts could be easily and efficiently coordinated.*

Shehzad Saeed, MD
Tanveer Imam, MD

Summer 2008

President's Message

Nasar A. Qureshi, MD, PhD

Fellow DOGANA members:

As I pondered the contents of my message for the DOW Link Annual meeting issue, I was obliged to sit back and judge myself by the standards I have, at times openly, and at others silently, judged others; "what has he/she done for DOGANA, what difference has his/her presence made?"

It is a tough question to ask of oneself, and I am not a generous self evaluator. The first response was "nothing different than anyone else. What have I done which is so unique? Have I moved this organization forward?" This led me to ponder how approximately 20,000 cumulative minutes of executive council conference call time has been spent? What about a similar time collectively spent by various committees (members) on conference calls regarding various projects? Of course at this point I wanted to be more generous to myself! So I went back and reviewed all my reports to the membership and the possibly a conveniently self serving realization starting dawning, that if not everything, this year's executive council and the committees achieved most of what targets myself and the council had set forth.

On the other hand, from your, the member's perspective, have we? The answer is a tough one and unfortunately there is no weighing scale or a success-o-meter that one can utilize to judiciously respond. The answer is purely qualitative and will be swayed by ones standards and definition of success, political inclination and background, friendships, and last but most relevantly, a genuine sense of unbiased judgment. We certainly hope that membership also sees DOGANA as an organization stronger today than before.

This note reaches your hand at the end of EC's six-month term. The most difficult and important time for any council that has one year to plan and accomplish. A significant portion of time was spent planning and organizing, but the efforts of so many who gave of their time smilingly have resulted in significant results. The foundation of any organization's success is laid on solid organizational structure and placement of processes along with accountability. From the new website to membership database, effective means of communication including constant email updates to regular president reports, fiscal procedures including proper budgeting and quarterly account updates to the membership have all been put in place and the level of transparency may by considered by some a new standard for DOGANA. The constitution and Byelaws which nearly everyone agrees needs to be changed to reflect the current strength and structure of the organization, and have been in the process for the last three years, is finally in your hands for approval at the annual general body meeting. It is in your hand now to judge and guide, to help us be more successful and remedy any of our failures.

So where do we go from here and what do I envisage? With some of the more important organizational back bone in place, It is time for all of us to come together for DOGANA, to plan and organize a solid policy and structure as a stepping stone to meaningful, rewarding and sustained association with DOW Medical College and Civil Hospital. The gap that currently exists cannot be bridged by any President or Executive Council. In as much as I have, and will unquestionably take responsibility for any shortcomings of your expectations, I can unabashedly say that if we as an organization are unable to achieve this goal in the following months, I will gladly ascend to the gallows and blame each member of this organization for not doing their part!

In the end all I can say is that I am honored to have been allowed this opportunity to serve DOGANA and humbled to have had the opportunity to work alongside some of the finest and unquestionably dedicated individuals, both in the council and various committees. To all of those who have risen to the plate and proven that THE SPIRIT OF DOW IS ALIVE IN DOGANA.... THANK YOU!

Secretary -Treasurer Report

Shazia Malik, MD

As we welcome the summer especially for some of us who have long winters I welcome you all to the summer meeting. It is exciting to see an increase in the number of Dowites attending the Retreat and Summer Meeting each year.

It gives me great pleasure to inform the DOGANA membership that the Executive Committee has been holding regular monthly meetings, well attended by all the EC members and much has been accomplished . The minutes of the meetings are regularly being posted for members to review. In order to streamline the workings of the organization, we have undertaken the task of outlining the policies and procedures for issues that are not covered under the constitution. The progress on the various standing committees of DOGANA is presented in this publication.

The financial status of the organization is in good state. As the Executive Director of DOGANA, Dr. Farrukh Hashmi oversees the day to day running of the organization and with the directives of DOGANA EC manages the bank accounts. As the treasurer and secretary of DOGANA I have been working closely with the executive director. This year we were able to acquire professional help from the certified accountant and we are pleased to present here the summary of the status of our accounts as of June 2008.

I urge the new members to get more involved in DOGANA to make it a bigger and better organization. We are all bright and successful people imagine what heights DOGANA can reach if we can all work collectively.

We have a lot more we need to accomplish however we need more involvement collectively so we can do more for Dow, Dowites and DOGANA. Lets not think of how little or how much someone or we can or has done lets just do whatever we can because every bit counts and we are all in this together to make it a bigger and better organization. Thank You.

Shazia Malik M.D.
Dow Graduate 1988
Secretary/ Treasurer DOGANA

DOGANA Financial Report - June 2008

ASSETS	
Current Assets	
Checking/Savings	
Bank of America	11,641.83
Total Checking/Savings	11,641.83
Other Current Assets	
Columbia Bank CD	200,000.00
Total Other Current Assets	200,000.00
Total Current Assets	211,641.83
TOTAL ASSETS	**211,641.83**
LIABILITIES & EQUITY	
Equity	
Opening Bal Equity	196,834.83
Retained Earnings	47,104.87
Net Income	-32,297.87
Total Equity	211,641.83
TOTAL LIABILITIES & EQUITY	**211,641.83**

President-Elect Message

Muslim Jami, MD

Last few years we have moved our organization on a faster pace, with growth in organization we enjoy success. However, this brings a bigger challenge for us to re-organize ourselves and change with time to a higher denomination. This year first and foremost we need to get approval of amendments to our constitution and Byelaws from the General Body in this meeting.

With the amendments to the C&BL we would separate much needed posts of Secretary and Treasurer, restructure EC makeup, have clear defined role of officers. From this year onwards our accounting will be done professionally to avoid errors and improve revenue collection. I have enormous respect for the EC members, officers and committee members, who spend their precious time for running this organizations and its affairs, One example is excellent work of Nasir Shahab and others who updated our much needed website. We need to keep it going and make It valuable for our members to use it on a regular basis.

I have been given the responsibility to lead this organization for next year. I am poised to do so and hope that newly elected Counselors and officers will have enthusiasm and similar mindset to work cohesively to make it a more vibrant organization. As DOGANA members we have created this formidable alliance, we should use our collective energies for the melioration of our organization. I also feel that we need to promote harmony and purpose of unity in DOGANA and make it relevant to the needs of our members and help promote this alumnus for leading role in APPNA.

We need to streamline our processes so the progress is fast paced and organization remains united. By building consensus among the executive committee with the confidence of members we will continue work on developing policies and procedure rather than wasting valuable time in partisan politics. I believe that we show strength of character by devoting our time and effort to make our organization strong. Real strength is in unity not in divisiveness.

I wish you all have a productive summer meeting.
Long live spirit of DOW

DOGANA President at KAMCAANA Retreat

L-R: Dr. Sajid Choudhry, Dr. Mubasshir Rana and Dr. Nasar Qureshi.

It was a pleasure to attend KEMCAANA retreat to represent DOGANA. Dr. Mubasshir Rana *President* KEMCAANA was kind enough to attend the DOGANA retreat and represented KEMCANA at DOGANA meeting

Message from Vice Chancellor DUHS

www.duhs.edu.pk

Professor Masood Hameed Khan, MBBS

I am delighted to write this short message on the occasion of the publication of Dow Link Summer- 2008, by DOGANA. Your alma mater, the Dow Medical College, Karachi, is a constituent institution of the Dow University of Health Sciences, Karachi, since December 29, 2003. However it retains its separate identity, and its preeminence, as the leading teaching institution of the country. I take this opportunity of briefing you on the developments which have been made at the Dow University of Health Sciences.

The sites of the three original constituent institutions, namely Dow Medical College, Sindh Medical College and the Ojha Institute of Chest Diseases have been declared as our three campuses. At these campuses, within a short span of four years we have established Twenty Three new departments or institutes, majority of which are either providing the services to the citizens of Karachi, have started their specific undergraduate / post-graduate or doctoral programs, or are engaged in both these activities.

