APPNA
39th ANNUAL CONVENTION

PREVENT . HEAL . EMPOWER

August 3 - 7, 2016
National Harbor, Washington D.C.

PREVENT . HEAL . EMPOWER

Thank YOU for your help in making APPNA achieve!

- A free Medical Clinic in Karachi Pakistan
- APPNA free clinics across United States, proudly organized by our chapters.
- The APPNA National Health Cared day (in October)
- Eye Camps all over Pakistan with LRBT
- A school in Munirabad in association with TCF
- A need based USA college Scholarship
- A need based scholarship for Medical Students in Pakistan
- Ramzan Food distribution in Pakistan
- Making possible the treatment for Lukemia Baby Eman Harris
- Continued support of Water delivery systems in Thar
- APPNA house in NY and PPS house in Chicago for our young graduates from Pakistan
- Active guidance and help provided to our graduates by the Young physicians Committee
- Weekly lectures to more than 30 institutions in Pakistan by MERIT
- Telemedicine services to physicians and institutions in Pakistan
- Childhood Obesity awareness and counselling programs for schools
- APPNA Medical Corps mission to Guatemala

We hope YOU enjoy:

- APPNA Job Board
- APPNA Find a Doctor Program
- The benefits of lower cost credit card processing for your practices through Worldpay
- Discount in Hotels across Pakistan
- Car rental discounts by major companies across USA

Convention Chair's Message

Dear Appna Friends,
On behalf of the Organizing Committee, I am delighted to welcome all the registrants and their guests to National Harbor, Maryland for the 37 th APPNA Summer Convention that will take place from August 3 to 7, 2016 . This is APPNA's largest annual event and it will give participants a platform to exchange ideas, discover novel opportunities, reacquaint with colleagues, meet new friends, and broaden their knowledge. The conference will held at the Gaylord National Resort, which is a spectacular Convention Center on the beautiful waterfront of Potomac River.

We are pleased to have an excellent CME program along with several other philinthropic, social and entertaining banquets and events.

All of the members of the local Organizing Committee from DMV region wish you a superb conference experience and a memorable stay at the Gaylord National Resort.

Personally, I would like to thank President Nasar Qureshi for providing me and my team with the opportunity to arrange this Convention. I would also like to appreciate the voluntary efforts of the entire host committee during the preparation for this event.

Thanking you,
Talha Siddiqui, MD
Chair, APPNA Convention 2016

Host Committee

Chair : Talha Siddiqui, MD - Host Committee Summer Convention
Co Chair ; Rashid Nayyar, MD
Co: Chair: Tariq Mahmood, MD

Members:

Hameed U Peracha, MD	Zubair Niazi, MD
Mohammad Akbar, MD	Muhammad Mansoor Mohiyuddin, MD
Tahir Shaikh, MD	Khalid Ali
Pervez Khatri, MD	Samia Piracha, MD
Sonia Rahman, MD	Sohail Qarni, MD
Irfan Saeed, MD	Jawad Hasnain, MD
Habib Chotani, MD	Tayyib S Rana, MD
Sabahat Nawab, MD	M. Azim Qureshi, MD

Musha'era Committee:

Chair: Salman Zafar, MD

Members:

Shagufta Naqvi, MD	Sohail Maqbool, MD
Abdul Rehman Mamsa, MD	Syed Anwar Ahmed.MD
Shamim Sulman, MD	

Arts Exhibition Committee:

Chair: Adil Jamal Akhtar, MD

Members:

Asad Abbas	Salma Niaz
Adil Ahsan	Jiya Abbas
Sadaf Qureshi	Nadeem Ahsan

President's Message

Dear APPNA Family,
As I started to write this message, I received a text from the Chair of the Membership Committee, which read "With Grace of God we are safe". I knew he and his family were in Europe, so I checked the news, and read about another cowardly act of gun violence in Munich. We live in a world which is very different than most of us grew up in. If we do not do something to change it, we will have no one else but ourselves to blame, for leaving a scarred world for our future generations. At the APPNA 39th summer convention we have organized two forums to express and share our concerns and discuss means of tackling the violence around us. I hope you all will ensure that you attend these special events on August 5th and 6th, and make them successful. Much more importantly, we will, as a community, have to do more than discuss in closed rooms, and I hope we can define a path forward from here on, in these meetings.

It is an honor to welcome you all to the 39th Annual APPNA convention. I will like to thank the Chair, Dr. Talha Sidiqui, and members of the host committee for their tireless effort to ensure the success of the convention. They have arranged a very exciting program, packed with CME, multiple social forums, Alumni dinners, and an exciting entertainment program, besides programs by other philanthropic and advocacy societies and community organizations. We will also be showcasing the tremendous work you all are doing as members of APPNA, as well report on some of the newer initiatives of APPNA, such as, The APPNA Foundation, The Qatra fund, need based College Scholarship for our children here in US and our programs in Pakistan. We are excited to introduce "Art for a Cause", a showcase of art work from our members and families, donated for fund raising for APPNA's philanthropic efforts.

The summer convention would not be possible without the tireless efforts of Mr. Tipu Ahmed and Mr. Laiq Siddiqui. Ms. Jennifer Wozniak, Director of Operations and our Staff members, Mr. Nicholas Suh and Ms. Karolina Strack, who have worked diligently to ensure the success of the convention. To all of them, APPNA is a passion, not a job, and I am thankful to them for that.

Throughout the convention we will be highlighting the selfless efforts of hundreds of members, who contribute to the success of various APPNA projects, especially the committee Chairs, who dedicate endless hours in ensuring successful programs. Please join me in thanking them, and please do take a moment to appreciate their efforts on the convention floor.

The convention will not be possible without the support of all our vendors, exhibitors and advertisers. Please take a moment to thank them when you walk through the exhibit hall, especially medical and commercial exhibitors, and philanthropic organizations

Last but not the least; I am personally thankful to all of our members for supporting APPNA, and its programs. I am especially grateful for the kind and humbling words of praise and encouragement, and sincere and constructive criticism that you have shared with me over the year. I look forward to meeting all of you and renewing old friendships, as always.

M. Nasar Qureshi, MD, PhD

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President-Elect's Message

Dear APPNA family,
As I was planning to write this message and talk about my lofty goals for 2017. I wanted to reach out to you all and start a conversation about how together we will reach new goals and objectives that I outlined during my election campaign. Then a tragedy happened very close to my home, a shooting at a club in Orlando which took the lives of 49 innocent people and injured 53 seriously. It shook the whole world; Orlando community and the whole nation were mourning the senseless murders while media was in frenzy. Unfortunately and to our dismay, the identity of the killer was classified from his religion Islam and not a confused, hate ridden American citizen that he indeed was. While the news was fresh in everyone's mind, the news of horrible killing of famous sufi singer & Qawal shocked his fans all over the world. Again another murder in the name of religion, it seems.

APPNA has always condemned such acts of violence and terrorism in any shape or form and has protested against such acts by giving statements to press, officials. This time APPNA took a bold stand and stood by the grieving American citizens in Orlando, exhibiting an act of humanity which was well received by citizens. The news about the Orlando vigil must have reached you via blast emails. The reason I am writing about it is because it brings home the fact that time is now for APPNA to emerge as a strong united voice and work towards creating a strong positive image of Pakistani American physicians who are recognized for their constructive contributions to the society in general. We should not be equated with the acts of few extremist's ideology or identity.

It is for this purpose that we need to work harder than before on giving back to the community here in USA in the form of healthcare provision and charitable projects at chapter levels. I reiterate that, expansion of Free clinics in USA will go a long way in achieving our goal.

Similarly APPNA faces many challenges in Pakistan. We have not been able to give back to our motherland to the extent that our collective resources have the potential to do.
It is extremely imperative that our younger generations should step in and take up a leadership role in this process. I am working on a plan to integrate NAMA graduates within the folds of APPNA. I would like to encourage active involvement from APPNA chapters at the local level and work to build bridges with fellow citizens.

As President Elect for 2016, I have completed the work with the component societies for their verification process and financial reporting.
Any suggestions will be greatly appreciated. I wish you all the best and thank you once again for your support and your consideration.

Sincerely,
Sajid Chaudhary, MD

SAVE THE DATES

Spring Meeting, Philadelphia, PA March 24-26
Annual Summer Convention Orlando, FL July 5-9
Fall Meeting , Cincinnati OH (Dates to be announced)
Winter Meeting , Lahore, Pakistan December 21-23

International Meetings:
Spring Meeting
Balkan states (Croatia-Bosnia) April 7-16
Summer Alaska Cruise, July 27-August 4
Fall meeting, Iran September-October
(Final dates for Fall Meeting to be announced)

Secretary's Message

Dear Members,

As Secretary of this organization, I welcome you all to the 39th annual APPNA convention at the Gaylord National Resort in the Baltimore/DC area.

The last few weeks and months have been very stressful for everyone, especially people of Pakistani descent. The carnage of Orlando, killing of Amjad Sabri, terrorist acts in Paris, Istanbul, Dhaka, and lately the killings of our citizens and the police officers around the country have brought a sense of fear and insecurity among all of us. APPNA attended the vigil ceremony in Orlando, alongside 50,000 others, in order to show our solidarity with the fallen. It was a heart-warming experience that gave us hope, and showed us that humanity will prevail if we work and stand together to put an end to hate and bigotry.

We are at an inflection point where we, the membership, have to decide the direction we need to take the organization in to make a difference in our lives and for generations to come. Along with multiple other projects in the making, we recently introduced APPNA "Adopt a Medical Student." There are about 500 students who gain admission in government-run medical schools in Pakistan, but because of lack of funds, are unable to pursue their dream of becoming a doctor. For $600.00 per year, you can adopt a medical student and support him for the duration of his or her studies. The response we have received from APPNA members has been overwhelming and so far more than 50 pledges have been received.

