

# APPNA

Association of Physicians of Pakistani Descent of North America



2016

**PREVENT . HEAL . EMPOWER**



# APPNA

*Association of Physicians of Pakistani Descent of North America*

APPNA

Association of Physicians of Pakistani Descent of North America  
6414 South Cass Avenue, Westmont, IL 60559-3209, USA



**Intikhab Ahmad, MD**  
*Editor-in-Chief*



**Tariq Jawaid Alam, MD**  
*Co-Editor*

This year, the official theme of APPNA is “Prevent, Heal and Empower”. Over the last decade or so, we have observed a major transformation of social, political and economic landscape around the globe, posing a new array of challenges for us as a community and as professionals. Every generation has a moral obligation to respond to these challenges with discipline, dignity and authenticity, as well as building a path forward for future generations. History has proven time and again that transformational leadership is a key to bring forth change in society, and empowering masses is the first step in that direction. Under the stupendous leadership of Dr. Nasar Qureshi, the theme of empowerment has added new dimensions to self-determination, knowledge, resources and skills not only within APPNA but also influenced many who unfortunately have been left out of the mainstream population, e.g., children, minority groups, women and students who are not able to afford education. With the term “empowerment” fast becoming a ubiquitous buzz word and often used for political gains, APPNA has taken concrete and practical steps in empowering the disadvantaged in the society. In the year 2016, we witnessed many milestones being achieved and also saw a true change in promoting a culture based on values of social justice, respect, tolerance and acceptance with self-determination. The establishment of APPNA Institute of Clinical Research and Training (AICRT), the outreach effort in providing healthcare across small towns in the United States and a remote school in Coban, Guatemala where indigent children have no access to healthcare and adopting medical students from poor communities in Pakistan, has given a new symbolic meaning to “healing” across diverse demographics. These efforts would be crucial in establishing, restoring and fostering trust among masses, improving our image and identity in society across the globe.

As Pakistan faces daunting and unprecedented challenges, including poverty, illiteracy, energy crises, a failing healthcare system and public health policy and as preventive medicine still remain neglected sciences with a disproportionate emphasis on curative rather than preventive health care, APPNA has utilized its platform to launch a series of comprehensive programs reflecting themes of “Prevent, Heal and Empower”. We feel more optimistic today that a journey of a new tomorrow has begun. We have made many inroads and traversed through many uncharted territories and precarious pathways successfully but our work has just started, our mission is still incomplete and our dreams are yet to become a full reality. We can say with absolute certainty that the challenges we face might be uphill but our resolve and commitment is unshakable. We are blessed with a unique opportunity in making a difference in the lives of many. Let’s stay united and join hands in pursuit of higher goals and providing a better future for generations to come. The journey that started decades ago in medical schools transcends across continents and deep oceans and goes on with a new vigor toward new destinations!

In the end I want to thank our publication committee and individual authors taking time and contributing to this magazine. We are indebted and grateful to President Dr. Nasar Qureshi for his visionary leadership and his team for an outstanding year. I want to extend special thanks to my co-editors, Dr. Tariq Alam, Dr. Salman Zafar, Dr. Shamim Salman and Dr. Fariya Afridi, for their hard work and passionate commitment to this magazine.

Intikhab Ahmad, MD  
*Editor-in-Chief*

# MESSAGE FROM THE PRESIDENT



**M. Nasar Qureshi, MD**  
*President*  
**APPNA 2016**

Dear APPNA Family,

As-salamu Alaykum

I consider myself extremely lucky to have been blessed by the opportunity to know all of you and humbled by the trust you placed in me as President of APPNA. My memories have been enriched forever by your love and what we have achieved together. There will be nothing more fulfilling than to look back, at some point in the future, and see that everything APPNA has done this year and before, strengthen and make a difference in the lives of many in our communities here and in Pakistan.

The earnest passion of many in APPNA, to make a difference is extremely empowering, even more so when you work with them to make their vision come true. I have been privileged to have worked with so many of you over the years, on some amazing projects, especially this year, where thousands of man hours spent by several hundred of our members made 2016 such a productive year. I am grateful and indebted to all of you for making 2016 an amazing experience for APPNA.

The theme of APPNA in 2016, "Prevent, Heal, Empower", reflects what I believe is the core of APPNA's mission and values. The theme, at first glance, may appear to be related to healthcare and patients. However, it is beyond that and reflective of how, as an organization, we should be approaching our mission directed towards healthcare, education and empowering, not only our patients with their health, but our communities here in USA and Pakistan with being able to navigate their lives for a better tomorrow. To that end, we have to take ownership of our communities and future generations in North America. The need-based college scholarship for Pakistani Descent students going to college, which we initiated this year, is just a first step. It is crucial for our growth and respect in the community to bring additional such programs to APPNA. Just one community based program, which we initiated in 2010, the APPNA National Health Care Day, has become a flagship program of APPNA, and brings APPNA well deserved coverage and prominence in our communities every year. A track record of such programs gives us respect as an organization, and allows us to be sitting at the table where decisions may be made about the future of our children. With the changing sociopolitical environment, we do not have an option but to be participant in those decision making processes.



We all agree that APPNA is at an inflection point. We are well suited to exponentially grow from the solid base that has been achieved over years. The most important thing today for APPNA is to consider how it can improve itself, and what organization building steps we can put in place to ensure survival, growth and increased relevance of APPNA in the future. To this end, Dr. Mubasher Rana (President 2015) initiated the Committee on Improved Governance of APPNA. The committee worked diligently last year, with wide ranged discussions in various groups of APPNA members, seeking to understand the issues for APPNA and listening to the members on how they believe we can improve the governance of APPNA. The consensus recommendations were presented to the Long Range Planning Committee and approved last year. This year the discussions continued unofficially including a retreat called to discuss just “how we can improve APPNA” in the start of the year. The council gave a green light to the Constitution and Bylaws Committee (CABLC) to prepare and present a draft of changes to the CABL for its consideration. The CABL presented their recommendations to the Council at its fall meeting.



Interestingly none of what is being proposed and what we have heard from the membership is new. The proposed enhancements have been discussed in part many times over the years! Then what has kept us from implementing them? One issue which has been pointed out ad nauseam is discontinuity of processes from year to year, with the annual change of President. The organization has become slave to its structure, and is President-centric, instead of the structure being organization centric. Possibly, also the biggest obstacle to change always is “the fear of change itself!” Someone has to do it, let’s make it happen, so we can take on the strengths of our 89 years and ensure a vibrant and growing organization for the next 100.



As you read through the pages of the journal, you will see what you have accomplished. Each and every one of you have contributed, may it be guidance, criticism, encouragement, financial support of the projects, attendance of various meetings, or even your comments on Facebook. I am indebted to all of you for your contributions, and in helping make 2016 a landmark year.

Once again, all I can say to express my deep gratitude to the membership of APPNA is THANK YOU! I am grateful to Ms. Jennifer Wozniak and the office staff, Mr. Tipu Ahmad and Mr. Laiq Siddiqui, for their tremendous support. I would also like to recognize the contribution and support I received from the executive committee, and would like to thank Dr. Mubasher Rana for his services to APPNA and wish the 2017 executive committee a very fruitful year.

I would like to take this opportunity to express my sincere thanks to my family, especially my wife, Lubna, for standing beside me through the countless and lengthy conference calls consuming many evenings each week, the numerous meetings each year all over the country, the time spent away from responsibilities at home, planning and executing, not just this year, but in years past working with NJ chapter and my alumni association, DOGANA.



My dear friends, I am proud of what we have achieved together and hope to continue to serve this organization in future.

Nasar Qureshi

# YEAR IN REVIEW 2016

## **APPNA-USAID Memorandum of Understanding:**

Under the term of this historical MOU, APPNA and its physicians will perform healthcare related activities, including medical camps, consultations, etc. at USAID facilities in Pakistan. APPNA will also provide continuing medical education to the staff at USAID facilities through their MERIT Program, besides providing telemedicine support to the physicians at USAID facilities through the APPNA Telemedicine Program. USAID will in return provide logistic support and local coordination for APPNA programs. Once successful, this also opens doors for APPNA to work with USAID supporting their healthcare related programs internationally.

## **Collaboration with Rotary International in Promoting Support for Eradication of Polio in Pakistan:**

APPNA has collaborated with Rotary International to promote supporting efforts for eradication of polio in Pakistan and highlighted the polio eradication drive in various forums. The President of Rotary International, Mr. John F. Germ, Guest of Honor at Alumni night at the Annual Convention, highlighted the ongoing relationship.

## **APPNA US College Scholarship:**

This need-based scholarship fund for Pakistani Descent students in college is a first in ensuring APPNA's involvement in the larger community, and providing support to our future generations. Fifteen students received scholarships this year, and if they maintain their grades, they are guaranteed scholarships in their second year in college.

## **Adopt Medical Students in Pakistan:**

A scholarship has been established in association with ICare Foundation, Pakistan, to support tuition for medical students in public medical schools on need basis. Nearly 50 scholarships have been given in the inaugural year of this program.

## **Limited Term Loan Program for Need-Based Support of Pakistani Physicians for USMLE Exams and Interview Process:**

Although APPNA has supported this over the years under various programs, this program guarantees continuous support from donors year after year, with reasonable guarantee of return of funds and recirculation for future graduates.

## **APPNA Medical Corps:**

APPNA's first peace time mission was sent to Guatemala. This serves as a basis for an expanded role of APPNA in the international community for providing healthcare services, not only in emergent situations and natural disasters, but utilizing its full potential as a peace time Medical Corp.

## **APPNA Job Board:**

A much needed job exchange was created for the first time on the APPNA website.

## **APPNA Find a Doctor Program:**

A new program was initiated to allow a larger community, especially Pakistani descent patients, to be able to search for Pakistani descent physicians in their area.

### **APPNA Free Medical Clinic in Karachi:**

An APPNA free medical clinic was started in Karachi this year. If successful this provides a framework to replicate such clinics throughout Pakistan.

### **A New Webinar Series for Young Graduates:**

The program is directed toward the residency application and interview process etc., through the Young Physician Committee.

### **APPNA Free Clinics:**

*In addition to the existing APPNA free clinics, new projects initiated this year include:*

- Planning and funding for starting a new clinic in Northern California
- Georgia APPNA partnered with Clarkston Clinic and provided the financial support for a free pharmacy
- APPNA South Florida Chapter initiated planning and fund-raising for a permanent clinic
- APPNA SCT finalized plans and funding for a free mobile clinic

### **In Addition to the Above Programs, Continued Emphasis was Given to APPNA's Ongoing Programs, Including:**

- APPNA National Healthcare Day: The participation in 2016 was higher than all previous years.
- Weekly lectures for more than 30 institutions through APPNA MERIT
- APPNA Telemedicine program gained momentum
- Water wells and delivery systems in Tharparkar and other areas in Pakistan
- EYE Camps in Pakistan in collaboration with LRBT
- A school in Munirabad in association with TCF
- Ramzan food distribution in Pakistan
- APPNA houses for our young graduates in NY and Chicago (APPNA-PPS)
- Various programs under the Young Physician Committee
- Visa support for our young graduates matched for residency programs
- Centralized Electives, Observership and Research Program strengthened
- Enhanced membership benefits, including;
  - Discounts in hotels across Pakistan
  - Car rental discounts by major companies across USA
  - Decreased fees for credit card processing for physician practices through World Pay

# MESSAGE FROM THE PRESIDENT ELECT



**Sajid Chaudhary, MD**  
President Elect  
APPNA 2016

Dear APPNA Family,

A tide of change is about to occur and it has ascended very quickly and very heavily upon us. It may very well change the direction of our future here in the U.S. In case you are wondering what I am referring to, you may want to remind yourself of November 9, the day when America elected a new leader of the free world. A step, which seems to indicate a change in direction of certain rules, policies and procedures in our country. Many people worry about the impact those policies may have on their civil liberties. You must have also felt the uncertainty and apprehension that many people have expressed lately. It seems to be the topic of the day in the mainstream and social media and our personal conversations at home or at work.

The U.S. is known as a country for immigrants, as the land of the free, place of equal opportunity and equal rights to life, liberty and pursuit of happiness for all. Many of us have called it our home for decades and we are proud citizens. Our kids grew up here. Our younger colleagues also are hopeful to realize an American Dream of better and fuller life with opportunity for each; according to ability or achievement. We as immigrants of Pakistani descent have a lot to be proud of when we look at the history of our contributions and accomplishments in our home land and, at the same time, we have had our share of trepidations as well. We have endured the phase of insecurities about civil liberties in post 9/11 world, and our young physicians have faced the visa challenges in the past decade as well. These challenges may grow stronger and more defined in coming months and years.

Dear friends, it is time for us to be united together now more than ever. APPNA provides a great platform and solid opportunity to do a lot of productive work. We have made a positive impact in our societies, with programs like regular free APPNA clinics, National Health Care Day and charitable efforts when a natural disaster has struck; but we need to spend more time and energy to assimilate and integrate in the society. It is very important for us to realize that the need of the day is to make a clear and positive mark on the minds of our neighbors and fellow citizens who are also harboring anxieties about their Muslim/Pakistani compatriots. They do not know us and that very well may be the reason that apprehension and mistrust is highest in the American society about Muslims today.

There aren't enough words to emphasize the greater role that APPNA needs to take in our local communities; therefore, I plan to make the theme of next year to be "Community Empowerment through Civic Engagement". We will institute programs to fulfill this ideology throughout the year in 2017 and in the future. I am confident that APPNA members also realize the importance of executing programs which will alter the direction of the tide of change from adversity to advantageous transformation.

I humbly request members to volunteer for various projects that APPNA will institute in 2017. I invite the North American Medical Graduates in particular to come forward and join in as we navigate the process of "Community empowerment with Civic Engagement". I have no doubt, with our unified efforts, we will effectively establish an image of APPNA which will help change the image of our Pakistani American community in the USA.

I look forward to receiving your ideas, feedback and most importantly, your active participation. Please write to me at [sajid\\_chaudhary@yahoo.com](mailto:sajid_chaudhary@yahoo.com).

Sincerely,  
Sajid Chaudhary, MD



# MESSAGE FROM THE SECRETARY



Iqbal Zafar Hamid, MD  
Secretary  
APPNA 2016

Dear APPNA Members,

2016 has been a wonderful year for the organization, and we saw the initiation of many philanthropic and charitable projects. In this regard, the Executive Committee, led by our President Dr. Nasar Qureshi, truly deserves our appreciation for a job well done. As the Secretary of the organization, I was able to communicate and contribute to the best of my ability. That included “APPNA Adopt a Medical Student” program.

The minutes of the meetings are up to date. We had multiple Executive Committee meetings and Council meetings. We had a General Body meeting during our summer convention in Washington, D.C. and a joint Board of Trustees/Executive Committee meeting during our fall meeting in San Antonio.

I want to thank the membership for giving me the opportunity to serve as President-elect in 2017. Your help and support is very much needed to take our organization to the next level in the coming years.

I would also like to convey my best wishes and support to our incoming President, Dr. Sajid Chaudhary. We all have to work together to project a more positive image of our organization and ensure that we continuously keep the community and public informed on all the good work that APPNA does.

As I had stated before, the membership has to make their officers more accountable and demand transparency in all their actions. There should be no place for negativity amongst the organization and its processes. The integrity of the organization should be the priority, and this is not a value that can be compromised.

We, the officers, should serve the organization with the utmost sincerity in a bipartisan fashion. Let’s work with each other and make APPNA a more progressive, transparent and inclusive organization.

Let’s keep APPNA first and foremost.  
Long live APPNA.  
Iqbal Zafar Hamid, MD



# MESSAGE FROM THE TREASURER



**Dawood Nasir, MD**  
Treasurer  
APPNA 2016

Dear APPNA Family,

I wanted to inform the membership that 2016 has been one of the best years for APPNA financially. This year every meeting was profitable and APPNA received record sponsorship and endorsements. Every project which was started is funded for this year and also for next year. The scholarship for American graduates is established and funded for this year and for next year; the loan program for needy students is established and also funded. There will be money left for a contingency fund (emergency fund for rainy day), and some money for next year's expenses.

I should not be the only one to claim the credit for this banner year. Dr. Nasar Qureshi (APPNA President) was involved every step of the way and worked very hard, diligently and honestly through the whole year to make this possible. I also like to thank other members of the APPNA executive committee and meeting chairs for their contributions. All APPNA accounts are in order and up to date.

I would also like to thank Jennifer Wozniak-Watson, Nick Suh, Karolina Strack, Sehba Khan, Tipu Ahmad and Laiq Siddiqui for doing an excellent job in running APPNA affairs. We should all be proud of their outstanding contributions to the organization.

In the end, I would like to thank APPNA members for allowing me to serve the organization as their treasurer for 2016. Thanks a lot.

Dawood Nasir, MD

<b>PROFIT &amp; LOSS AT 12/31/16 (unaudited)</b>	
<b>Restricted Funds</b>	
Lifetime Dues Revenue	\$ 107,707.12
Lifetime Dues Expense	\$ (15,808.51)
Lifetime Dues Net	\$ 91,898.61
Scholarship Revenue:	
Alumni Scholarships	\$ 25,712.74
US Scholarships	\$ 70,360.00
Scholarship Expense:	
Alumni Scholarships	\$ (14,794.82)
US Scholarships	\$ (37,750.00)
Scholarship Net	\$ 43,527.92
SWDR Revenue	\$ 133,319.69
SWDR Expense	\$ (139,404.94)
SWDR Net	\$ (6,085.25)
CME Revenue	\$ 228,591.25
CME Expense	\$ (213,237.28)
CME Net	\$ 15,353.97
<b>Total Restricted Funds Net</b>	<b>\$ 144,695.25</b>
<b>Unrestricted Funds</b>	
Meetings Revenue	\$ 3,246,797.52
Meetings Expense	\$ (2,814,221.24)
Meetings Net	\$ 432,576.28
General Revenue	\$ 131,844.65
General Expense	\$ (428,755.64)
General Net	\$ (296,910.99)
<b>Total Unrestricted Funds Net</b>	<b>\$ 135,665.29</b>
<b>TOTAL APPNA GAIN YTD AT 12/31/16</b>	<b>\$ 280,360.54</b>



# MESSAGE FROM IMMEDIATE PAST PRESIDENT



**Mubasher Rana, MD**  
**Immediate Past**  
**President**  
**APPNA 2016**

Dear APPNA Family,

APPNA is an incredible organization doing great work. I am very fortunate to have had the opportunity to be part of it and serve it over the years. The theme of last year was "APPNA FIRST" based on the firm belief that as long as we put APPNA before our personal interests, we can achieve whatever we strive for. 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.

I sincerely want to thank the EC, Council, BOT, APPNA office staff and most of all Chairs and members of all committees in 2015. Whatever we achieved last year as outlined below was due to their incredible efforts and commitment. I also would like to express my gratitude to APPNA President and EC 2016 for carrying on several of these programs:

- 1.) APPNA Telemedicine
- 2.) APPNA Medical Corps
- 3.) Revitalized Long Term Strategic Planning committee and initiated work to establish improved Governance in APPNA
- 4.) APPNA Charities Projects: Karachi Heat Wave initiative, Tharparker Clean Water project, APPNA/LRBT eye camps, Help after Peshawar school tragedy, increased number of APPNA Free Clinics
- 5.) Instituted electronic balloting and introduced new election reform
- 6.) Increased the number of Specialty Based Networks: APPNA Peds, Heme-Onc, Nephrology, Anesthesia and Pain medicine and Radiology
- 7.) Helped young physicians with continued visa assistance, mentorship, seminars, loan program and new YPC website. Continued advocacy for GRAD act.
- 8.) APPNA Qissa 2- compilation and Publication of APPNA's history from 2004-2015
- 9.) Established centralized electives, observerships and research program
- 10.) Improved APPNA Financial: all meetings including winter meeting had net positive revenue; transferred \$25,000 to contingency (Rainy Day) fund; all lifetime dues were transferred to investment account
- 11.) APPNA CABL amendments 2015 approved by APPNA Council at its 2015 spring meeting and is pending approval by General Body
- 12.) APPNA Qatra Fund-Let us build APPNA together
- 13.) New look website
- 14.) APPNA office reorganization-new office staff hired and proficiency improved
- 15.) Improved APPNA Membership Benefit package-signed World Pay agreement
- 16.) Initiated concept and groundwork for APPNA Institution of Higher Learning



This year, I have tried to help the President and APPNA EC to benefit from my experience and serve APPNA the best we can. I have also spent a tremendous amount of time working with very experienced and knowledgeable APPNA members to come up with a proposal for better governance for APPNA. After a tremendous amount of work by CIGA, Governance Advisory group and CABL committee spanning over 21 months, the proposed amendments were presented and approved by the Council at the fall meeting. I sincerely believe the new governance model will help transform APPNA into an organization of the future and bring it to par with some of the best run nonprofit organizations in the country.



In these unprecedented times, it is imperative that we, as a premier Pakistani American organization, get more involved in local initiatives. In addition to doing charitable projects like free clinics in our communities, we need to increase our advocacy efforts to improve healthcare systems and provision of affordable high quality care to all Americans. There is no doubt that as physicians and caregivers, our primary mission is and will always be selfless service to others.



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 one- or two-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 the United States of America.

Mubasher Rana, MD, FACP

# BOARD OF TRUSTEES



**Abdul Rashid Piracha, MD**  
Chair

Assalmualaikum,

In 2006, you honored me by electing me the President of APPNA and on December 31, 2016 ,I finished my term as chairman of the BOT.

It has been a long rewarding and fulfilling journey and allows me back to the folds as a member once again.

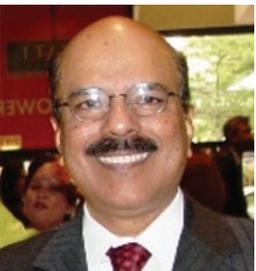
In all these years I did my best in action and spirit to meet the obligations to you, because I took it as an honor to serve you. I ask no reward of it but I do ask your indulgence and forgiveness for any mistake I made.



**Imtiaz Arain, MD**

While mulling over what thoughts to leave with you, it occurred to me that our profession, the practice of medicine, is a scientific field with strings of spiritual streaks. The trust, the hope, the faith all make such vital companions to its technical applications. Moreover the overwhelming majority of our membership is constituted but Muslims. So I got to digging in my own mind where does our faith impart in spiritual strength to medical practice.

First of all, I am delighted that the practice of medicine is a highly approved profession in Islam. But what is more inspiring for APPNA as medical society is that our prophet said that God has not created a disease for which he has not created a cure.



**Mufiz Chauhan, MD**

What a great inspiration for medical research! There could not be a greater challenge to healers than to use their knowledge, laboratories, resources, experience and hard work to discover those already existing but hidden cures. My faith obligates me to provide care to patients without any consideration of religion, race, nationality and social standing.

**GOING OVER THESE SPIRITUAL OBSERVATIONS HAS MADE ME REALIZE HOW THE PURPOSE AND OBJECTIVES OF APPNA AS DESCRIBED IN ITS CONSTITUTION ARE IN LINE WITH THE SPIRITUAL DICTATES.**



**Farrukh Hashmi, MD**

Now a word about BOT. The BOT in APPNA is somewhat a misunderstood component of the organization. It may seem more important and influential than it is. Our role is basically a supervising one without any authority and responsibility in the regular affairs of the organization. The only three places where BOT input is essential are financial matters of more than 10K dollars over and above the budgeted, a role in a possible situation of organization dissolution and the final arbitrators of election. The financial role can be curtailed if the amount is budgeted in advance, election arbitration can be bypassed if the candidate takes the case to court. Nevertheless it has a purpose to serve as a overseer of the organization and it does. Members of the board are those APPNA members who have served the organization in leadership capacities in the past and are asked to serve another five years of their time. It is a privilege and I am obliged to the membership for that.



**Omar Atiq, MD**

To conclude, the experience has taught me that too many words only obscure the essence. Hence, I end this message with my heartfelt prayers for every one of you and the pearl that a physician's sincere service with necessary skills to any human being is his service to God Almighty.

Wassalam  
Regards,  
Abdul Rashid Piracha, MD

# MESSAGE FROM 2017 TREASURER AND SECRETARY



**M. Sohail Khan, MD**  
*Treasurer*  
APPNA 2017

Dear APPNA Members,

I am honored to serve APPNA as Treasurer in 2017 and look forward to working with the dynamic newly elected team who are all proven and committed to APPNA.

The previous four years have changed APPNA forever! The amount of work in strengthening its foundation and processes has been enormous but still is far from being satisfactory! The only way to address this challenge is by consensus building for means to change the status-quo and take our organization to the next level. A mechanism has to exist to transfer the leadership into the hands of new and young members. Procedures have to be in place for them to work in harmony with senior and founding leadership, with proper professional help.

We have to develop alternate revenue streams to ensure growth of the organization. What better than Educational Training Institutions under APPNA, not voluntary or charity projects, but financially-solvent professionally-run institutions, which are in sync with our mission and charter. The source of income for APPNA has to diversify rather than rely only from meetings, international trips, etc. A clear financial transparency is going to build TRUST thus bringing people back in the fold of APPNA.

Why are we still debating and unable to have full-time (not voluntary) 20+ clinics all over USA and Canada, a hospital under APPNA, our own residency program in every discipline of medicine, our own school of allied health, nursing school, our own graduate level school and our own Research institutions?