To augment its capabilities, the University has established the following facilities, namely Department of Medical Education, Quality Enhancement Cell, Professional Development Center along with its own state of the art Clinical Skill Laboratory, and a computerized Examination Department which ensures prompt and unbiased examinations with results being regularly declared within one month. Dow University of Health Sciences has also been authorized by the Pakistan Medical & Dental Council to initiate the Semester System in the MBBS curriculum, the only publicly funded medical university to do so.

We have established the Dr. Ishrat Ul Ebad Khan Institute of Oral Health Sciences, at the Sindh Medical College campus and are imparting both graduate and post –graduate education in Dentistry.

The Dow International Medical College has been established at our Ojha Campus and currently enrolls hundred students each year for medical education. It has been custom built for imparting medical education for sons and daughters of Pakistani expatriates.

Institute of Nursing, Institute of Medical Technology, Institute of Diabetes & Endocrinology, Institute of Gastroenterology and Liver Diseases, Dow College of Pharmacy, Dow Diagnostic and Research Laboratories and Institute of Physical Medicine & Rehabilitation with its School of Orthosis & Prosthosis, Physiotherapy and the Artificial Limb Center are providing education as well as providing care to our disabled population. Dow University of Health Sciences is proud to have its own Institute of Health Management, offering an MBA program in Health Care, Hospital Administration and Pharmaceutical Industry. In various stages of development are the Jinnah Genome Center, Institute of Infectious Diseases, and Department of Emergency Obstetric Care.

At the Dow Medical College, Civil Hospital and Sindh Government Lyari General Hospital, the teaching staff in all clinical units has been increased. Our students are now supervised and counseled by individual mentors, and teaching is being monitored by means of Self Assessment and Teacher's Portfolio. All these activities are regularly evaluated by the Higher Education Commission Islamabad. Dow University of Health Sciences and all its institutions and degrees are recognized by the Pakistan Medical & Dental Council, and listed with the World Health Organization. I invite you to visit the official web site of the University for more news. I wish all colleagues the very best.

Message from Principal Dow Medical College

Dr. Salahuddin Afsar

OFFICE OF THE PRINCIPAL
DOW MEDICAL COLLEGE CIVIL HOSPITAL &
SINDH GOVERNMENT LYARI GENERAL HOSPITAL

Baba-e-Urdu Road, Karachi, Pakistan ☎ 9215732 Facsimile 9216027 E-mail:principaldmc@duhs.edu.pk

Ref No. DMC/PA/2008/ 18 June, 2008

MESSAGE BY THE PRINCIPAL

Dow Medical College, Karachi

It gives me great pleasure and honour to write this message for Dow Alumni annual summer meeting. Being a Dow Graduate I have been honoured to head this institution as Pro Vice Chancellor, Dow University of Health Sciences and Principal, Dow Medical College. This institution has achieved phenomenal growth and development in the area of teaching / learning at Postgraduate and undergraduate level with national and international PhD Programmes. Numbers of other institutions have been established during the last four years.

Our main focus has always been academic improvement and almost complete change of examination system has been made. Recently University has changed annual system of examination to semester system in order to raise the standard of education and bring at par with the other university. I was thinking much earlier to establish skills lab for undergraduate in the speciality of Medical & Allied which has been developed in new block and will start functioning very soon. Students of DUHS are involved in research, for this purpose a research clinical skills curriculum has been designed for the students of each year. It is mandatory for student to write proposal and present papers. Dow University is now regularly publishing the Journal of Dow University of Health Sciences. Professional Development Centre has organized more than 500 lectures and 150 highly specialized Hands-on workshops. In this regard active participation of Alumni in arranging highly specialized skills for faculty members and postgraduate students will be appreciated.

The new academic block has been beautifully raised in front of old academic block. It comprises facilities for 4 lectures halls with all requirements to facilitate students teaching / training including small group teaching. The Digital Library has been established with more than 100 work stations having access to 20,000 medical journals and text books. A new medical college Dow International Medical College with the capacity for 100 students has been established for the Children of Overseas Pakistanis at the Ojha Campus of Dow University with the help of HEC. This Medical College has qualified faculty members. College is also approved by PM & DC.

It is earnestly hoped that the Dow Alumni will continue to support generously to the Alma Mater for bringing greater glory and academic excellence to Dow Medical College.

Professor Salahuddin Afsar
Principal

Report on Dow Retreat 2008

Congratulations! The meeting was a thumping success.

Dear Colleagues,

This was the fifth annual spring retreat following the much celebrated Dallas retreat.
The retreat started with a slow trickle of Dowites all through Friday with bad weather. The hospitality suite began buzzing with Dowites around 3:00 PM and the hotel suddenly started to transform with the spirit of DOW in the hallways and conference rooms.

The aim of the meeting to galvanize the Dowites and bring into focus their energies to service for DOW through building a stronger DOGANA. Although the meeting was arranged on a very short notice, the hard work and labor of the Host committee proved fruitful and Dowites from all over US attended the various functions, CME and General membership meeting.

The meeting had various components starting from poetic and musical entertainment, CME and important discussions and presentations during the General membership meeting. A brief account of the proceedings is presented her. The full version was already published in the May issue of Dowlite International which can be downloaded from the website:

Friday April 11, 2008:

The hospitality suite was chock-full with people enjoying mango lassi and sumptuous appetizers. This was followed by an informal dinner, speech and ensuring an uninterrupted bonding and reminiscing between friends.

Mushaira:

The evening entertainment began soon afterward with a Mushaira under the Nizamat of Past President of DOGANA Dr. Abdul Rehman Abd, which included readings by himself, the famous Dr. Darakhshan Tanveer and a Khalid Irfan, a well known humorist who is known for his work in the North America.

Dr. Nadeem Ahsan then took over the proceedings of the evening with a scholarly introduction to Faiz, delicately intertwined with chosen poetry of Faiz, masterly sung by Bela. The stage was appropriately set with the floor covered by white chandnis and ample GAO takias for people to relax, paan and dried fruit circulated nonstop with an unlimited supply of tea. The evening set the tone for the rest of the retreat "a function done in DOW style" - with nothing less than a touch of excellence and attention to every minor detail. After this initial entertainment Dowites flocked the lobby and old college jokes and bantering continued till the next morning in some cases.
Many of us retired to our rooms for a nap.

Saturday April 12, 2008:

CME Lectures:

Lectures were well organized and continued till noon. Presentations included cutting edge research from a young prodigy of a family at DOWite now at Harvard Medical School, to presenters from Sindh Medical College and some of our own DOWites.

Report on Dow Retreat 2008

General Body Meeting:

The General Body meeting started with brief reports from the President, *Dr. Nasar Qureshi*, and the Executive Director, *Dr. Farrukh Hashmi*. The Secretary, *Dr. Shazia Malik* presented the budget and financial health of the organization. This was followed by report from various committee chairs.

ENDOW report:

In a session moderated by Dr. Salman Zafar, Dr. Sultan Ahmed recapped for members the history and legal aspects of the functioning of Endow. This was followed by an update from Dr. Zia Moiz Ahmad on the current affairs of ENDOW. The members along with the Executive Council inquired about the present state of affairs of this organization. It was stressed by the membership to have a more transparent and accountable proceedings for the Endow fund. Some of the organizational and management issues which were overlooked in the last couple of years were pointed out by the members. Dr. Ahmad assured the audience that he will work diligently to ensure that the short comings noted were appropriately taken care of in a timely fashion.

Saturday Reception / Entertainment:

Our guests from APPNA, Dr. Sajid Chudary, Dr. Manzoor Tariq, Dr. Tariq Mehmood and Dr. Saima Zafar were present along with Dr. Zeelaf Munir. Dowites flocked around these candidates and inquired about their vision and program.

The formal proceeding kicked off with a CME presentation from Dr. Javed Suleman. The main function commenced with a welcome speech from Dr. Qadir Sheikh, chair of the host committee. This was followed by brief remarks from President-Elect Dr. Muslim Jami. Dr. Nasar Qureshi then gave his remarks including introduction of all the past DOGANA presidents and guests from other alumni and chapters who were in attendance. He welcomed the key note speaker Dr. Ayesha Siddiqa.