With regards to financial strength, we have introduced alternate sources of revenue such as Qatra fund and WorldPay credit card service. Your participation in these programs will guarantee our success.

As your Secretary, my mission is to stay involved with the community and take a leadership role in projecting a positive image of APPNA and Pakistanis in general. We need to participate in mainstream politics and encourage our young ones to take leadership roles in the socio-political arena of America.

I will continue to work closely with the Executive Committee, Council and the Board to make sure that all affairs are conducted with discipline, and in accordance with APPNA's policies and procedures. On that note, I would request all of you to please attend the APPNA Executive Council meeting on Thursday, August 4th at 1:30pm and the General Body meeting on Saturday, August 6th at 2:00pm, so you could be up-to-date on all of the recent developments within the organization.

I will continue to serve you and the organization until that vision becomes a reality. My journey is just beginning, and I can assure you that there is more to come. Thank you for your participation in the affairs of our organization.

Iqbal Zafar Hamid
Secretary, APPNA

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Treasurer's Message

Treasurer Report for Summer Convention 2016

My first quarter report as a treasurer was published in the spring magazine. In this report I want to highlight the financial health of the organization for the second quarter. APPNA's bottom line depends on the gains from meetings. Up till now all the meetings for this year; due to the hard work of its members and volunteers, have been profitable.

The first meeting of the year was a planning meeting which took place in Dallas, Texas & was profitable. International meeting to Spain & Morocco was also financially very successful. The spring meeting at Miami Beach was a fabulous meeting at luxurious Fontainebleau Hotel. It was a smash hit both for its attendance and financially for APPNA.

Thus far APPNA has profited from all meetings. Personally I am of the opinion that APPNA needs to explore other avenues to generate funds, like interest from foundation. World pay was one of those ventures which was placed to produce extra income and has produced some income. Similarly other ventures have been explored but have not yet materialized. Our other main source of funding is annual membership. We are lacking in this respect and are in dire need of increasing our membership.

On a positive note APPNA's portfolio has improved as our investments were diversified in the various accounts thus leading us to survive in difficult market. Both our lifetime membership dues and scholarship endowment funds have fared well up to this point.

I want to thank the APPNA office staff: Jennifer Wozniak-Watson; Nicholas Suh; Sehba Khan and Karolina Strack, for their help and support in running the daily affairs of the organization. They put in lot of hours and work diligently to make everything run smoothly. I would also like to thank the Executive committee: Dr. M. Nasar Qureshi; Dr. Mubasher Rana; Dr. Sajid Chaudhary and Dr. Iqbal Zafar Hamid for their help and support.

In the end I would like to thank the membership for giving me the chance to serve as your treasurer for this year.

Dr. Dawood Nasir
(Cell): 972-804-8049

GAIN & LOSS AT 6/30/16
(unaudited)

Restricted Funds

Lifetime Dues Revenue	$51,551.75
Lifetime Dues Expense	($ 7,083.26)
Lifetime Dues Net	$ 44,468.49
Scholarship Revenue	$ 17,444.02
Scholarship Expense	($ 7,070.78)
Scholarship Net	$ 10,373.24
SWDR Revenue	$ 92,613.80
SWDR Expense	($ 66,733.40)
SWDR Net	$ 25,880.40
CME Revenue	$ 141,039.96
CME Expense	($ 44,909.24)
CME Net	$ 96,130.72
Total Restricted Funds Net	$176,852.85

Unrestricted Funds

Meetings Revenue	$ 2,055,402.98
Meetings Expense	($1,068,620.64)
Meetings Net	$986,782.34
General Revenue	$ 103,184.21
General Expense	($ 195,471.19)
General Net	($ 92,286.98)
Total Unrestricted Funds Net	$ 894,495.36
TOTAL GAIN YTD AT 3/31/16	$ 1,071,348.21

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Past President's Message

APPNA First- APPNA Past President Report

The longer I have served APPNA, the more I am impressed by this incredible organization and have come to hold it in the highest regard. The opportunity to serve APPNA last year as its 36th President was no different and an extremely rewarding experience. The President is frequently called upon to make difficult decisions. I always tried to base my decisions keeping the best interest of APPNA in mind and did what I thought was best for the organization.

The theme of last year was "APPNA First" based on the firm believe that as long as we put APPNA before our personal interests, we can achieve whatever we strive for.

Whatever we achieved last year as outlined below was due to an incredible combined effort of hundreds of individuals. I sincerely want to thank all of them and APPNA President Dr. Nasar Qureshi and EC 2016 for carrying on several of these programs:

1. APPNA Telemedicine
2. Centralized electives, observer ships and research program
3. APPNA Medical Corps
4. Revitalized Long Term Strategic Planning committee and initiated work to establish improved A PNA Governance
5. APPNA Charities: Karachi Heat wave initiative, Tharparker Clean Water project, APPNA/LRBT eye camps, Help after Peshawar school tragedy, National Healthcare Day. Increased number of APPNA Free Clinics
6. APPNA CABL amendments approved by APPNA Council/pending approval General Body
7. Instituted Electronic balloting and introduced new Election Reform
8. Increased the number of Specialty Based Networks with the formation of Pediatrics, Heme Onc, Nephrology, Anesthesia/Pain medicine and radiology
9. APPNA Qissa 2- Compilation and Publication of APPNA's history from 2004-2015
10. APPNA Qatra Fund-Let us build APPNA together
11. New Look Website
12. APPNA Office Reorganization-New office staff with better proficiency
13. Improved APPNA Financials and creation of Contingency (Rainy Day) Fund
14. Improved APPNA Membership Benefit package/World Pay agreement
15. Initiated concept and ground work for APPNA Institution of Higher Learning
16. Helping Young Physicians with continued visa assistance, mentorship, seminars, loan program and new YPC website. Continued Advocacy for GRAD act

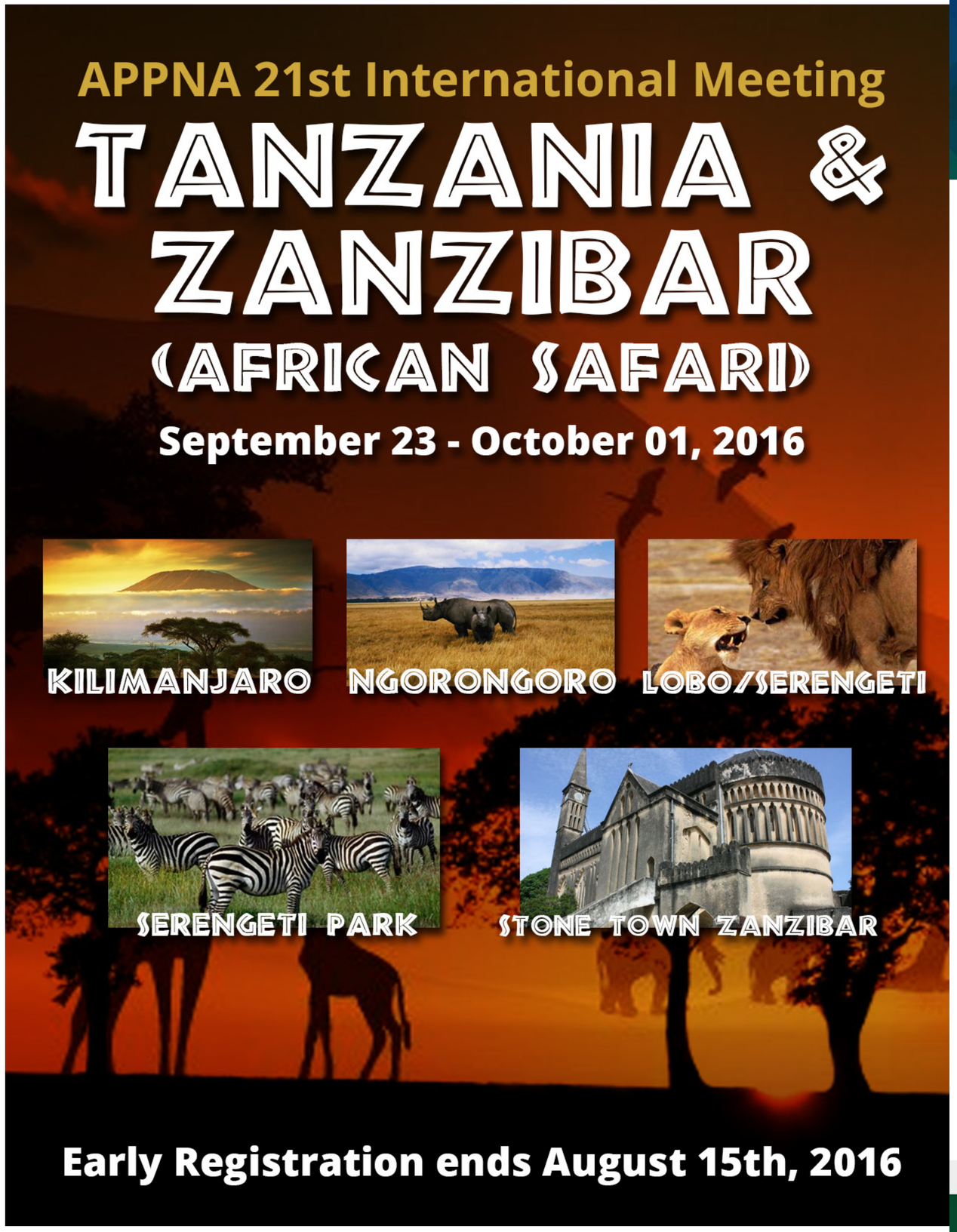
I want to sincerely thank the APPNA membership for the support and confidence they have shown me over the years. Service to APPNA is not a 1 or 2 year affair but service of a lifetime. This year and in future, I intend to continue to serve APPNA in whatever capacity I can.
God Bless APPNA, Pakistan and United States of America.