I will continue to advocate and work toward these goals with your support. The APPNA house, Electives and Observership programs, educational training for Clinical Skills Exam and now establishment of APPNA Institute of Clinical Research Training (AICRT) are some ground breaking things that have happened and will steer APPNA in the right direction.

M. Sohail Khan, MD



**Rizwan Khalid, MD**  
*Secretary*  
APPNA 2017

Dear APPNA Family,

It is indeed an honor to be elected to serve as the Secretary of APPNA for 2017. I look forward to working with the Executive Committee, Council, Committees, Chapters and Alumni Associations. In 2017, as far as our main meetings are concerned, our year will start with a strategic retreat in Orlando in January, followed by our spring meeting in Philadelphia in March. Summer convention will be held in Orlando in July, followed by our fall meeting in Cincinnati. We will Inshallah end the year with the winter meeting in Lahore in December. International meetings will include a trip to Croatia and Bosnia in April and a cruise to Alaska in July. I hope that many members will plan to attend our meetings. I intend to be a strong voice for our young physicians and social welfare agenda in both Pakistan and North America. We, as an organization, will need to be a strong advocate for the members and our community during these challenging times. I will continue to seek counsel from the membership and believe that we will have a very productive 2017.

My very best wishes,  
M. Rizwan Khalid, MD

# APPNA OPERATIONS REPORT



**Jennifer E.  
Wozniak-Watson, JD**  
*Director of Operations*

Dear APPNA Family,

2016 has been a very busy year at the APPNA office. A year filled with membership renewals, meetings, financial overview and filings, events, CME, scholarship and most importantly philanthropy. The staff of four; including myself, worked diligently and did its very best work on these items all year.

APPNA office has been processing membership renewals and new memberships in all categories since the beginning of the calendar year. The office has also facilitated the election process, awards process and new BOT member process for 2017. APPNA office worked on the Strategic Planning Meeting held February 6 in collaboration with APPNA North Texas Chapter in Dallas, Texas, the International meeting to Spain/Morocco held March 31- April 10, worked in collaboration with APPNA Florida Chapter on the spring meeting held May 6-8 in Miami, Florida, the Summer Convention held August 3-7 in National Harbor, Maryland, the Hajj Pilgrimage held September 5-18, the African Safari trip held September 23 - October 1 and the fall meeting in collaboration with the APPNA South Central Texas Chapter. The office has also been working on the upcoming Winter meeting being held December 22-24 in Karachi, and the 2017 strategic, spring, Croatian, summer, Alaskan and fall meetings.



**Nicholas Suh**

This year, APPNA office completed all necessary financial transactions and daily works to keep APPNA thriving with the continued assistance of the accounting firm of Scanlan and Leo, the newly retained auditor-firm of Ostrow, Reisin, Berk & Abrams (ORBA), the continued investment banking assistance of Stephens Inc. Private Client Group and on outside legal issues with the firm of Nagle Obarski.



**Sehba Khan**

APPNA held its annual National Healthcare day in October, signed a historic MOU with USAID, raised funds for multiple projects; via SWDRC, in the United States and Pakistan and also awarded scholarships to deserving students in both countries through the alumni and college scholarship programs. APPNA continued to offer CME credit hours at both domestic and international meetings again this year under the accreditation of Amedco. APPNA office assisted in the creation of APPNA Qissa vol. 2 (which is currently in production) and maintained its Qatra fund (in its second year of existence). The office worked on the need-based loan program, the Telemedicine program, the Electives and Observorships program, the young physicians housing program, the Find-a-Doctor program, the Membership Benefits program, the Adopt-a-Medical-Student program, the job board project, the AMC's missions preparation for 2017 mission to Lahore and Guatemala and the AICRT program of education sessions at APPNA central.



**Karolina Strack**

2016 has been a year of great strides, good and bad times, hard work and dedication by the staff and volunteer physicians that make APPNA the association that we all love. We have the same goal of making this association the best representation of philanthropic excellence in our community and abroad. I thank everyone who has helped to achieve this standard.

Wishing continued success for years to come,  
Jennifer E. Wozniak-Watson, JD

# MESSAGE FROM THE AMBASSADOR



Hon. Jalil Abbas Jilani  
Ambassador



EMBASSY OF PAKISTAN  
3517 International Court, N.W.  
WASHINGTON, D.C. 20008  
Tel: (202) 243-6500

## MESSAGE OF THE AMBASSADOR OF PAKISTAN

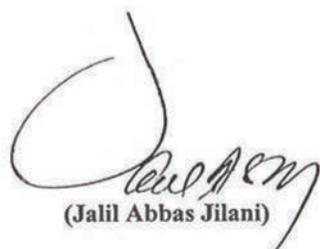
This may be the last in the series of messages that I have been sharing with APPNA as Pakistan's Ambassador to the United States. My association with this Premier Community organization dates back to my earlier diplomatic assignment when I was in Washington D.C. 20 years ago. The Association of Physicians of Pakistani Descent of North America (APPNA) is one of the oldest, strongest and most effective organizations of Pakistani-Americans. It certainly forms a source of pride for the community. It has a proud history of working as a bridge between Pakistan and the United States. The Association is not only well-organized but well-resourced with influence in important circles of the United States.

APPNA has been complementing the Embassy's efforts to improve the welfare of Pakistani Diaspora. Its most significant contribution lies in the wide ranging projects in healthcare and social sectors in Pakistan. Their active role through medical support and relief efforts during the 2010 floods was commendable. They have been extending help to Pakistani doctors in scholarships and residencies in the United States. APPNA has also been playing a vital role in promotion of Pakistani culture, arts and cuisine. I believe that APPNA members are the true Ambassadors of Pakistan in the United States and a most valuable asset for Pakistan and Pakistanis in both the motherland and the homeland.

During the last three years as Ambassador of Pakistan, I counted on APPNA's unwavering support in promoting Pakistan's positive image and enhancing cooperative ties with the United States. I feel humbled and grateful to APPNA Council for unanimously endorsing me as a lifetime member of this prestigious organization.

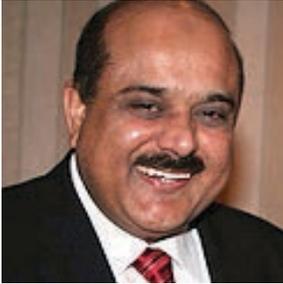
Our community's role is critical in solidifying the bonds of friendship between Pakistan and the United States. I would urge APPNA to take lead in lifting socioeconomic and political profile of the growing Pakistani Diaspora in the United States and count on Embassy's full and unstinted cooperation in this endeavor.

I would further urge APPNA to continue their good work with more vigor in promoting positive image of and narrative about Pakistan. Finally, I would want to place on record my appreciation for Dr. Nasr Qureshi and his wonderful team for carrying out the mission of APPNA in an eventful year. I pray for a more successful future for APPNA.



(Jalil Abbas Jilani)

# IMPROVED GOVERNANCE IN APPNA



**Mahmood Alam, MD**  
**Chair**

*The work of APPNA continues to grow with the selfless devotion of its volunteers.*

**How to achieve best potential of APPNA?** This question becomes even more relevant today when giving back to the community in Pakistan, North America and beyond is gaining momentum. During the last decade, APPNA has been adding more projects every year and the number of committees involved in oversight has reached close to forty (40). The leadership cycle of one year in APPNA and in most of its component societies has been posing tremendous inertia to the continuity of our work in the present governance system. Also in the recent years, numerous past presidents have expressed their discontent that their projects, which they developed with passion and hard work of the members, were either abandoned or put on the back burner by the next leadership. This expression of growing disenchantment in APPNA required attention that was overdue. In the beginning of 2015, president Mubasher Rana took president elect Dr. Nasar Qureshi into confidence to address these issues. Both leaders felt that APPNA is at the inflection point where a new set of strategies in improving its governance and ensuring the implementation of its rules is needed to achieve harmony and best potential of APPNA. The Long

Range Planning Committee was revitalized. Dr. Rana also appointed Dr. Qureshi to lead the committee on Improved Governance in APPNA (CIGA). CIGA was commissioned to evaluate and propose a robust governing system that promotes unity of purpose and establishes APPNA as a signature North American organization. This article summarizes two-year-long deliberations on improved governance that also required amendments in the constitution and bylaws.

**Executive Summary of Proposed Changes for Improved Governance in APPNA:** Committee on Improved Governance in APPNA (CIGA) presented its recommendations to the Long Range Planning Committee (LRPC) at the summer APPNA Convention on August 13, 2015. LRPC approved the concept. It was recommended that more brainstorming and input from past presidents and Council was desirable before its final approval.

More than year long discussions took place in various fora after the CIGA recommendations were taken up by LRPC in August, 2015 and before final document was prepared by CABL committee. These discussions and presentations took place in the following order.

- 1.) Summer Council Meeting, August 13, 2015
- 2.) Special session for brainstorming on governance held in Chicago, October 10, 2015
- 3.) Fall Council Meeting, October 24, 2015
- 4.) Advisory Group on improved governance meetings from October 2015 – September 2016
- 5.) Strategic Planning Meeting held in Dallas on February 20, 2016
- 6.) Spring Council Meeting, May 14, 2016
- 7.) CABL Committee Meetings, August – November, 2016
- 8.) Fall Council Meeting, October 22, 2016

CABL proposed amendments, which encompassed all the recommendations on improved governance, that were presented in the fall Council Meeting held on October 23, 2016. Let's examine how APPNA will operate after ratification of these amendments by the general body.

**What is being proposed in improved governance and why?** After serving the organization for two decades, President APPNA 2015, Dr. Mubasher Rana, simply felt that organization had tremendous growth in recent years and time had come to improve its governance to take APPNA to next level. Dr. Rana took president elect Dr. Qureshi into confidence—to lead by example and to put APPNA first in promoting a culture of working together in achieving bigger goals—and appointed Dr. Qureshi the Chair of CIGA. That was not the only reason APPNA needed improved governance. I would like to share some historical facts that unequivocally provide credence to the hard work put into improved governance. In 2004, APPNA hired consultant Michael Thompson, PhD, wrote a report titled, Road Map to the Future. He observed, "The Founders of APPNA began the Association using a Western Medical Association model imposed on a Southeast Asian cultural mindset. That has left the Association with a unique and somewhat cumbersome organizational structure." Dr. Thompson pointed out that changes needed to be made the way APPNA Council works to make it an effective governance body. In 2005, in the midst of organizational turmoil, the Board of Trustees (BOT) recommended, "Board of Trustees should be granted additional power to intervene if a member or officer is engaged in the acts of utterances which violates APPNA's Constitution or are contrary to the collective will of the Executive Council or General Body ..." Furthermore, yearlong deliberations of voluntary Advisory Group on Governance and its recommendations has set the stage for proposed changes.

What is the big deal about the proposed changes in governance? There is only one major change that proposes a paradigm shift in APPNA's governance. All others are complimentary to assist in better oversight of APPNA operations. This shift creates a hybrid body of present BOT and APPNA leadership. This body is renamed as board of governors (BOG), an appropriate name that represents its function and responsibilities. The total number of members are increased and the method of selection is changed for this new body of BOG (presently known as BOT). This change is exactly in line with demands to increase in the number of board of trustees and enhancement in their oversight authority—a demand that has been advocated in APPNA over the past several years. Moreover, it was felt that Council is becoming too big to manage and the yearly change in council members and results in lack of much needed institutional memory. Similarly, the follow-up on long term projects is also compromised. There are too many committees to present their report in a too short a time in council meetings. The BOGs, a hybrid body of qualified APPNA

seniors (like in BOT) and the executive leadership, is being proposed for effective oversight of compliance, endowment funds investment, and council approved long range projects of APPNA.

**How BOGs are elected and who they represent?** There will be eleven (11) members in the BOGs. A total of eight (8) board members will be represented in BOGs, one each from eight (8) regions in North America (see figure 1). Each region represents nearly 500 active members in APPNA. Each BOG member is appointed for a four (4) year term on a staggered basis. Every year, two BOGs will be appointed from two regions on rotational basis to replace the retiring BOGs from the same regions. Therefore, each region will always be represented. The nominations for BOGs will have to go through a predefined vetting process before their names are presented to APPNA Council for vote. The addition of three officers, namely, the President, President elect, and immediate past President makes BOGs an eleven (11) member board. There shall be no more than two (2) members of the Board of Governors from any one Alumni Association at any time to accommodate smaller Alumni into BOGs.

**What would BOGs do?** The role and responsibilities of BOGs include all the provisions that are assigned to present body of BOT. The Board of Governors shall be responsible for oversight to ensure APPNA policies are implemented properly, APPNA bylaws are followed and APPNA is in compliance with relevant state and federal laws. In addition, it will have oversight on long range planning, fixed asset management, and resource and development. The appointment of governance committees will be the privilege of BOGs. The following committees will be required to report to BOGs.

- A.) Governance Committee
- B.) Ethics & Grievance Committee
- C.) Asset Management Committee
- D.) Compliance and Implementation Committee
- E.) Resource and Development Committee
- F.) Long Range Planning Committee

**Operational Committees:** All the present standing committees will be the operational committees that are appointed by the president in consultation with the executive committee. The staggered term committee appointments are required in the bylaws; however, it has not been implemented. The lack of predefined method of staggering has been one reason prohibitive to its implementation. Staggered term is now defined in the proposed amendments. One third of the members of the committee shall be appointed by the president elect and will serve for three years. Initially, one third of the members of the committee will be appointed each by the president for two-year term and immediate past president for one-year term. Every year, the president will additionally appoint a chair of the committee. There shall be at least seven members of a committee.

**APPNA Commissions:** How to organize the work and oversight of ever-increasing number of committees in APPNA was the question at hand for the governance group. The commissions are proposed to coordinate and oversee the committees, which have similar scope of work. Each commission shall be represented by the chairs or their designee of the constituent committees. Council may decide inclusion or exclusion of any committee under a commission. Council may also add new commissions in the future to assist in organizational work. The following commissions are being proposed now:

**Commission on Education, Research and Young Physicians:** The following committees are proposed to be under this commission: Research, Education and Scientific Affairs Committee (RESA), Medical Education & Research, International Training & Transfer of Technology Committee (MERIT), Telemedicine Committee, Committee on Young Physicians and Scholarship Committee

**Commission on Social Welfare and Disaster Relief:** The following committees are proposed to be under this commission: APPNA Medical Corps and Social Welfare and Disaster Relief Committee

**Commission on Advocacy, Social Justice, Legislative and Government Affairs:** The following committees are proposed to be under this commission: Committee on Advocacy, Governmental, and Legislative Affairs, Committee on Social Justice and Committee for Liaison with Professional Organizations

**Commission on Affiliate Organizations:** This commission may include, but not limited to the following committees: Subspecialty affiliate organizations, APPNA Alliance, SAYA, CAPPNA and Social forum

**APPNA Council vs. House of Delegates:** The initial template of APPNA constitution is based on American Medical Association's (AMA) structure. The governance group proposed to rename Council as House of Delegates, which is a principal representative body in AMA. During the presentation in the Council Meeting on October 22, 2016, it was requested to keep the title of "Council" for the representative body in APPNA instead of changing it to a House of Delegates. It was unanimously approved that Council will stay as Council.

**Do the proposed amendments threaten the authority of APPNA President or its Council?** Not at all. It does not impact either the authority of the president or the control of council in decision making and its legislative power. In fact, proposed amendments deepen the legitimacy and authority of the president and the council that is chaired by the president. The president remains the chief executive officer and spokesperson of the association. The proposed changes are expected to improve the long-range oversight, financial management, and implementation of organizational rules to enhance accountability and transparency.

## References:

- Mahmood Alam, APPNA Presidents – Are we Bache Saqqaws of APPNA? APPNA Journal 25:3, 38, Nov. 2015.
- LRPC Report, APPNA Journal 25:3, 39, Nov. 2015 - Mahmood Alam, MD (Chair), Imtiaz Arain, MD, Wajid Baig, MD, Nasar Qureshi, MD, PhD, Mubasher Rana, MD, Asif Rehman, MD, and Mohammad Suleman, MD
- C.I.G.A. 2015, Wajid Baig, Avais Masud, Faisal Qureshi, Nasar Qureshi (Chair), Ahsan Rashid, Suhail Siddiqui, Saima Zafar and Adnan Zaidi.
- Advisory Group on Improved Governance of APPNA emerged from the special brainstorming meeting held at APPNA office on October 10, 2015. More than thirty members attended the meeting including twelve past presidents. The dedicated group included M. Khalid Riaz, Mahmood Alam, Arif Muslim, Arif Agha, Imtiaz Arain, Nasar Qureshi, Sajid Chaudhary, Mubasher Rana and Omar Atiq. Dr. Chaudhary and Dr. Atiq were requested to participate by LRPC chair Dr. Alam after Dr. Chaudhary was elected as president elect and Dr. Atiq was appointed to the BOT. Dr. Atiq chose to leave the group in March 2016.
- Michael Thompson, Road Map to the Future (of APPNA), document on file in APPNA archives and also in APPNA Qissa II, 2016.
- Minutes of the APPNA Special Council Meeting, July 1 2005, held at Hilton Americas, Houston, TX
- The Governance Committee shall do the vetting of the nominees to ensure they substantially meet the following criteria: Have been an Active member for five (5) consecutive years or at least eight (8) years in total; and satisfy at least half (50%) of the following experience points:
  - a.) Past President of an Alumni Association (3 points)
  - b.) Past President of an APPNA Chapter (3 points)
  - c.) Past APPNA Executive Committee member (4 points)
  - d.) Past President of an APPNA Affiliated Subspecialty society (2 points)
  - e.) Past Chair of an APPNA Standing Committee (2 points); if the nominee has served as Chair of more than one committee points will be cumulative.
  - f.) Served as an officer on a hospital medical staff at least one term (2 points);
  - g.) Has an MBA or similar degree in hospital administration (3 points);
  - h.) Held a position in a medical professional society as committee chair or higher (2 points)

This proposed method of staggered term committee appointments was the intent of the organization from the outset. See in the minutes of special Council Meeting held in November, 2004 at Chicago, IL. Document on file in the archives of APPNA.



### Retreat for Improved Governance, Chicago, October 2015

**First row standing left to right:** Kashif Qureshi, Aftab Khan, Mansoor Alam, Muhammad Suleman, Mahmood Alam, Imtiaz Arain, M. Khalid Riaz, M. Nasar Qureshi, Zaheer Ahmad, Nadeem Kazi, Mubasher Rana, Arif Agha, Manzoor Tariq

**Second row left to right:** Arif Muslim, Sohail Khan, I. Zafar Hamid

# ALUMNI PRESIDENTS



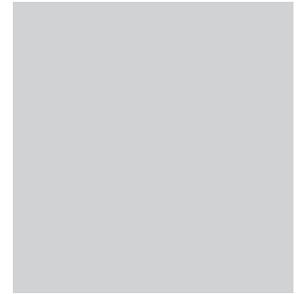
Habib Chotani, MD  
AKUAANA



Shahram Malik, MD  
AIMCAANA



Naveed Chowhan, MD  
Caribbean Medical



Dean Nadeem Ahmed, MD  
Dental APPNA



Danish Saeed, MD  
DOGANA



Samina Hijab, MD  
FJMUAANA



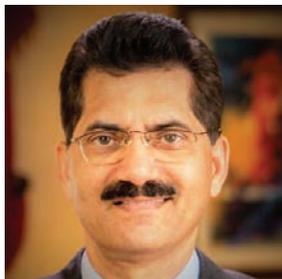
Akhtar Hamidi, MD  
JSMUAANA



Humaira Haleem Ali, MD  
KMCANA



Khalid Aziz, MD  
KEMCAANA



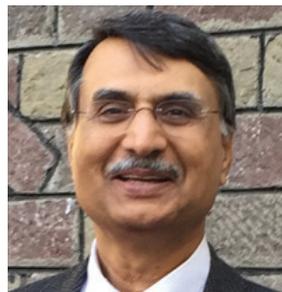
Tahir Sheikh, MD  
Liaquat Medical College



Ghulam Mujtaba, MD  
Nishtar Medical College



Amjad Ghani, MD  
PMCANA



M. Khalid Iqbal, MD  
Quaid-I-Azam Medical



Neeraj Mahbood, MD  
Rawalpindi Medical

# CHAPTER PRESIDENTS



Ehtsham Haq, MD  
Alabama Chapter



Maqbool Halepota, MD  
Arizona Chapter



Mohammad Ilyas, MD  
Arkansas Chapter



Naheed M. Chaudhry, MD  
Canada Chapter



Faryal Mirza, MD  
Connecticut Chapter



Haroon Durrani, MD  
Delaware Valley PA



Ayyaz Shah, MD  
Florida Chapter



Farid Ullah Qazi, MD  
Georgia Chapter



Muhammad Aslam, MD  
Greater Cincinnati



Hussain Haideri, MD  
Heartland Chapter



Sajid Mehmood, MD  
Illinois Chapter



Syed Iftikhar Habib, MD  
Michigan Chapter



Bushra Sikandar Dar, MD  
Minnesota Chapter



Hashim Raza, MD  
Missouri-Greater St. Louis



Mahmud Sheikh, MD  
Nevada Chapter



Salman Malik, MD  
New England Chapter



Avais Masud, MD  
New Jersey Chapter



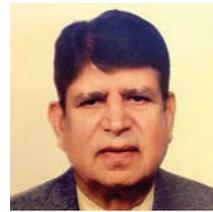
Syed Tamkeen Ahmad, MD  
New York Chapter



Adil Warsy, MD  
North East Tennessee



Aifra Ahmed, MD  
Northern California



M. Amjad Bhatti, MD  
North Carolina Chapter



M. Zaim Nawaz, MD  
North Texas Chapter



Iftikhar Hussain, MD  
Oklahoma Chapter



Fouzia Tariq, MD  
Ohio Chapter



Basil Shah, MD  
Southern Chapter



Hyder Iqbal, MD  
Southern California



M. Khawar Ismail  
South Central Pennsylvania



Lubna Naeem, MD  
South Central Texas



Mian Ahmed Hasan, MD  
South Florida Chapter



Kashif Khan, MD  
South Texas Chapter



Nadeem Faruqi, MD  
Virginia Chapter



Syed Wasimul Haque, MD  
Washington DMV



Ariba Khan, MD  
Wisconsin Chapter

# FLASHBACK 2016









# APPNA COMMITTEES 2016

# YOUNG PHYSICIANS COMMITTEE



**Faisal Khosa, MD**  
*Chairperson*

**Members:**

Majid Toseef, MD  
Urooba Faheem, MD  
Taimoor Khan, MD  
Umar Tariq, MD  
Rizwan Khalid, MD  
Namirah Jamshed, MD  
Sana Waheed, MD  
Amjad Sheikh, MD  
Deeba Syed, MD  
Muzammal Habib, MD  
Aftab Khan, MD  
Muazzam Nasrullah, MD  
Atif Zafar, MD  
Saad Usmani, MD  
Faisal Latif, MD  
Qamar Zaman, MD  
Usman Khan, MD  
Muhammad Amir, MD  
Sajjad Savul, MD  
Shehzad Iqbal, MD  
Rehan Khan, MD  
Naveed Sadiq, MD  
Shahram Maroof, MD

There are two ways of spreading light, be the candle or the mirror which reflects it. The YPC committee's goal has been to benefit and facilitate young aspiring physicians. Our activities encompass a variety of roles that include career counselling and research mentoring sessions in multiple cities of Pakistan, assistance in the form of remote mentoring, facilitating and 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.

- Invitation based career counselling sessions held all over Pakistan i.e., KEMU, DMC, CMH, AMIC, PU, UHS and CPSP in Pakistan
- Career Counseling Teleconferences: once every month in which physicians called in from across America, Canada, Caribbean and Pakistan receive advice from YPC team
- ERAS Match: advice was provided to all applying to U.S and Canadian programs
- SOAP: YPC team was able to provide assistance, guidance and information to all during the post-match SOAP for U.S. and Canadian Programs
- YPC has established contact with various alumni and State chapters and also continues to deliver lectures through APPNA Merit.
- Jobs: YPC members continue to assist with observership/externship/clinical, research electives and research jobs.
- Visa: All the IMGs matched in 2016 who contacted YPC for assistance with visa (J1) received their visa approval in time to join their residency programs before July 1, 2016.
- SON: All the residents and fellows in need of Statement Of Need received these in time and all those who went abroad to extend their visa also received timely assistance.
- Green card applications (EB1/EB2) of 14 IMGs were supported in the form of application material, templates and LORs.
- Remote Research Mentoring: IMGs published 18 peer-reviewed scientific articles as a result of mentoring by YPC members in 2016. <https://www.ncbi.nlm.nih.gov/pubmed/?term=khosa+f>
- The YPC event at the APPNA's 39th Annual Convention was a great success. The links and pictures below provide some details of the program.