The keynote speaker, Dr. Ayesha Siddiqa mesmerized the audience with the clarity of her thought and sincerity and conviction in her aims. Her take home points were the role of ISI and military in Pakistan's history and the weakening of our institutions and how to solidify democracy and institutions in our country. This was followed by remarks from Dr. Farrukh Hashmi, Executive Director DOGANA and Dr. Mahmood Alam, President APPNA. Dr. Qureshi then recognized an effort and hard work put in by the retreat committee in organizing such a successful evening and presented Dr. Qadir a personal award to express his gratitude. Dr. Qadir recognized the committee members Drs. Maohammad Aslam, Iqbal Jamgda, Tariq Ibrahim, Mohammad Hameed, Salman Zafar and Abdul Rehman and presented them a token of his personal appreciation. The formal session ended with a presentation of appreciation by Dr. Qureshi, to Dr. Javed Suleman for his immense contribution in organizing a successful CME program, Dr. Mahmood Alam (President APPNA), and the presidents of KEMCANA (Dr. Mubasshir Rana), New Jersey Chapter of APPNA (Dr. Mohammad Siqqique and Upstate New York Chapter of APPNA (Dr. Zahid Asghar).

(Continued on Page 28)

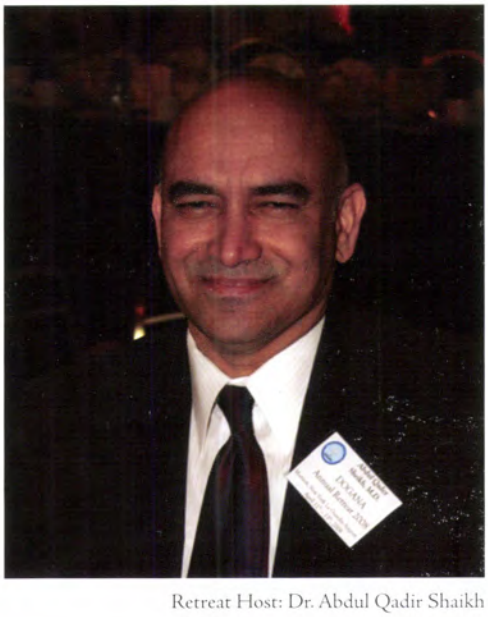
L-R: Dr. Tarq Ibrahim '87, Dr. Iqbal Jangda '84, Dr. Talha Siddiqui '89 and Dr. M. Qadir Shaikh '84.

Album

Dow Retreat 2008

The DOGANA EC 2008; L-R, Adnan Nadir, Salma Agha, Shazia Malik, Nasar Qureshi, Muslim Jami, Mansoor Mahdi, Nuzhat Ahmed, Zafar Iqbal and sitting Farrukh Hashmi.

L-R; Dr. Iqbal Jangda, Dr. Salman Zafar, and Dr. Manzoor Tariq



Retreat Host: Dr. Abdul Qadir Shaikh

Album Dow Retreat 2008

L-R: Dr. Zahid Asgher '85, Dr. Farrukh Hashmi '85, Dr. Muslim Jami '85 and Dr. Zeelaf Munir '89

L-R: Dr. Salim Chowdhrey, Dr. Mansoor Mehdi & Dr. Sultan Ahmed

L-R: Dr. Sultan Ahmed and Dr. Nasar Qureshi

L-R: Dr. Qadir Shaikh '84, Dr. Salman Zafar '79, and Dr. Shehzad Saeed '91

L-R: Dr. Sohail Khan and Dr. Wajiha Karatela, class 1988

On right L-R: Dr. Adnan Nadr, Dr. Salma Agha and Dr. Shazia Malik

Album

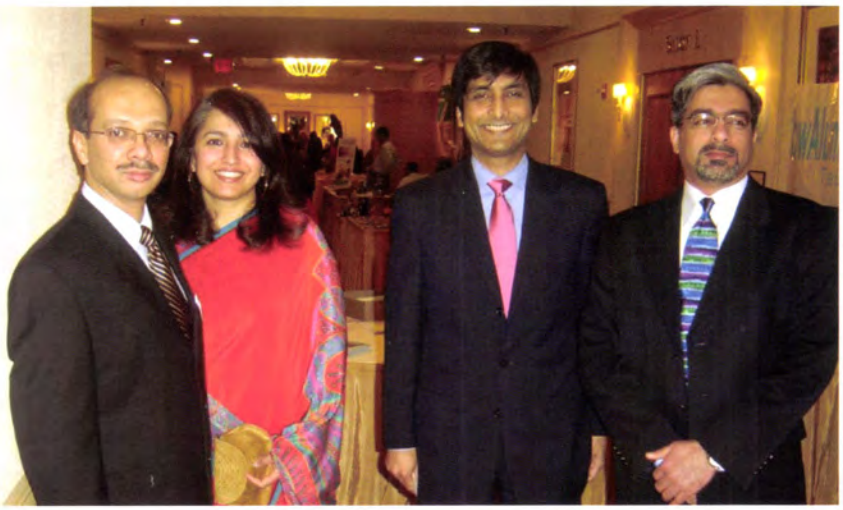
Dow Retreat 2008

L-R: Dr. Sajid Choudhry, Dr. Nasir Gondal, Dr. Mansoor Mohiuddin, and Dr. Talha Siddiqui

The keynote address by Dr. Ayesha Siddiqa

L-R: Dr. Anwar Masood '87, Dr. Tanveer Imam '87 and Dr. Naseem Shekhani ' 82

L-R: Dr. Syed Samad and Dr. Zia Moiz Ahmad



L-R: Dr. Mansoor Mehdi, Dr. Nuzhat Iqbal, Dr. Nayyar Iqbal and Dr. Shehzad Saeed

L-R; Tariq Ibrahim, Talha Siddiqui, Shamim Ahmed, and Farrukh Hashmi

The dinner at the retreat

Dow Students Greeting the Secratary of ECFMG with a display of Cultural Show case

Dr. Shahid Yousuf

Dr. M. Shahid Yousuf has been our very dedicated senior colleague. He is behind many of the most memorable photographs in Dow Publications over the years. He is a practicing Psychiatrist, a graduate of Dow Class 1975. His selfless work is greatly appreciated.

"We are also thankful to Dr. Talha Siddique, Dr. Anwar Masood, Dr. Farrukh Hashmi, Dr. Nasar Quraishy and Dr. Salim Chowdhrey for the photographs.

Dow History - Part I

by Dr. Rizwan Karatela

Sir Hugh Dow 1886–1978

The Biography of Sir Hugh Dow

The Dow Medical College is named after Sir Hugh Dow of the British Empire. Not much information is available about Sir Dow, specially the early days of his life. We know that he was knighted by Queen for his services in the British Army and he held many high positions.

The Governor of Sindh (1941 to 1946)

Sir Hugh Dow rose up the ranks in the British Empire and played a major role in Indian subcontinent and in the middle east region politics. He became the Governor of Sindh in 1941. On December 10, 1945 he laid the foundation stone of Dow Medical College. Little is known about the actual ceremony, we assume there may have been photographs taken and records must have been kept. So far researching has not revealed further details. Interestingly, however we found a reference of him in the information about early Sindhi history where he must have enjoyed some local friends. Here is one such information from his friend named Mr. Lokumal.

Background Info: (source from the Internet)

Mr. Lokumal had good taste and admired beautiful things in life. His collection consisted of Quran Shariff, Holy Bible, and Shrimat Bhagwat Geeta etc. He had spent over sixty thousand Rupees towards his collection and in 1946 the collection was worth over rupees three lacs.