APPNA
FALL MEETING 2016
OCTOBER 20-23
Hyatt Regency Riverwalk
San Antonio, Texas

Aamir Ehsan, MD
Chair, Fall Meeting 2016

Lubna Naeem, MD
President, South Central Texas Chapter

M. Nasar Qureshi, MD
President, APPNA 2016



APPNA INTERNATIONAL MEETING REPORT - SPAIN & MOROCCO

I would like to thank everyone for attending the immensely successful APPNA International Meeting in Spain & Morocco. The program was sold out with over 160 attendees. The trip started in Barcelona, and included Seville, Cordoba, Granada, Tarifa, Tangier, Rabat, Meknes, Fes, and Marrakech before ending in Casablanca.

Highlights of the trip included the architectural imagination of Gaudi at the Sagrada Familia and Parc Guell in Barcelona. Stay at the Alphonso XIII hotel, Seville - it was as if we all travelled back in time and stayed in Royal luxury. In Seville, we saw the beautiful palace and gardens at the Alcazar, walked along the romantic river at night, visited a bull farm, and were mesmerized by the stunning Mosque of Córdoba. We also visited the Alhambra in Granada. The group travelled to Morocco via ferry and had a chance to cross the strait of Gibraltar. In Morocco, we visited Rabat, Meknes, and Fez. These are 3 of the imperial cities of Morocco - it was an amazing experience where we went back in time to visit souks, universities, mosques, and mausoleums.

In Seville and Marrakech we also had one of the best attended and well organized CME program. It was all due to organization efforts of Dr. Sohail Ikram and all the speakers! The last day, we spent in Casablanca where we enjoyed the sunset at the Hassan II mosque on the corniche - a fitting end to our unforgettable trip.

Overall, the feedback on the trip has been fantastic and we all enjoyed taking in the breathtaking sights and making new friends! It takes a lot for an international meeting to be successful and I would specially like to thank Dr. Nasar Qureshi, President, the entire committee (Drs. Sohail Ikram, Adnan Zaidi and Fayyaz Mirza), the wonderful bus captains (Drs. Adnan Zaidi, Arif, Ethisham Ul Haque, and, Rizwan Akhtar), Sikandar, and Tipu for their leadership, guidance, and their support for this successful trip!

Thank you
Aftab Ahmed, MD
Chair International Meeting Committee

IQBAL ZAFAR HAMID, MD

for President-Elect APPNA 2017

Know about the Candidates, their commitment and conviction to organization so you can make an informed choice when voting.

Experience - Performance - Vision

- Secretary APPNA 2016
- Treasurer APPNA 2015
- President-Elect SAPPNA 2016
- Co-chair Summer Convention 2007
- Chair Summer Convention 2013
- Chair Fall Meeting 2010, Miami, Florida
- Chair Professional Liaison Committee 2012
- Secretary South Florida Chapter 2005-07
- President South Florida Chapter 2007-09
- Executive Director South Florida Chapter
- Vice President SMC Alumni 1998-2000
- President SMC Alumni 2010
- BOT SMC Alumni 2011-2015
- Social Secretary SMC Students Union 1983
- CR SMC Students Union 1981

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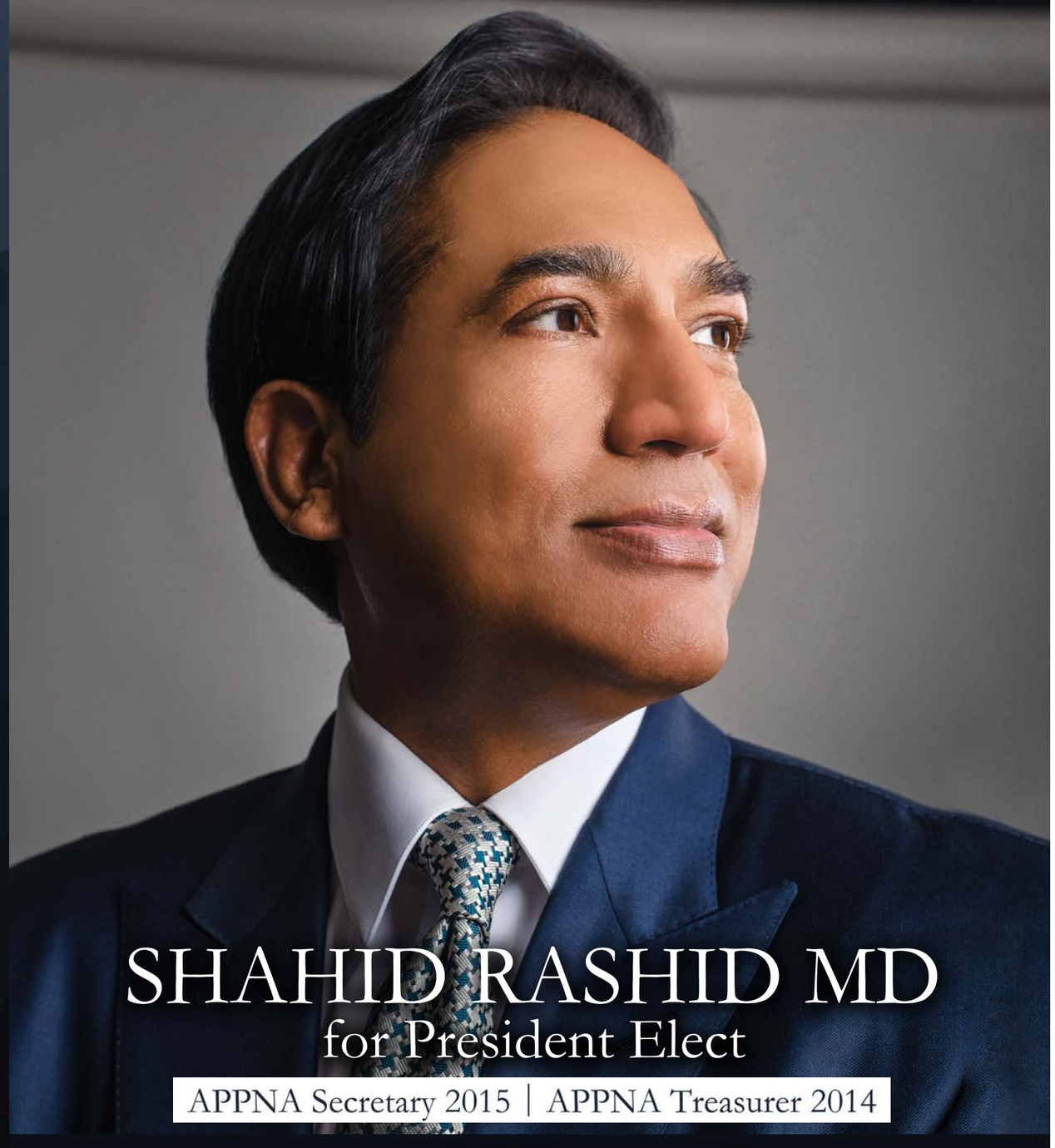
Standing with All for the Greater good



SHAHID RASHID MD

for President Elect

APPNA Secretary 2015 | APPNA Treasurer 2014

shahidrashidmd.com | 956.358.5358 | shahidrashidmd@yahoo.com

APPNA SPRING MEETING REPORT - MIAMI

The Appna Spring meeting was held in Miami Beach, May 5th to 8th this year. The venue was the iconic Fontainebleau hotel which is directly located on the ocean. It was very well attended by APPNA members and others. All the rooms were sold out and we made a record profit for APPNA.

The event started with a very elaborate opening ceremony on Thursday. Flags were hoisted and national anthems were played. President of APPNA, Dr. M. Nasar Qureshi opened the ceremonies. A bugler played while we observed a moment of silence for our fallen Heroes.

This year we introduced the concept of Choraha. A big space was booked and the vendors were put at the periphery. Group seating was placed in the middle as a gathering space for people to mingle and bond. We had a stage on one side of this big space where many forums/ talks were held. The concept was very well liked by everyone.

On Friday, we had CME in the morning. Later we had a Venetian Sunset Party on the ocean lawn. The food was divine and the ambiance was spectacular. Every one wore Venetian masks. Later that night, Ameer Ali sang in celebration of Love and Rafaqat Ali Khan performed to celebrate devotion. People had a blast and stayed up till almost two AM.

On Saturday, we had the council meeting which was well attended. In the afternoon we had various talks at the Choraha stage. We started the afternoon with an interfaith dialogue on "Countering Bigotry- Role of Pakistani Diaspora. This program was moderated by Dr. Zaffar Iqbal of NV and Mr. Khurram Waheed of Emerge and was very well received. Later in the afternoon, there was a Town Hall meeting with the ambassador of Pakistan to USA, Honorable Jalil Abbas Jilani. This meeting was one of its kind and the Pakistani community enjoyed it thoroughly. Later that night we had our banquet. Speeches were kept to less than an hour and people really appreciated that. The hotel specially prepared Pakistani food for us. Later at night we had a variety program with Fareeha Parvez, Kashif Khan and Ameer Ali. The event was again sold out.

Sunday coincided with Mother's Day. Recognizing the importance of that we arranged a Mother's Day brunch. It was very well attended and appreciated. On behalf of the host committee I want to thank Dr Nasar Qureshi and Dr Iqbal Zafar Hamid for giving us an opportunity to arrange this event. I also want to thank everyone who came to South Florida to attend this event.