**Discussion Panel at the YPC Event:**

Dr. Majid Aized is the moderator. Elizabeth Ingraham, Dr. Atif Zaheer, Dr. Aftab Ahmad, Dr. Wasique Mirza, Dr. Aatif Hussain, Dr. Faiz Bhora, Dr. Adil Haider



**Award Winners of Oral Presentations:**

Dr. Aisha Khan, Dr. Rafay Sabzwari,  
Dr. Amir Shah with the Organizers  
(Majid Aized, Taimoor Khan, Umar Tariq, Faisal Khosa)



**Award Winners of Poster Session:**

Dr. Ahmed Waqas, Dr. Nizar Bhulani, Dr. Sameer Baig  
**Judges of the Session:** Dr. Namirah Jamshed, Dr. Saba Waseem, Dr. Javed Siddiqi  
**Organizers:** Majid Aized, Taimoor Khan, Umar Tariq, Faisal Khosa

# AWARDS COMMITTEE



**Pervez Shah, MD**  
*Chairperson*

Members:

Khalid Riaz, MD  
Aslam Malik, MD  
Omar Atiq, MD  
Farrukh Hashmi, MD

I would like to thank Dr. Nasar Qureshi for entrusting me with the responsibility as Chairman of the APPNA Awards Committee for 2016. The committee held a total of five conference calls during the year, which helped to decide this year's recipients. This year's recipients have been decided for the Gold Medal and Lifetime Achievement Award, while the Humanitarian and Chapter/Alumni of the Year awards were not given this year due to the lack of suitable nominees.

### **The committee's achievements for 2016 have been the following:**

- Renaming the APPNA Humanitarian Award as the APPNA Edhi Humanitarian Award beginning in 2017
- Previous Gold Medal winners name and picture have now been placed on the APPNA website. Our thanks to Mansoor Alam, Shahid Yousaf and Zeeshan Shah of the Office Management and Communications Committees for their work on this.
- Unanimous awarding of the APPNA Gold Medal to Dr. Amanullah Khan and APPNA Lifetime Achievement Award to Dr. Zeenat Anwar
- Unanimous approval by the committee of new rules for the committee

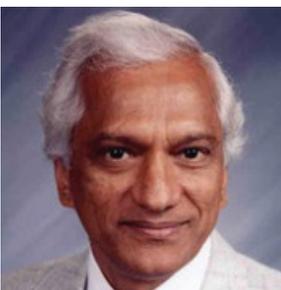
### **The APPNA Awards Committee should pursue the following goals for 2017:**

- The email requesting nominations for the various awards must emphasize that any attempt to solicit or lobby members of the committee to support various nominee(s) will result in the disqualification of the nominee(s) in question.
- The email requesting nominations for the various awards must emphasize in bold the required criteria necessary for an individual to nominate someone for the Gold Medal.
- The committee rules which were updated this year and which could not be approved during the summer and fall meetings, should be put forward for approval to the Executive Council at the spring meeting in Philadelphia in 2017.

I would like to thank my fellow committee members, namely Khalid Riaz, Aslam Malik, Omar Atiq, and Farrukh Hashmi, in assisting me in running the committee in a smooth and professional manner free of any rancor or controversy. Thank you.

Parvez Shah, MD

# CONTINUING MEDICAL EDUCATION OVERSIGHT COMMITTEE



**Ayaz M. Samadani, MD**  
*Chairperson*

Members:

Mohammad Jahanzeb, MD  
Arif Agha, MD

CME oversight committee was created to oversee compliance of CME programs as offered by APPNA. The purpose is to meet all criteria and essential requirements as required by the Accreditation Council for Continuing Medical Education. This committee assists Research, Education and Scientific Committee in its activities and overseeing that all required documents are complete for submission to ACCME on a timely manner.

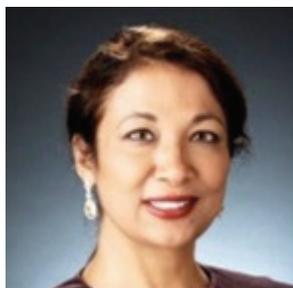
The ACCME's goal is to encourage and reward accredited CME providers for implementing best practices in pedagogy, engagement, evaluation, and change management, and for focus on generating meaningful outcomes. The new criteria are designed to serve as a guidepost for the future of CME.

With these criteria, the ACCME will recognize the achievements of organizations that advance inter-professional collaborative practice, address public health priorities, create behavioral change, show leadership, leverage educational technology, and demonstrate the impact of education on healthcare professionals and patients.

At an appropriate time of application for accreditation to ACCME, two recent activities will be submitted to reinstate the accreditation status of APPNA.

Ayaz M. Samadani, MD

# APPNA CHILDHOOD OBESITY & BREAST CANCER AWARENESS



**Lubna Naeem, MD**  
**Chairperson**

Advisor:

Aisha Zafar, MD

Members:

Aftab Naz, MD

Ariba Khan, MD

Naghma Malik, MD

Umber Salman, MD

*APPNA Committee for Women and Children's Affairs is a platform for exclusively highlighting enormous, neglected and concerning issues of women and children.*

## INITIATIVE:

### APPNA's Childhood Obesity Awareness Campaign:

With childhood obesity being a national and global epidemic causing many health risks and immense cost to our economy, APPNA launched a national educational awareness campaign. Our goal is to partner with communities improving quality of health by promoting the importance of healthy eating and exercise. Our hope is that by partnering with schools, parents, teachers, healthcare providers, policy makers and faith based organizations, we can work together to promote healthy choices and fight this national and global epidemic.

### APPNA Breast Cancer Awareness Campaign:

Breast cancer is the leading cancer in women. Our goal is to empower women by providing educational resources and educational opportunities for screening and early detection in collaboration with joint community initiatives.

## ACTIVITIES:

The APPNA, ADOPT-A-SCHOOL (Childhood Obesity & Diabetes Awareness Campaign) present a series of programs designed to appeal and inspire our children. These programs are held during special school assemblies or PTA meetings, school walk-a-thons, and neighborhood health fairs. By educating our children, their families, and our community leaders, we can fight this national and global epidemic!

Activities during these presentations include: show-&-tell presentations about good food/bad food, story walks or walkathons, and Zumba classes. Presentations can also include brief speeches on healthy choices by community doctors or dieticians. Participants receive educational materials such as Ready-Set-Go stickers, watch my plate posters, pedometers, jump ropes, and t-shirts. Our hope is that by partnering with schools and other community events, we can work together to promote physical activity and healthy eating habits.

Charity begins at home and APPNA has taken this educational awareness initiative with an unshakable resolve, mission, long range vision and purpose.

So far we have held numerous events, health fairs, and walkathons and have developed a network of enthusiastic volunteers who are successfully implementing school adoptions. Similarly APPNA physicians led with fervor a breast cancer awareness campaign and conducted numerous events educating thousands of women. Following is the list of some of the activities and events pertaining to APPNA women and children affair committee.

January 20, 2016: MEETING WITH MS. HILLARY CLINTON: Chairperson Dr. Lubna Naeem briefed Ms. Hillary Clinton on our important role and contributions in improving health of our communities.

### Childhood Obesity Awareness Campaigns:

February 1, 2016: MADERA CITY HEALTH FAIR: Coordinated by Dr. Aftab Naz

February 19, 2016: FENWICK ELEMENTARY, SAISD: Coordinated by Dr. Lubna Naeem

March 11, 2016: GANADO SCHOOL in collaboration with SAGE Hospital and University of AZ SNAP Program: Coordinated by Dr. Aisha Najib

August 6, 2016: APPNA Childhood Obesity Walkathon, Summer meeting Washington D.C.

Oct 30, 2016: Participation in Aga Khan Foundation Walk

### Breast Cancer Awareness:

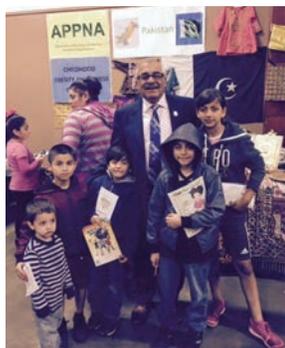
March 6, 2016: ROSHNI FASHION SHOW: Dr. Umber Salman and Dr. Shazli Malik volunteered

May 14, 2016: Rawaj Fashion Show in collaboration with Baptist Hospital

October 8, 2016: APPNA National Health Care Day, held Breast Cancer vs. Childhood Obesity Cricket Match along with Health Screening booth!

October 21, 2016: Breast Cancer Awareness Walkathon at APPNA fall meeting in San Antonio, TX

October 29, 2016: APPNA OHIO-16 Gala: Coordinated by Dr. Naghmana Malik



# APPNA HOUSE NEW YORK



**Mohammad Hamid, MD**  
*Chairperson*

Co-Chair:  
Iqbal Jangda, MD

Members:  
Tariq Ibrahim, MD  
Rizwan Naeem, MD  
Muhammad Aslam, MD

The committee went to APPNA New York House in Bronx, New York in December 2012. The committee was very disturbed at the poor condition of that place which had no heat, leaking water from the ceilings and roach infestation. In the year 2013, under the leadership of Dr. Javed Suleman, president APPNA and Dr. Muhammad Hamid, president APPNA NY Chapter, a house was rented there, which is very convenient from JFK Airport, as well as NY city subway, and APPNA NY House was started.

This year so far 180 young physicians have registered for APPNA NY House, and currently due to a busy time of the year, there are 24 students in the house which is its full capacity. Usually this facility is availed by young physicians coming for short term stay for their residency interviews or doing clinical rotations or research rotations.

An Eid Millan Party was arranged by Dr. Hamid for residents of the APPNA House at the occasion of Eid at Kabab King House in New York.



Maintaining its yearly tradition, a seminar was arranged by NY Chapter on September 24, 2016 to help young physicians with their applications and residency matching program. Few program directors and representative from ECFMG were there for presentations and to answer questions from young physician. All of the residents from APPNA House NY were facilitated to attend that seminar.

## ELECTIVES COMMITTEE



**Aftab Ahmed Khan, MD**  
*Chairperson*

Co-Chair  
Sohail Khan, MD

Advisor:  
Mubasher E. Rana, MD

Members:  
Shazad Iqbal, MD  
Ifthikhar Habib Syed, MD  
Shahla Kaukab, MD  
Ariba Khan, MD

I am extremely proud to report that APPNA can now arrange electives and observer-ships for medical students coming from Pakistan in all 50 states of the United States. The work that we started two years ago under the leadership of Dr. Mubasher Rana is now complete. We have Physician Champions in all the 50 states. We are also capable of arranging research for medical students coming from Pakistan. The self-scheduling website is now fully operational. Thus far, we have helped more than 1,000 students and a few of them are already in residency programs. Each day, we receive more than two inquiries. Some students just take the information and then schedule their own rotations. At times, we also undertake and coordinate housing requests.

We have posted the links on the website to help medical students in Pakistan acquire information about different institutions offering research, electives and externship opportunities. In addition, the names and telephone numbers of the contact persons are also there. This APPNA program is helping young doctors fulfill their residency requirements.

This is a dynamic program; we update the information on a monthly basis. We are looking for more doctors to join and become part of this great service.

Aftab Ahmad Khan, MD

# AICRT (APPNA INSTITUTE OF CLINICAL RESEARCH TRAINING)



**M. Sohail Khan, MD**  
**Chairperson**

Members:

- Asif Mohiuddin, MD
- Mahmood Khan, MD
- Mendhi Malik, MD
- Mamoona Sheikh, MD
- Aamir Zain Jamal, MD
- Amjed Sheikh, MD
- Asif Syed, MD

With countless hours of brainstorming, innumerable presentations, business plans submitted to various committees and endless discussions with APPNA hierarchy to get something off the ground, APPNA Committee on Institution of Higher Learning and Medical Education (APPNA CIHLME ) proudly presents our first such Institute – APPNA Institute of Clinical Research and Training (AICRT)

Background: In 2014, APPNA Leadership created an Adhoc Committee to explore the possibility of APPNA Medical School – a lot of hard work was done but couldn't come to fruition. In 2015, it was realized that we need a bottoms-up approach with establishing smaller institutes like Research Institute, Allied Health Institute, School of Health Sciences, APPNA Hospital with Residency Training and eventually APPNA Medical School. We feel all this is doable and today the APPNA ship has started to sail in this direction.

The AICRT inauguration is planned for the end of December 2016 by Dr. Nasar Qureshi, President APPNA 2016. The institute will provide medical students and graduates from Pakistan a platform on training in:

- biomedical research with emphasis on research design
- literature review
- calculating sample size & power
- research project assignment
- systematic review
- bibliometric analysis
- basic data analysis using SPSS
- report writing
- original research project
- meta-analysis

This will be followed by practical training with writing and publishing medical articles under supervision thereby improving the CVs of the participants and developing a frame work on curriculum that can be incorporated by medical schools in Pakistan

## LET'S CONTINUE TO BUILD INSTITUTIONS UNDER APPNA

M. Sohail Khan, MD



# NEED BASED LIMITED TERM LOAN FOR MEDICAL GRADUATES



**Rao Kamran Ali, MD**  
*Chairperson*

Co-Chairs:

Najeeb Rehman, MD  
Aisha Zafar, MD

Members:

Ahmed Saeed Khan, MD  
Raza Khan, MD  
Waqas Ahmed, MD  
Farrukh Awan, MD  
Hassan Majeed, MD  
Nadeem Sheikh, MD  
Faisal Jafri, MD  
Sarim Mir, MD

Dear APPNA Family,

We all knew a few students in our class in medical college who were extremely bright and could have aced any international medical examination including USMLE, if they had financial assistance. I know many such students from various medical schools who I went to medical college, or worked with during my house job.

Over the years, having received requests for financial aid from many such students, in July 2015, I introduced the concept of Need Based Limited Term Loan for Medical Graduates. Dr. Nasar Qureshi, President-Elect at that time agreed with my vision and encouraged me. I started working on it and when Dr. Qureshi took charge as President of APPNA, this program was his priority.

The concept of the program was presented early in the year in the retreat in February, and was approved by the Long Range Planning Committee, and the APPNA Council in the spring meeting, ensuring longevity of the program and financial protection for the donors. As per NBLTLMG policy, APPNA created a collateral fund as a guarantee for lenders for return of their monies in case a loan recipient did not or was incapable of returning the loan. Dr. Nasar Qureshi set himself a goal to raise sufficient monies to make this loan program a reality. The APPNA summer meeting platform was used to raise dedicated funds for the loan program. We were able to raise \$50,000 as guarantee monies for the consortium of loaners for this program. After finalizing the mechanism and legal aspects of the loan program the monies were deposited in a restricted fund to be used as collateral. This allows up to \$100,000 to be available for giving loans to individuals in need. This also sets up a perpetual fund after two to three years the loan recipients start returning the funds. Appropriate criteria have been established for qualification for loan recipients, including their academic performance.

The loan committee currently comprises of total 10 members. All members of the committee are APPNA members who have agreed to monetarily support candidates who qualify for the program. All the applications are sent to all members and a decision is made on consensus. No one including chair and co-chairs have any discretionary powers at all. Since the inception of the fund in fall of 2016, the committee has been able to provide loans to all the applicants.

Applications can be submitted at:

<http://appna.org/need-based-limited-term-loan-for-medical-graduates-nbltmg/>

We, as the committee members, would like to request your help in generously lending to needy physicians and help strengthen APPNA and its affiliate chapters.

To receive more information, please contact any of the committee members.

Rao Kamran Ali, MD

# NOMINATION & ELECTION COMMITTEE



**Jamil Farooqui, MD**  
Chairperson

Humaira Ali, MD  
Co-Chair

Members:  
Aqeel Mandviwala, MD  
Ashraf Sabahat, MD  
Kashif Qureshi, MD  
Sohail Jilani, MD  
Sophia Najam, MD  
Tanvir Sattar, MD

The election process started this year with the nomination of the candidates. The election timeline was followed and slate was announced. The election campaign started as scheduled with summer convention. This year we have received multiple complaints and had several long committee meetings to deliberate on those complaints. I am proud of N&E Committee members who worked enthusiastically and tried their best to resolve some very complicated issues with the utmost honesty and integrity.

## CANDIDATE DEBATE:

Candidate debate was held successfully with a record participation from the membership during the summer convention. Debate was moderated by the chair N&E. The panel was comprised of the past presidents of APPNA, including Dr. Mahmood Alam, Dr. Saima Zafar and Dr. Mubasher Rana.

## SUMMARY OF COMPLAINTS:

The committee reviewed all complaints with utmost responsibility and ALL decisions were made by the majority vote of committee members under the guidance of the code of conduct approved by APPNA Council.

- 1.) Total complaints against candidates: 25
  - a.) Penalized by NEC for violating Code of Conduct: 2 [Reversed by E&G].
  - b.) Warning letters issued to candidates by NEC: 3
  - c.) Pending and referred to E&G and BOT due to legal issues: 3
- 2.) Total complaints against other members/officers/component societies: 7
  - a.) Individual members and officers were approached in writing and were reminded of the election code of conduct.
- 3.) There were several complaints from the general membership mainly around social media campaigning, receiving multiple calls and numerous electioneering emails even before the beginning of the election process.

## ELECTION PROCESS:

Electronic voting started as scheduled. Due to unusual circumstances, the process was stopped and after deliberation and approval of appropriate APPNA committees, it was restarted and completed as scheduled.

### ELECTION RESULTS:

Total Eligible Voters: 2506  
Total Returns: 1733  
Percent Returned: 69.15%

### SBS VOTERS SURVEY:

Very satisfied or Satisfied: 94.8%  
Neutrals: 3.3%  
Dissatisfied or very dissatisfied: 1.9%

### PRESIDENT ELECT:

Iqbal Zafar Hamid, MD: 918 (53.0%)  
Shahid Rashid, MD: 815 (47.0%)

### SECRETARY:

Muhammad Rizwan Khalid, MD: 956 (55.2%)  
Dawood Nasir, MD: 777 (44.8%)

### TREASURER:

M. Sohail Khan, MD  
Elected Unopposed



Iqbal Zafar Hamid, MD  
President-Elect  
APPNA 2017



Rizwan Khalid, MD  
Secretary  
APPNA 2017



M. Sohail Khan, MD  
Treasurer  
APPNA 2017

## CHANGES RECOMMENDED FOR CODE OF CONDUCT:

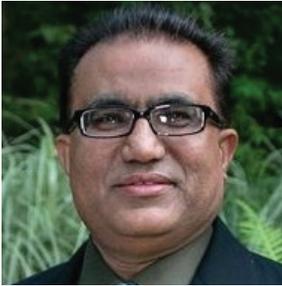
NEC recommended some changes in current "Election Code of Conduct and they were approved by APPNA Council in fall meeting".

I would like to thank our honorable committee members for their willingness to volunteer their valuable time for the organization. I am lucky to have them as part of our team. I would also like to thank APPNA President, members of the Executive Committee, Ethics and Grievances Committee and Board of trustees for their help, guidance and cooperation.

At the end, NEC would like to congratulate the winners and wish them all the best in their respective offices.

Sincerely,  
Jamil Farooqui, MD

# APPNA NATIONAL HEALTH CARE DAY



**Ehtsham Haq, MD**  
Chairperson

Members:

Aniqa Baqauddin, MD  
Adeel Rabbani, MD  
Bushra Sikandar Dar, MD  
Hussain Haideri, MD  
Mohammed Y. Abubaker, MD  
Yasmin Majeed, MD  
Mujtaba Qazi, MD

Year after year, APPNA has done many great things for its motherland and its adopted homeland. APPNA National Health Care Day 2016 is one of the most successful events. APPNA members provided health screenings, flu shots and tests including ultrasounds and EKGs as well as educational activities free of cost on October 8, 2016. Hundreds of physicians, volunteers, nurses and technicians participated in this activity to take care of thousands of patients in USA and Canada. The media was also there to capture these monumental moments.

APPNA Alabama held its annual National Health Care Day at the Hoover Crescent Islamic Center where over 120 patients were examined and treated.

On Saturday, October 8, 2016 in Hoover, Alabama, free flu shots, health screenings and lab work were all offered. The Association of Physicians of Pakistani Descent of North America, or APPNA held its annual National Health Care Day at the Hoover Crescent Islamic Center. Doctors tell ABC33/40 they served 124 patients. The group says there are many people who don't have insurance or find it difficult to get an appointment to see a doctor. That's why they offer the free services.

"We want to make sure our citizens, just like us, know we are part of this community. We are not only here to have a better life. We are here to serve our communities and give back as well," said Physician Ehtsham Haq. APPNA held free health care clinics in 30 locations across the U.S. and one in Canada.

Kazim Husain from Brownsville, TX is one of the most successful APPNA physicians who spent thousands of dollars from his own pocket to ensure the first ever APPNA National Health Care Day in Brownsville, TX. A week before the health care day the announcements were made through the newspaper, CBS-4 KGBT TV, social media and posters in the busy areas of the city. Eighteen Pakistani doctors from different medical colleges throughout the country treated near 400 patients, 300 flu shots were given, 100 patients had ultrasounds, and 150 EKGs were performed. Well done, Kazim!

The National Health Care Day at the Red Crescent clinic was arranged by the Alabama Chapter-APPNA and supported by the Birmingham Islamic Society and APPNA. This led to 124 patients being seen, 65 labs done, 90 more than flu shots given, and 50 over visual screenings done (via the Welch Allyn Visual Screener, courtesy of APPNA and Dr. Mubasher Rana). Gadsden, AL arranged its own separate NHCD led by Dr. Asif Kaleem providing hypertension and obesity screening.





Dr. Riaz Chaudhary with his team at New York Chapter



New Jersey Chapter NHCD 2016



Dr. Haq and the Alabama team.



Dr. Raza Khan, Ohio Chapter, at Canton, Ohio arranged the first of these events. He had a great group of physicians, nurses, college and high school volunteers, and community volunteers from Islamic Society of North America. The event was advertised in the local newspaper, local churches, synagogues and mosques. Well done Raza and team!



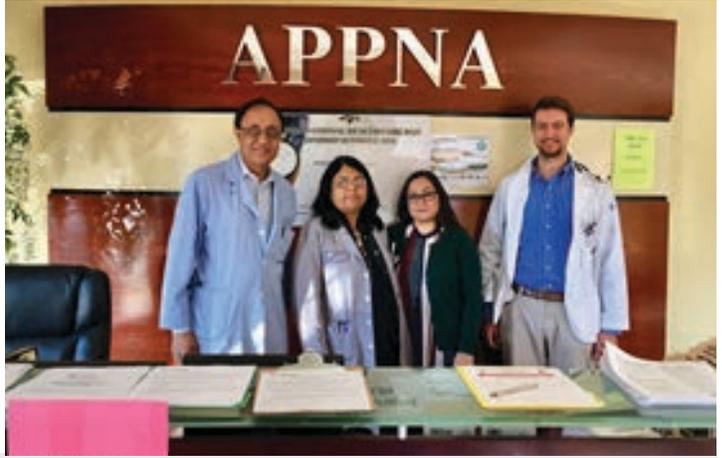
APPNA President, Nasir Qureshi, was behind the scenes for all the success and support for National Health Care Day 2016. He provided financial support, guidance and was actively involved throughout the year. APPNA-PUN, Dr. Umar Farooq and his team



Virginia Chapter, Dr. Khalid Matin, Dr. Rehan Khan and team attended by Mayor and Senator



APPNA/PPS Dr. Sajid Mehmood and team so proud of your two events



Chicago Chapter—Dr. Hasina Hijab and team.



Dr. Sabir Ali Khan with his team in Vallejo, Northern California



Dr. Tasneem Chaudhary and her team Augusta, GA arranged their first and successful event.

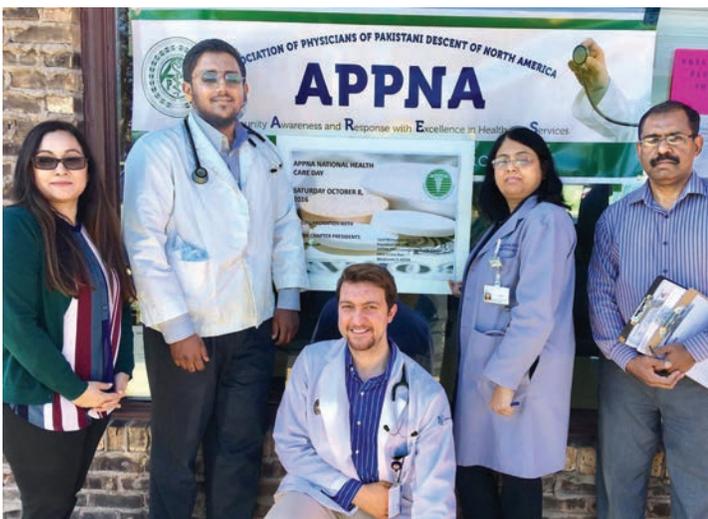


Dr. Taj Khan and team, South Texas event



Dr. Bushra Dar, President MN Chapter and team helping NHCD events

Dr. Yasmin Majeed and her team, Calgary, Canada



Thanks to APPNA National Health Care Day Committee Members for their support. Dr. Aniq Baqauddin, Dr. Adeel Rabbani, Dr. Yasmin Majeed, Dr. Mujtaba Qazi, Dr. Bushara Dar, Dr. Husain Haider. Special thanks to APPNA President Nasar Qureshi for his guidance and expanded financial support from APPNA for flu shots and t-shirts. APPNA office team Jennifer Wozniak, Karolina Strack and Nicholas Suh worked very hard.

2017 APPNA National Health Care Day Plans  
President APPNA 2017 Dr. Sajid Chaudhary

- 1.) Expand the sites by more than 30 in both the USA and Canada and maybe in Pakistan, too.
- 2.) Secure media coverage to highlight APPNA and its community members' services
- 3.) Educate what we are and what we stand for: community services and citizenship
- 4.) Encourage APPNA members and community to be vocal and service oriented nationwide instead of choosing isolation, quietness, fear and hesitation.
- 5.) Make APPNA the number-one ethnic professional organization in the USA again.