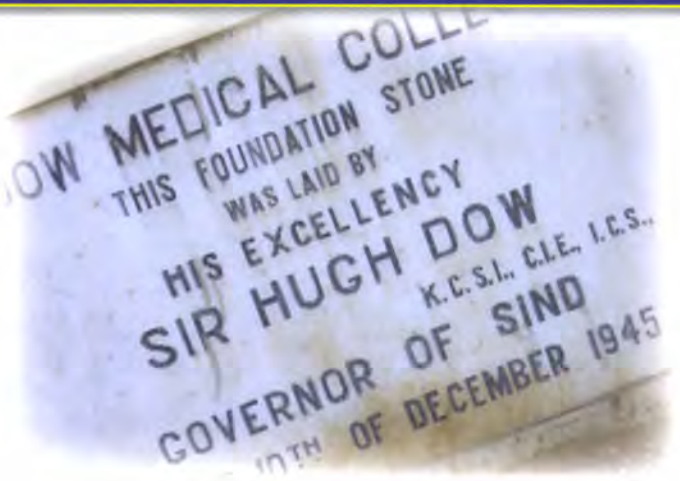
Mr. Lokumal had personal relationship with the Chief Minster of Sind, Sir Gulam Hussein Hidayatullah and other VIP's. Sir Hugh Dow succeeded Governor Sir Lancet Graham. He had learnt of the wide collection of curios, antiques and ancient artifact that Mr. Lokumal had collected, and on Nov. 26th 1944 he called on Mr. Lokumal at his residence to see the same.

Accompanying the Governor were Commissioner Mr. Lombard, Hyderabad's Collector Sardar Bahadur Mohammed Bux, Mukhi Gobindram Pritamdas Saghrani and other dignitaries. After viewing Mr. Lokumal's collection, they had a group photograph taken.

Mr. Lokumal and the Governor Sir Dow became very intimate. The Governor, for the sake of remembrance, sent Mr. Lokumal a photograph of himself and Lady Dow in a silver frame.
Sir Hugh Dow, in June 1946 visited Patna and saw the priceless collection of books in the Library. On June 21st 1946, Sir Hugh Dow, from Ranchi, wrote to Mr. Lokumal about it, asking him to visit Patna and see the collection for himself. Mr. Lokumal had similar rapport with other officials as well, and they corresponded with each other.

Sir Dow is referenced at another times in Sindh Politics as Governor of Sindh in 1942 by an Article by Shamsul Islam in *Indian Currents* 1 June 2003. He writes,

The series of articles on the Dow History Projects will be continued in the next issue. Please send email with information that you think might have historical value.



"One such example is of Allah Baksh who at the grassroots level among Muslims of India organised an effective and massive opposition to the nefarious designs of Muslim League in pre-Partition days. Allah Baksh was the Premier (those days chief minister was known by this designation) of Sind during the eventful days of 'Quit India' Movement of 1942 as head of the 'Ittehad Party' (Unity Party) which did not allow Muslim League to have any foothold in the Muslim majority province of Sind. Allah Baksh and his Party were not part of the Indian National Congress but when British Prime Minister Winston Churchill made a derogatory reference to the Indian freedom struggle and the 'Quit India' Movement in a speech in the British Parliament, Allah Baksh renounced in protest all titles conferred by the British Government.

While announcing this renouncement he stated: "It is the cumulative result of the feeling that the British Government does not want to part with power. Mr. Churchill's speech shattered all hopes." The British administration could not digest this dissent of Allah Baksh and he was removed from office by the Governor, Sir Hugh Dow, on October 10, 1942. This great sacrifice of a Muslim leader for the freedom of the country remains unknown even today"

The Governor of Bihar (1946 to 1947)

With the changing milieu of the British Empire after the World War II. The services of British officers and of the higher rank personals were needed in various parts of the Empire. Sir Dow was needed in the province of Bihar and H.E. Sir Hugh Dow was made Governor of Bihar from 13/5/46 to 14/8/1947. Little is known of his time in Bihar.

The Consul-General, Jerusalem

Sir Hugh Dow, after a career in the Indian Civil Service, had arrived in Palestine in the spring of 1948. Most of us don't know that Sir Hugh Dow played an important role in Middle-East politics. This information is obtained from the references of two books, available from the internet.

The Arab-Jewish Conflict

The British feared the establishing of an independent Palestinian Arab state because it would fall into the hands of anti-British extremists led by the Multi (whose influence the British continued greatly to overestimate, in this ease, as an ally of the Egyptians). The weakness of an Arab state, so ran a parallel argument, would also make it prey to Jewish territorial expansion.

Sir Hugh Dow, the Consul-General at Jerusalem, spoke out in stentorian vein on that subject, in Part perhaps because of his own suspicious and indeed dislike of both the Egyptians and the Jews: As Consul-General, Jerusalem Dow also explained why neither side would ever accept the Bernadotte proposals in any form. His comments conveyed certain psychological as well as political insights:

> *"The Jews are frankly expansionist and refuse to put forward any terms, for fear they should ask for less than changing circumstances and the inefficacy or the United Nations may enable them to grab. The Arabs see little hope of practical help, either from us or from the United Nations, and in consequence the 'in for a penny, in for a pound' school of thought tends to prevail. . . . I do not think it is true to say that the Arabs realize that the Jews cannot be driven into the sea. They feel it cannot be done today, but perhaps it can be done tomorrow, and almost certainly the next day. They are wrong, of course, but that is what most or them think".*

(Continued on Page 31)

Prof Shafi Quraishy

It is indeed an honor for all of us to recognize our distinguished professor. His career, professional achievements and his dedication to the advancement of medical education in Pakistan is unparalleled. His excellent academic career, despite the enormous difficulties he had faced, is indeed inspirational for all of us.

Education:

- J.Q. Adams School, Washington, U.S.A, 1954-1957
- Little Folk's School, Karachi, 1958-960
- Karachi Grammar School, Karachi, 1960-1965
- D.J. Science College, Karachi, 1965 to 1967
- Liaquat Medical College, Jamshoro, 1967 to 1969
- Dow Medical College, Karachi, 1969 to 1973

Academic Records:

- Stood first or second in the class throughout school.
- School Certificate and GCE 'O' level (Cambridge) 1965 in Division One with distinctions in all six qualifying subjects.
- Higher School Certificate, B.I.S.E., Karachi, 1967 First Class First Position with distinctions in Physics, Chemistry and Biology.
- Best Graduate Dow Medical College 1973. Distinctions in Anatomy, Preventive Medicine, Pharmacology, Medicine and Special Pathology.
- Passed the M.R.C.P. (UK) Examinations in ONLY 9 MONTHS after starting work in the UK!!. The youngest Pakistani to date to have achieved this distinction.

Academic Positions Held:

Commencing his career as R.M.O. at General Medicine, Civil Hospital, Karachi. 01-10-73 to 30-09-74 later blooming into the distinguished career over the years in UK and in Pakistan has been a long journey for Dr. Shafi Quraishy

- *Assistant Professor of Medicine*, Liaquat Medical College, Jamshoro and Consultant Physician, Liaquat Medical College Hospital. 10-06-78 to 04-08-79. Started Gastrointestinal Endoscopies for the first time in a public sector hospital of the Government of Sindh.

- *Assistant Professor of Medicine*, Dow Medical College & Civil Hospital, Karachi. 05-08-79 to 20-01-82. He continued with Gastrointestinal Endoscopies. He has one of the largest series of upper G.I. Endoscopies in Pakistan. Introduced E.R.C.P., dilatation, injection sclerotherapy, polypectomy and other therapeutic procedures on as required basis. Started an Intensive Care Unit in Medical Unit 4, Civil Hospital. This has led to the establishment of modern ICU's throughout Pakistan.

- *Associate Professor of Medicine*, Dow Medical College & Civil Hospital, Karachi, 21-01-82 to 26-08-86. Joined Sindh Government Lyari General Hospital

- *Professor of Medicine*, Dow Medical College & Civil Hospital, Karachi. 27-08-86. Youngest Professor of Medicine ever in the College/ Pakistan. Presented initial research from Pakistan on H.pylori infection Internationally. GI endoscopy. Introduced E.R.C.P. Examination on a regular basis in a public sector.