Mian Ahmed Hasan, MD,
Chair Host Committee, Appna Spring Meeting 2016, Miami Beach

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USA COLLEGE SOCHOLARSHIP

Over the years APPNA has been involved in numerous financial initiatives to support large projects in Pakistan and the US. However, we as a group, have yet to give back to the Pakistani community living in the US.

Statistics show that the Pakistani diaspora has grown from 30,000 in 1980's to 453,000 in 2015. Two thirds of this group is under the age of 25. The median age of second generation Pakistanis is 11. The median income of a Pakistani family is $60,000.

With the rising cost of higher education, it is reasonable to predict that a significant portion of the next generation will be struggling to pay for college education. APPNA needs to contribute towards financial aid to deserving students who hope to pursue a college education.

One of the initiatives, APPNA President Nasar Qureshi, has taken this year is to establish a college scholarship fund to be awarded by APPNA in coordination with its participating regional chapters.

These scholarships will be NEED based. Students will submit an application through the APPNA website along with their parents' taxes and other financial information, as well as their grades, GPA and extracurricular activities.

Currently, we have established a link on the APPNA website and have started receiving applications which are being scrutinized based on the above criteria.

APPNA projects can only be successful with generous donations from its members. We have established a link on the APPNA website where we can accept tax deductible contributions. Please donate generously to this noble cause and invest in our next generation.

S. Faisal Jafri, MD
Chair, Scholarship Fund Committee: sjafri@yahoo.com

PAKISTAN MEDICAL SCHOOL STUDENT SOCHOLARSHIP

APPNA has been involved with programs supporting both undergraduate and postgraduate medical students.

Every year, many medical students in Pakistan, are not able to join the medical college due to financial constraints. I Care Foundation in Pakistan has recently started this project where such students from government medical colleges were identified and financial support was given. There were around 400 medical students who needed this help. The screening program is conducted by a committee and documents and family income are reviewed and the average monthly family income has to be 250 dollars or less. The student is then sponsored at 600 dollars per year and funds are given quarterly and close monitoring is done of the exam scores and performance.

APPNA initiated this program during Ramzan and we were able to raise funds for 30 students during Ramzan and another 20 recently. Many of these students are are from smaller medical colleges and alumni here and our generous members stepped forward to help them. We are grateful to National Health Foundation for sponsoring 15 students from Bolan Medical College.

The colleges that have students who need to be sponsored include Fatima Jinnah, Rawalpindi Medical College, Punjab Medical College and Sind Medical University.

You can help us make a difference in the life of these young people!

Ahmed Mehdi Malik MD.
Chair

HOUSE OF ITTEHAD

ITTEHAD GROUP OF INDUSTRIES has an extensive manufacturing network, with its own spinning, weaving, printing and embroidery units. After spending successful years in the lawn business, with continuous efforts and focused attitude towards their growth strategy, today **ITTEHAD TEXTILES** have their own Designing, Spinning, Weaving, Embroidery units and overseas distribution after making a mark in distribution our directors thought to enter in the retail business and they came up with the idea of **HOUSE OF ITTEHAD**. The inspiration behind this retail outlet is to bring all the wide range of our products under one roof, after receiving the tremendous response from our clients we grew our network and within a very short span of time. we are now catering the major chunk of clientele in more than five big and small cities. To stay ahead in the business it is always necessary to follow the market trends as this is an era of **"DESIGNER LAWN". ITTEHAD** stands eminent in that department too amongst all of its competitors by venturing with the maestros of fashion Industry like **FAHAD HUSSAYN, H.S.Y** & currently with **NILOFER SHAHID** whose Lawn has been one of the biggest hit of this season.

To provide our overseas clients the same quality fabric and services **HOUSE OF ITTEHAD** is now participating in **APPNA 39th ANNUAL CONVENTION** with the collaboration of **JANA CLASSIC a brand of GULABINOOR** from **3rd August to 7th August.**

VENUE: APPNA 39TH ANNUAL CONVENTION NATIONAL HARBOR,WASHINGTON D.C
BOOTH NUMBER 346,347,446
For details: Web: http://www.janaclassic.com, Phone:+1805 491-JANA(5262), Email:info@janaclassic.com

www.houseofittehad.com houseofittehad_ houseofittehad_ houseofittehad houseofittehad

QATRA FUND REPORT

- Efforts continue to be made to have the membership latch on to the concept of the Qatra Fund and start the process of donation.
- After the excellent suggestions in the APPNA spring meeting, a mailing by USPS was sent out to the membership during Ramadan. This was in the form of a donation card which explained online donation at appna.org/qatra as well as gave the recipient the option of filling in their credit card info and mailing it to APPNA.
- Efforts are being made to procure Qatra Fund donations from past presidents, chapter and alumni presidents as well as the membership at large.
- Like every new concept the Qatra Fund Committee recognizes that there will be an initial lag in donor recruitment and once the Qatra Fund concept is an APPNA household name, the donations will be steady and many.

Respectfully submitted,
Mahjabeen Islam MD FAAFP FASAM
Director Qatra Fund

Raise awareness, educate, empower and partner with communities

Health education awareness campaigns focused on the promotion and adoption of beneficial health behaviors. We are proud in leading this noble and apt activism raising our recognition as peaceful, moderate and well meaning, well integrated community in the United States. This year the challenge was to gather philanthropists and the well-placed individual educators and professionals in society for AWARENESS causes like Prevention of childhood obesity, Breast Cancer. APPNA is leading Childhood Obesity Awareness Campaign initiated by Health and Human Services of United States as a national educational tour fighting this national and global epidemic costing adverse outcomes and billions to our economy States.

- Collaborated breast cancer awareness campaigns events were arranged and partnered by APPNA leaders with the communities across the United States. Name a few are Breast cancer workshops for Hmong Health Southeast Asian Milwaukie women to hundreds of San Antonio Women benefitting from education materials on early detection at Rawaj and Roshnic fashion Show.
- Childhood Obesity Awareness events were organized by APPNA leaders in collaboration with communities to raise awareness on healthy eating and importance of exercise. Health fairs in Madera, California, Ganado School in collaboration with University of Arizona, Fenwick schools in collaboration with San Antonio School District and MCECC of California and San Antonio
- Public speaking events on different platforms to emphasize on importance of awareness campaign in improving health outcomes of our communities by the chair
- Acknowledgement from Ms. Hillary Clinton on our important role and contributions in improving health of our community .She graciously accepted APPNA Childhood Obesity awareness campaign T Shirt as a token of appreciation.

We thank our community Physician leaders who have taken precious time from their busy schedules to conduct events.

Lubna Naeem
Chair, Women and Children Affairs Committee

Leading with Sincerity, Integrity and Vision
For **"APPNA United"**

M. Rizwan Khalid

M.D., F.A.C.P., F.A.C.C., F.S.C.A.I., F.H.R.S.

Candidate for **APPNA Secretary 2017**

AKU Alumnus – Class of 1999
Cardiology Faculty, University of Rochester, NY

Over 10 years of service to **APPNA and its component societies**

As Secretary, my aims will be:

- **Reports' Automation** of all council meetings
- **Online Meeting Portals** (e.g. WebEx, etc.) for council and committee meetings
- **Digital Archiving** of all such web based meetings
- **Engage ABIM** in discussion over maintenance of certification
- **Enhance Telemedicine Portal** for providing free medical treatment to patients across Pakistan by APPNA members
- **Become Advocate:** To become a strong voice in the Executive Committee for Young Physicians, Social Welfare and Disaster Relief in the USA and Pakistan, Research & Education and Advocacy for Pakistani Americans and Pakistani Physicians
- **Early Career Attendings:** To develop programs and guidance for early career attendings – less than 15 years in practice – who now constitute a significant part of Pakistani Physicians in the United States of America.

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Dawood Nasir M.D.

APPNA TREASURER 2016 for APPNA SECRETARY 2017

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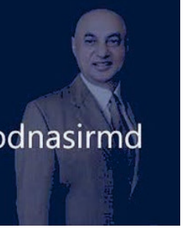

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APPNA MEMBERSHIP BENEFITS COMMITTEE REPORT

It is a matter of great honor and utmost pleasure to present the APPNA Membership Benefits Program Report 2016. We have started the work from scratch this year and I feel proud that many goals, though not all have been achieved with great results. With our continuous efforts to provide more value and easy access for our members, we are excited to announce our new benefits program and new web section on www.appna.org.

We decided the agenda to provide maximum possible benefits to APPNA memberships including but not limited to Discounts on Hotels, Car Rentals, Insurances, Student Loans, Legal help, Office supplies and Credit Cards.

Hotels:
Under our project of special discounts for members visiting Pakistan, we are successful in making a deal where APPNA members will have special room rates (up to 30% off) at the following 28 hotel locations across Pakistan:
Avari Hotel (5 locations including 3 Avari Express in Islamabad)
Karachi, Lahore, Islamabad (3 Express locations)
Pearl Continental (5 Locations) Lahore, Karachi, Peshawar, Rawalpindi, Muzzafarabad
Marriott (2 location) Karachi, Lahore
Ramada (1 location) Karachi Airport
Hotel One by Pearl Continental (15 locations)
Lahore (3 locations), Islamabad (3 locations), Murree, Skardu, Abbotabad, Karachi, Faisalabad, Multan, Bahawalpur, Gujrat, Rahim Yar Khan

With regular visits to Pakistan, our members can save money on their stay at these hotels with special pricing for APPNA Members.

World Pay:
A credit card fee processing company, willing to matching any deal for APPNA members. Members those have used it are very happy and have saved substantially.

New Web Section of Membership Benefits Program:
New re-designed section will offer easy to navigate information for each benefits partner with link to APPNA Membership Portal where you can access more details.
http://www.appna.org/membership-benefits/

Car Rentals:
We have exciting car rental discount program from Enterprise, National and Alamo.