Ehtsham Haq, MD  
Chair National Health Care Day

# MEMBERSHIP BENEFIT COMMITTEE



**Rao Kamran Ali, MD**  
*Chairperson*

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

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

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](http://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 were 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)
- Pearl Continental (5 Locations) Lahore, Karachi, Peshawar, Rawalpindi, Muzaffarabad
- Marriott (2 location) Karachi, Lahore
- Ramada (1 location) Karachi Airport
- Hotel One by Pearl Continental (15 locations) Lahore, Islamabad, 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 processing company willing to match any deal for APPNA members. Members who have used this service 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 an exciting car rental discount program from Enterprise, National and Alamo.

**LEGAL SERVICES:** Two major legal firms, experts in immigration are on board with APPNA via the membership benefits committee. Fees are adjusted for APPNA members with installment options.

**APPNA JOB BOARD:** This is an interactive website to help employers, as well as employees 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.

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.

# Need a rental?



## APPNA Membership Benefits Program

# Legal Services



**CURRAN & BERGER LLP**  
IMMIGRATION LAW

**WR** Wolfsdorf Rosenthal  
LLP

We are very excited to announce Special Discount Room Rates for APPNA Members at 28 Locations across Pakistan at following hotels:



**Hotel One**  
By Pearl-Continental

**PC**  
Pearl-Continental

**AVARI HOTELS**  
INTERNATIONAL

**Marriott**

**RAMADA**  
PLAZA  
KARACHI

# APPNA HOPE



**Humeraa Qamar, MD**  
Chairperson

Marium Husain, MD  
Co-Chair

## BACKGROUND

We live in a different world compared to the last generation of Pakistani-American physicians. Extremism is rearing its ugly head from Muslim majority countries and terrorism is a more consistent news topic. In the midst of these tragic stories, however, we are constantly reminded of people and stories who embody what it means to be human and a Muslim. The Harmony, Peace and Engagement (HOPE) committee was created to address the rise of radicalization and empower the Pakistani-American community to become more civically engaged and embody the true meaning of being Pakistani-American citizens.

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## ACHIEVEMENTS

**Washington, D.C. Town Hall** - We held a successful town hall discussion on Islamophobia and radicalization at the 2016 APPNA Convention in Washington, D.C., where we learned about the prevalence of Islamophobia in North America and how the Muslim community is being affected by it from acclaimed writer, Wajahat Ali. Raheel Raza, activist and writer, discussed the role of the Muslim community in combating radicalization and the threat of extremism, harking back to the teachings of Alama Iqbal. We learned about the threats of radical ideology in Pakistan and how brave media figures are tirelessly working to expose the truth, from the intelligent and outspoken Amal Khan. We were graced with the presence of Mr. and Mrs. Khizr and Ghazala Khan, who spoke about the truth of Islam and sacrifice for morals and values, as they remember their son and Army officer, Captain Humayun Khan.

**San Antonio Town Hall** - we held another successful town hall presentation on Islamophobia and social media. Dr. Saeed Khan, from Wayne State University and co-founder of the Institute for Social Policy and Understanding (ISPU), gave a brilliant talk on the current state of systemic racism towards Muslims (in other words, Islamophobia) and what role social media has played in influencing our Muslim youth. A pertinent talk for both parents and children, Dr. Khan highlighted the realities of our society today and what we can do as community members and more simply, as family members, to address non-denominational issues of bullying, lack of sexual health education, cultural disenfranchisement, and our sense of belonging. It was stressed that our youth need a sense of belonging, not to choose one country over another, but to find belonging in their family, amongst friends, in society and in themselves.

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## VISION / GOALS

Increase APPNA engagement with non-physician Pakistani-American diaspora and non-Pakistani communities at large

Work with the American Pakistani community to help bridge cultural and political gaps and reaffirm our role as valuable members of society.



# QATRA FUND



**Mahjabeen Islam, MD**  
*Director*

Members:

- Nasar Qureshi, MD
- Mubasher Rana, MD
- Sajid Chaudhry, MD
- Dawood Nasir, MD
- I. Zafar Hamid, MD
- Mohammad Haseeb, MD

## INTRODUCTION

- There are 15,000-18,000 Pakistani-American physicians in North America
- About 3,000 are APPNA members
- These physicians are blessed with the highest education and financial prowess
- Qatra qatra darya ban jaata hai: Drops accumulate to form a river.
- What if each one of us contributed \$25 or \$100 every month to the APPNA Qatra Fund? APPNA would become a financial powerhouse, gain immense social and financial clout, and become an entity that matters in North America.
- How the drops accumulate: \$100/member/month from 3000 members would accumulate \$3.6 million each year. In 5 years: over \$18 million. In 10 years: over \$37 million.
- Aim of the Qatra Fund: Projecting APPNA's humanitarian and medical mission, harnessing medical expertise and talent of APPNA physicians and APPNA Alliance members. To create projects that give back to the community. To change the image of Pakistani-American physicians in North America and attract new members to APPNA
- Let's make APPNA a household name!
- Online Donation: log on to [appna.org/qatra](http://appna.org/qatra) Click the donate button, enter donation amount and check the "Make this Recurring (Monthly)" box. Donation amount will be charged to your credit card every month.
- Key Concept: A continuous inflow of money to APPNA

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.

Mahjabeen Islam, MD



## MEMBERSHIP COMMITTEE



**Joseph Emmanuel, MD**  
*Chairperson*

Rao Kamran Ali, MD  
Ex-Officio

Jamil Mohsin, MD  
Advisor

- Members:
- Arshad Saeed, MD
  - Shabir Joyo, MD
  - Shabbar Hussain, MD
  - Yousuf Bhaghani, MD

The membership committee was fortunate enough to work with APPNA potential members to bring them back to APPNA. The membership committee was facing lack of interest in getting new membership or renewal of membership because of following reasons:

- Edibility of voting member status: The general member did not like the restrictions of two consecutive years of APPNA membership to become eligible for voting status.
- There was lack of interest in physician in training to get APPNA membership because they could not vote for their favorite candidates in the election until they hold the APPNA membership to two years and they cannot afford to pay the full amount of annual membership for two years.
- The lifetime membership dues are high for most of the annual members; there is lack of interest to convert annual membership to life membership.

The APPNA executive committee is elected for only one year but APPNA interest needs to be protected for years by making more APPNA members. The new restriction for eligibility to vote may be hurting the long term membership goal of APPNA.

Despite the issues above and lack of motivation the APPNA membership committee 2016 was able to achieve a membership total of 3,218.

I thank the membership committee for their hard work and encourage all the Pakistani-descent Physicians to become a part of our great organization and help strengthen it.

Sincerely,  
Joseph Emmanuel, MD



**Babar Rao, MD**  
**Chairperson**

Muhammad Waqar  
Azeem, MD  
Co-Chair

Imran Khawaja, MD  
Co-Chair

Danyal Rao  
IT APPNA Merit

APPNA MERIT is an important program run by a subcommittee of APPNA, with a mission of providing the latest medical education and training to physicians/trainees in various medical institutions in Pakistan.

APPNA MERIT Program telecasts weekly live interactive presentations to a number of medical schools, hospitals and institutions in Pakistan. The various specialties and subspecialties covered include: Gastroenterology, Cardiology, Oncology, Anesthesia, Family Medicine, Sleep Medicine, Internal Medicine, Neurology, Nephrology, Dermatology, Pathology, Psychiatry / Child Psychiatry to name a few.

Most of our speakers are from North America and are recognized experts in their fields. The participants from Pakistan are very enthusiastic about these presentations and have provided excellent feedback.

### **Some of the highlights of APPNA Merit Program during the year of 2015 include:**

1.) About 35 medical schools are currently participating in this program and that number has increased in the last couple of years. Some of the medical schools and hospitals which have participated include: King Edward Medical University (KEMU) Lahore, Dow Medical College and Dow University of Health Sciences (DUHS) Karachi, Dow International Medical College/ Dow University of Health Sciences Karachi, Agha Khan University Karachi, Allama Iqbal Medical College Lahore, Punjab Medical College Faisalabad, Rawalpindi Medical College Rawalpindi, Fatima Jinnah Medical College and Ganga Ram Hospital Lahore, Children's Hospital Multan, PUMHS Nawabshah, Shaukat Khanum Hospital Lahore, Sheikh Zaid Hospital Lahore, Continental Medical College Lahore, Fatima Memorial Hospital Lahore, Quaid-e-Azam Medical College Bahawalpur, and Rawal Institute of Health Sciences Rawalpindi.

2.) Over last three years, MERIT Program has appointed chairs and co-chairs for different specialties who have worked very hard to arrange the best presentations in their respective specialties. Following are the chairs and co-chairs of different specialties: Dr. Bilal Hameed (Gastroenterology / Hepatology), Dr. Muna Irfan (Sleep Medicine), Dr. Najeeb Rehman and Dr. Khusrow Niazi (Cardiology), Dr. Amer Akmal (Pathology), Dr. Iqbal Ahmed (Anesthesia), Dr. Asif Masood (Oncology), Dr. Amer Nawaz (Family Medicine), Dr. Avais Masood (Nephrology), Dr. Ehsan Hadi and Dr. Shahid Rafiq (Neurology), Dr. Khalil Khatri and Dr. Babar Rao (Dermatology), Dr. Muhammad Waqar Azeem, Dr. Shehzad Khan Niazi and Dr. Imran Khawaja (Psychiatry / Child Psychiatry).

3.) In the year 2015 APPNA MERIT program made about 40 high quality presentations.

4.) In 2016, APPNA MERIT has done 39 outstanding presentations so far.

5.) These presentations are highly interactive and are videotaped for future viewing on the APPNA website.

6.) APPNA MERIT has telecasted live a CME program from the APPNA Annual Meeting to various medical schools in Pakistan in the past.

7.) Keynote presentations were done through APPNA MERIT at various National Psychiatric Conferences in Pakistan.

- 8.) We have telecasted our presentations to a hospital in the Middle East with APPNA MERIT Program.
- 9.) We have developed and implemented a feedback survey to make our program and lectures better.
- 10.) APPNA has organized a career planning program for female medical students in Pakistan. This program has been developed in collaboration with the US-Pakistan Women's Council. Through this program APPNA MERIT will provide lectures and mentorship opportunities for female medical students. APPNA MERIT Program will play a key role in making this ground breaking initiative successful.
- 11.) In the year 2015, College of Physicians and Surgeons Pakistan (CPSP) approved the Child Psychiatry Fellowship (FCPS) in Pakistan. Some of the APPNA MERIT team members along with their colleagues in Pakistan, USA and UK have played a key role in developing this fellowship. Pakistan is one of the first countries in Asia which has a child psychiatry fellowship at the national level based on U.S. model of two-year training in child psychiatry after finishing training in general psychiatry for four years.
- 12.) APPNA MERIT is collaborating with Pakistan Psychiatric Society (PPS) on various educational and training issues and many of the speakers have collaborated with physicians in Pakistan and published articles.
- 13.) APPNA MERIT members participate in a monthly conference call to discuss various issues, progress and goals for the program.
- 14.) APPNA IT has done hundreds of trainings for our speakers and medical schools in Pakistan (special thanks to Danyal Rao).

We are thankful to all the speakers, specialty chairs and co-chairs of APPNA MERIT Program for their dedication and passion in making this program successful. This could not have been possible without full support of APPNA executive committee and current president and president elect of APPNA. For everyone involved in this program, it's not just giving back to our motherland but an honor and privilege to contribute to education and training of our next generation.

Babar Rao, MD



Lecture by Dr. Waqar Azeem on Depression



**Raheel Khan, MD**  
**Chairperson**

**Co-Chairs:**

Fiaz Bhora, MD  
Muhammad M.  
Mohiuddin, MD

**Advisor:**

Jawad Hasnain, MD

**Members:**

Faiq Hameedi, MD  
Bilal Hameed, MD  
Amir Javaid, MD  
Tanvir Sattar, MD  
Sohail Qarni, MD  
Mujeeb U. Shad, MD  
Tanveer Rab, MD  
Shehzad Saeed, MD  
Sohail Ikram, MD

Soon after its inception, 2016 RESA Committee learned that APPNA's CME accreditation status had been revoked by the Accreditation Council for Continuing Medical Education (ACCME) based on non-compliance with its accreditation requirements. Years of inadequate record keeping, not defining learning objectives, issuing CME certificates without monitoring attendance and not measuring impact of these CME activities resulted in loss of this accreditation status.

In consultation and collaboration with the current and previous year's APPNA leadership, RESA retained the services of an external consultant on a temporary basis and filed an appeal for reconsideration of its non-accreditation decision by ACCME. RESA simultaneously solicited proposals from multiple external vendors to provide CME accreditation for APPNA's multiple CME meetings and after a rigorous vetting process, selected AMEDCO to provide CME accreditation for the upcoming CME meetings.

APPNA's appeal for reconsideration was denied by ACCME in March 2016, at which point RESA decided to start the accreditation process as a new applicant while simultaneously maintaining full compliance with all the requirements for CME accreditation for its ongoing CME meetings under AMEDCO sponsorship. The process for re-application as a new applicant is a very involved and tedious process and can take well over a year to regain the accreditation status. With the backing from APPNA's leadership and its Central Council, RESA negotiated a long-term agreement with the external CME vendor, AMEDCO, to continue providing CME accreditation for all the planned CME meetings of APPNA and its component societies in 2016 and possibly well into 2017, with the possibility of a long-term relationship with AMEDCO to continue assisting APPNA in maintaining compliance with ever-increasing ACCME requirements, even after APPNA regains its CME accreditation status.

Despite these challenges, RESA was able to hold multiple highly successful CME meetings in the U.S. and internationally. I am especially appreciative of the effort and dedicated hard work put in by Dr. Mansoor Mohiuddin in organizing APPNA's summer CME meeting with a great lineup of nationally and internationally recognized panel of speakers. Likewise, chairs of APPNA's spring and fall CME meetings organized highly educational and successful meetings. More recently, Dr. Rizwan Naeem did a phenomenal job in organizing the CME program for APPNA's winter meeting held in Karachi, Pakistan on December 22-24, 2016.

It will be unfair not express my gratitude for all the hard work put in by APPNA's office staff in general and Mr. Nicholas Suh in particular for his organizational skills, attention to detail and getting all the required paperwork completed in a timely manner throughout the year. With Mr. Suh's assistance, RESA plans to resubmit APPNA's CME accreditation application in December 2016.

APPNA's Committee on Research, Education and Scientific Affairs would also like to thank APPNA's current and immediate past presidents for their personal interest and guidance extended to this committee.



# APPNA SCHOLARSHIP ENDOWMENT



**M. Masood Akbar, MD**  
*Chairperson*

Co-Chairs:

Ghulam Qadir, MD  
Amera Rehman, MD

Members:

Samina Hijab, MD  
Mazhar Javaid, MD  
Sabir Khan, MD  
Saeed Khan, MD  
Dawood Nasir, MD  
Aisha Zafar, MD

Dear Friends and Colleagues,

APPNA Alumni Scholarship Project was started in 2013 with generous donation by an alumni member in the amount of ONE MILLION DOLLARS. The Scholarship Program is intended to help deserving students enrolled at respective medical colleges in Pakistan defray some of their educational expenses. This is a way for us to thank God Almighty for all the blessings we have had and help future students with their studies. The money is distributed from the appreciation and income of invested funds and we are hoping that this program will continue for years to come. The Scholarship Committee members, in collaboration with the respective alumni, have worked very hard to raise funds for this noble cause and have been able to raise 1.1 million dollars. As a result, all the matching funds have been received and allocated according to the wishes of the donor.

These funds are being invested in the dedicated APPNA Scholarship Endowment Account with sub-accounts for each alumni, according to the APPNA Finance Committee Guidelines. The investment is being managed by Stephens Inc., a member of New York Stock Exchange, under the close supervision of Hank Bashore who has been diligently managing APPNA Accounts for over 25 years. The total value of funds in the APPNA Scholarship Endowment Accounts with Stephens are \$2,080,106.33 as of September 30, 2016.

### The following is a breakdown of total funds as of September 30, 2016:

Nishtar Medical College:	\$ 993,539.75
King Edward Medical University:	\$ 495,232.81
Jinnah Sindh Medical University:	\$ 193,550.64
Quaid-I-Azam Medical College:	\$ 141,112.87
Rawalpindi Medical College:	\$ 123,387.64
Fatima Jinnah Medical College:	\$ 82,891.94
Khyber Medical College:	\$ 31,363.17
Bolan Medical College:	\$ 19,027.51
Total Funds Invested:	\$2,080,106.33

As you can see below we have sent the second distribution to the respective Alumni to award the scholarships to the deserving students at participating medical colleges.

Nishtar Medical College:	\$ 28,000.00
King Edward Medical College:	\$ 14,000.00
Jinna Sindh Medical College:	\$ 5,600.00
Quaid-I-Azam Medical College:	\$ 4,000.00
Rawalpindi Medical College:	\$ 3,500.00
Fatima Jinnah Medical College:	\$ 2,400.00
Khyber Medical College:	\$ 900.00

The Scholarship Program is ongoing and has helped many students over the past two years. All donations are TAX DEDUCTIBLE. Please visit [www.appna.org](http://www.appna.org) to donate online or to download and print the pledge form to make your payment by check or credit card.

Respectfully submitted,

M. Masood Akbar, MD



**Aisha Zafar, MD**  
**Chairperson**

Co-Chairs:  
Nadeem Zafar  
Abdul Majeed

Coordinator in Pakistan:  
Qamaruz Zaman, MD

Members:  
Naeem Khan, MD  
Saima Zafar, MD  
Humaira Ali, MD  
Shahid Yousuf, MD  
Ghulam Mujtaba, MD  
Rashid Hanif, MD  
Shahid Hasnain, MD  
Seema Rizvi, MD  
Shaguffa Naqvi, MD  
Pervaiz Iqbal, MD  
Ahmed Mehdi Malik, MD

SWDRC was very active in 2016 with the following projects.

## Eye Camps

LRBT/Layton Rahmatullah Benevolent Trust was set up in 1985 by a British engineer, Graham Layton and his friend Zaka Rahmatullah. Together, they set up eight eye hospitals throughout Pakistan and millions have benefited from free eye surgeries. APPNA partnered with LRBT two years ago and we have sponsored 12-15 eye camps every year. Each camp is one day long and costs \$2,000 dollars and around 400 patients are seen and then 30-40 require surgery. LRBT has trained ophthalmologists that carry out these surgeries. This year, APPNA has sponsored 12 camps and we are very grateful to the Pakistan Association of Memphis for their ongoing support and sponsoring five camps every year.



## APPNA Munirabad TCF/Citizens Foundation School

The APPNA Village of Munirabad was adopted by APPNA in 2011. We built 100 homes in the area supporting 100 families and later built an additional 40 homes in a neighboring village. Biggest challenge here was having a good school and though APPNA was supporting a basic primary school here, we are fortunate now that the TCF Washington D.C. chapter, under leadership of Mrs Shimmi Qidwai, has decided to adopt this project and build a school in Munirabad with our collaboration. The school construction has been started and will be completed in May of 2017. The families and especially the children in Munirabad are delighted. We plan on building a secondary school in this area in the near future as well.

## APPNA Medical Camps

This is a day long camp and we have had doctors and medical students volunteer for these. The camps cost \$1,000 and medicines are mostly donated by the local pharmaceutical companies. The most recent medical camp held in Karachi was held along with the LRBT eye camp so more patients could benefit from these combined camps.



## APPNA Ramzan Food

The Ramzan food this year was distributed in partnership with Khana Gher in Khuda Ki Basti in Karachi and Akhuwat in Punjab and KPK. Each food package costs around \$40 and provides lentils, rice, sugar and flour for a family of four. Khana Gher in Karachi is being run by a lady, Mrs. Parveen and food during the year is given at a subsidized rate of ten rupees per plate. We have had many APPNA donors this year with overwhelming support for this project to provide food for the deserving.



## APPNA Adopt a Medical Student

This project was introduced by I Care Foundation in Pakistan and a list of first year medical students all over Pakistan was provided who could not join medical college due to financial constraints. Each student can be sponsored for \$600 per year and we sponsored 45 students this year. We are grateful to National Health Foundation for sponsoring 15 students from Bolan Medical College.



### **APPNA Thar Water Project**

This is led by Drs. Abdul Majeed and Khalid Memon and is an ongoing project in Thar for installation of water pipes and water wells. This year, \$30,000 dollars has been raised for this project.

### **APPNA Louisiana Food Pantry Project**

During the floods in Louisiana, the local chapter decided that the food pantry in Baton Rouge would benefit from a monetary donation for food. Both APPNA and the local chapter under leadership of Dr. Basil Shah, raised funds that were given to the Baton Rouge food pantry.

### **Soles for Souls**

This is a very special project for our children of Munirabad for many of these kids have never had a pair of shoes. This year, 170 kids were provided with shoes, uniforms and backpacks. The total cost was only \$2,500, thanks to our donors including bata and service shoes.



### **APPNA Bone Marrow Registry**

The number of South East Asians registered in the bone marrow registry remains low and we will encourage all members to please get registered to save a life! APPNA member, Dr. Sabeen Ahmed's three-year-old niece, Eman needed a bone marrow transplant for acute leukemia. Dr. Rao Kamran Ali led the fundraising and APPNA raised \$28,000 for this. Please remember little Eman in your prayers.

### **APPNA Munirabad Dispensary**

The dispensary has really benefited the elderly and the female patients as the nearest clinic was several miles away. Free medication is provided here and there is a dispenser available daily and a doctor who comes twice a week. Dr. Ayesha Najib from APPNA is currently volunteering there.



SWDRC team of 2016 remains very grateful to the very generous donors who supported our projects.  
Aisha Zafar, MD



**G. Naheed Usman, MD**  
*Chairperson*

**Co-Chairs:**

Mubasher Rana, MD

**Members:**

Arif Muslim, MD  
Danish Bhatti, MD  
Mohammad Jaffar, MD  
Khalid Kamal, MD  
Mustafa Siddiqui, MD  
Saad Usmani, MD

**Mission:**

To improve healthcare quality and access to specialist medical care in Pakistan.

**Goals and Objectives:**

To set up Internet-based consultations between specialists in USA and referring doctors from Pakistan in order to improve patient care through recommendations for latest treatments and timely access to specialist knowledge.

**Background:** In 2015, our committee worked on developing a web portal to serve as a platform for APPNA to develop telemedicine capabilities. 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.

In January of 2016, we launched our project using a portal with secure encrypted technology. We uploaded help documents and videos for both U.S. consultants as well as referring Pakistani hospitals and physicians to help them navigate the system.

- The system utilized a store and forward methodology on a password protected secure website that is closed to open access.
- All communication is physician-to-physician only.
- A physician in Pakistan uses the secure website to request a consultation with detailed history, and uploads images like X-rays and photographs and attachments like lab reports and consultations.
- The U.S. consultant receives an email notification about a pending case that he/she can access from a computer or a smart phone.
- A medical record on the patient is created on the website with all multi specialty conversations saved about that patient that are accessible to both referring physician as well as the consultants.
- U.S. consultants have access to all the cases they have given advice on.

**Achievements and Highlights 2016:**

- First quarter of 2016, we only received requests for six consultations in total from KEMU, JSMU and SZABMU. The major limitations physicians in Pakistan felt, were their time constraints and they requested smart phone access.
- Second Quarter of 2016: Mr. Todd Shea of Comprehensive Disaster Response Services requested that Swat Mother and Child Health Center be enrolled for telemedicine. In less than two months, we received 30 requests for consultations from Swat. 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. 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.
- Third and Fourth Quarters of 2016: Total number of consultations in 2016: 126 and all of them from Swat Mother and Child Health Center. Average time to referral from case submission: 22 Hours. Average time to response from a consultant: 29 hours. Average number of conversations/ case: 3.2
- We developed smart phone access.
- APPNA VOLUNTEER CONSULTANTS:
  - Total number of APPNA consultants: 236
  - Specialties: Internal Medicine, Pediatrics, Family Medicine (25%), Medical specialties (38%), Surgical specialties (9%) and others like Radiology, Pathology, anesthesia
- USAID MOU: APPNA signed an MOU with USAID in August 22, 2016 to provide telemedicine and web-based training to health practitioners and in-person health services to patients in selecting USAID-supported health facilities.

**Upcoming Vision and Goals for 2017:**

In 2017, we hope to expand this initiative to other facilities that are operating in remote areas of Pakistan since they have the greatest need for such help, given our experience in Swat. APPNA will also work to implement services planned under the USAID MOU in USAID-supported health facilities in the provinces of Sindh, Punjab, KP and FATA. APPNA Telemedicine committee is gearing to take on this challenge, by developing a more robust infrastructure and recruiting more APPNA members to volunteer for this project.