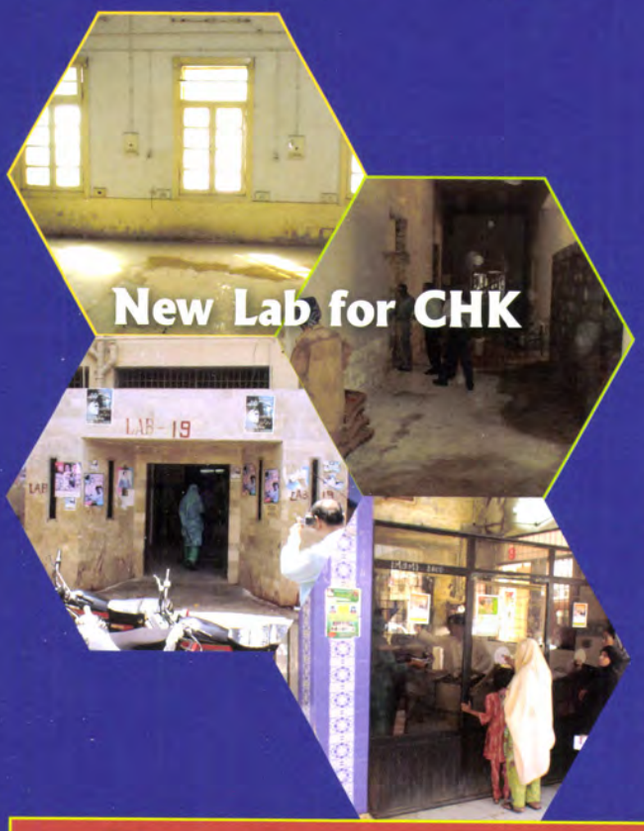
- *Principal, Dow Medical College*, Karachi, Civil Hospital, Karachi and Sindh Government Lyari General Hospital Karachi. 27-08-95 to 28-02-97 Youngest Principal ever of Dow Medical College.

- *Secretary, Health Department* Government of Sindh, Karachi. 03-97 to 10-98. Assassination attempt on life during service.

- *Honorary Senior Research Fellow*, Wolfson Unit, St. Mark's Hospital, Harrow, Middlesex 03-01-01 to 30.5.04. Gastroenterologist and Honorary Consultant in Teaching & Training, St Mark's Hospital, Harrow, 01.06.04 to date. Actively involved in teaching overseas and visiting UK doctors. Presently building a digitised video library. Future work will entail helping in setting guidelines for structured training in colonoscopy as well as a programme for assessing colonoscopists throughout the UK., also involved in seeing patient's in the out patient clinic (with help of course) and conducting medical ward rounds.

Silver Jubilee Project

Giving Back to Dow



The class of 1983 is undertaking a class project under the Operation Giving back to the Alma Mater. Work on a new laboratory has been started under the able leadership of Dr. Mohammad Saeed Quraishy, Dr. Mohammad Nasar Qureshi and Dr. Shahid Naqvi. The New Lab is being built at the OLD ENT II theatre building, Civil Hospital Karachi. The cost of the project is $500,000. The funds are being raised from donations from the classmates. More funds are needed. We thank those who have already donated and request others who have not sent their donations to please do so soon.

Please Donate Generously for the Silver Jubilee Project

Please send checks addressed to APPNA, under the heading memo please write Dow Class of 1983 Project and please mail your check to Shahid Naqvi, 1641 Willow Run Boulevard, Le Mars, IA 51031. The tax exempt certificate for the donations will be mailed to the donors.

Expected Project Inauguration is on 24/25 December, 2008

Class Reunion:

Sunday; December 28 2008

Sheraton Karachi

Project Coordinators:

Dr. M. Saeed Quraishy
Dr. Shahid Naqvi
Dr. Nasar Qureshi

Contact by Email: Nasqdogana@aol.com and snaqvi@frontiernet.net

Dogana Scholarship Fund

Sohail Khan MD

Salma Agha MD

Hassan Mehdi MD

We (DSFC) proposed formation of Dogana Scholarship Fund under DOGANA and Award 20 scholarships every year - $1000 each through the fund. Establish 501-3c status through APPNA so that contributions are tax deductible. Divide the scholarships into two categories.

Category (A)

10 - Scholarships for Children and spouses of deceased and incapacitated Dowites and for incapacitated Dowites or Dowites in dire financial need.

Category (B)

10 - Scholarships / Qersa e Hasna loans for dowites who may use the Awards for either USMLE or interview process for residency in USA

We proposed to have Friends of Dogana Scholarship Fund displayed on the website with Dogana Scholarship Fund, who may contribute $50 per year, With 500 DOWITES members we can raise $25000 / year as an ongoing contribution per year for the fund.

DSF Structure as Approved by DOGANA EC in April 2008

1) Name: Dogana Scholarship Fund (DSF)

2) Formation of 3 member committee, named Dogana Scholarship Fund Committee (DSFC) will be nominated by EC, and will have a three year term -which will oversee affairs of the fund

3) DSFC will always have one member from existing EC as appointed by EC, along with the President of DOGANA as member

4) DSFC will elect a chair, which may be rotated amongst the members and will last one year

5) Aim of the committee will be to help (financially) deserving candidates as set forth in the eligibility criteria, help deserving children, spouses and Alumni of DUHS and establishment of scholarships and loans

6) DSFC will make recommendations to EC/ ED (Executive Director of DOGANA) who will direct disbursement of funds directly in the bank account of the recipients under the auspices of the DOGANA/APPNA 501 3(c) structure

7) A committee will be appointed in Pakistan for selecting deserving candidates, and for disbursement of funds to the candidates

8) DSFC will report to Dogana Executive Committee and update the EC from time to time and whenever requested by EC and will seek guidance from EC

9) DSFC will formulate eligibility criteria for the scholarships and loans (Qersa e hesna) and will make recommendations for scholarships and loans (Qersa e Hesna) to the EC of DOGANA

10) DSFC will formulate its goals under guidance of EC

11) Friends of DOGANA will be established as a supporting platform for the DSF

12) The announcements of the scholarships will be made at the annual summer meeting.

DSF Eligibility criteria:

Category (A)

a) 10 scholarships slots in Pakistan for children/spouses of deceased or incapacitated Dowites or in dire financial need.
b) Each Scholarship $1000 each.
c) Each applicant will be sponsored by a Dowite and seconded by a Dowite.

Sohail Khan MD - mskmd_786@yahoo.com
Salma Ahaga MD - salmahagha@aol.com

d) Sponsorship condition waived if DSFC and EC approve the applicant in case of special circumstances.
e) Incapacitation defined as physical or mental inability to provide for the family as the primary breadwinner
f) Dire financial status defined as below Pakistan's poverty line as defined by appropriate criteria
   - *If above poverty line but unable to meet the educational expenses due to extraneous circumstances.*
   - *Disabled bread winner of the family (latter must be a Dowite)*
g) The needy person/family must make a need's statement detailing the specific situation, which will be duly sponsored and seconded by Dowites. The Dowites, by doing so vouch for the veracity of the applicants' need.
h) The applications will be closely coordinated by the staff at DOGANA Karachi office.
i) The funds will be disbursed by the DOGANA Executive Director/ EC after approval of the application by the DSF and DOGANA EC.
j) The applicant is required to maintain an average of b grade (or equivalent).
k) The applicant is eligible to reapply next year for total of 4 years, as long as;
   - *Financial status remains unchanged.*
   - *Maintains B grade.*

Category (B)

10 Scholarship slots / Qarz-e-Hasna Funds for Residency Interviews / travel or Residency slots

a) Follow same application process and deadlines as above.
b) Pledge to sponsor another candidate after the applicant finishes training as a pay back for the qarz-e-hasna.

HEALTHY HEARTS... HEALTHY HEARTS... HEALTHY HEARTS...

Know Your Risk

Fareeha J. Khan, MD, FACC

Dr. Khan completed her cardiovascular clinical fellowship at Washington Hospital Center after several years of research in cardiovascular disease done at the National Institutes of Health in Bethesda, Maryland. She completed her medical residency through Columbia University after graduating summa cum laude from Dow Medical College.

Dr. Khan is a board certified cardiologist who specializes in invasive and non-invasive cardiology. She is on staff at both Inova Fairfax Hospital and Fair Oaks Hospital. Dr. Khan is also an active member of the American Medical Association, The American College of Physicians, The American Medical Society, The American College of Cardiology, The Medical Society of Virginia, The American Society of Echocardiography, and The American Society of Nuclear Cardiology.