Legal Services:
Two major legal firms, expert in immigration are on board with APPNA via membership benefits committee. Fees are adjusted for APPNA members with installment options.

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APPNA Job Board:
Interactive website to help employers as well as employee to find right fit. Most importantly for visa sponsorship seeking candidates. All the interested candidates who want to be the part of portal are requested to submit pertinent information.

Find a Dcotor Online Portal

I am very thankful to Mr. President, Dr. Nasar Qureshi for his unconditional support, my committee members for their passion and hard work and most importantly Mr. Laiq Siddiqui.

Please check the membership benefits website and enjoy the best savings for our members.
If you have any questions, concerns, suggestions, or feedback for this program or the committee, feel free to conta me.

Best regards,
Membership Benefits Committee:

Chair:
Rao Kamran Ali, MD

Co-Chairs:
Raza Khan, MD
Safdar Ali, MD

Members:
Farrukh Awan, MD
Muhammad Sanaullah, MD
Waqas Ahmed, MD
Anser Naqvi, MD
Amer Akmal, MD
Shahid Naqvi, MD

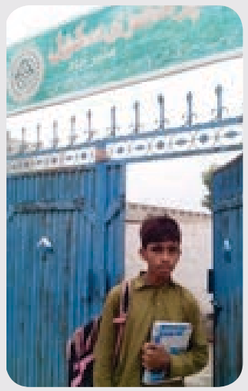
APPNA SOCIAL WELFARE & DISASTER RELIEF COMMITTEE

Dear APPNA family,

Thanks to your support APPNA has been able to conduct several projects this year.

1. LRBT Eye Camps. We have had four camps done, one in each province. A total of 1,648 patients were seen and 484 underwent surgery and two more camps are scheduled for next month. The Pakistani Association of Memphis has been working with APPNA and is also sponsoring both Eye camps and cataract surgeries later this year. APPNA is also working with Rotary Pakistan and while APPNA sponsors eye surgeries, Rotary Pakistan is providing free lens for these surgeries.

2. APPNA Free Clinics. The first clinic was started in Shireen Jinnah Colony in Karachi and there is a doctor there daily along with a nurse and free medicines are provided to the patients. APPNA Free Dispensary was started in June in the APPNA village of Munirabad and this is managed by a dispenser and again free medical care and medicines are provided. Majority of patients seen in these clinics are the elderly, women and children. Health awareness programs including hepatitis C and immunization are being started in these clinics also.



3. APPNA TCF/Citizens Foundation School. This school is being built in APPNA village of Munirabad in Punjab and the TCF Washington DC chapter is leading this. Dr. Ayesha Najib from APPNA has been working with Mrs Shimmi Kidwai from TCF to help raise funds. Residents of the Munirabad village are very grateful to our donors for both the school and the dispensary.

4. APPNA Ramzan Food. Like previous years, we had many members who supported this project. Food packages at 30 dollars per family were distributed through Akhuwat in various cities in Pakistan and Khana Gher in Karachi. Iftar was provided also at Khana Gher where daily free meals are given.

5. APPNA Free Medical Camps. APPNA held a free medical camp in the vicinity of Khuda ki Basti. This was lead by our Pakistan coordinator, Dr Qamar Zaman and few other volunteer physicians. There were around 1,000 patients who were seen and many medicines were donated by the pharmaceutical companies. We have also held these free camps in collaboration with LRBT eye camps and you can sponsor a free medical camp

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to honor your family members at a cost of 1,000 dollars while the eye camp is 1,850 dollars.

6. Eman Haris Leukemia Fund. Little Eman is two years old and is the niece of an APPNA member. She has been diagnosed with leukemia and needed an urgent bone marrow transplant. The family was raising funds and requested support from APPNA and thanks to donors and Dr. Rao Kamran Ali who lead this, we raised 38,000 dollars. She is currently in Italy undergoing treatment.

7. Thar Water Wells. Scarcity of water remains a major problem especially in Thar and we will continue to raise funds for providing clean water and water wells in that area. The Liaquat Alumni lead by Dr Abdul Majeed is coordinating with Appna in this project and thanks to the members for your ongoing support. You can dedicate a water well to honor a family member and the cost is $500 dollars.

8. Adopt a Medical Student. Every year in Pakistan, there are many medical students who are not able to join medical college as they cannot afford the expense. APPNA is working with I Care Foundation in Pakistan and students are screened for financial eligibility. These are students going to government medical colleges and one student can be sponsored at 600 dollars per year. Dr Ahmed Mehdi Malik is leading this project and we have 30 students sponsored already.

Thanks again to all the members and appreciate your ongoing support.

Aisha Zafar, MD,
Chair, Swdrc

APPNA TELEMEDICINE: FROM CONCEPT TO REALITY

This past year has been a year of tremendous growth and learning for APPNA's Telemedicine project. During APPNA Annual Meeting 2015, we presented our pilot experience with an independent APPNA Telemedicine Web Portal. In APPNA Winter Meeting 2015, we presented our project widely in Rawalpindi, Islamabad, Lahore and Karachi to 13 institutions and signed up 23 institutions on the APPNA Telemedicine Portal. Our vision was that this initiative would provide a clinical service to underserved patients who did not have easy access to specialist care, and secondly, would help faculty in teaching institutions to get up to date medical information and enhance the training of young physicians in evidence based medical practices.

- Pak Presentations to Family Medicine Assoc., DUHS, JSMU, Indus Hospital, KEMU, FJMU, AIMC, RMC, SZABMU, Al Nafees Medical College and NRSP.

• Till April of 2016, 6 consultations in total from KEMU, JSMU and SZABMU. The major limitations the physicians in those institutions felt were the time constraints and requested smart phone application.
• In April, 2016, Mr. Todd Shea of CDRS (Comprehensive Disaster Response Services) asked us to help his physician and healthcare workers working at Swat Mother and Child Health Center. Activity from Swat to date:
• > 30 consultations in 6 weeks.
• 21 APPNA consultants responded to these requests, spanning Pediatrics, Nephrology, Obs/Gyn, Neurology, ENT, Cardiology, Diabetes, Pulmonology, Oncology, and Orthopedics.
• Median time to response: 4.39 days, with 43% responding within one day.
• 6 consultants(17% of cases) did not acknowledge either emails, phone calls or text messages.
• Average number of conversations/case: 2.74, reflecting the level of engagement between APPNA consultants and the referring physician.
• According to Mr Shea, his physician and staff are very happy and find the opinions rendered very useful, resulting in changes in therapy in 90% of the cases.
I am very proud of our telemedicine committee and our volunteer APPNA consultants. We hope to expand this initiative to other programs that are operating in remote areas since they have the greatest need for such help, given our experience in Swat.

G Naheed Usmani, MD
Chair, Telemedicine Committee

Muhammed Sohail Khan MD for Treasurer APPNA 2017

APPNA Involvement since 1993 member of APPNA and its components since 1996 lifetime APPNA member, Past President of DOW Alumni 2011, Past President of PPS - APPNA Illinois 2014, Serviced innumerable committees like Office Management Committee, APPNA Local Host committees for Conventions, APPNA Councils, Membership committees, Election and Nomination Committee, APPNA Electives, APPNA CIHLME, APPNA Constitution and Bylaws Committee, APPNA CME, APPNA Finance Committee, APPNA Disaster and Relief Committee, APPNA YPC, Social Forums, Election Debates APPNA Merit etc. etc. **Creator and Founder APPNA PPS House** in 2015 with fund raising more then $150,000 and loan from APPNA of $250,000 of which $83,000 is already returned and by end this year a minimum of total $116,000 will be returned to APPNA - thus in turn an asset to the society of more then Half a million with permanent regular stream of Income to a component society in just a few years from now - A facility unparallel any where in USA or Canada This in it self has already helped more then 350 young physicians who already have used this facility There by receiving First ever **APPNA Chapter of the Year Award** to PPS APPNA Illinois in 2014 **Conducting classes every Tuesday** for preparation of Clinical Skills exam helping again hundreds Conducted **First ever electronic elections** in **DOGANA in 2011** and you experienced the same last year at APPNA level where I served as co chair of E and N committee APPNA 2015 - with savings of more then $16,000 to APPNA from the year before and some profits to APPNA on elections rather then a loss . Just last year saved and generated more then $30,000 in revenues to APPNA from various activities. APPNA **self-scheduling elective program** and similar programs for alumni and components: **Creator and founder** APPNA **House Reservation systems** whether it be NY house or PPS APPNA house in Chicago - self scheduling first come first serve basis: **Creator and founder**. I have spearheaded, contributed, raised and transferred mostly thru APPNA hundreds of thousands of dollars for disasters here and in Pakistan with fund raisers and relief efforts for Pakistan Earth quake, Pakistan Floods x 2, Thaar Disaster, Katrina, Joplin Tornado with building a biology lab, Tornado relief in Rochelle Illinois, Peshawar Disaster Relief, etc. At alumni level he has organized **many Retreats for various Alumni** like 2007 in Dallas, 2009 and 2011 in Chicago, created Scholarship funds for students, repaired Operation theaters at Civil hospital Karachi, created an endowment for Patients Welfare Association (PWA) from $100,000, conducted and have organized innumerable educational activities – like first ever International Spinal Cord Injury and Disorder training conference in Pakistan, various Cardio vascular conferences, and 2 international meetings in Europe and conducted Audit and Compilation of Accounts of Dow Alumni association for past 5 years in 2011, Innumerable Dow1988 Class retreats and events. Instituted Accounting, compilation and a regular reporting system for PPS APPNA Illinois, approval for a part time Physician for APPNA free Clinic in Illinois. He further stays unique Clinical Assistant Prof of Medicine, University of Illinois, Geriatrician and Internal Medicine at Loyola University and VA Hines Medical Center and practices and teaches Spinal Cord Injury and Disorder. Past President of White side County Medical society and a delegate to AMA and Illinois State Medical Society, been Board of Directors at Winnebago County Medical society in the past. **I believe in Institution Building and thereby changing future course of APPNA and with your help I will.**