Naheed Usmani, MD

# APPNA USA COLLEGE SCHOLARSHIP

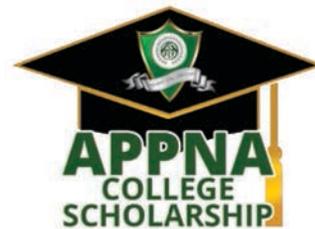


**Faisal Jafri, MD**  
Chairperson

Co-Chairs:  
Amera Rehman, MD

Members:  
Farid Qazi, MD  
Maimona Sheikh, MD  
Muhammad Suleman, MD

APPNA represents the most financially stable group within the Pakistani Diaspora in North America. The members of APPNA have been extensively involved in social welfare, healthcare policy and philanthropy both locally within the communities we live in, as well as in Pakistan. Over the years, APPNA has been involved in numerous financial initiatives to support big projects in Pakistan and U.S. However, we as a group we have not given back to the Pakistani community in the U.S. The APPNA scholarship is a noble effort to give back to the community we belong.



A few interesting statistics show that the Pakistani Diaspora has grown from 30,000 in 1980s to 453,000 in 2015. Of these, 63% are naturalized U.S. citizens, 61% are second generation with at least one parent from Pakistan, and two thirds of this group are under the age of 25. The median age of second generation Pakistanis is 11. The median income of a Pakistani family is \$60,000.

Based on these numbers, a large population of second generation Pakistanis will be graduating from high schools and looking for college admissions. As we know, college education is becoming increasingly expensive for a typical single income family. If these families are in a situation where the head of the family is unable to afford college education for their children, more and more of these children may be driven into careers which are less than their academic potential.

We, as APPNA, need to be at the forefront of our communities to provide financial aid to deserving students who hope to pursue a college education.



Dee Ayesha Abedraboh,  
District Manager  
and  
Tina Ahmedi, Manager  
Investors Bank  
presenting a check  
for APPNA US College  
Scholarship Fund  
on behalf of  
Investors Foundation, Inc.

One of the initiatives, President Nasar Qureshi took this year is to establish a college scholarship fund to award scholarships to student graduating from U.S. schools and colleges and looking for admission in U.S. colleges, but are unable to pay for tuition due to financial constraints. We all know stories of extremely deserving students who wanted to pursue higher education but could not follow their dreams due to financial restraints. This effort will allow APPNA members to pay it forward within their own communities.

APPNA Central helped coordinate these fundraising efforts and ask the membership-at-large to contribute generously towards this effort. To date APPNA has raised approximately \$67,000. These funds were collected by generous donations from APPNA membership, as well as fund-raising activity done during APPNA summer meeting. One of them was the ART FOR A CAUSE.

These scholarships are NEED based for students applying to college. Students submit applications through the APPNA website along with their parents' taxes and other financial information as well as their transcripts. Student grades, GPA and extracurricular activities are also reviewed. The deadline for submitting an application was November 20, 2016. The APPNA scholarship committee uses a point system and in an unbiased manner evaluates these applications. Fifteen very deserving candidates have been awarded a scholarship of \$2,500. Additionally, sufficient monies have been set aside for additional scholarships if these students show continued financial need and academic achievement.

We, the APPNA College Scholarship Committee would like to thank the generous donors and would appreciate continued support in years to come to continue this landmark program.

To receive more information, please contact any of the committee members, or visit the APPNA website.

Faisal Jafri, MD

# APPNA COMMITTEES 2016

## Adhoc Alumni Scholarship Committee

Masood Akbar, MD, Chair  
Amera Rahman, MD, Co-Chair  
Ghulam Qadir, MD, Co-Chair

### Members:

Samina Hijab, MD  
Sabir Khan, MD  
Dawood Nasir, MD

Mazhar Javaid, MD  
Saeed Khan, MD  
Aisha Zafar, MD

## Adhoc Committee for APPNA College Scholarships

Syed Faisal Jafri, MD, Chair  
Farid U. Qazi, MD, Co-Chair  
Amera Rahman, MD, Co-Chair

### Members:

Mehmooona Sheikh, MD  
Mohammad Suleman, MD

Jalil Khan, MD

## APPNA Foundation

M. Nasar Qureshi, MD, BOT  
Mubasher E. Rana, MD, BOT  
Sajid Chaudhary, MD, BOT  
Ahmad Saeed Khan, MD, BOT  
Abdul R. Piracha, MD, BOT  
Asif Rehman, MD, BOT  
Omar Atiq, MD, BOT  
Ahsan Rashid, MD, BOM  
Nasir Gondal, MD, BOM  
Naseem Shekhani, MD, BOM  
Jennifer Wozniak - Watson, MD, BOM

## Adhoc Committee for APPNA Institute of Public Health

Syed Taqi Azam, MD, Chair  
Sabir Ali Khan, MD, Advisor  
Saeed Akhter, MD, Advisor

### Members:

Nadeem Haque, MD  
Iqbal Jangda, MD  
Naseem Shekhani, MD  
Mohammed Yaseen Abubaker, MD

Intikhab Ahmad, MD

## Adhoc Committee for APPNA Limited Term Loan for Needy Medical Graduates

Rao Kamran Ali, MD, Chair

### Members:

Ahmed Saeed Khan, MD  
Waqas Ahmed, MD  
Hassan Majeed, MD  
Faisal Jafri, MD

Raza Khan, MD  
Farrukh Awan, MD  
Nadeem Sheikh, MD  
Sarim Mir, MD

## Adhoc Committee for APPNA National Healthcare Clinic

Yaseen Abubaker, MD, Chair  
Javed Imam, MD, Co-Chair  
Azam Kundi, MD, Advisor

### Members:

Ehtasham Haq, MD  
Aifra Ahmed, MD  
Habib Khan, MD  
Bilal Hameed, MD

Rehan Khan, MD,  
Kashif Qureshi, MD  
Muhammad Zubair, MD

## Adhoc Committee for APPNA National Healthcare Day

Ehtsham Haq, MD, Chair

### Members:

Aniqa Baqauddin, MD  
Bushra Sikandar Dar, MD  
Mohammed Y. Abubaker, MD  
Mujtaba Qazi, MD

Adeel Rabbani, MD  
Hussain Haideri, MD  
Yasmin Majeed, MD

## Adhoc Committee for NY APPNA House

Muhammad Hamid, MD, Chair  
Iqbal Jangda, MD, Co-Chair

### Members:

Tariq Ibrahim, MD  
Muhammad Aslam, MD

Rizwan Naeem, MD

## Adhoc Committee CIHLME

Sohail Khan, MD, Chair

### Members:

Mansoor Alam, MD  
Asif Moihuddin, MD  
Asfar Malik, MD  
Yaqoob Sheikh, MD

Aftab Khan, MD,  
Talha Siddiqui, MD,  
Qamar Zaman, MD,  
Iqbal Zafar Hamid, MD

## AICRT

M. Sohail Khan, MD, Chair

### Members:

Asif Mohiuddin, MD  
Mendhi Malik, MD  
Aamir Zain Jamal, MD  
Asif Syed, MD  
Mujeeb Shaad, MD

Mahmood Khan, MD  
Mamoon Sheikh, MD  
Amjed Sheikh, M  
Razi Syed, MD  
Aniq Sheikh, MD

## Adhoc Committee for Electives

Aftab Khan, MD, Chair

Sohail Khan, MD, Co-Chair

Mubasher E. Rana, MD, Advisor

### Members:

Shazad Iqbal, MD  
Shahla Kaukab, MD

Iftikhar Habib Syed, MD  
Ariba Khan, MD

## Adhoc Committee for Membership Benefits

Rao Kamran Ali, MD, Chair

Raza Khan, MD, Co-Chair

Safdar Ali, MD, Co-Chair

Joseph Emmanuel, MD, Ex-Officio

### Members:

Farrukh Awan, MD  
Waqas Ahmed, MD  
Amer Akmal, MD

Muhammad Sanaullah, MD  
Anser Naqvi, MD  
Shahid Naqvi, MD

## Adhoc Committee for Telemedicine

Ghazala Naheed Usmani, MD, Chair

Mubasher E. Rana, MD, Co-Chair

### Members:

Mohammed Jaffar, MD  
Mustafa Siddiqui, MD  
Arif Muslim, MD

Saad Usmani, MD  
Khalid Kamal, MD  
Danish Bhatti, MD

## Adhoc Committee for Women & Children Affairs

Lubna Naeem, MD, Chair

Ariba Khan, MD, Co-Chair

Aisha Zafar, MD, Advisor

### Members:

Shazli Malik, MD  
Humeraa Qamar, MD  
Aftab Naz, MD

Umber Salman, MD  
Naghma Malik, MD

## APPNA Compliance & Implementation Committee

Nadeem Kazi, MD, Chair

### Members:

Hasina Javed, MD  
Asif Mohiyuddin, MD

Jalil Khan, MD

## QATRA Fund Committee

Mahjabeen Islam, MD, Chair

### Members:

M. Nasar Qureshi, MD  
Mubasher Rana, MD  
Mohammad Haseeb, MD

Sajid Chaudhary, MD  
Iqbal Zafar Hamid, MD

## APPNA Awards Committee

Parvez Shah, MD, Chair

### Members:

Aslam Malik, MD  
Omar Atiq, MD

Khalid Riaz, MD  
Farrukh Hashmi, MD

## APPNA HOPE Committee

Humeraa Qamar, MD, Chair

Maryam Hussain, MD, Co-Chair

Sarwat Iqbal, MD, Advisor

### Members:

Nadeem Kazi, MD  
Rabia Awan, MD  
Asad Qamar, MD

Naheed Ch, MD  
Shaheen Mian, MD  
Jalil Khan, MD

## Medical Corps Committee

Mubasher E. Rana, MD, Chair

Babar Rao, MD, Co-Chair

Saeed Akhter, MD, Advisor

### Members:

Wasim Momin, MD  
Jalil Khan, MD  
Salman Malik, MD  
Rubina Inayat, MD

Afzal Arain, MD  
Qamar Zaman, MD  
Ariba Khan, MD  
Zeena Safdar, MD

## CME Oversight Committee

Ayaz Samdani, MD, Chair

### Members:

Mohammad Jahanzeb, MD  
Arif Agha, MD

## Communications Committee

Shahid Yousuf, MD, Chair

### Members:

Zeeshan Shah, MD  
Rizwan Karatela, MD

Iqbal Jangda, MD  
Suhail Siddiqi, MD

## Constitution & Bylaws Committee

Mahmood Alam, MD, Chair

Wajid Baig, MD, Co-Chair

### Members:

Sabir Khan, MD  
Arif Muslim, MD

Iqbal Jangda, MD  
Suhail Siddiqi, MD

## Ethics & Grievance Committee

Naeem Qazi, MD, Chair

### Members:

Haroon Durrani, MD  
Javaid Bunggash, MD

Abdul Rahman, MD  
Abdul Majeed, MD

## Finance Committee

Dawood Nasir, MD, Chair

Azfar Malik, MD, Co-Chair

### Members:

Ayesha Najib, MD  
Rizwan Akhtar, MD  
Mansoor Alam, MD  
Rao Kamran Ali, MD

Sabir A. Khan, MD  
Riaz Khan, MD  
Rizwan Mansoor, MD

## MERIT Committee

Babar Rao, MD, Chair

### Members:

Taimoor Khan, MD  
Khalil Khatri, MD

# APPNA COMMITTEES 2016

## Fall Meeting Committee

Amir Ehsan, MD, Chair

Members:

Raheel Bengali, MD                      Lubna Naeem, MD  
Huma Siddiqui, MD                      Muhammad Naeem, MD  
Hanif Pathan, MD                      Sadia Atif, MD  
Mehmood Khan, MD

## Sub-Committee on Asset Management

Masood Akbar, MD, Co-Chair

Iqbal Zafar Hamid, MD, Advisor

Members:

Amera Rahman, MD                      Mansoor Alam, MD  
Unser Khan, MD

## International Meeting Organization Committee

Aftab Ahmed, MD, Chair

Rashid Nayyer, MD, Co-Chair

Mirza Wajid Baig, MD, Co-Chair

Adnan Zaidi, MD, Advisor

Members:

Faiqa Qureshi, MD                      Sohail Ikram, MD,  
Fayyaz Mirza, MD                      Rizwan Akhtar, MD

## Long Range Planning Committee

Arif Muslim, MD, Chair

Members:

M. Nasar Qureshi, MD                      Mubasher E. Rana, MD  
Sajid Chaudhary, MD                      Mirza Wajid Baig, MD  
Mahmood Alam, MD                      Imtiaz Arain, MD

## Resource & Development Committee

Atique Mirza, MD, Chair

## Membership Committee

Joseph Emmanuel, MD, Chair

Rao Kamran Ali, MD, Ex-Officio

Jamil Mohsin, MD, Advisor

Members:

Arshad Saeed, MD                      Shabir Joyo, MD  
Shabbar Hussain, MD                      Yousuf Bhaghani, MD

## Nomination & Election Committee

Jamil A. Farooqui, MD, Chair

Humaira Ali, MD, Co-Chair

Members:

Kashif Qureshi, MD                      Tanvir Sattar, MD  
Ashraf Sabahat, MD                      Aqeel Mandviwala, MD  
Sophia Najam, MD                      Sohail Jilani, MD

## Office Management Committee

Mansoor Alam, MD, Chair

Irfan Mirza, MD, Co-Chair

Aftab Khan, MD, Advisor

Members:

Hasina Javed, MD                      Mohammad Waseem Kagzi, MD

## Project Evaluation Committee

Nadeem Haque, MD, Chair

Members:

Zafar Jamil, MD                      Shahid Haque, MD

## YPN Committee

Shahnaila Latif, MD, Chair

Members:

Sheeba Hamid, MD                      Mussarat Moon, MD  
Farah Javed, MD                      Samia Piracha, MD  
Rija Khan, MD                      Soni Naeem, MD  
Asifa Malik, MD

## RESA Committee

Raheel Khan, MD, Chair

Fiaz Bhora, MD, Co-Chair

Mansoor Mohiuddin, MD, Co-Chair

Jawad Hasnain, MD, Advisor

Members:

Faiq Hameedi, MD                      Bilal Hameed, MD  
Aamir Javaid, MD                      Tanvir Sattar, MD  
Sohail Qarni, MD                      Mujeeb U. Shad, MD  
Tanveer Rab, MD                      Shehzad Saeed, MD  
Sohail Ikram, MD

## Young Physicians Committee

Faisal Khosa, MD, Chair

Muhammad Taimoor Khan, MD, Co-Chair

Urooba Faheem, MD, Co-Chair

Umar Tariq, MD, Co-Chair

Shahzad Iqbal, MD, Advisor

Members:

Majid Toseef, MD                      Rizwan Khalid, MD  
Namirah Jamshed, MD                      Sana Waheed, MD  
Amjad Sheikh, MD                      Deeba Syed, MD  
Muzammal Habib, MD                      Aftab Khan, MD  
Muazzam Nasrullah, MD                      Atif Zafar, MD  
Saad Usmani, MD                      Faisal Latif, MD  
Qamar Zaman, MD                      Usman Khan, MD  
Muhammad Amir, MD                      Sajjad Savul, MD  
Shahram Maroof, MD                      Rehan Khan, MD

## Social Welfare & Disaster Relief Committee (SWDRS)

Aisha Zafar, MD, Chair

Nadeem Zafar, MD, Co-Chair

Abdul Majeed, MD, Co-Chair

Qamaruz Zaman, MD, Coordinator in Pakistan

Naeem Khan, MD, Advisor

Saima Zafar, MD, Advisor

Members:

Humaira Ali, MD                      Shahid Yousuf, MD  
Ghulam Mujtaba, MD                      Rashid Hanif, MD  
Shahid Hasnain, MD                      Seema Rizvi, MD  
Shagufta Naqvi, MD                      Pervaiz Iqbal, MD  
Ahmed Mehdi Malik, MD

## Winter Meeting Committee

Muhammad Azim Qureshi, MD, Chair

Rizwan Naeem, MD, Co-Chair

Talha Siddiqui, MD, Co-Chair

Members:

Razi Sayeed, MD                      Danish Saeed, MD

## Spring Meeting Committee

Mian Ahmed Hasan, MD, Chair

Co-Chairs:

Iqbal Ismail, MD                      Sofia Khan, MD  
Riffat Qureshi, MD                      Saqib Masroor, MD  
Javed Hashmi, MD

Advisor:

Iqbal Zafar Hamid, MD

Members:

Aliya Asad, MD                      Shahid Randhawa, MD  
Unser Khan, MD                      Azra Khan, MD  
Shazia Zafar, MD                      Mohammad Jahanzeb, MD  
Shabtab Karatela, MD                      Rizwan Karatela, MD  
Rahat Abbas, MD                      Danyal Khan, MD  
Zaffar Iqbal, MD                      Aftab Khan, MD  
Humaira H Ali, MD                      Haroon Durrani, MD  
Hina Khan, MD                      Anjum Moin, MD  
Aisha Masroor, MD                      Sabiha Rahman, MD  
Shahid Berry, MD

## Summer Meeting Committee

Talha Siddiqui, MD, Chair

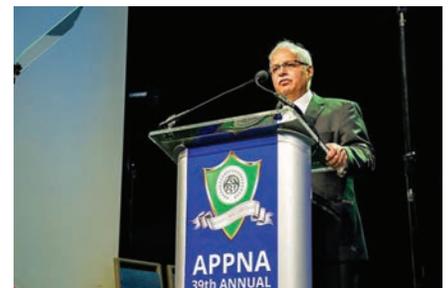
Tariq Mahmood, MD, Co-Chair

Rashid Nayyar, MD, Co-Chair

Members:

Mubarak Khan, MD                      Adil Jamal Akhtar, MD  
Saima Niaz, MD                      Tahir Shaikh, MD  
Pervaiz Khatri, MD                      Mohammad Akbar, MD  
Hameed Piracha, MD                      Salman Zafar, MD  
Sohail Qarni, MD                      Azim Qureshi, MD  
Mansoor Mohiuddin, MD                      Habib Chotani, MD  
Jawad Hasnain, MD                      Khalid Ali, MD  
Irfan Saeed, MD                      Samia Piracha, MD  
Sabahat Nawab, MD

## FLASHBACK 2016





APPNA Alumni 2016



**Shahram Malik, MD**  
President

Saad Usmani, MD  
President-Elect

Shahzad Iqbal, MD  
Secretary

Muhammad Hafiz Imran,  
MD  
Treasurer

Raza Khan, MD  
Past President

Asif Mahmood, MD  
Chief Executive

Allama Iqbal Medical College Alumni Association of North America (AIMCAANA) was recognized in 1997 during the annual summer meeting of the Association of Pakistani Physicians of North America (APPNA) in New York. Following are the highlights for the year 2016.

**Achievements, Highlights and Projects:**

- Successfully achieved the 501c3 status
- Launched a new website [www.aimcaana.org](http://www.aimcaana.org)
- Continues to maintain Iqbalian House in Philadelphia, PA for young Iqbalians
- Distributed US \$10,000 in the form of loan among young Iqbalians
- Arranged a full container of medical equipment to Jinnah Hospital through MedWish International
- Announced AIMCAANA Merit Scholarship to top three Iqbalians in each professional year at Allama Iqbal medical college
- Announced AIMCAANA Research Award to top three Iqbalians for outstanding research activity in Pakistan
- Supplied free medicine to poor patients at Jinnah Hospital
- Continues to maintain JAIDE (Jinnah-Allama Iqbal Institute of Diabetes & Endocrinology).
- Maintained its tradition of having a fully-elected panel and inducting fresh Iqbalians in the executive committee

**Goals for Next Year:**

- Integrated curriculum and faculty training plans to enable WFME accreditation as per ECFMG announcement
- Improvement in research productivity at Allama Iqbal medical college by working on improvement in research infrastructure to conduct clinical and translational projects, increased research funding, organizing annual research week, and addition of research specific didactics as part of a joint Faculty Development Program
- Increase visibility of Journal of AIMC by promoting collaborative research manuscripts/review articles with AIMCANNAs members in academia
- Establishment of AIMC Stem Cell Research Project Allama Iqbal medical college
- Establishment of Telemedicine at AIMC with collaboration of AIMCAANA members in academia.
- AIMCON 2017 collaborations for CME program
- AIMCAANA website ([www.aimcaana.org](http://www.aimcaana.org)) more user friendly and interactive
- Minimum of two-fold increase in general membership of AIMCAANA
- Organize class reunions on a regular basis

Shahram Malik, MD





**Habib Chotani, MD**  
*President*

AKUAANA is recognized by Aga Khan University as the representative body for its medical graduates residing in North America. Our mission is to represent the social, academic and philanthropic interests of AKU Physician Alumni in North America by connecting them, their spouses and families. We have developed an organization that works together to improve our members' continued success in North America and globally. We believe that giving back to society is our most important responsibility. We do so by connecting alumni with each other and the University to build traditions, foster academic leadership, provide philanthropic options and serve the diverse needs of our community.

It has been a great year for AKUAANA, the Aga Khan University Alumni Association of North America. Our website, [akuaana.org](http://akuaana.org) and Facebook page (<https://www.facebook.com/AKUAlumniNA>) have both become excellent resources for our alumni members.



**Rehan Khan, MD**  
*Secretary*

Our membership continues to flourish and lifetime membership has increased significantly. The number of recent graduates who are now actively participating in AKUAANA has grown, which is great success as we have been able to engage our fresh graduates. 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.

This year we had a great meeting in Washington D.C. Our medical college Dean, Dr. Farhat Abbas and our beloved professor Dr. Zulfikar Bhutta attended the meeting. There was official signing of class gifts to AKU by class of '88 (\$500,000) and class of '90 (\$287,000). We were actively involved in various activities at APPNA including the CME and young physician coaching. This year for the first time in the 39 year history of APPNA, an AKUAANA lifetime member ran and won the election for Secretary APPNA.



**Amber Syed, MD**  
*Treasurer*

For community building and networking regional reunions were held at 6 locations throughout the U.S. (Minnesota, Dallas, D.C./Maryland/Virginia, St. Louis, Atlanta and New Jersey) and this has been directly tied to the incredible efforts of the local alumni.

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, is the first AKUAANA project that is being adapted by various graduating classes. This project will focus on maternal health in the area and will provide treatment for anemia in pregnant women. We have already collected \$70,000 for this initiative to date and the outreach clinic is fully functional.



**Faisal Qureshi, MD**  
*Immediate Past President*

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 will continue organizing regional reunions throughout the U.S. and help grow the organization. We also hope to collaborate further with APPNA on its various platforms.

Habib Chotani, MD



**Samina Hijab, MD**  
**President**

Tabassum Saeed, MD  
Past President

Shahgufta Jabeen, MD  
Secretary/Treasurer

FJMCAA is an association with a very limited number of active members. Our major objective for this year was to increase our membership, since strength is in the numbers. In terms of finances, FJMCAA now has its independent 501c status, and all donations are fully tax deductible. We have also been supporting our FJMC Scholarships as much as funds allow. We have joined the APPNA Scholarship committee in 2014. We are also supporting our Fatima Jinnah Medical college Scholarship and E-Library by donating \$8,000 in 2016. We have supported the SWDR, by donations as much as our funds allow.

- APPNA SCHOLARSHIP: has been supported by donating \$6,000 in 2016.
- FJMCAA Scholarship fund: has been supported by contributing \$8,000 in 2016.
- APPNA USA College Scholarship Fund: has been supported by donation in 2016.
- AFJOG: (Association of Fatima Jinnah Old Graduates): \$3,000 has been donated to support Hepatitis treatment program in Pakistan
- ZEENAT ANWAR Endowment fund: Zeenat Anwar founder of HDF as well as our alumni was our honored guest this year at our Annual Alumni meeting. We have raised \$4,500 for starting an endowment fund in her name to continue our support for poor students who cannot afford their education. (Dr. Zeenat Anwar was awarded the APPNA Lifetime Achievement Award for years of dedication and service at the summer convention held in D.C.)
- WAPPNA: (Women physicians of APPNA) will be supported by donating \$500/year
- RISE FOR EQUALITY: Association served by FJ graduate will be supported by donating \$500/year

**Goals for the Future:**

Our vision and mission for upcoming years will be to further increase our membership and support our young physicians by increasing our support for scholarships. We will continue to support the SWDR projects as much as possible. We are supporting APPNA projects by joining their committees. Being a small alumni organization, we will continue our support to APPNA projects as much as possible.