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Dow Class of 1987

Class Get-together December 2007 Karachi

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Dow Class of 1989

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Salman Ahmed
Shahzad Khan

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Cardiothoracic Surgeon

Keith A. Horvath, M.D.
Chief of Cardiothoracic Surgery

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"Hematological Issues in Gynecology & Obstetrics"

Sohail Khan, MD

Dr. Sohail Khan is a graduate of class of 1988. He is practicing Internal Medicine in IL. He specializes in Lipid Management. He has been a past DOGANA treasurer and secretary and has been very active in DOGANA.

It was a beautiful sunny afternoon in Karachi, on May 22, 2008, while sipping on *Falsa Ka Sharbat*, I, Dr. Humera Jamal and Dr Ayesha went to Marriott's Karachi. The occasion was the launching ceremony of our classmate's new book titled, *"Hematological Issues in Gynecology & Obstetrics"*.

We were glad to be at this very professional meeting, attended by more than 250 Dowites and other eminent members of Karachi medical community. It was specially exciting for us to learn that the book and the original work done by our classmate, Dr. Tahir Shamsi, Consultant Hematologist & Transplant Physician. The other author of the book was Dr. Nazli Hossain Associate Professor DUHS, Department of OBGYN.

At the meeting, Dr Tahir Shamsi pointed out that 60 million pregnant women worldwide are anemic. The prevalence of iron deficiency and anemia in pregnancy varies among countries. Worldwide, the prevalence lies between 25 and 50 percent, reflecting race, socioeconomic factors, nutritional habits, medical care and the frequency of malaria and other parasitic illnesses. The prevalence of anemia during pregnancy in developing countries ranges between 35 and 75 percent. It is lower in developed countries, with estimates of 18 to 20 percent.

In countries like Pakistan, where Thalassemia is prevalent, carriers of these disorders who develop concomitant iron deficiency pose a difficult diagnostic and therapeutic challenge for obstetricians and hematologists to diagnose them early and correctly, and then take appropriate steps for prenatal diagnosis if needed. Conventional iron replacement in hemoglobinopathies results in sub-optimum response

About 5 to 8 percent of the Pakistani population carries the Thalassemia gene. This means up to 10 million people in the country have Thalassemia minor. When both parents have Thalassemia minor, there is a 25 percent chance that they are going to have a Thalassemia major child in each pregnancy. Prevention of Thalassemia requires that marriage of two carriers should be discouraged, those who are already married, must undergo choroinic villous biopsy at 12 weeks of pregnancy to detect if the fetus has Thalassemia major and offer termination of pregnancy.

Dr Nazli Hossain spoke on bleeding disorders in women. These include menorrhagia and Von Willebrand's disease. Menorrhagia affects 18 million women globally; 20 percent of whom have underlying blood disorders, it is estimated that one percent of the Pakistani female population is suffering from Von Willebrand's disease and many present with post-partum hemorrhage.

Society of Obstetricians and Gynecologists of Pakistan President, Dr Shershah Syed, said that the most dangerous drug available in the market is "blood." He spoke about his experience at a government hospital in district Nawabshah, and said that 80 percent of patients suffered from anemia. He pointed out that he had recently treated 17 patients in Mirwah. eight of whom were suffering from hepatitis on account of the blood products they received.

This book will certainly be an asset and it will be a great resource in educating and promting further awareness in this very important area of healthcare in Pakistan. As I understand there are only a few reference books available in this area. If you are interested further to review this book you can contact the authors or publisher as follows:

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Are we Heading in the Right Direction

Tanveer Imam, MD

Dr. Tanveer Imam is a graduate of class of 1987. He is practicing Gastroenterology in PA. He is the chairman of Dow Social Forum Committee.

FOREIGN born physicians and scientist have played a pivotal role in placing the United States of America as the world leader in medicine, engineering, physics and other fields of science. More than half of all American Nobel laureates after 1990 are foreign born scientists. Cohort of refugee physicists inspired by Albert Einstein, pioneered work in nuclear science. Countless other scientists, with their enterprising research, have exalted the American economy. From discovery of Streptomycin, plastics and "Google" they have enriched our society and helped create new jobs.

While America has welcomed foreign students in their universities by subsidizing their education in physics, engineering, computers, medical sciences and other disciplines, thanks to our myopic immigration policies, thousands of bright, intelligent and innovative scientists are forced to leave the country and are not integrated in our work force. All this may be fair but in the face of chronic shortage of American born scientists, this policy seems dysfunctional.

Currently, foreign students hold 58% of postdoctoral positions in our universities and at the National Institute of Health the "citizens" occupy only 42% of clinical, research and postdoc fellowships. Due to the strict visa and immigration policy and due to heightened international competition and for the fact that there is dearth of American born scientists, there is a growing concern within academe and scientific circles, which foresee a threat to American domination. Microsoft's Bill Gates warned that American companies "face a severe shortfall of scientists and engineers with expertise to develop the next generation of breakthroughs."

This year alone, over 165,000 applications were filed for H-1B visas and half of them did not qualify. American corporations who are clamoring to pick up foreign students, especially those who are educated at U.S. universities are meeting obstacles in the visa process. In April, U.S. Citizenship and Immigration Services were so swamped that they stopped processing applications in just five days. A computer lottery than generated a list of recipients.

In the field of medicine, the situation is not much better. In Massachusetts the average time for a new patient to see a primary care physician is 52 days. A little under half of practices are not taking new patients. Physician recruitment in primary care and sub-specialties is getting tougher every year. International Medical Graduates have been an integral part of the American rural health care delivery. They have served in remote physician deprived areas, settling down in those communities and helping local economy.

The Washington Post in a recent editorial writes, "The truth is, America is feebler place without a continuing and adequate flow of foreign-born brainpower. America's loss of foreign born experts translate directly into gains for China, India and other rapidly developing competitors".

The Congress needs to address the current immigration policy, as it is the American people who eventually will bear the loss. Not only do we need to liberalize immigration but also revise our curriculum and lower tuition so that we produce more American scientists who can keep America ahead of the game in years to come.

Notes From Across the Wall

By Syed Nadeem Ahsan, Dow Class 1989

...from the archives... this article was published in a campus publication in 1988. Written soon after the wall was erected to physically separate Dow Medical College from Civil Hospital Karachi, it describes life at Dow in the 80's – the banning of student unions, the frequent closures, Zia's Islamization of Pakistan, exam delays, etc. The names have been changed but the account is largely factual. The author is a 1989 graduate of Dow

Like most of his fellow sufferers, Dilber Dehalvi, our hero, was born in the early 60's, that fateful period when the "Pill" hit the scene (1960), Hemingway killed himself (1961), JFK was assassinated and Zeiss-Ikon introduced the first 35mm SLR with auto exposure (1963), the National Assembly approved the Presidential Election Bill that called for holding of elections on the basis of Basic Democracies -- to allow Ayub Khan to continue his illegal rule (1964) and the 17-day Indo-Pak war broke out in which East Pakistan was left undefended (1965). He knows of the days gone by, Dhyan Chand and Mohammad Ali, of Scarlett O'Hara and straight sex and wonders why his seventh reincarnation had to occur when it did. Dilber lives on, condemned but not reconciled, to witness the birth of a new brand of Islam where the man with a goatee and turban decrees that a man without a beard or a woman without a chadder is a lecherous heathen worthy of

Farah Naz Keshwani and Sadia Ahsan (1987) in the parking lot. Circa 1985

hell in both worlds. Living in the days of such monstrosities as Michael Jackson, the blasphemous Madonna, AIDS, the Hudood Ordinance, the African famine, Zia ul Haq and the morbid fear of the mushroom cloud, Dilber dreams of better days.

Dilber remembers his initiation at Pow Wow Medical College. A fresh lot of intermediates troop in, ready for the interviews. They greet old friends from school who've also made it. Dilber's surprised to see some of the clowns who now stand on the threshold of becoming potential healers. Hell why not, it's supposedly a free country with equal opportunity for all they say, even if some of the all happen to be advanced meatheads. The interviews are unusual in the sense that all that the interviewers are interested in inquiring from the interviewees are the pronouns by which they and their respective padres are known by.