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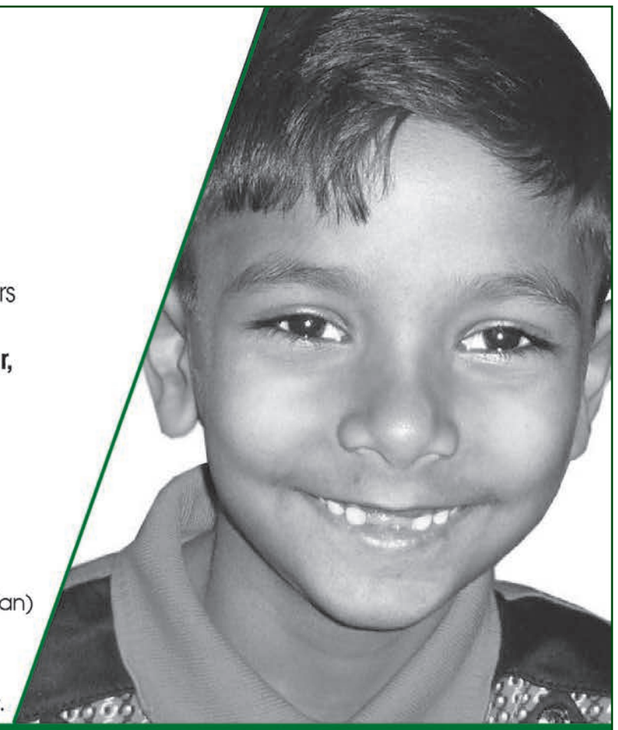

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YPC SUMMER REPORT 2016

The YPC committee's goal has been to benefit and facilitate young aspiring physicians. Our activities encompass a variety of roles that include career counseling and research mentoring sessions in multiple cities of Pakistan, assistance in the form of remote mentoring, facilitating & expediting visa application for matched physicians, support of green-card application and conducting teleconferences to assist Pakistani descent prospective residency applicants from the USA, Canada, Caribbean and Pakistan.

We started 2016 with invitation based career counselling sessions held all over Pakistan i.e. KEMU, DMC, CMH, University of Punjab, University of Health Sciences and College of Physicians and Surgeons in Pakistan to name a few. In addition, 3-4 physicians benefit from remote research mentoring on a monthly basis. Career Counseling Teleconferences are executed once every month in which young physicians call in from across America, Canada and Pakistan to ask questions, one on one, with YPC team. Green card applications (EB1/EB2) are supported in the form of application material, templates and LORs.

In preparation for the ERAS Match of 2016 in March, advice was provided to prospective residency applicants applying to both US and Canadian programs. The YPC team was able to provide assistance, guidance and information to all applicants during the post-match SOAP. YPC members continue to assist with observership/externship/clinical and research electives. YPC has established contact with various Alumni and State chapters and also continues to deliver through APPNA Merit .

The YPC event at the APPNA's 39th Annual Convention is scheduled on August 6th, 2016. We hope to continue to strive towards improvement and are of hopeful of another successful year Insha-Allah.

Urooba Faheem, MD
Co-Chair YPC

NUZHAT KAUSAR MD (LMC79)
&
SOHAIL QARNI MD (DOW78)

AND THE ENTIRE HOST COMMITTEE

WELCOMES YOU TO OUR CAPITOL
FOR THE 39TH ANNUAL APPNA SUMMER MEETING
WASHINGTON, DC

ACTIVITIES OF AKUAANA

It has been another excellent year for AKUAANA, the Aga Khan University Alumni Association of North America. Our website, akuaana.org and Facebook page (https://www.facebook.com/AKUAlumniNA) have both become excellent resources for our alumni members. We have featured many prominent alumni on our website/Facebook page and this has been a runaway success.

Our membership continues to grow and lifetime membership has increased significantly. The number of recent graduates who are now actively participating in AKUAANA has also increased. There are currently over 1900 AKU graduates in North America and our goal is to bring as many of these graduates into the AKUAANA family and harness their incredible potential. We continue to grow and mold our association to tackle the most pressing issues of our times.

We had a great meeting last year in Orlando and hope to replicate that success in Washington DC. The new executive council was elected last year and term will continue till December 2017.

This year successful local meetings were held in Minnesota, Dallas, DC/Maryland/Virginia, St Louis, Atlanta and New Jersey and this has been directly tied to the incredible efforts of the local alumni.

We now have a functioning Board of Advisors. Their roles were defined by our constitution and bylaws committee and were approved by the General body this month.

We also have started a charity project with AKU, Karachi, Pakistan. In the past, many individual projects have been done with AKU and outside AKU (like TCF) by various graduating classes. The AKUAANA Outreach Clinic Initiative at Ibrahim Hyderi, Karachi, Pakistan, will be the first AKUAANA project that is been adapted by various graduating classes. This project will focus on maternal and child health in the area, will provide treatment for anemia in pregnant women and primary care to women and children. We have already collected $40,000 for this initiative to date.

As we look to the future, our hope is to leverage our individual successes and use AKUAANA as a platform to launch larger philanthropic endeavors. We also hope to collaborate further with APPNA on its various platforms. We hope to see everyone in Washington DC and look forward to the celebrations.

Habib Chotani
President

ACTIVITIES OF QAMCAANA

Dr. Khawar Ismail and Dr. Masood Mian attended local Qamc Alumni meeting in Bahawalpur Pakistan and apparently it was well attended.

We have decided to hold an international meeting of our Alumni in Lahore Pakistan February 23rd to February 27th. Contributions will be $500 for international participants and $50 for the local participants. There will be a CME program offered by local and international physicians and local problems will be focused on. Also efforts will be made to raise funds for the Bahawalpur medical school scholarship program.

M. Khalid Iqbal,
President

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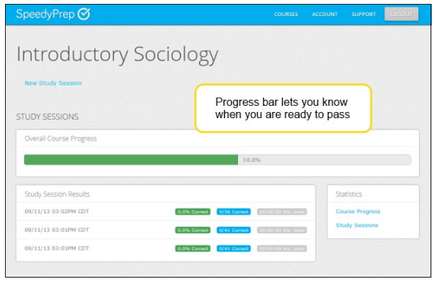

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ACTIVITIES OF AIMCAANA

Assalamo Alaikum,

AIMCAANA maintained its tradition of doing outstanding job for its alma mater in our home country and for people of Pakistan as well as providing services to physicians in USA in 2016, which are listed below:

- Raised approximately US $30,000 in its annual summer meeting in 2015 held in Orlando, FL.
- Successfully achieved the 501c3status and continues to maintain its accounts and finances independently in compliance with IRS.
- Launched a brand new website which is more user friendly and interactive.
- Continued to maintain Iqbalian House in Philadelphia, PA for young Iqbalians who are seeking residency in United States.
- Announced and distributed US $10,000 in the form of loan among young Iqbalians so that they can apply for residency in a timely and effective manner.
- Finalized the logistics and arranged finances to send a full container of medical equipment to Allama Iqbal medical college through MedWish International, a not-for-profit organization.
- Announced AIMCAANA Merit Scholarship to top three Iqbalians in each professional year (total of 12 students) at Allama Iqbal medical college.
- Continued to provide free medicines to poor and deserving patients in medical unit-I of Jinnah hospital/Allama Iqbal medical college on a monthly basis.
- Maintained its tradition of having a fully elected panel and inducting fresh Iqbalians in the executive committee.

Overall, the year 2016 has been a very successful year for AIMCAANA. We are committed to grow even further and achieve new heights with your support.

Regards,
Shahram Malik, MD
AIMCAANA President 2016

ACTIVITIES OF DOGANA

It has been an honor for me to serve as the President of DOGANA. I am grateful to all the members, especially the council members for the hard work and dedication in making this a successful year and furthering the goals of DOGANA. I am especially thankful to the host committee for the DOGANA retreat in New Jersey, for ensuring another successful retreat.

In 2016 DOGANA has:

- Continued the Students Loan Program geared towards young physicians who have completed the USMLE requirements and need funds to aid in their residency search and the interview process. 40,000 dollars were exclusively generated by the Dowites in North America.
- Continuation of "Host a Dowite Program" in the United States which focused on the issue of housing for young physicians especially female physicians.
- Provided scholarships to top scoring medical students at DOW and research awards for Dow faculty.
- Provided ten thousand dollars in aid to Civil Hospital Karachi and Indus Hospital during Karachi heat waves.
- Established visiting faculty program. Dr.Ali Mousani arranged $ 20,000 grant from FujiFilm SonoSite Inc. for Ultrasound machines donated to Civil Hospital Karachi
- DOGANA externship program was reorganized and strengthened.
- Continuation of efforts to help young physicians with J1 visa.
- Continuation of protest and awareness about physicians killing in Pakistan.