Best Regards,

Samina Hijab, MD



# DOGANA- DOW GRADUATE ASSOCIATION OF NORTH AMERICA



**Danish Saeed, MD**  
President

- The year started with an exciting Spring Retreat in New Brunswick, NJ dedicated to Philanthropists of Dow.
- During the retreat, philanthropic achievements of Dow graduates were highlighted, and some of the outstanding philanthropists were recognized.
- The visiting faculty program made significant progress. Dr. Ali Musani received a \$20,000 grant from a Fellow Dowite and with that donation two pulmonary ultrasound machines were donated to Civil Hospital Karachi. On site tutorials and trainings were also provided to staff for proper use and care of these equipment.
- The DOGANA sponsored externship program continues to grow and its access through a web portal was added to the DOGANA website.
- Public protests and measures to bring awareness to the killing of physicians in Pakistan was a major focus of DOGANA throughout the year.
- DOGANA continued its efforts to help young physicians obtain J1 visa.
- Membership for DOGANA was significantly improved with the hard work of the membership committee.
- DOGANA website was significantly improved with integration of DOGANA Membership Directory and Document Verification System through DUHS.
- A very successful DOGANA summer meeting was held in Washington DC with more than 400 attendees, largest among APPNA Alumni.
- DOGANA maintained its tradition of holding outstanding social forum sessions at the APPNA summer meeting to address the social and economic issues of Pakistan. This year's forum was highlighted by participation of Anwar Maqsood and was very well attended.
- DOGANA Elections were completed in November, 2016 and Aamir Zain Jamal, MD was elected President for 2018.
- As Nasar Qureshi, Current President of APPNA, is also a Dow Graduate and former DOGANA President, DUHS has offered to host the 2016 combined APPNA/ DOGANA winter meeting in Karachi, Pakistan.
- DOGANA this year provided scholarships to 20 top scoring medical students at DOW and also provided research awards for Dow faculty. Total of \$4,500 will be distributed.
- The DOGANA Students Loan Program is geared toward young physicians who have completed the USMLE requirements and need funds to aid in their residency search and the interview process. This program generates funding exclusively from the Dowites in North America. Several Young Physicians received nearly \$3,000 to cover their expenses and seven of these students who received aid were able to attain residencies. One student has completely returned the loan and another has started the process of returning the loan.
- The "Host a Dowite" program in the United States, focuses on the issue of housing for young physicians during their application process especially female physicians. This program continues to gain tremendous popularity.
- This year DOGANA has generated over \$20,000 in profit through various means.



Danish Saeed, MD





**Humaira Ali, MD**  
**President**

Rashid Hanif, MD  
Secretary

Dr. Tufail Ijaz, MD,  
Treasurer

Sajjad Savul, MD  
Immediate  
Past President

Members:

Subcommittees:

Ejaz Khan, MD

Shakil Ahmad, MD

Abdali Jan, MD

Adnan Seljuki, MD

Taimur Anwar MD

Muhammad Taimur, MD

KMCAANA is one of the oldest alumni component societies of APPNA. It represents graduates of Khyber Medical College (KMC) in North America. KMCAANA has provided the largest platform of activities for KMC graduates in North America over the last several decades. Following is a snap shot of some of the recent activities. Our engagement with KMC administration and faculty has continued and has become stronger with time.

### Our Ongoing and Completed KMCAANA Projects Include:

- We now support 22 (a more than 100% increase) deserving KMC students for an annual scholarship of Rs. 45,000 each.
- Establishment of an \$80,000 endowment fund. The dividends to be used solely for sponsoring need based scholarships at KMC.
- KMCAANA has an additional \$30,000 as an endowment fund with APPNA. Starting later this year, dividends from this fund shall support two KMC students.
- A well-equipped BLS (Basic Life Support) and first aid lab was established at KMC benefiting medical students, faculty and first responders including police and ambulance staff.
- A BLS certificate is now mandated for all 4th year medical students at KMC and all house officers at the attached Khyber Teaching Hospital as a result of KMCAANA initiative.
- Additional equipment (4 new Mannequins) for the BLS lab were donated to the lab in 2016.
- Young Khyberian Physicians: Our young Khyberian Committee guides our KMC graduates during their search for clinical observer-ships and residency application process.
- KMC alumni sponsored Qarz Hasna program for KMC graduates in North America.
- An email list server of the current KMC alumni members was established.
- APCNA (Association of Pakistani Cardiologist of North America) funded a pacemaker bank at Lady Reading Hospital, Peshawar, providing free pacemakers to deserving patients.
- The Khyber Medical College-University of Toledo visiting professor and students elective Program initiated by Professor Dr. Amjad Hussain
- Establishment of KMCAANA office at KMC and appointment of a KMCAANA representative in KMC

### Our Future Goals:

- Raise another \$100,000.00 from our donors for the Khyber-APPNA scholarship endowment fund. This will go a long way to support our scholarship program.
  - Obtain AHA accreditation for the BLS lab at KMC.
  - Add ACLS capabilities to the BLS lab.
  - Develop a working relationship with Khyber Teaching Hospital academic program
  - Establish a visiting professor lecture and video conferencing lectures series.
  - "Share your Journal" program with KMC student library.
  - A Khyber Medical College retreat in 2017.
- Continuing our strong bond with Central APPNA, many of our alumni are serving on several APPNA committees. Our friendship and teamwork with other chapters and alumni associations continue to grow. KMCAANA thanks our APPNA friends who have always come forward with open arms to support our projects.

Humaira Ali, MD



BLS Course at the Dr. Amjad Hussain BLS Lab Khyber Medical College



KMCAANA Business meeting Summer 2016 - Members seen are Dr.s. Amjad Hussain, Attiq Samdani, Rasheed Khan, Ejaz Khan, Mukhtar Khan, Taimur Anwar, Rooh Afza, Humaira Ali

Dr. Rashid Hanif at CPC Khyber Teaching Hospital Peshawar November, 2016



**Khalid Aziz, MD**  
President

It has been a great honor for me to serve as the president of KEMCAANA, an organization which has been served by several incredible and accomplished members. As president of KEMCAANA, I feel privileged to have a great team of dedicated and committed members working with me.

KEMCAANA Retreat 2016 was held in March in Las Vegas. Nishtar and FJ alumni joined their retreats with ours. The retreat included a road trip to Grand Canyon, CME and strategic session. KEMCAANA Annual Banquet 2016 at APPNA summer meeting was very well attended by about 300 attendees. KEMCAANA projects were shared with the members. Former Governor, State Bank of Pakistan, Dr. Ishrat Hussain was the keynote speaker. KEMCAANA Gold Medal was awarded to the founder of KEMCAANA, Dr. Amanullah Khan and KEMCAANA Life Time Achievement Award was awarded to Dr. Aisha Zafar. Fundraising for various projects of KEMCAANA was done at the banquet and about \$58,000 was raised for projects including Indigent Patients Fund, Visiting Faculty Project and KEMCAANA House.

KEMCAANA takes pride in several successful projects which fulfill our mission of reaching out, giving back and changing lives. Our scholarship program, led by Dr. Masood Akbar is one of the largest alumni led programs at a Pakistani medical college. We are giving 150 undergraduate and two postgraduate scholarships along with 11 post graduate loans. Our 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. Our 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 a forum for KEMU students to interact with alumni in the U.S. KEMCAANA Visiting Faculty program led by Dr. Ayesha Najib 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 the U.S. Our Social Welfare Committee, led by Dr. Maqbool Arshad and Dr. Aisha Zafar, 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.

I would like to thank all the members for their support and participation in these projects to fulfill the mission of our predecessors, reaching out, giving back and changing lives.

Khalid Aziz, MD



Dr. Danish Bhatti Delivering a Lecture on Acute Stroke at KEMCAANA Learning Center As Part of KEMCAANA Visiting Faculty Program



Patients Receiving Free Medicines Through KEMCAANA Indigent Patients Medicines Program at Mayo Hospital



**Amjad Ghani Sheikh, MD**  
President 2016

Amer Jilani  
President 2017

Tariq Aziz, MD  
President-Elect 2017

Akhtar Saeed Warriach, MD  
Secretary 2017

Syed Kaleem Shah, MD  
Treasurer 2017

Our alumni is small (about 120 members) but we are coherent, focused and outcome driven. In 2016, we focused on our two ongoing projects under the supervision of Dr. Amjad Ghani Sheikh (President 2016).

- 1.) PMC House in Carthage NY: We hosted about 80 IMGs during 2016 and provide them with externship in internal medicine and prepared them for interview and improved their communication skills and provided U.S. experience to help them achieve residencies in U.S. programs. This program provides hands on experience in Carthage Area Hospital in Upstate NY. It helps the needy IMGs with their housing and air ticket from Pakistan for their interviews and local traveling with focus on PMC graduates.
- 2.) To keep up with our annual tradition, our president and members of executive committee visited Punjab Medical College and affiliated hospital Allied Hospital to oversee our ongoing projects.
- 3.) Our alumni continued oversight on our Pediatric Ventilator project which we did with APPNA and APPNA Ohio Chapter medical supplies project about five years ago. Now we have 16 ventilators working well for last five years in pediatric and neonatal ICU and some in medical/surgical ICU. Our alumni make sure they all are functional and able to provide required care to poor and needy. On average, about 500 lives are saved every year because of this lifesaving equipment.

Amjad Ghani Sheikh, MD





# APPNA Chapters 2016

# APPNA ALABAMA



**Ehtsham Haq, MD**  
*President*

Aniqa Baqauddin, MD  
Secretary

Adeel Rabbani, MD  
Treasurer

Alabama Chapter is one of the smallest but the most vibrant in USA. Its members and executive committee are service oriented and get the things done for the organization and the community at large.

### Alabama Chapter Achievements 2016:

- 1.) APPNA National Health Care Day 2016 was a great success seeing 124 patients administering more than 90 flu shots, more than 50 visual screens and 60 plus labs on October 8, 2016
- 2.) Alabama Chapter supports Red Crescent Clinic of Alabama for free health care services every week.
- 3.) Contribution of \$2,500 were made to the college scholarship fund and donations to CDRS, Timothy Todd Shea and Qissa publications.
- 4.) Supported local organizations in their efforts to create awareness among community members for professionally oriented social and civil rights.
- 5.) Youth activities/presentations led by youth Chair Numair Ehtsham encouraged youth to participate in community events and services and focused on giving back to the society we live in.
- 6.) Intellectual discussions and entertainment for the community members.

Ehtsham Haq, MD



APPNA  
Alabama  
Chapter  
Executive  
Committee  
2015-16  
with Spouses



Aligarh  
Association  
Mushaira  
Supported  
by APPNA  
Alabama  
Chapter

# MAAP - MINNESOTA ASSOCIATION OF PAKISTANI PHYSICIANS



**Bushra Dar, MD**  
*President*

Sabeen Askari, MD  
Secretary

Alia Sharif, MD  
Treasurer

Munir Abid, MD  
President Elect



MAAP executive committee and members also participated in APPNA National healthcare day on October 8th. We held free clinic at 2 different locations in local mosques providing medical care to under-served population.



We held our second MAAP social program on September 10, 2016. It was a wonderful Eid get together filled with fun, food and music attended by many physicians and non physicians in the community.



During the social program, the chapter decided to show our support for Human Development Foundation and we were able to raise funds for HDF "Margala school project" in Pakistan

# APPNA GREATER CINCINNATI



**Muhammad Aslam, MD**  
*President*

Tahir Latif, MD  
Secretary

Shehzad Saeed, MD  
Treasurer

Tahir Sajjad, MD  
Immediate  
Past President

## Greater Cincinnati and Denver Area including Communities from Kentucky and Indiana

It gives me great pleasure to report our chapter activities for 2015-16. There has been a prolific growth in the physician community in Cincinnati. Keeping up with this growth the APPNA Greater Cincinnati chapter has reinvigorated recently and is becoming an integral part of the community in Greater Cincinnati and Dayton area including communities from Kentucky and Indiana.

- Conducted well-attended educational symposium on the unique topic of advances in nutritional therapeutics
- Chapter was one of the major contributors for clean water wells project of APPNA
- We had a very successful tradition of organizing annual Mushiara in collaboration with Ali Gurh alumni and gearing up to 2016 Mushiara to be held in November
- Participated in APPNA National Health Day by collaborating with local Muslim organization to organize health day and administered free flu shots provided by APPNA to our community members
- Chapter has launched first APPNA GC Facebook page and website at [www.appnagc.com](http://www.appnagc.com)
- Enthusiastic planning is already underway to host one of most successful APPNA fall meetings in October 2017

Muhammad Aslam, MD



# APPNA FLORIDA



**Ayyaz Shah, MD**  
*President*

Irfan Aslam, MD  
Secretary

Irfan Imami, MD  
Treasurer

Humeraa Qamar, MD  
Past president

Irfan Zaidi, MD  
President-elect

Members at large:  
Farhan Zaidi, MD  
Asad Qamar, MD  
Moosa Muhammed, MD  
Roh Afza Afridi, MD  
Umna Ashfaq, MD

We are completing another successful year of our Florida Chapter. We have been involved in various activities which include APPNA Healthcare Day, participation in community activities, food drives and charity clinic work.

The Orlando community was unfortunately a victim of a deranged person who went on a shooting massacre and brutally shot many innocent individuals at a night club in Orlando, Florida. This was one of the worst mass killing sprees in history which garnered national media coverage. To show solidarity and to show the community of Orlando that we as Pakistani Americans also share in their grief and sorrow, APPNA FL chapter members and Association of Pakistani Americans as well as multiple organizations came together and organized a peaceful vigil. National APPNA leaders were also present and proudly represented APPNA.

Our members are working at charity clinics and volunteering their time and specialty expertise to care for the unfortunate. Physicians in various specialties such as radiology offered to have imaging such as x-rays, CT and MRI scans at no cost as well as pathologists offering to read slides for free. Primary care physicians, cardiologists, dermatologists, nephrologists and all the other specialists are truly enthusiastic and motivated to help the underprivileged and needy. All of our physicians will go out of their way to help each other and anyone else in need.

Our new website is fully functional and our new website address is [www.appnaflorida.org](http://www.appnaflorida.org). Our website is an important tool to connect with our members and to provide them details of our work, as well as a platform to make announcements and to advertise and promote our events, functions and meetings. In addition, we have also started our Facebook page APPNA FLORIDA.

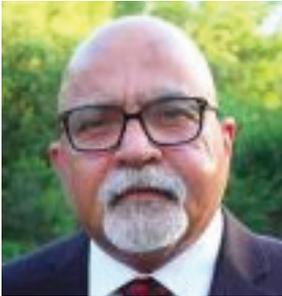
Our vision for the upcoming years is to have greater participation by a larger number of physician members in our community and run more charity clinics. We would like to connect more to our members and work together on a common goal of serving humanity in our adopted homeland, as well as continue to assist our people back home in our country of origin, Pakistan.

We believe our future is very bright with APPNA and working together will bring more success.

Ayyaz Shah, MD



# APPNA GEORGIA



Farid Qazi, MD  
President

*The year 2016 was a great year for GA-APPNA. The executive committee comprising Dr. Farid Qazi who served as president, Dr. Roohi Abubaker, secretaries and Dr. Saeed Zafar, treasurers made sure that 2016 proved to be another successful year for GA-APPNA.*

## Some of the highlights were as follows:

In March, GA-APPNA joined hands with Atlanta Community Food Bank and took part in its annual 36th Hunger walk which was dedicated the late Dr. Kaleem Ahmed, a nephrologist who passed away earlier this year. GA-APPNA contributed \$5,000 for Hunger walk and this amount was used to provide hunger relief to many poor and needy families in Atlanta area.

On April 17, we held the annual charity fashion show. Every year GA-APPNA organizes this all-women event where we raise funds for a select charity. A cultural show was performed by Sanam Azeem and her troupe. Dr. Rebecca Gupta, wife of Dr. Sanjay Gupta of CNN fame, was the chief guest and we donated \$5,000 to UNICEF.

On July 10, we had the Eid Brunch where members attended and celebrated the Eid together. It was a fun family event. Dr. Iqbal Zafar Hamid, President Elect 2016 also attended this event.

On October 8, we celebrated NHCD, initiated by Dr. Nasar Qureshi few years ago and which has now become an integral part of APPNA. We gave 75 flu shots, provided free EKGs, free health screening and basic blood work.

On October 29, we had our annual fall meeting which was one of the largest annual meetings by our chapter. President Nasar Qureshi announced a \$3,250 donation from APPNA for CCHC's pharmacy which after contribution from GA-APPNA totals \$7,500. The entertainment for the annual meeting was outstanding as the legendary Bushra Ansari mesmerized everyone by her performance.

Farid Qazi, MD



# APPNA MICHIGAN



**Syed Iftikhar Habib, MD**  
*President*

Naushad Pervez, MD  
President-Elect

Manzar Rajput, MD  
Secretary

Danial Rashid, MD  
Treasurer

Member at Large:  
Khurram Ahmad, MD

Executive Team, 2017  
Naushad Pervez, MD  
President

Shezad Shaikh, MD  
President-Elect

Khurram Ahmad, MD  
Secretary

Danial Rashid, MD  
Treasurer

Members at Large:  
Manzar Rajput, MD  
Usman Khokhar, MD

APPNA Michigan Chapter is a very vibrant component of APPNA. We have a large number of active lifetime members of central APPNA. Out of them, over 25 are also lifetime members of APPNA Michigan Chapter. The structure of the organization follows the structure of central APPNA comprising of an Executive Board, a Board of Trustees, and members at large.

The chapter became a non-profit organization last year.

## Achievements:

- 1.) The spring event was one-hundred percent sponsored by the 2015 President of APPNA Michigan Chapter, Dr. Syed Iftikhar Habib. About 80 physicians attended the spring event with their spouses. Goals and future planning were discussed at dinner followed by light musical entertainment.
- 2.) The Fall Banquet, held on October 29, 2016, was also a huge success. Mr. Khizr Khan was the keynote speaker. There were 470 attendees that evening.
- 3.) APPNA Youth is a vital part of APPNA Michigan Chapter. Kids participated not only in the registration and organization of this event but also participated in a cultural show representing all provinces of Pakistan.
- 4.) A Youth Conference was held in October, which was presided over by Mr. Khizr Khan. Over 100 university and high school students attended this event. They had an opportunity to discuss various issues that they are facing in the current atmosphere.
- 5.) Community and Achievement awards were given to important APPNA members who are actively involved in community activities. The recipients of awards were Dr. Zeenat Anwar, Dr. Sohail Hassan, Dr. Iftikhar Khan and Dr. Nazia Adil. Awards were also given to Mr. Khizr Khan and Mr. Ashraf Qazi.

## Current and Future Projects:

- 1.) Healthcare Project: We have sponsored hepatitis vaccination for three years from 2015-2017. This is our second year donating \$3,000 to Hepatitis B vaccinations for 200 people in Medicare Trust Hospital in Baadami Bagh.
- 2.) Educational: \$6,000 was already awarded to the local school in 2015. \$2,000 will be awarded to the school every year for three years and given to high achievers every year.
- 3.) Community Outreach: This program was started this year on July 4th. Treats were distributed to fire stations, police stations, and libraries with a warm note from APPNA. It was highly recognized, and the community sent many thank you cards to APPNA.
- 4.) Children Oncology Hospital: \$1,000 worth of gifts will be distributed at Christmas.
- 5.) We are planning to do a soup kitchen and winter clothing distribution in Detroit at Christmas. \$2,000 has been allocated for this activity.

Syed Iftikhar Habib, MD



# APPNA NEW YORK



**Tamkeen Ahmed, MD**  
President

Rizwan C. Naeem, MD  
President-Elect

Imtiaz Ghumman, MD  
Secretary

Sabahat Naveed, MD  
Treasurer

APPNA NY chapter is one of the largest APPNA chapters. According to our bylaws and keeping the democratic tradition of elections alive, this year a vibrant executive committee and council members were elected. Dr. Tamkeen Ahmed is the president for 2016 and Dr. Rizwan Naeem, President-elect.

One of our annual traditions is to have a family picnic for our members and families which was successfully conducted in July 2016. We had our annual meeting with a traditional Young Physicians Guidance Seminar on September 24th. This seminar was conducted with many residency program directors, and, like previous years, the director of the ECFMG program came all the way from Baltimore and updated the participants on the activities of ECFMG.

This year, we also conducted a focused fundraiser for APPNA Young Physicians House in NY where most of the members generously donated time and money. The APPNA committee for the NY APPNA house consists of members of the NY Chapter, and we are proud of their hard work.

NY chapter has discussed plans to establish our own house for young physicians next year. APPNA NY chapter is thankful to APPNA President Dr. Nasar Qureshi and our own leaders, Dr. Iqbal Jangda and Dr. Mohammad Hamid, for taking a leading role in transforming APPNA Young Physicians House into one of the busiest and most wanted places for visiting students from Pakistan.

We look forward to another very successful year in 2017.

Rizwan C. Naeem, MD



# APPNA NEW JERSEY



**Avais Masud, MD**  
*President*

Mir Maqbool Ahmad, MD  
President-Elect

Rizwana Khan, MD  
Secretary

Tariq Aziz, MD  
Treasurer

Razia Awan, MD  
Immediate  
Pas President

APPNA-NJ chapter was incepted in 2004 and Dr. Shaukat Chaudhry was its first president. Over the years, the chapter has been blessed with very talented and dedicated leadership and committee members. Thanks to all of them, as well as our members, APPNA-NJ has achieved a lot in the field of humanitarian and charitable work, not only in Pakistan and the USA, but some other locations as well.

## Highlights of Some of Our Activities and Accomplishments in 2016:

- APPNA-NJ free clinic has been providing primary healthcare and subspecialty consultation, free of cost to patients who don't have access and resources to quality healthcare. The clinic is in its 5th year of service and we are planning to expand its services and resources in the near future.
- Many of APPNA-NJ's member physicians have been part of different medical missions to places like Iraq, Syria and Sudan to provide medical and surgical services to some of the most unfortunate and needy patients.
- A very successful and very well attended Annual Dinner was organized on September 24th and the members and their families enjoyed the delicious food and performance by some famous Pakistani artists.
- The Annual Dinner was particularly memorable as all APPNA-NJ's past presidents also attended the event. Plaques were awarded to all of them for their leadership and services over the years.

A very well attended picnic was arranged on a beautiful sunny day in late spring at Thompson Park in Monmouth County. Members and their families had a great time.

## Future Visions and Goals:

- The main goal for next year and the years to come is to build on the work done by the current and the previous executive councils. We are also planning to work with our neighboring chapters, including APPNA-PUN and New York chapters in helping with each others goal and events. After the annual elections, scheduled on December 10th 2016, the newly elected EC will reach out to their leadership for this very purpose. We are expecting a great year in 2017 and beyond for not only for ours but also for out neighboring chapters.

Avais Masud, MD



# APPNA NORTH TEXAS



**M. Zaim Nawaz, MD**  
*President*

Mohammad Amir, MD  
President-Elect

Zaffar Zahid, MD  
Secretary

Zille Huma Shah, MD  
Treasurer

Dawood Nasir, MD  
Past President

APPNA North Texas Chapter is a component society of Association of Physicians of Pakistani descent of North America which is a not for profit 501C3 organization. It fosters scientific development for the development of education and medical research.

Our chapter has seen a tremendous growth in the last few years as numerous physicians of Pakistani descent have moved to the area due to growing demographics and cultural growth in this area. The goals of our chapter are not just to increase our membership base but also to provide community based services including social and health services.

## 2016 Activities:

- In February 2016 we hosted the APPNA Strategic meeting and for the first time in the recent history of APPNA, it was a profitable meeting and was totally supported by the local chapter without any funding from central APPNA.
- Our Chapter also hosted a Pakistan Day event with visiting artists from Pakistan including Saud Qasmi, Arshad Mahmood and Meera along with other folk artists.
- We conducted Ethics CME lectures during our meetings to meet the licensure needs of our physicians.
- Our Chapter collaborated with the PSNT (Pakistan Society of North Texas) to bring a Pakistani Trade show to Dallas, Texas. It was a 3-day event inviting the Rawalpindi Chamber of Commerce and their members to display not just clothing, jewelry and handicrafts, but also for the first time real estate developers from Pakistan showcased their products and services.
- Healthcare Day and Visa camps have also been organized.



## Our Goals for the Future:

- Grow our membership further to involve more local physicians especially the Young Physicians in training
- Embark upon healthcare projects locally by forming a free medical clinic in the area for not just our community but providing care to all who are needy
- Sponsor educational grants and scholarships for our students
- Establish APPNA Ghar in the Dallas area to help young physicians as they travel for interviews and research

M. Zaim Nawaz, MD

# APPNA NORTHERN CALIFORNIA



**Aifra Ahmed, MD**  
*President*

Altaf Jan, MD  
President-Elect

Bilal Hameed, MD  
Secretary

Shazia Mughal, MD  
Treasurer

Muniza, MD  
Past President

APPNA Northern California Chapter held its Annual Spring Meeting on May 21st, 2016 at the Crowne Plaza Hotel in Palo Alto. The educational talk was followed by our chapter's general body meeting. The social dinner was attended by key members of our local chapter, and their family and friends. The beautiful evening was augmented by an informative presentation by Dr. Mubasher Rana on how local chapter members can get involved in the various causes and initiatives that APPNA is involved with across the globe.

- Our annual young physicians mentorship seminar was organized in May 2016. This year we had three mentors who talked about how to obtain residency match. The highlight of the afternoon was the mock interview session where participants got to practice interview simulations with mentors.
- Our chapter recognized Dr. Mubasher Rana (APPNA President 2015) for his unwavering dedication to APPNA Northern California Chapter and Dr. Xiushui (Mike) Ren (Chief of Cardiology, Kaiser Permanent Redwood City) for his valuable contribution to APPNA Northern California Chapter's Young Physicians mentorship programs over the last three years.
- Dr. Sabir Khan lead the National Healthcare Day with the help of other volunteers and it was very well received by the local community.
- Our vision for 2017 is to continue our current traditions of the annual spring and winter meetings. We plan to engage more young physicians to participate as well as volunteer.