First day in college. Dilber remembers the almost palpable excitement. The boys, in boisterous bands, attempt to make an early impression on everyone and some succeed in making utter chumps of themselves. Dilber watches, aloof but amused as the girls strut by, preening their feathers while the boys set about the task of compiling their lists of girls worth the bother. The criteria for selection though at times lewd, are interesting. Dilber recalls the instant admiration that is generated if a boy manages to strike it off with an attractive girl. And he remembers his first lecture. The whole pre-clinical teaching section welcomes this newly arrived batch of innocents and wastes little time in transforming the euphoria into boredom and eventual alarm as (what should have been) the class of 87, faces some of the teachers who would be imparting their time hallowed or rather age-worn bits of knowledge, of the basic medical sciences.

The first two years in college, though not entirely eventful, are none the less quite memorable. Dilber recalls the characters of the class as they slowly surface/evolve, like the "Wild Cape Buffalo", the Lizards major and minor, the Cows maximus and minimus, Thumbelina, the Scaffolding, the Horny Paleface, the A**hole, the Fags, the Iceberg, Smiley and Gulabo Maasi to name a few, some benign others positively abrasive but most quite entertaining.

Memories of grotesquely mutilated cadavers reeking of formalin and the man called Macabre-uddin, who along with his cronies sold all salvageable viscera to remorseless students, still send shudders down his spine as Dilber remembers the endless hours of meticulously trying to master human anatomy, spent, as he was to discover later, mostly in vain.

Class Get-Togethers arranged to alleviate the monotony of day to day existence are big social

events. Dilber remembers the "Crystalline Roundup" when everyone showed up in their most formal threads only to be subjected to the endless croak of class crooners. Class Picnics, going to the lovely beaches on the Arabian Sea coast, armed with live bands are innovative albeit anemic attempts by young people to enjoy themselves. The idea of a great time is for splendidly over-attired girls and boys to sit under the blazing sun in segregated bands and munch on greasy chow from paper boxes, while listening to some sordidly insipid sound emanating from the make-shift platform on which amateurish musicians blast our their own humorously contorted versions of popular tunes.

The First Prof Exams at PWMC are an experience Dilber will not forget in any degree of hurry. Midnight revelations about what questions would be the next afternoon are a great help, not to mention the novel and at times downright brilliant methods of cheating that are widely subscribed. But the blatantly militaristic attitude of some of the examinees takes all the fun out of good honest to god cheating, by their unabashed intimidation of the invigilating staff, whose primary concern is to keep vigil over the safety of their own necks.

A class-crooner in action. Circa 1983

The results are announced, everyone's passed. Now comes the crucial moment in the life of every student of PWMC. The question of the hour is, who to make a clinical group with. Hilarious scenes are witnessed as boys go around, sheepishly inviting girls of their choice to join their respective clinical batches, who in turn, in the hope of landing more desirable boys keep everyone hanging in mid air till the last moment. The juggling and jostling goes on till the names are finally submitted, the end result leaving, in most cases, everything to be desired.

The students of PWMC are irrevocably divided into three factions, the leftist REDS, the ultra-rightist GREENS and the spineless centrist YELLOWS who in spite of being in majority have been systematically battered into becoming a body of gutless and blind shrimp that can all be led to slither in any direction, and at times all six, by people who bear more than a passing resemblance to Orwell's Big Brother. It is in First year that Dilber hears about the much revered "Academic Council" for the first time, a gathering of eminent academicians who alone could do nothing and together could decide that nothing could be done about the sorry state of affairs prevalent at the so-called elite institution. All sorts of committees and sub-committees came into existence in PWMC, bringing to mind Blake's definition of one, quote, "the unready appointed by the unwilling to do the unnecessary". The Government, to suppress student participation in politics, bans student unions, a measure taken allegedly to bring order to the strife-torn educational institutions of Pakistan. The effects of this hopelessly retrogressive step become apparent immediately as students protest and the administration fails to run the show with any semblance of efficiency.

Dowites digging up turtle eggs at Sand Spit, circa 1986. L-R: Tariq (TC) Chundrigar, Inam Pal and Nadeem Ahsan.

In G Major: Cyrus (Guitarman) Mobed with Junaid, Nadir and Zubair. Circa 1984

Its been six years already since Dilber joined PWMC and just having made it to final year he anticipates a good year before he can claim his degree. The reasons for the five year course being so painfully protracted need not be delved into, for fear of being tiresomely repetitive. Suffice it to say that the college was until recently, as ever, closed, this time, to allow the unhindered erection of the already infamous wall separating the college from the hospital. The idea behind this latest act of stupidity being that should another bomb explode in Karachi (and it

Placenta-fed fat cats on a patient bed at Gynae Unit III, CHK. Circa 1985.

(Continued on Page 28)

continued from page 27

Notes From Across the Wall

will if the president is to be trusted), the rulers may be able to have their publicity photos taken with the victims lying in the hospital without having to contend with the students who have made such hypocritical gestures very difficult to perform in the past.

Dilber Dehalvi, our hero and eternal optimist, believes that the rot can yet be halted. If only the men in power could get their heads unstuck from the sand and attempt to take the rampaging bull by the gonads, things might be different. The reduction in the number of seats in medical colleges and the beefing up of administrative power are attempts in the right direction, the results of which remain to be seen.

Everyone's Punjabi for the day. Circa 1985. Members of class of 1987 pose in front of the Anatomy Hall.

Much time for extracurricular activities at Dow in the 80s. Boat Club circa 1987. Victorious Dow crew after the regatta: Pheroze Tamboli (coxswain - right), Nadeem Ahsan (center).

So, Dilber sits by, twiddles his thumb and then some more, and remembers . . .

". . . so from hour to hour, we ripe and ripe,
And then from hour to hour, we rot and rot,
And thereby hangs a tale".

Shakespeare, As You Like It.

continued from page 9

Dow Retreat 2008 Report

Sunday April 12, 2008:

On Sunday Morning, a scrumptious breakfast awaited the tired Dowites. Halwa Puri, Channa and Achaar were served to the early birds. The entire food arrangements for the retreat were done by Dr. Mohammad Aslam and as we all know good food is half the success of any good program and he deserves all the credit for keeping us smiling. Once breakfast was over, friends said good bye to each other and the program ended. In the end as our President said,

"As President of the DOGANA, I must confess that the meeting far exceeded our expectations. I again express gratitude to all the organizers and the participants who made this meeting a thumping success".

With Compliments

From

Dr. Rashid Nayyar

CONSTITUTION AND BYLAWS COMMITTEE

M. Wajid Baig, MD, FACC

The present DOGANA Constitution and Bylaws have worked well for our association for the many years that they have been in existence. As our organization grew, the leadership felt that we needed to update this document. Updating a document as important as a Constitution is not an easy task.

This process has taken over two years, many late night teleconferences and hundreds of e-mails, multiple revisions and open discussions at several forums including the Annual meeting as well as retreats. This is a good sign. The revision process generated a lot of discussion and participation from dozens of thought leaders in the association. The draft document has been posted on the website and will be discussed at the General Body Meeting in Washington DC.

What the CABL committee is presenting is an "amendment" to the present document. When approved this shall replace the present Constitution and Bylaws. As our organization continues to grow and mature, there are provisions in the document which can help us in amending articles as necessary. It may be a cliché, but a Constitution is truly a "living document" which works allows any organization to grow and adjust as necessary. It took a lot of hard work from many people to get this document to the membership. I am sure I will forget several names if I attempt to thank them all. Please join me in thanking all the committee members as well as other members who participated in this process.

DOW SOCIAL FORUM COMMITTEE

Tanveer Imam, MD

The "Social Forum" of DOGANA has become an iconic program of our annual summer meeting. Keeping up with the tradition of our past programs, "Social Forum 2008" is expected to be a stimulating and educational discussion for its participants. This year we will proudly host this program in conjunction with Allama Iqbal Medical College Alumni Association (AIMCAANA).

