



*Empowering APPNA together  
One drop at a time*

**Mahjabeen Islam, MD FAAFP FASAM**  
Director, APPNA Qatra Fund

# PAKISTANI-AMERICAN PHYSICIANS IN NORTH AMERICA

- Total: 15,000-18,000
- APPNA members: over 3000

These physicians are blessed with the highest education and great financial prowess

# APPNA ACHIEVEMENTS AND COUNTING

- **Membership Services:**

- CME, Membership benefits, Networking, Specialty Groups, National and International meetings, Hajj and Umrah trips, Young Professional Network

- **Philanthropy and promoting better health care:** Since its inception we estimate that APPNA members have donated over 50 million dollars in time and money for charity. Some of the current projects are:

- Eye Camps: About 20 eye camps every year in Pakistan, Clean water Wells, Free Clinics: APPNA members run or involved in over 20 free clinics in USA, National Health Care Day, Food drives and soup kitchens in local communities, Disaster Relief for earthquakes, floods, hurricanes, heat wave, tsunami and tornadoes in United States, Pakistan and around the world, Alumni programs for their alma maters

- **Education, Research and Transfer of Expertise:**

- Educational programs and workshops for institutions in Pakistan, Long Distance learning: MERIT program, Telemedicine, APPNA institution of higher learning in United States, Scholarships to medical students in Pakistan, College scholarships in United States, Education for preventing Childhood obesity in United States, APPNA Institute of Public Health

- **Helping Young Physicians:**

- Expediting young physicians' visa process, Low cost housing, Centralized program for electives and Observorships, Limited Loan Program for medical graduates.

- **Advocacy:**

- Legislative affairs with special focus on health, immigration and countering religious extremism, Image building of APPNA, Fostering peace, harmony and engagement with local communities, Polio Eradication in Pakistan, Advocacy and education for Hepatitis C prevention in Pakistan



## WHAT DOES \$50 OR \$100 BUY?

- Dinner for two to four at a moderately nice restaurant
- A moderately good pair of ladies shoes
- A dress (for work and not a formal Pakistani one)
- A round of golf



# CONCEPT

*Qatra qatra darya ban jaata hai*  
Drops accumulate to form a river  
***Empowering APPNA together***  
***One drop at a time***

# WHAT IF?

What if each one of us contributed \$50 or \$100 every month to the APPNA Qatra Fund? **APPNA**

- Would become a **financial powerhouse**
- Gain immense **social and financial clout**
- Become an **entity that matters** in N.A.



# HOW THE DROPS ACCUMULATE \$100/member/month

Based on **3000 members** (Principal+Interest)

- \$3.6 million each year
- In 5 years: over \$18 million
- In 10 years: over \$37 million.

Based on **1500 members** (Principal+Interest)

- In 5 years: over \$9 million
- In ten years over \$18 million.



# AIM OF THE QATRA FUND

- So APPNA is **not threatened with financial stringency.**
- Project APPNA's **humanitarian and medical mission**
- Harness **medical expertise** of APPNA physicians
- Harness **talent** of APPNA Alliance members
- **Create projects** that give back to the community.
- **Change the image** of Pakistani-American physicians in North America and get us our rightful place as dedicated individuals that care about our communities.
- **Attract new members** to APPNA: we want the other 15,000 physicians of Pakistani descent to become members of APPNA.



# PROJECTS



- **APPNA Free Clinics:** The APPNA Qatra Fund would finance APPNA Free Clinics. We plan to have an APPNA Free Clinic in every major city in the United States.
- **APPNA Young Physicians Houses:** New medical school graduates need a residence during interviews and their search for residencies or jobs. Our aim is to have an APPNA House in every major city in North America so we can help them get a great start.
- **APPNA Medical Corps:** volunteer group of APPNA physicians who can be deployed at the time of a disaster and during peacetime to perform free medical care and procedures to people in need all over the world.
- **APPNA Soup Kitchens:** there is rising poverty and homelessness in the United States and APPNA soup kitchens would make a difference to many needy communities.
- **APPNA Women's Shelters:** In cooperation with APPNA Alliance, APPNA will create women's shelters to help the numerous victims of domestic violence.



# ONLINE DONATION

- [appna.org/qatra](http://appna.org/qatra)
- Click donate button
- Enter donation amount
- Check the “Make this Recurring (Monthly)” box.
- Donation amount will be charged to your credit card every month



## **ONLINE BANKING**

**(Bank sends a check to APPNA)**

- Create a new payee and make it APPNA.
- Set up a monthly withdrawal of \$50 or \$100 or whatever amount you wish
- Enter “no end date”
- Enter APPNA’s address: 6414 S Cass Ave, Westmont, IL 60559. Telephone: 630-968-8585

# **KEY CONCEPT**

***A continuous inflow of  
money to APPNA***

***Empowering APPNA together***

***One drop at a time***



## AMAZINGLY SIMPLE IDEA

***The APPNA Qatra Fund is **an amazingly simple idea that** you can be a part of to change APPNA. You will **also positively impact the North America that your children will grow up in*****

***Any amount per month is great!***

***A little bit goes a long way***

***Empowering APPNA together***

***One drop at a time***