Aifra Ahmed, MD



# APPNA OHIO



**Fouzia Tariq, MD**  
*President*

This is 16th year of APPNA-Ohio Chapter. This year under the leadership of our president ,Dr. Fouzia Tariq, we continued our following ongoing humanitarian projects:

- 1.) Mehdi Qamar Medical Supplies Project: This year we continued our collaboration with SIUT (Sindh Institute of Urological Transplant) and sent three 40 foot containers of medical supplies including hospital beds, anesthesia machines, ultrasound machines etc. This is our 6th year of ongoing collaboration.  
<https://www.facebook.com/groups/815902548472467/>
- 2.) We also continued our support/fundraising for Khpel Khor (Apna Ghar) boarding schools for orphan boys and girls in Swat Valley.  
<https://www.facebook.com/groups/354674664701401/>

For more details, please visit our project pages on Facebook.

Ghulam Mujtaba, MD  
*President*

Mohammad Tufail Ijaz, MD  
*Secretary*

Huma Rashid, MD  
*Treasurer*



Dr. and Mrs. Mohammad Wasif Amir and Dr. and Mrs. Fared Shaikh with friends



Dr. Naghma Malik and Dr. Shalla Kamran at breast cancer awareness booth



APPNA-Ohio containers en-route to SIUT



Dr. Ghulam Mujtaba (president elect) and Dr. Fouzia Tariq (president) giving life time achievement awards to Dr. Shahid Sheikh and Dr. Raheela Khawaja



Dr. Raheela Khawaja and friends



Haroon Durrani, MD  
President

## Tri-State Chapter: Pennsylvania, Upstate Delaware and New Jersey

APPNA-PUN (Association of Physicians of Pakistani Descent of North America, Delaware Valley Chapter) has successfully held various programs and engaged the community in different educational and social activities throughout the year of 2016.

APPNA-PUN held the annual banquet where the keynote speaker was Mr. Khizr Khan. He discussed the challenges faced by Muslim Americans. We had a successful art auction, fund-raising for the scholarship dedicated to students at the banquet.

The Delaware Valley Chapter also participated in the APPNA National Health Care Day by organizing a free Health Camp in Philadelphia where a number of physicians provided services and educational seminars to attendees. APPNA President Dr. Nasar Qureshi attended the Health Fair.

Moreover, APPNA-PUN youth participated in a free clinic in Trinidad which was organized by HANDS organization in collaboration with Christiana Hospital Delaware. It was a great opportunity and learning experience for our youth.

The Book Club initiative for the youth was widely appreciated among all the members and families.

Haroon Durrani, M.D.



# PAKISTANI-DESCENT PHYSICIANS SOCIETY OF ILLINOIS



Sajid Mehmood, MD  
President

- Joined hands with Rotary International in the attempts to eradicate polio from Pakistan and participated in a panel discussion with the officials.
- Contributed \$2500.00 toward APPNA Scholarship project with the help of Dr. Amera Rehman.
- Restricted the number of registrants at the PPS House and introduced other reforms in order to improve the quality of stay as well as minimize wear and tear of the property without affecting its self-sustainability.
- PPS held a well-attended and successful spring meeting on Saturday, April 2, 2016 commemorating EARTH DAY to remind everyone to adopt an environment-friendly lifestyle. The speaker was the elected delegate from the State of Maryland, Dr. Hasan "Jay" Jalisi, the only Muslim of South Asian descent ever elected to any federal or state assembly, who highlighted the importance of public engagement and service to our local community regardless of color, race or ethnicity. He also encouraged the audience to be a part of the American fabric and build bridges with other communities to counter the negative propaganda that comes with election campaigns.
- Keeping up with PPS tradition over the years, we had a well-attended and fun-filled picnic on Sunday, June 5, 2016 at Burr Ridge Park district generating a profit of \$2,500.
- PPS is proud to report that our International CME trip to Sweden, Norway and Denmark for 2016 was a sold out event with the attendees joining from New York, Pennsylvania, Ohio, Oklahoma, Wisconsin and California.
- The Annual General Body meeting was held on Saturday, October 1, 2016. Sufficient sponsors and faithful donors made sure that the society generated a net profit of approximately \$10,000.
- APPNA National Healthcare Day was arranged at two suburban locations of Chicago with the help of other volunteer members
- Ongoing support and management of the APPNA-PPS free clinic to provide free healthcare to deserving people regardless of color, religion or ethnicity.

Thank you, Sajid Mehmood, MD, FCCP



Official Citation of Maryland General Assembly presented to PPS President Dr. Sajid Mehmood



Renowned poets Mr Amjad Islam Amjad & Mr Anwar Masood with Dr. & Mrs Zahid Malik



Dr. Samina Hijab receiving her award from PPS President Dr. Sajid Mehmood

# APPNA SOUTH CALIFORNIA



Hyder Z Jamal, MD  
President

APPNA South California chapter remained active and busy in galvanizing the southern California physician community.

## Activities:

- Member contact information was updated.
- The Annual meeting and gala was held in July 2016 at the Buena Park Hotel. The Honorable Consulate General of Pakistan was one of the dignitaries in attendance. Awards were given for community service and excellence in medicine and innovative ideas. A vibrant exhibit of international organizations and charities engaged the attendees. Free screening and education on Chronic Hepatitis B was performed by the Asian Pacific Foundation. In addition, a CME lecture on the risk of Hepatitis Transmission in pregnancy was well received by the attendees.
- The President of the Chapter attended and represented APPNA South California chapter in Pakistan Day and cultural events at the Pakistan Consulate.
- The chapter was also represented at events of other charities such as TCF and Helping Hands.
- Volunteer work was performed by members at a local baptist church in April and May, 2016.
- In short, The South California Chapter remains a vibrant and active member of the parent organization. We are looking forward to another year of engagement with our members and community.

Sincerely,  
Hyder Z Jamal, MD





Kashif Zafar Khan, MD  
President

Association of Pakistani-Descent Physicians of North America, South Texas Chapter (STC) was founded on December 15, 2000 by Dr. Sardar Daud Khan as the Chairman of the Board and first President and Dr. Asaf R. Qadeer as Board Member and first President-Elect. In the last several years, the chapter has grown from a few volunteers to one of the largest chapters in APPNA's network. APPNA STC collaborates with charitable organizations, promotes Pakistani culture and builds bridges between local communities in Houston, TX.



## APPNA STC Activities and Achievements in 2016:

- Increased APPNA STC membership.
- Organized STC Spring Meeting 2016 and Cricket Tournament for physicians - Four cricket teams from four corners of Houston participated in this competition in a local cricket ground.
- Helped Pakistani medical students looking for electives
- Provided guidance provided to young Pakistani physicians for residency
- Supported Honorable Consul General Pakistan Mr. Afzaal Mahmood Harmony Program to bring Pakistani community leadership on one platform to support each other
- Organized and supported Houston Mayor Iftar Program in Ramadan to reduce the gap between Muslims and non-Muslims communities together
- Supported Indus Hospital Karachi fundraiser in Houston, TX
- APPNA STC promotes Urdu. STC supported Zia Mohiuddin Program in Houston, Texas for Pakistani community in Houston, TX
- Organized Fall Meeting 2016 for physicians in South Texas which was a highly successful event attended by approximately 400 physician and their family members.
- APPNA National Health Care Day, a free health camp for local community, organized in two location in Houston, TX
- Supported APCNA Pacemaker program for non-affording patients in need of pacemaker in Pakistan
- APPNA STC launched its website (<http://appnastc.com>) and activated social media page on Facebook for better communication with local physicians

## APPNA STC Goals for 2017 and Beyond:

- Increase membership for physicians and affiliate members
- Continue to build a strong network of physicians in Houston and surrounding area
- Continue to support and guide young Pakistani physicians for residency
- Continue to support Pakistani medical students for their elective rotations
- Develop "Youth Program" to provide career guidance to physician children
- Develop "Health Awareness Program" for local communities
- Arrange CME for APPNA STC members

Kashif Zafar Khan, MD MPH FAFAP  
MCPS FCPS DABFM DABPM (OM)

# APPNA SOUTH CENTRAL TEXAS



**Lubna Naeem, MD**  
*President*

Hanif Pathan, MD  
President 2017

Khusro Rashid, MD  
Secretary

Fahad Inam, MD  
Treasurer

## 2016 Highlights:

Chapter of APPNA South Central Texas is made up of physicians from San Antonio, Austin, Corpus Christie, Rio Grande Valley and South Padre Island.

As the President of the Chapter it gives me immense pleasure that APPNA South Central Chapter had the unique opportunity to host this year's prestigious NATIONAL APPNA (Association of Pakistani physicians of North American descent) October Fall meeting from October 20 - 23, in the vibrant and historic city of San Antonio, Texas. This historic meeting has set a great trend in APPNA. The Chapter host committee worked very hard all year to arrange a successful fall meeting. The dedication of the team was widely appreciated.

### **APPNA Fall meeting Theme was "IT IS POSSIBLE".**

The meeting achieved the landmark in many ways not only in raising unmatched funds but bringing folks together at one platform.

Our chapter goal was to bring about change in the quality of life of the underprivileged through many ways from advancing education, research, helping young physician, promoting health education initiatives to many other social challenges facing here and back home.

APPNA Fall meeting October was a one of the most successful meetings in the history of APPNA, attended by about 500 physician delegates from all over the United States and Canada. Engaging community at all levels, involving youth and young professionals, along with the dedication, energy and foremost, tapping into the appetite for Philanthropy were hallmarks of this meeting.

Among other events and highlights was the APPNASCT National Health Care Day Cricket match along with health screening. We decided to bring awareness on Childhood Obesity and Breast Cancer. It's not that obesity runs in our community. It's that no one runs in our community so we decided to run together by playing cricket and supporting APPNA National Health Care Day. It was a fun and exciting match with overwhelming participation. Childhood Obesity Team won by a narrow margin.

Lastly, APPNASCT is proud to announce establishing free Community Health clinic in collaboration with El-Bari Clinic, to provide health and social services for residents of the surrounding service areas. Both APPNA-SCT and El Bari CHC are dedicated to providing access to health and social services for under-served communities and the organizations wish to leverage mutual resources to expand their reach in the communities they serve.

Lubna Naeem, MD



# FLASHBACK 2016





## Dr. Zulfiqar Bhutta appointed President of International Pediatric Association

Renowned physician Dr. Zulfiqar A. Bhutta has been elected the president of International Pediatric Association (IPA). IPA members include 145 National Pediatric Societies from 140 countries, 10 Regional Pediatric Societies representing all areas of the world, and 13 International Pediatric Specialty Societies including the International Pediatric Chairs Association and the World Federation of Associations of Pediatric Surgeons.

Dr. Zulfiqar A. Bhutta is the Robert Harding Inaugural Chair in Global Child Health at the Hospital for Sick Children, Toronto and the Founding Director of the Center of Excellence in Women and Child Health, at the Aga Khan University, a unique joint appointment. He is a designated Distinguished National Professor of the Government of Pakistan and also the Chairman of the National Research Ethics Committee of the Government of Pakistan. Dr. Bhutta is one of the seven members of Independent Expert Review Group (iERG) set by the UN Secretary General in September 2011 for monitoring global progress in maternal and child health MDGs. Dr. Bhutta has served as a member of the Global Advisory Committee for Health Research for the World Health Organization, the Board of Child & Health and Nutrition Initiative of Global Forum for Health Research, and the steering committees of the International Zinc and Vitamin A Nutrition Consultative Groups. He is an executive committee member of the International Paediatric Association and was a founding Board member of the Global Partnership for Maternal, Newborn and Child Health (PMNCH). He is the current President of the International Paediatric Association, is a leading voice for integrated maternal, newborn and child health globally.



## Dr. Tariq Jawaid Alam Elected as National Chair of the General Neurology Section of the American Academy of Neurology

APPNA lifetime member Tariq Jawaid Alam, MD, has been elected national chair of the General Neurology section of the American Academy of Neurology at the association's 68th annual meeting in Vancouver, BC in April this year. Dr. Alam's tenure is for a 2 year period from April 2016 to April 2018. Dr. John Ferro, neurologist from New York was elected as vice chair.

Dr. Alam is medical director of stroke and neurology services at Mercy Hospital Jefferson and is also a physician reviewer appointed by the state of Missouri to inspect Missouri hospitals for Time Critical Diagnosis accreditation such as stroke.

Dr. Alam has been an active member of APPNA since his residency days. He graduated from Dow Medical College in 2005 and finished residency in neurology from St. Louis University in 2011. He then did a clinical neurophysiology fellowship from the same institute graduating in 2012. He has been in practice in St. Louis, Missouri since 2012. Dr. Alam has been actively involved with APPNA young physicians committee and was the editor of the APPNA publication, "Guide to US Residency; Resource Handbook for Graduate Medical Education in the United States," published in 2011 and which continues to provide useful information for aspiring young medical graduates from Pakistan. Dr. Alam has also been editor of DOGANA magazine since 2011.

Dr. Alam will be working closely with the American Academy of Neurology to further the interest of general neurology among practitioners including quality, safety, retention and reimbursement issues.



## Dr. Fasiha Kanwal Appointed as Editor-in-Chief of Clinical Gastroenterology and Hepatology - Journal of American Gastroenterological Association

Dr. Fasiha Kanwal graduated from King Edward Medical College in 1995. She received her internal medicine training from Saint Barnabas Medical Center followed by training in gastroenterology and hepatology from University of California Los Angeles (UCLA). She completed my gastroenterology fellowship in 2005 and joined Saint Louis University as an Assistant Professor. She moved to Baylor College of Medicine, Houston TX in 2011 and is currently a full Professor in the Department of Medicine at Baylor College of Medicine.

Dr. Kanwal has a strong track record of scientific achievements that started during her gastroenterology fellowship. As a fellow, she enrolled in an advanced degree program at the UCLA School of Public Health, where she completed my Masters in Science, Health Services (MSHS). She successfully applied and obtained foundation funding for research as a gastroenterology fellow (2003). She has had continuous research funding since then. In total, she been awarded

13 grants at the Principal Investigator and published more than 120 peer-review manuscripts.

Her research work has been recognized nationally and she is highly regarded as an authority in health services research within digestive diseases especially viral hepatitis, cirrhosis, and hepatocellular cancer. She has been the recipient of highly competitive faculty awards, including the Research Excellence in GI and Liver (REGAL) Award (2007) and Emerging Leaders in Gastroenterology Award (2008). Nationally, she has participated in several service and leadership roles and also asked on numerous occasions to chair and serve on scientific sessions, abstract review committees, and grant review study sections. She has served as an Associate Editor for one of the leading clinical journals in digestive diseases. Most recently, she was appointed as the Editor-in-Chief position of American Gastroenterological Association's clinical practice and research journal, Clinical Gastroenterology and Hepatology (CGH). Her five-year term will begin July 1, 2017. She also has the distinction of being the first-ever woman to serve as the editor-in-chief of any prominent digestive disease journal.

# APPNA ALLIANCE



**Farah Haider, MD**  
*President*

The year began with a religious Milad in New York, co-hosted with the NY chapter of APPNA. The event was a beautiful way to reconnect with other members of our community in a spiritual way. The members of APPNA Alliance attended Domestic Harmony Foundation's annual fundraiser and donated \$750. to their cause. Sharmeen Obaid Chinoy, a Pakistani Oscar winner, was the event keynote speaker and spoke about the issues surrounding women that have influenced her filmography.

The group travelled to Miami for the APPNA Spring meeting, where we enjoyed the sun, sand, and weather. We held our first general and council meeting here, discussing the issues we wanted to address during our term. We wrapped up the weekend with a dinner and musical event.

The theme of the annual summer meeting was "woman empowerment" and was held in Washington, D.C. Our special guests included Congresswoman Donna Edwards of Maryland's 4th district and Dr. Jay Jalisi, Maryland House of Delegate's representative for District 10.

We invited four important and powerful women to speak to attendees at our fashion show and dinner about the importance of empowerment: Kehkayshan Naseem, the founder of Kay Care Brace; Tara Gajwani, an architect turned jewelry designer; Parveen Bilal, a film director and designer whose films highlighted sensitive issues that women face; and Dr. Azizah Al Hibri, the first female Muslim American Law professor and founder of "Karamah", an organization that focuses on legally empowering women across the Western and Muslim world. By choosing these women, we wanted the audience to understand that women are capable of extraordinary feats. By showing these role models that have persevered and succeeded in a myriad of fields, we wanted to inspire people everywhere to support women when they endeavor to empower themselves.

The event concluded with a high-end fashion show that included influential designers. We had showcased collections from Ali Xeeshan, Saaniya Maskatiya, Lajwanti, Fuyon, Kuki Concept, Amir Adnan, and FNKAsia. The fashion show was sponsored by Royal Orchard Housing, HRL, Tricon Developers, Gateway Events International, Page 3 Magazine, and LAJJA Magazine.

Concurrently, we organized a trip to Capitol Hill and the Supreme Court, where we could observe where American laws were formed and took shape. We would not have had this experience if it weren't for Congressman Elijah Cumming and Maryland State Assemblyman Dr. Jay Jalisi.

Our final assembly was in San Antonio for the Fall APPNA event. APPNA Alliance invited Ms. Massarat Misbah and Dr. Lubna Naeem to lead a seminar on the topic of preventing skin aging. The seminar was incredibly informative and though I know that none of us actually needed such tips, we were happy to have them.

During my tenure, we raised \$3,100. for a scholarship to the student with the highest MCAT score, \$2,500. to support Karamah's mission, \$750. for the Domestic Harmony Foundation, and \$4,000. for other various charities. I am proud of APPNA Alliance for raising \$10,000. to support a huge plethora of incredible causes.

As I leave my position, I am nostalgic and sad: I wanted to achieve more, but I did not have enough time. I am incredibly thankful to my husband and children for their support, the dynamic APPNA Alliance executive team for their hard work and determination, as well as Dr. Nasar Qureshi and Ms. Jennifer Wozniak for their aid in making each event successful. Though I have completed my term as President, I will happily advise the incoming APPNA Alliance executive team to help them achieve all their goals.

Farah Haider, MD



# APPNA PEDIATRICS



**Khalid Kamal, MD**  
*President*

Shahla Kaukab, MD  
Secretary

Khalid Kamal, MD  
Treasurer

Abdul Basit Saeed  
Webmaster

Humeraa Qamar, MD  
Executive Director

Three years ago, in 2013, a Facebook group for Pakistani pediatricians and pediatric specialists around the world was founded by pediatricians of Pakistani descent working in North America. Today, that group has more than 3,000 members.

Two years ago, in 2014, Dr. Mubasher Rana, President APPNA, promised some important reforms in APPNA and one of those to set up of specialty networks. Last year, in 2015, President Dr. Rana fulfilled his promise and appointed Dr. Ghulam Mujtaba as Chair to establish Specialty Networks. Subsequently APPNA Peds was founded. In 2016, President Dr. Nasar Qureshi has continued to support APPNA Pediatrics.

## Projects and Achievements

Every day, cases and questions from Pakistan are posted and pediatric specialists from North America try to help their colleagues by evidence-based answers. The digital connection has served to bring pediatric colleagues across oceans together. In turn, APPNA peds members get to learn the complexities of disease presentation and the scarcity of resources in Pakistan. Today, the APPNA Peds is a very well organized specialty network, with its own Facebook page as well as website, 39 lifetime members, and 22 other members, including residents and fellows.

Various committees have been formed that are quite functional. The Neonatology committee, chaired by Dr. Muhammad Riaz (President-Elect 2017) has vowed to bring down the very high neonatal mortality in Pakistan. Neonatologists have visited various centers in Pakistan and have trained local people in neonatal resuscitation and have also donated some essential equipment. APPNA peds group met with CPSP leadership and convinced them to adopt NRP as part of essential curriculum for the pediatric trainees.

## Connections and Networking

Subspecialty chapters of APPNA peds are being formed and serve to connect people in respective fields. In October, 2016, pediatric gastroenterologists from North America met in Montreal at the 2016 NASPGHAN Congress.

Another important function of APPNA peds is bringing history to its members. Following in the footsteps of the American Academy of Pediatrics, APPNA peds tries to highlight the works and successes of giants in the field of Pediatrics in Pakistan, like the late Professor Shaukat Raza Khan who laid the foundations of pediatric specialty services in Lahore.

To join, please visit [appnapeds.org](http://appnapeds.org)



# APCNA Journey Through Time 2004 - 2017

**APCNA - Association of Pakistani-decent Cardiologists of North America was established in 2004 with one of its core missions to foster scientific development and education in fields related to the cardiovascular system for the purpose of improving the quality of medicine and delivery of better healthcare. These are some of the highlights of APCNA's work since 2004.**

## **APCNA Pacemaker Banks: First Pacemaker Bank in Pakistan:**

### **Hundreds of Pacemakers for the deserving non-affording patients in Pakistan**

The pacemaker project chaired by Dr. Wajid Baig in collaboration with Heartbeat International, Tampa, Rotary Club Pakistan and Tabba Heart Institute set up the First Pacemaker Bank in Karachi. The project since then has grown to have banks in Karachi, Lahore and Peshawar. Over 250 devices provided so far to deserving patients who could not afford these lifesaving devices.

## **Echo and TEE Workshops:**

### **Annual workshops > 200 cases and lectures**

Non-Invasive cardiology workshops are also as important and enthusiastically received by the local faculty and the housestaff. Here interesting cases are discussed and a hands-on approach in Echo and TEE have been extremely useful.

## **Cardiology Supplies:**

### **More than 5 million dollars worth of donations for patients**

The cardiac supplies collected and brought by APCNA members are greatly appreciated by the local faculty who diligently care for these patients with meager means. These supplies over the years have helped many deserving and non-affording patients.

## **CCU Teaching Rounds & Cardiology Lectures:**

### **More than 300 didactic lectures at Pakistan's institutions**

Cardiology lectures on updates in cardiology, CCU rounds with the local faculty and case presentation and discussion with the house-staff are now a regular feature of APCNA winter meetings.

## **BLS Training for Healthcare Workers:**

### **Support of BLS training in Pakistan under APCNA members.**

APCNA established a BLS Training Center for healthcare providers at the Pakistan Medical Association (PMA) House in Karachi in 2008. More than \$6000 worth of supplies were donated for this purpose. Hundreds of healthcare workers have been trained since.

## **APCNA Members as Manuscript Reviewers:**

### **Manuscript reviewing for Pakistan Heart Journal**

# APCNA Journey Through Time 2004 - 2017

## First Peripheral Vascular Disease Workshop:

### First hands-on workshop in PVD in NWFP

Dr. Arshad Rehan conducted the first Peripheral Vascular Disease workshop at his alma mater at Khyber Medical College in Peshawar.

## Collaboration with Societies:

### Ten annual winter cardiology conferences in academic hospitals across Pakistan

APCNA has established a good working relationship with the leadership of the Pakistan Cardiac Society. A delegation of APCNA and PCS had an extensive meeting at Regency Plaza Hotel in Karachi in December 2008. APCNA and PCS are now holding joint conferences in Pakistan.

## Interventional Workshops and Interventions for the Deserving Patients:

### Over 600 cases performed by the visiting APCNA members in Pakistan and with over 75 workshops on the Interventional Cardiology Updates

APCNA members have been providing their services several times a year over the last 10 years in different hospitals in Pakistan. Interventional Cardiologists have performed hundreds of difficult PCIs in various institutions in Pakistan. They have participated in training post graduate Cardiology Fellows in performing high risk cases.

## APCNA in AHA Heart Walk:

### AHA Heart Walk 2007 raised \$1,000 for AHA by APCNA youth

APCNA members and their families have been actively participating in the AHA Heart Walk program in Florida. From 2007 many more heart walks have been organized to raise funds for the APCNA pacemaker banks.

## First IVUS use in NWFP:

### Transfer of expertise, first IVUS use at the Lady Reading Hospital, Peshawar

APCNA members were the first to perform procedures with an IVUS at Khyber Medical College/Lady Reading Hospital in Peshawar in the winter of 2008.

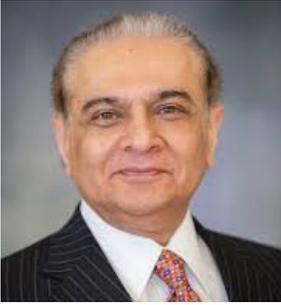
## Nuclear Cardiology Workshop:

### Nuclear cardiology workshop Lady Reading Hospital, Peshawar

Nuclear cardiology workshops are very much liked by the local faculty and the housestaff. Interesting cases are discussed and many imaging examples reviewed by the APCNA for the housestaff.

**APCNA is dedicated to working on its core mission and to collaborate with organizations in USA and in Pakistan in the future. Please visit our website for more information. [www.APCNA.net](http://www.APCNA.net)**





**Azfar Malik, MD**  
*President*

PAPANA Secretary Dr. Mujeeb Shad started the PAPANA meeting by thanking the attendees followed by the agenda for the meeting. Dr. Shad pointed out that this was the first meeting of its kind at an annual summer meeting of APPNA. This was followed by an introduction to goals and objectives of PAPANA by President Dr. Azfar Malik.

Dr. Kazi Salahuddin, chair membership committee, applauded the efforts made by Dr. Shad on his persistence to arrange for this meeting despite logistic difficulties.

This was followed by the progress report from PAPANA President Dr. Azfar Malik. In his report, various agenda points were discussed including applying for tax exempt status for PAPANA so that the yearly contributions can be tax deductible.