The topic of discussion is "U.S.-Pakistan ties: Friends or foes?" The luminaries expected to grace the program as discussants are Munir A. Malik, former President of Pakistan Supreme Court Bar Association, Hussain Haqqani, Pakistani Ambassador to the U.S.A., Talat Hussain, Executive Director of news and current affairs AAJ Television, and Lisa Curtis, Senior Research Fellow at the Heritage Foundation. Dr. Kamran Asdar Ali (Dowite 1987) who is an Associate Professor of Anthropology and Middle Eastern Studies at University of Texas, Austin, will moderate the program.

I am thankful to Drs. Nasar Qureshi and Babar Cheema and members of executive council of DOGANA and AIMCAANA, for their patronage and guidance. The members of social committee, which includes Syed Amir Raza, Co-chair of social forum committee, Hussain Haidri, Jamil Farooqui and Junaid Syed for their untiring efforts in arranging the program. I am also thankful to Dr. Zafar Iqbal without whom the arrangements would not have been possible.

DOGANA

Committee Reports

Publication Committee

Rizwan A. Karatela, MD, FACC

2008 has been a dynamic year for the print and online interaction among Dowites. With the pioneering role in web presence of Dow alumni, the progress continues and now our imprint is in electronic medium. The diligent work of the publication committee is evident in the new electronic medium, again the first by Dow, the PDF magazine, *Dowlite International,* a revival of the old Dow tradition. In the print medium, Dow Link, summer issue is your hands.

For an organization, the effective communication medium is the key to success. We are happy that more Dowites are embracing the technology, using the internet and emails. This has allowed us to effectively use electronic medium. We feel that the success of publication, print or electronic, will depend on the availability of materials contributed by fellow Dowites. We believe that there is no dearth of talented Dowites who can write well. We ask all who write and who can contribute in any other way to help. Our next Dowlite International and Dow link Issues await your participation. Please email your articles, photos, news items and material to us.

Each member of the publication committees has worked hard to acquire and compile the material for it to be published. I am greatly thankful, to Shamim Ahmed, Tanveer Imam, Shehzad Saeed and Nasir Shahab. It has been a very rewarding team work and hopefully we will be able to produce more in the coming months. Please keep visiting DowAlumni • Com

Communication Committee

Nasir Shahab, MD

After many months of planning and testing we are pleased to announce the launching of the Dow Alumni website. It has been re-designed and revamped to include common tools available for networking and better interaction. This will ensure better experience.

As you will notice, the website has both secured and unsecured sections. In order to enter the secured area, log in ID and password is required. Those who are members of DOGANA and those non members whose emails are with the DOGANA will receive an email from the admin of the website with their user ID and password. All other Dowites can go to the registration section and fill in the application form and choose their own ID and password. Please note that once the ID has been issued it cannot be changed; however the password can be changed online anytime. The updating of the website is a continuing process. If you have suggestions to improve any area of the website, please do send us an email. Remember, this is your own website. You own it. Please browse and participate actively. We want all Dow graduates, irrespective of their country of residence, to fill in the data bases section in order to carry forward the dream of WADA. By your cooperation we can make DowAlumni.com a web of all Dowites. We are thankful to Rizwan Karatela who throughout this project has provided with his immensely valuable and practical expert opinion. Without him we would still be struggling. Also we are very grateful to Munira Ajmal, the web developer from Mufice.com who made it possible for DowAlumni to have a very professional web home.

Now that the website is active, please visit it every day and let us know your thoughts. All comments whether positive and negative will be appreciated. Pass the news to your own class lists and other Dowites. The website is DowAlumni • Com

Message From Host Committee Chair Summer Meeting 2008

by Talha Siddiqui, MD

Dear Dowites:

Welcome to the DOGANA Summer meeting 2008 at Marriott Wardman Park in Washington, DC. As Chair of the Host Committee I feel immense delight for hosting this stimulating event for the Dowites.

As an Alumnus which is continuously increasing in numbers it is heartening to discern the participation of junior physicians in administrative and advisory roles.

I would like to thank my team consisting of Dowites from almost every class of DOW. They have supported me and helped me in times of distress and overwork. I would particularly like to thank Dr. Anwar Masood, Dr. Mansoor Mohiuddin, Dr. Rashid Nayyar,Dr. Nasar Farid Khan, Dr. Fareeha Khan, Rizwan Ali and Dr. Sohail Qarni for their inestimable contribution towards this meeting. I am indebted also to Dr. Rizwan Karatela for his advice and encouragement.

Our Quaid, Muhammed Ali Jinnah tried to inspire Unity, Faith and Discipline in us. We all have our faiths and we follow them willfully or blindly. We all are disciplined and that is why we are successful physicians. The only element lacking is Unity, Unity and Unity. Remember the "fist" of Liaquat Ali Khan? This is what we require to surpass other individuals and communities in the field of politics, social welfare and education. Dowites have enormous aptitude to become leaders in whatever turf they select. If we can be Program Directors, Chief Residents and Medical Directors, why not lead our organization with the same dynamism and fervor.

In the end, I would really like to thank Dr. Farrukh Hashmi, Dr. Nasar Quereshi, Dr. Muslim Jami and the Executive Council which entrusted me with this valuable opportunity to serve Dow and Dowites.

Long live Dow and Dowites!
Talha Siddiqui

continued from page 15

The pessimistic analysis carried weight in part because of Dow's own past experience in dealing with comparable problems. He was an old Indian hand. After a career in the Indian Civil Service, he had arrived in Palestine in the spring of 1948 only to see repeated, in his view, the worst of the tragedy of the partition of India. After Bernadotte's assassination he made one particularly revealing remark about the Arab reaction. That was at a time when the newspapers throughout the world had emphasized the abomination of Jewish terrorism. According to Dow's reading of Arab opinion, the Arabs had much better grounds than [the] Jews for desiring elimination of [the] Mediator'—Bernadotte after all had accepted the existence of the Jewish state. The comment served as a reminder that the British were still attempting to reconcile two equally extreme forces."

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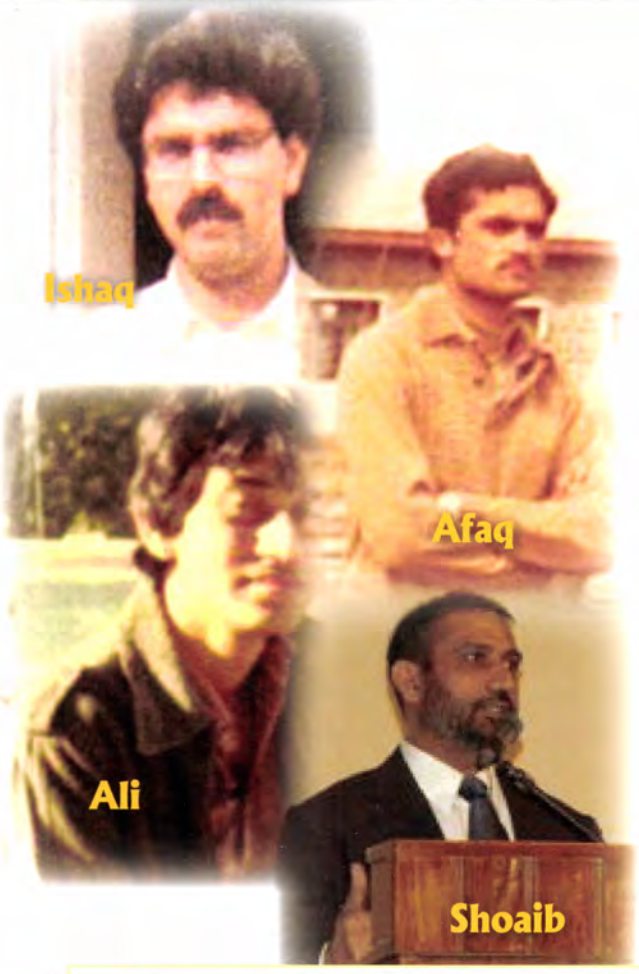
Compliments from

Dow Class of 1985



In the memory of our class fellows

Dr Shoaib Tauheed

Dr. Ishaq Bawa

Dr. Afaq M. Butt

Dr. Ali Ahmed

Adopted from Shakespeare

Their lives were gentle; and the elements
So mixed in them, that Nature might stand up,
And say to all the world,

THESE WERE THE MEN!

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