Sincerely,
Danish Saeed, MD
President DOGANA2016

ACTIVITIES OF FJMCAANA

It is truly an honor and privilege to serve as the President of the FJ Alumni association for 2016.
I would like to extend a very special thanks to our immediate past president, Dr. Tabassum Saeed, for her support and leadership as well as secretary/treasurer, Dr. Shagufta Jabeen, for all of their enthusiasm and hard work.
FJMCAA is an association with a very limited number of active members. Our major objective again for this year is to increase our membership since strength is in the numbers. FJMCAA has its independent 501c status, and all your donations are fully tax deductible. We have joined the APPNA scholarship fund in 2014. We have been able to donate $ 20,000 to the scholarship fund from the donations collected in 2014-2015, and hope to raise even more funds this year. We have been contributing and supporting our Fatima Jinnah Medical college students through annual Scholarship donation for needy students. We have contributed 8000 $ for 2016. We have supported the SWDR, by donations as much as our funds allow us.
Depending on our annual donations for 2016, we will continue supporting Hepatitis treatment program in Pakistan through AFJOG (Association of Fatima Jinnah old graduates). As president of FJMCAA for 2016, my sincere effort is to start working on projects which will continue to support our Alumni in future. We are hoping to start endowment fund for Dr. Zeenat Anwar, Support Rise for equality as well as Global health learning opportunities for out FJMU students.

Best Regards,
Samina Hijab
President, FJMCAANA

ACTIVITIES OF JSMU ALUMNI

Dear JSMU Alumni and fellow APPNA members,
It is a great pleasure to present this report for the APPNA Summer convention Journal as the JSMUAANA President for 2016. Let me start with welcoming you all to our annual convention. I am wishing you a very relaxing and enjoyable time here in Washington, DC.
We recently celebrated our 6th annual retreat in Phoenix, Arizona on May 13-15, 2016. It was a great success with attendees flying from all across the country as well as from England and Pakistan to attend. The keynote speech by Saeed Ahmed Khan, an overview of 2016 elections and changing American landscape, was very well received by the audience.
Over the years, our organization has grown from a handful of members to over 300 active members. We have accomplished many goals, both here in the US as well as in Pakistan. Some recent accomplishments are listed below:

1) Recently the class of 1990 completed remodeling of a state-of-the-art lecture hall at JSMU.
2) Phase one of the water filtration project at Jinnah Hospital was recently completed, providing clean, cold water to patients and their families.
3) 4 ventilators, sponsored by Class of 1987, were installed
4) The first check of the scholarship program to deserving JSMU students was delivered 2 months back. An MOU signed with JSMU to streamline channeling of these scholarship funds.
5) Revitalized observer-ship program for young graduates
6) Converted 40 years of essential student records from Sindh Medical College to easily searchable electronic format from hard copy.
We currently have 7 SMCians serving in various APPNA committees. I feel greatly indebted to, and would like to thank my team both here in US and in Pakistan, and the entire alumni association for their support.

Best regards,
Akhtar Hamidi, MD
President 2016

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ACTIVITIES OF KEMCAANA

KEMCAANA takes pride in several successful projects which fulfill our mission of reaching out, giving back and changing lives.

- KEMCAANA Scholarship Program, is one of the largest Alumni led program at a Pakistani medical college. We are giving 150 undergraduate and 2 postgraduate scholarships along with 11 post graduate loans.
- KEMCAANA Visiting Faculty Program is helping KEMU faculty to develop research skills. This year we are providing two Research Mentorship scholarships to KEMU faculty to help them to learn research skills in US.
- KEMCAANA Social Welfare Committee is managing several social welfare projects including providing life saving medicines to indigent patients at Mayo hospital, eye camps, free food packages in Ramadan, water coolers and heaters for Mayo Hospital. APPNA Hepatitis C and APPNA Chest are managed by this committee.
- KEMCAANA House in Philadelphia is a home where medical students and graduates come and stay to prepare for their exams and residency interviews.
- KEMCAANA Student club project provides forum for KEMU students to interact with Alumni in US.
- KEMCAANA Computer Lab Program has been an outstanding project which has touched lives of all the students and faculty at KEMU. It includes more than 60 PCs and 6 satellite computer labs.

Khalid Aziz MD
President, KEMCAANA

ACTIVITIES OF NISHTAR ALUMNI

The past year was record breaking one for the NANA. We were able to engage almost 100 new physicians in our projects and activities. We have almost 800 Nishtar graduates in North America. Our membership continues to grow. We had a very successful meeting in last summer in Orlando. Earlier this year, we had an Annual retreat in Las Vegas with a great participation especially from young physicians. Our last meeting in Midwest was in Detroit in July 2016 with participation over 70 people, majority of them were young physicians who were recently graduated in residency and fellowship training programs. Our current projects include 1. A brand new setup of advanced-Endoscopy suite. Construction has been completed, brand new equipment being installed. 2 Renovation and upgradation of existing library, construction of chemo bay unit at Nishtar hospital.3. We awarded 50 alumni scholarships to well-deserved and academically successful students in past one year. 4. Externship committee, and Research and scholarly activity committees of NANA has been significantly helpful in channelizing the new graduates in the success of their career.
Please visit our website or Facebook page for further information and updates.
www.nishtar.org or https://www.facebook

Regards,
Ghulam Mujtaba M.D.
President, Nishtar Alumni

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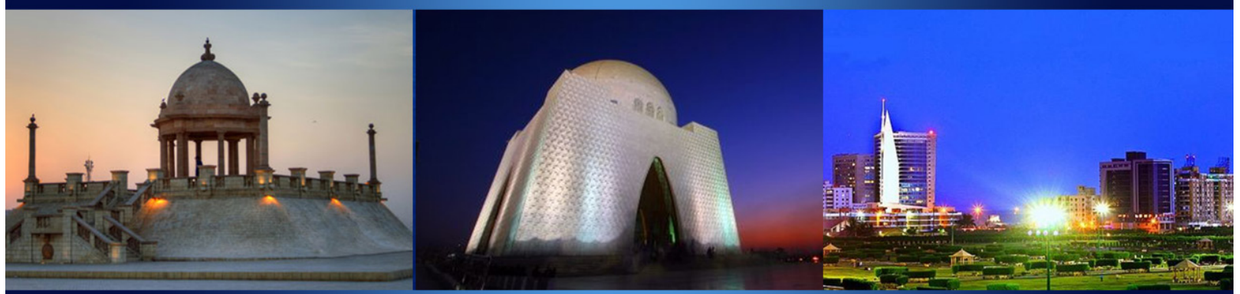
APPNA
WINTER MEETING 2016



December 23-24, 2016 Karachi, Pakistan

APPNA CANADA CHAPTER

APPNA Canada continues to grow despite it's geographic challenges. The year 2015 was a good year. The annual dinner was held May 2015 and very well attended.
Our goal is to not just promote CME and social networking amongst members, but also promote and support community organizations such as food banks and assist the communities at large through health awareness programs.
We attended and supported Rehma Foundations annual dinner in May 2015. This organization provides excellent support to the senior citizens in the South Asian community.
We aim to collaborate with Sansar, a South Asian network that promotes cardiovascular health through community awareness and education.
For our national health day in October, we will join this organization and promote awareness of cardio-vascular health, diabetes, and mental health in the community.
We are looking forward to a very productive 2016.

Sincerely,

Naheed Chaudhry
President Appna Canadian Chapter

APPNA SOUTH FLORIDA CHAPTER

It is an honor for me to serve as the President of APPNA South Florida chapter.
Highlights of some of our accomplishments are as follows:
1: Arranged a seminar titled " The Political Process and why you should get involved." Our key note speaker was US Senator (ex) George LeMieux.
2: A fundraiser to raise money for our various project. Late Amjad Sabri performed at this event.
3: Held condolence meetings and candle light vigils for various tragic events in Pakistan and USA.
4: Our members enthusiastically volunteered at the UHI free clinic in Miami. A brain child of Mr. Syed Zafer, Mr. Sadrul Fasihi and Mr. Khalid Mirza. Drs. Zafar Qureshi, Zakia Subhani, Birgis Alam, Latif Jaghda, and Unser and Azra Khan devoted their precious time to this cause.
5: Hosted a very successful APPNA Spring meeting 2016 in Miami Beach, both in terms of attendance and net profits. I owe a big thanks to our members and our community for such an astounding success. During the meeting arranged a seminar with Emerge USA on "Countering Bigotry-Role of Pakistani diaspora". Dr. Zafar Iqbal and Dr. Khurram Wahid were the moderators. The program was very well atttnded.
7: We worked with a very vibrant local organization called "Kids for a cause". This organization is the brainchild of Mrs Huma Askari, a dynamic member of our community. She inspires our kids to participate in various social projects.
8: Our chapter was instrumental in creating the "Association of Allied Health professionals". Mrs Hina Khan was elected as its first President.
9: We are in the process of opening APPNA free health clinic in the Fort Lauderdale area. I am very grateful to Dr Zafar Qureshi, Dr Unser Khan, Dr Iqbal Zafar Hamid, Dr Zakia Subhani and Mr Syed Zafer for their support.

Regards,

Mian Ahmed Hasan, MD
President, APPNA South Florida

THE ASSOCIATION OF PAKISTANI PHYSICIANS OF NEW ENGLAND

The Association of Pakistani Physicians of New England (APPNE) held its post-Halloween brunch at Doubletree Hotel in Westborough, MA on November 1, 2015. It was a well-attended event that brought together many physicians and their spouses from many parts of the New England area. Attendees wore traditional Pakistani costumes and enjoyed sumptuous Pakistani cuisine.
APPNE, in collaboration with the Consul General of Pakistan, NY Consulate, sponsored a Pakistan Visa Camp on November 07, 2015 at the Islamic Society of Boston Cultural Center (ISBCC) in Roxbury, Massachusetts. Many members of the local Pakistani community obtained visas for Pakistan and had their documents attested and notarized. APPNE has been sponsoring this event for the last few years.
APPNE held its annual meeting at Crowne Plaza, Natick, Massachusetts on April 30, 2016. It was a successful event that was attended by over 100 Physicians and their families. The event was dedicated to Dr. Amin Rathore, a long-time community leader and an APPNE member, who died on March 25, 2016 due to pancreatic cancer. For many years, Dr. Rathore made tremendous contributions to the Pakistani community in the greater Boston area.
APPNE has supported multiple charity projects in Pakistan and here in the New England area. The Neonatal Resuscitation program, The Green School and Solar Well Project & Computer Literacy Projects were presented by respective project leaders who are active APPNE members. New APPNE Board for the year 2016-2018 was also announced at the event. Entertainment was provided by Deeba Sehar and Nadeem Abbas, two young singers from Pakistan.
In addition to the outreach in Pakistan, APPNE members are active in their local communities in the New England area and run a free clinic and participate in various interfaith programs and charitable activities.
We hope to continue these efforts and look forward to collaborating with APPNA in future projects.
Sincerely,

Yousaf A. Shaikh, MD
Secretary, APPNE 2016-2018

APPNA GEORGIA CHAPTER

GA APPNA had an exciting year with a rapid increase in membership. We also had a very successful ladies fashion show. We participated with Hunger Walk along with more than 1,000 other participants in Atlanta. The proceeds went to the hungry people in Atlanta, GA. We are also supporting a free clinic in Clarkston, GA which has a regular full day clinic on Sundays throughout the year.
In July we hosted an EID brunch with 300 participants in attendance. Later this year we are planning for more events to work for local and overseas charities.
Sincerely,
Farid U. Qazi,
President

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HDF is changing Pakistan… one life, one family, one village at a time

Dr. Atiya Khan, MD
HDF Chairperson Board of Directors

The parable of the blind men and the elephant is a perfect metaphor for the immeasurable problems that Pakistan faces and for the philanthropists who want to grasp it. A few blind men were asked to touch and feel an elephant and say what they thought it was. Each man felt a part of the elephant and tried to visualize the overall essence. "it's a wall", it's a rope"," It's a tree". They almost came to blows.

The problems that Pakistan faces are much bigger than the elephant. They are too big for any one perspective and all of us are trying to squabble about some small part. Some see lack of education, some would place lack of health care as the main problem and some see deprivation and poverty. I must give credit to some APPNA visionaries in 1997 (with the help of some experts in the field) who visualized these problems as a whole and named it as a lack of human development. Thus the concept of Human Development Foundation was approved as an independent organization with a mission "To facilitate a movement for positive social change through mass literacy, universal primary health care and community empowerment through social mobilization".

This concept of a holistic model was unique compared to other organizations doing good work in trying to combat one or the other problems of education, health care or poverty reduction. Human Development Foundation, now commonly referred to as HDF, has made its mark by showing amazingly successful outcomes. These successes are the result of the passion, dedication, hard work, and unresolved commitment of many people who supported, donated and worked continuously in US and in Pakistan. Here I would like to recognize the expat Pakistanis, and especially the APPNA members, who gave full support to the workings of HDF.

I know many APPNA members have heard of the successes of HDF. If not, you can visit HDF's web site (www.hdf.com) for success stories like:

(1) Infant mortality in Pakistan HDF areas being reduced from 85/1000 live births in 1998 to 23/1000 live births in 2016 and 99.5% children immunized in HDF project areas.

(2) 10,000 students receiving education every year with many doing extremely well like…
- Aqsa Bano who topped in the matric exam in the Bhawalpur Board,
- Rukhsana Parveen Khokar who after finishing high school from HDF, pursued a master's degree and is now working with USAID and recently bought a car,
- Shazia who became a software engineer,

and 30 other girls who graduated from an HDF Lahore School (Eno Bhatti School) who are continuing their education in Shalimar college and every one of them is achieving more than 80 % marks. I met these girls and the principal confirmed their results.

Today I want to tell you a story about the real success of HDF; changing the mindset of the people in these remote villages. I attended an all-male Village Development Organization meeting in Tando Mohammed Khan where the topic of discussion was Women's Rights. I was pretty shocked, and I asked them when there were no women, how and what rights are you going to talk about? The answer was really amazing. The secretary said "We are demanding three things from the government. (1) HDF taught us that girls should be educated, so we will demand that all girls attend school (2) No girl should be married before 18 years of age (3) No honor killing in our village." They were preparing to even go on hunger strike if the officials did not agree. Men fighting for women's rights – what a drastic paradigm shift for our communities. I felt extremely proud. It is truly amazing how great the outcomes of little efforts are. That's what makes HDF unique.

Now switching gears, I feel sad and at a loss due to the recent and unfortunate death of Edhi Sahib which has left a huge void in the selfless service he provided to the millions. As we all realize this cannot and will not be filled, but we must try and do our part and put one drop of our share in that empty bucket and hope that all of us will do that. HDF sure will do its part of putting the drop in!
Qatra qatra samander bun jai ga. Inshallah.

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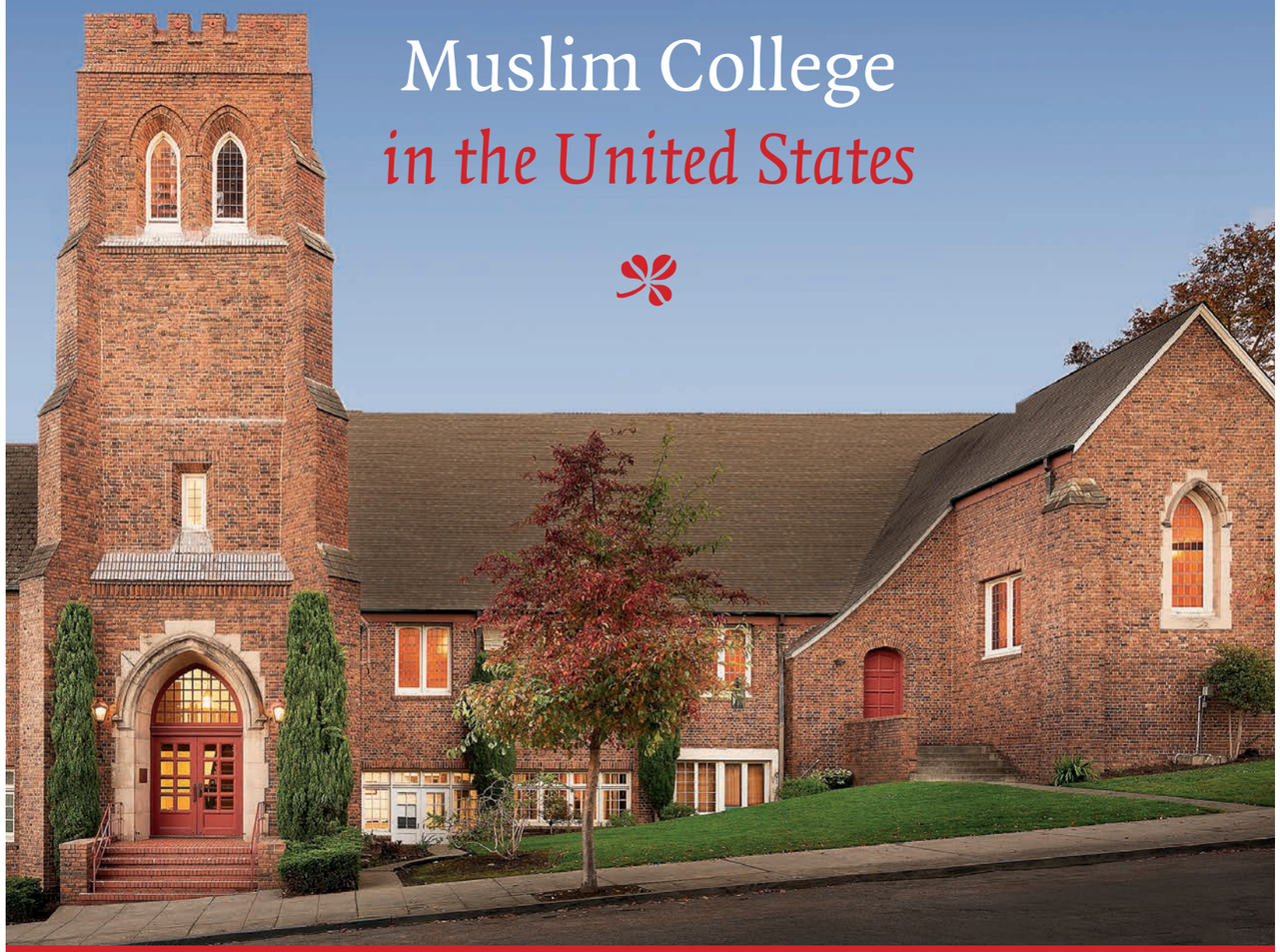

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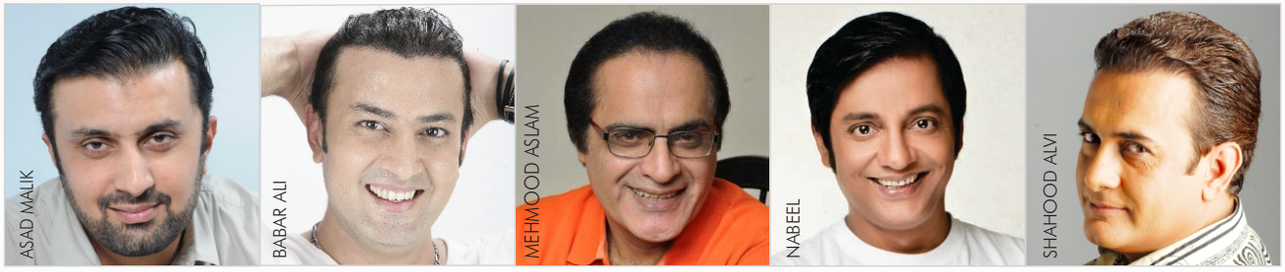

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