**Dr. Iqbal Jangda raised the issue of appointing Board of Trustees (BOT) as follows:**

- Waheed Bajwa; Sadiq Hasan; Iqbal Jangda; Omar Nasib; Muntazra QaDr.i; Mehmooda Nasir
- Dr. Salahuddin Kazi volunteered to update and maintain the email list based on state of the psychiatrist member.
- Dr. Kazi Salahuddin also volunteered to work on the insignia/logo.
- Dr. Azfar Mailk kindly offered his services to initiate the tax exempt application for PAPANA with his office address to be used as an official address for PAPANA.
- Earlier during the annual meeting of Pakistani American Psychiatrist Association of North America (PAPANA) at the American Psychiatric Association 2016 summer meeting in Atlanta Georgia on 05/17/2016, for the first time, the general body approved the Goals and Objectives and Constitution and Bylaws of the PAPANA.

**During the same meeting the following task committees were formed:**

Education Committee: Dr. Mohyuddin Farooqi; Dr. Iqbal Afridi; Dr. Ishrat Khan; Dr. Fouzia Wali Khan; Dr. Imtiaz Dogar  
Research Committee: Dr. Moin Ansari; Dr. Munir Hamirani; Dr. Razaur Rehman; Dr. Iqbal Afridi; Dr. Rizwan Taj; Dr. Azfar Malik

Psychiatric Residencies Committee: Dr. Faria Ali; Dr. Mohammed Zeeshan; Dr. Nauman Ashraf; Dr. Amina Anis; Dr. Imtiaz Ahmed Dogar

Social Networking Committee/Membership Committee: Dr. Shahid Kamal; Dr. Shazia Malik; Dr. Brig. Shoaib Ahmed SI (M); Dr. Anjum Irfan; Dr. Nausheen Shaikh (New Zealand)

**Finally, I would like to introduce some of the main Goals and Objective of PAPANA as follows:**

- 1.) To foster scientific development and education in fields related to the mental health system for the purpose of improving the quality of psychiatric care and delivery of better mental health care, without regard to race, religion, color, creed, gender or age
- 2.) To assist physicians, nurses and technologist in orientation, adjustment, initiation and completion of their training in fields related to the mental health
- 3.) To institute ways and means to cooperate with similar organizations in North America, Pakistan, United Kingdom Australia and other world forums
- 4.) To encourage mental health education and delivery of better mental health care in fields related to the mental health in Pakistan specifically by arranging donations sharing of psychiatric literature, arranging lecture tours, mental health conferences and seminars in Pakistan and other locations as determined by the Executive Committee
- 5.) To participate in disaster relief and other mental health enhancing activities both in Pakistan and North America
- 6.) To arrange an annual CME conference in Pakistan at different medical schools by rotation
- 7.) To arrange Mentorship programs for physicians, fellows, medical students and other mental health workers in Pakistan who are interested in mental health care
- 8.) To organize a visiting faculty program based on the needs of the psychiatric institutions in Pakistan

# *When is that going to stop?*

By Dr. Saleem A. Khan

More violence, more destruction  
It goes on and on  
There is no end to it  
When is that going to stop?

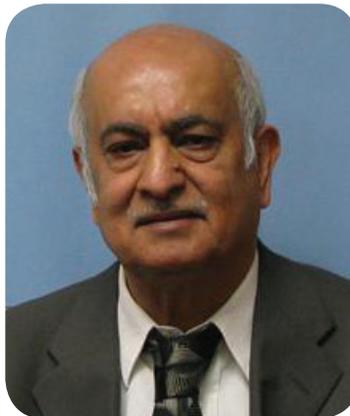
A suicide bomber blows himself up  
Killing many Israelis with him  
Then more attacks on Palestinians soil  
A few more people get killed  
Then the Palestinians retaliate  
When is that going to stop?

They have been fighting for generations  
Innocent lives are being lost  
And homes are getting destroyed  
When is that going to stop?

They are forced to talk with each other  
There may be a temporary relief  
But the killings start again  
When is that going to stop?

They are caught in a vicious cycle  
Violence and revenge dominate their lives  
Diminishing hope for peace  
When is that going to stop?

Animosity has been there for years  
Feelings of revenge are strong  
I pray they stop the violence  
And embrace each other  
I hope they create a peaceful future  
For themselves and future generations



Saleem A. Khan, MD



Lagniappe

# APPNA US-AID

Dear APPNA Family,

It is my privilege to share with you the historic signing of an MOU between USAID and APPNA. Under the terms of this MOU, USAID will provide logistics support at their centers in Pakistan, for APPNA physicians, to provide healthcare when visiting Pakistan. APPNA will also coordinate training and continuing education of their medical and paramedical staff through its MERIT Program, besides consultations to their physicians through the already established Telemedicine Program. This is the first step for APPNA supporting better health care for masses in Pakistan, besides the support we all provide regularly to our Alumni and associated hospitals.

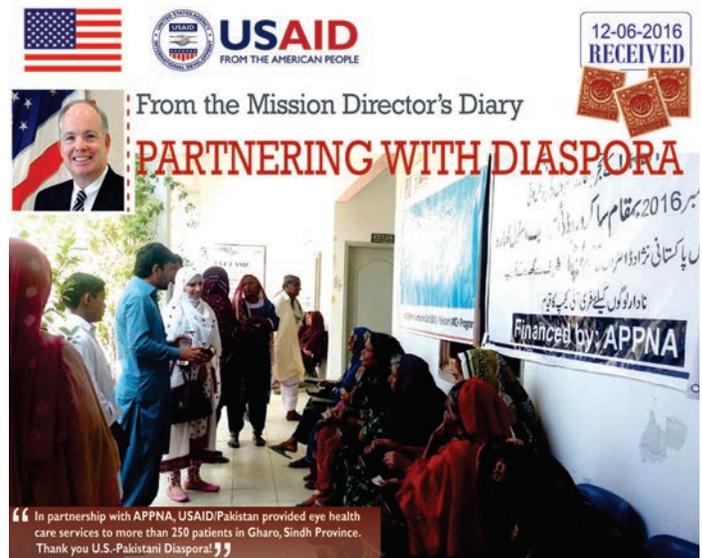
The process was initiated when I had the privilege to meet Mr. John Groarke, Mission Director, USAID Pakistan, during his visit to USA in March. We were able to discuss the value that APPNA can bring to USAID in its activities in Pakistan and potentially in other countries. Mr. Groarke, and USAID officers in Pakistan, especially Ms. Kanwal Bokharey, realized the potential, and pursued with us a mechanism that this relationship could come to fruition. APPNA will, as always, provide these services through its volunteer physicians, and USAID will provide access and logistical support at their centers.

I am grateful to Dr. Sajid Chaudhry, President-Elect, Dr. Dawood Nasir, Treasurer, Dr. Mubasher Rana, Immediate Past President and Chair APPNA Medical Corps, and Dr. Naheed Usmani, Chair APPNA Telemedicine Program, for traveling to New York to attend this landmark event. I express my thanks to all the members who attended the ceremony despite poor weather. We are also obliged to the Consul General of Pakistan in NY, Honorable Raja Ejaz for hosting the ceremony at the Consulate, and for The Permanent Representative of Pakistan to United Nations, Honorable Dr. Maleeha Lodhi, for gracing the occasion to witness the signing of the MOU.

As a first step, APPNA in collaboration with LRBT carried out two very successful eye camps at USAID clinics in Sind. Dr. Naheed Usmani also visited Ms. Kanwal Bokharey in Islamabad to propel the set up of the telemedicine program, and Mr. John Groarke attended the Banquet at the APPNA winter meeting in Pakistan and gave his perspective on the APPNA/USAID relationship and its future potential.

As mutual understanding and trust develops between the two organizations, this could provide APPNA a framework to play a positive role in healthcare delivery to millions in Pakistan.

Kind regards,  
M. Nasar Qureshi, MD  
President, APPNA 2016



# NEPAL EARTHQUAKE RELIEF



**Babar Rao, MD**  
*Team Incharge*

Soon after a 7.8 magnitude earthquake hit Nepal on April 25th 2016 and the news of major human travesty and devastation had come our way, we as healthcare providers and APPNA members thought about how to best provide relief. Dr. Afzal Arain and I were appointed by APPNA to form and deploy a team to Nepal to provide this relief. The president of APPNA, Mubasher Rana, as well as Dr. Asaf Qadeer, Dr. Jalil Khan, Dr. Aisha Zafar and Dr. Nasar Qureshi guided us through this process. Our objective was to help in whichever way we could, while keeping the safety of our team in mind. We initially tried to team up with already established organizations, including WHO. This, however, was not possible because of protocols and other bureaucratic difficulties. We, therefore, decided to travel as a small independent group of healthcare providers.

Our team consisted of Dr. Arain (a surgeon), Dr. Zaman (a pediatrician), Dr. Ali (a pediatrician), Dr. Rao (a dermatologist), Mr. Wasim Momin (an ICU nurse), Dr. S. Sherpa (a orthopedic surgeon from Nepal), Dr. N. Sherpa (a internist), Ms. Shrestha (a nurse from Nepal) and Lhemi Sherpa (our coordinator). Our mission would have not been as successful had we not had the help of two local doctors and a nurse: Dr. S. Sherpa, Dr. N. Sherpa, and Ms. Shrestha.

As a team, we were able to visit three different villages, all within a two hour drive from Kathmandu; Bungamati, Pahadaya Thapa Lele and Jaharshing Pauwa. We provided medical care for around 1,000 patients across these three villages and in tent city. Most of the patients needed acute care for fevers, pain, wounds and anxiety. There were children lining up for healthcare without parents, as well as elderly who walked long distances to get to these clinics. We were also able to visit Patan hospital in Kathmandu, where we saw the status of medical care that was available in Kathmandu, and spent time with various specialists. One of our team members, Mr. Wasim Momin, stayed for an extra week and was able to help at tent city. During this week, he raised funds through his Facebook page and used said funds to buy medical supplies and help with building restrooms for the city.

We also met with the local rotary club, in particular Sita, who was president elect of the club. In the meeting, they explained what they are doing for the current crisis in Nepal and they asked if we could help them in building temporary/permanent houses in a nearby village (Lele). Our team, after considering their proposal, agreed to collaborate with them in this project, which has been approved by APPNA executives. This project was recently completed and inaugurated where Pakistani ambassador to Nepal was also present. Residents of LELE are thankful to APPNA and rotary club for helping them in the time of need.

We thank APPNA for providing leadership and financial help. We also thank our coordinators and the rotary club. Our effort might have been miniscule in reference to what Nepal needs, but it was humbling to be there and to help in whichever way we could.

Babar Rao, MD



# APPNA "ART FOR A CAUSE"



**Adil Akhtar, MD**  
Chair

Saima Khalid Niaz  
Co-Chair

- Members:  
Nadeem Ahsan  
Asad Abbas  
Adil Ahsan  
Jiya Abbas  
Sadaf Qureshi

Annual Summer Convention of APPNA is one of the largest gatherings of Pakistani-Americans all over the United States. The four-day conference offers numerous CME workshops, alumni dinners of all major Pakistani medical colleges and performances by many popular folk singers from Pakistan.

Annual APPNA Conference 2016 at National Harbor, VA attracted thousands of Pakistani decent physicians and their families.

Among the dash of physicians and the clinical lectures, the hallway leading to the Potomac Ballroom at the convention center was lined with some eye catching art work. Thirty two paintings lined the hallway donated by physicians and their family members for 'Art for a Cause,' APPNA's first art exhibition. The Governor of Maryland, Mr. Martin O'Malley, officially opened the exhibition on the first day of the conference. The hidden artistic talents of this somewhat 'scientific crowd' was quite amazing. Large Calligraphic pieces, modern Islamic Art and very vibrant abstract pieces... the art pieces were greatly appreciated by the many visitors. Most of the paintings were sold during the conference and the money were donated to APPNA's philanthropic endeavors. The first APPNA Art Exhibition provided a platform for established artists among the APPNA family to exhibit and donate their original works of arts.



# APPNA MEDICAL CORPS MISSION TO COBAN, GUATEMALA



**Zeenat Sarfraz, MD  
&  
Amal Hasan  
Medical Student**

We as doctors are taught to serve humanity and all our lives we take care of patients in a hospital or clinic setting. But what does it mean to truly serve humanity? As someone once said “serve without expecting anything in return”.

It was like a dream when we flew into Guatemala City, a city with clean streets and extreme poverty. After a days rest we all headed out to Coban. It was a six-hour journey with beautiful and picturesque scenery and uneven roads. Our team included a pulmonologist, a pediatrician, a rotary nurse (Jane, a rotarian and organizer of this mission), two young volunteers and a 3rd year medical student.

This medical mission was organized at the request of a school for indigent children. These children lacked access to medical care and services as they were immigrants from neighboring countries. They were not considered to qualify for local medical care. This school was set up with aid from Spanish government and had 450 children enrolled including 150 kids that lived near the city dump and ate from the dump. Many of them had never seen a doctor in their life.

After reaching Coban, we set up a make shift clinic in a school room and the clinic started the next morning. The intake was done by the young enthusiastic volunteers who checked vitals including height and weight, obtained chief complaints, did a quick vision exam and thereafter patient was ready for the doctor’s visit.

Some of the school kids and adults had never seen a physician before and were very nervous. One boy with severe arm pain had to be coaxed for two days before he would come into the clinic to get his arm checked.

We did general physical examinations on more than 250 patients aged 1 to 80 years of age. Medical conditions that were seen included walking pneumonia, bronchitis, asthma, urinary tract infections, otitis media / externa, hydrocephalus and others. Many kids with complaints of headaches had poor eye vision and actually needed eye glasses as they never had a vision exam before. To our surprise, a pair of eye glasses in Coban cost \$300 so we decided to enlist the help of an optometrist to conduct a formal eye exam and get glasses at our following visit.

We had taken a soccer ball for these kids to play with and had a friendly game with the school kids.

After the first day, the word got out and we saw many more patients from the surrounding areas and hills. One couple aged 79 and 80 with limited ambulatory capabilities had to be driven for more than two hours to get to this clinic.

This was both an exciting and fulfilling experience for the team. The young volunteers found this experience not only rewarding but came back with an awareness of human suffering and poverty that exists in this world and a zeal to make a difference.



# APPNA ORLANDO VIGIL

APPNA members together with members of Central Florida Pakistani Community organized a vigil on June 19th, 2016 at Eola Park, Orlando. The prior week, 49 people died in a mass shooting at Pulse nightclub in Orlando by a lone gunman. Members of the expatriate Pakistani community wished to express their condolences and solidarity with the families of this tragedy.

Dr. Nasar Qureshi (NJ), President APPNA 2016, Dr. Sajid Chaudhry (FL) President elect APPNA 2017, Dr. Iqbal Zafar Hamid (FL) Secretary APPNA 2016, Dr. Rubina Inayat (FL), Mrs. Sheeba Hamid and Dr. Shahid Yousuf (FL) among many others were present.

APPNA distributed free bottled water, chicken wraps and fruits to the participants of this public vigil which held crowds numbering 50,000. T-shirts were also distributed free of cost to the members of the public. Many members of the public came forward and hugged members of APPNA delegation. The mass gathering was also addressed by a Muslim, Imam Mohammed Masri, who informed the audience that the gunman did not represent Islam. Florida Gov. Rick Scott, Orlando Mayor Buddy Dyer, Orange County Mayor Teresa Jacobs, Orlando Police Chief John Mina and District 4 Orlando City Commissioner Patty Sheehan attended the vigil.

Volunteers from APA (Association of Pakistani Americans of Central Florida) helped in this community event. Drs. Sajid Chaudhry and Rubina Inayat have been past presidents of APA.

Dr. Nasar Qureshi speaking on the occasion stated "APPNA stands with the families of the 49 victims of this national tragedy. APPNA is against all forms of terrorism." Funds are being raised for the families of the Orlando shooting by members of APPNA he added.

M. Shahid Yousuf, MD  
Chair, Communication Committee



# KARACHI HEALTH CAMP

An APPNA free health camp was held in Karachi on April 17th in Khuda ki Basti.

APPNA had coordinated last year with an NGO Khana Gher in the same vicinity and food was provided during the month of Ramazan. They had requested that a free medical camp be set up in the area and this was coordinated by Dr. Qamar Zaman, APPNA coordinator in Pakistan.

There were several physician volunteers and medical students who joined the team and there were 1,000 patients seen in this one day medical camp. The majority of these patients were women, children and the elderly and information about preventive care was also given. Many pharmaceutical companies also donated medicine.

An ophthalmologist volunteered and around 30 patients with cataracts had surgery performed.



# A HAVEN FOR FREE HEALTHCARE IN GEORGIA THE CLARKSON COMMUNITY HEALTH CENTER

The award winning free Comprehensive Primary Care clinic has been fortunate to have the support of Local Physicians from APPNA and the IMAMIA group . The Clinic, a 501C (3) is open two days a week with a free pharmacy , thanks to APPNA.

Over a 100 volunteers including physicians, NPs, dentists and dental hygienists, public health graduates and others have worked diligently and unconditionally from the first day in February 2015 collecting and setting up donated supplies, furniture and other dental and medical equipment to ensure that the more than 60 patients that started showing up a half hour before the clinic opens its doors are seen with care and compassion.

Volunteers collectively speak several of the 60 languages spoken in Clarkston, Georgia, the most diverse square mile of the USA. Refugees flock to this region due to affordable housing. Refugee-friendly schools and the presence of many manufacturing plants, farms and poultry businesses train and absorb the newcomers. The clinic serves the uninsured, unemployed and undocumented of Clarkston and neighboring counties.

The humbling 2,500 sq. ft. space has been crafted into multipurpose rooms that serve the needs of our patients well. Several Academic Institutions collaborate to assist CCHC in achieving its mission, including Emory University, Mercer University and Clayton College. Our commitment to Mayor of Clarkston Mr. Ted Terry is to provide 100% free healthcare to our community.

We would like to thank the many friends in the community who believe in our Mission and wish for all APPNA members of Georgia to consider serving one day a year and give generously. We accept ZAKAT and donations in any form, that including stocks, cash, supplies, equipment and time.

Visit our website [www.clarkstonhealth.org](http://www.clarkstonhealth.org)



# APPNA SUPPORTS MORGAN'S WONDERLAND SAN ANTONIO, TEXAS

Call her a catalyst, a spark, an inspiration. Morgan Hartman doesn't realize it, but her ability to smile through physical and cognitive challenges spurred her parents – Gordon and Maggie Hartman – to do things never before accomplished for individuals with special needs and their families. Morgan not only inspired the creation of a one-of-a-kind theme park but also a unique school and other initiatives benefitting the special-needs community.

We were honored to have Gordon V. Hartman as our keynote speaker at San Antonio's APPNA fall meeting. Gordon is a native San Antonian. In 2005, he sold his companies and established The Gordon Hartman Family Foundation so that he and his wife, Maggie, could pursue their dream of helping children and adults with special needs. Their devotion to this cause is inspired by their now 22-year-old daughter, Morgan, who was born with cognitive and physical challenges. Gordon recognized the tremendous need for fully accessible outdoor recreational facilities, and in 2010 the foundation had a grand opening of Morgan's Wonderland, the world's first ultra-accessible theme park designed with special-needs individuals in mind and built to be enjoyed by everyone. Two years later, global automotive giant Toyota, a leader in mobility solutions for drivers with disabilities, opted to become the presenting sponsor of Morgan's Wonderland under a long-term philanthropic agreement with Gordon.

Morgan's Wonderland has welcomed more than one million guests from all 50 states and 65 countries through park participation and special events. Gordon's realization that families with special-needs members have great demands on both their financial and emotional resources led to his commitment to admit anyone with a special need free of charge. Always looking to the future, Gordon is now constructing the world's first all-inclusive splash park – Morgan's Inspiration Island – scheduled to open in the spring of 2017. Like Morgan's Wonderland, the new park will be ultra-accessible and feature tropically themed aquatic elements that everyone can enjoy. Another passion that Gordon and Maggie share is The Academy at Morgan's Wonderland, a school for students with special needs that the Hartmans opened in August 2011. It's a unique learning environment that helps students from ages 12 to 24 to reach their maximum individual potential.

Dr. Nasar Qureshi in his fall meeting speech mentioned that APPNA support such a noble and committed philanthropic efforts anywhere in the world. APPNA donated a \$2,500 check to Morgan's Wonderland as a holiday gift to support adorable and loving kids visiting and staying at Morgan's Wonderland. The donation on behalf of central APPNA was delivered by Dr. Aamir Ehsan, Dr. Hanif Pathan and APPNA youth of the military school - Cadets Ammar Zafar and Hasan Ehsan. APPNA supports local, regional and national philanthropic efforts and aligned with Gordon's guiding motto: "Together, we ARE making a difference!"



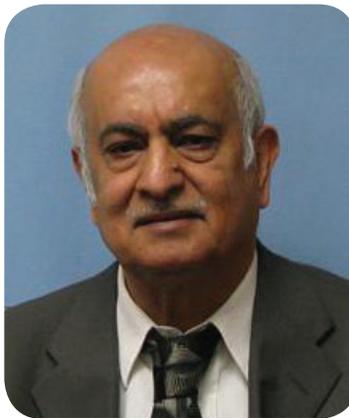
# Another Chance

Sometimes, in my dreams,  
I see myself on the day of judgment,  
Standing in front of the kind Lord,  
Along with billions of others,  
From all over the world.  
These are people of  
All imaginable races, religions, and colors.

At one point, they all say,  
“Dear Lord, we did not do,  
What You wanted us to.  
We mistreated each other  
And we killed people in Your name,  
But our Lord, can You please give us another chance?”

In my dreams, I hear God replying,  
“When you were on the Earth,  
I gave you a lot of chances.  
Now it is time for final judgment.  
Those of you who were good to your fellow beings,  
Today, you will enter into my paradise.”

And then all of a sudden, I wake up.  
I thank the kind Lord  
I am still alive  
And have another chance  
To help my fellow human beings.



Saleem A. Khan, MD

# A Tribute to a Great Friend and Colleague DR. COLONEL MAZHAR RISHI

By: Rizwan Naeem



Colonel, Mazhar Rishi, United States Air Force Reserves, distinguished himself through meritorious service and extraordinary achievement as Associate Professor of Pathology and Staff Pathologist at Uniformed Services, University of Health Sciences (USUHS), Bethesda, Maryland from 1 March, 2013 to 29 February, 2016. During his entire assignment, he exceeded all standards as a leader, mentor and an Air Force officer. As a board-certified pathologist in Anatomic Pathology, Clinical Pathology and Cytopathology, Colonel Rishi provided vital support to the pathology teaching programs of USUHS and Walter Reed National Medical Center (WRNMC). He taught and mentored over 100 medical students and resident physicians, advanced pathology and helped save over \$50K in lieu of civilian didactics.

Colonel Rishi's efforts ensured the success of DoD's medical and residency training programs valued at 30M dollars, supporting over 1000 military medical students and residents. He organized an outstanding residency training program in pathology at WRNMC by conducting several small group teaching sessions for both junior and senior resident physicians. Colonel Rishi provided outstanding leadership in the department by mentoring his junior officers that have excelled in advanced pathology and now provide benchmark diagnostic services at various DoD Hospitals world-wide. His outstanding teaching efforts have ensured that well-trained officers were ready and able to serve thousands of DoD patients and their families. Colonel Rishi's efforts have fostered team-work and set standards in healthcare delivery and military medicine. His valuable contributions were essential for future DoD military physicians and healthcare all over the world.

A gifted educator and a leader, Colonel Rishi also organized and led two historic U.S. medical delegations to Islamabad and Lahore, Pakistan in 2013 and 2014 in collaboration with United States Educational Foundation and Fulbright Commission. Each delegation consisted of several U.S. trained and experienced physicians who helped train and mentor over 500 medical students and resident physicians at Pakistan Institute of Medical Sciences (PIMS) in Islamabad and Combined Military Hospital (CMH) Medical College in Lahore, Pakistan. During these historic visits, Colonel Rishi presented state-of-the-art seminars, workshops and grand-rounds on breast, gynecological and thyroid cancers. Colonel Rishi was instrumental in building and strengthening ties with Pakistan Army Medical Corps and Pakistani civilian medical community.

Colonel Rishi also helped organize first International Conference on Molecular Pathology in Lahore, Pakistan in collaboration with Association for Molecular Pathology in U.S. and Pakistan Association of Pathology (PAP). During this land-mark conference, 30 U.S., European and Pakistani scientists presented state-of-the art scientific papers, workshops and lectures about emerging technologies being used for the early diagnosis and treatment of various cancers and diseases. Colonel Rishi presented his findings on the use of emerging technology for the early detection of both breast and esophageal cancers. Over 400 young Pakistani physicians and faculty members benefited from his quality and state-of-the-art workshops, panel discussions and lectures. Colonel Rishi's efforts have clearly led to enduring and sustainable global healthcare coalitions with U.S., European and Asian scientists and physicians world-wide. The singularly distinctive accomplishments of Colonel Mazhar Rishi reflect great credit upon him and the United States Air Force.





# APPNA Meetings

# APPNA INTERNATIONAL MEETING SPAIN & MOROCCO



**Mirza Aftab Baig, MD**  
*Chair*

Members:

Rashid Nayer, MD  
Adnan Zaidi, MD  
Mirza Wajid Baig, MD  
Sohail Ikram, MD  
Fayyaz Mirza, MD  
Faiqa Qureshi, MD  
Rizwan Akhtar, MD  
Sohail Ikram, MD

I would like to thank everyone for attending the immensely successful APPNA International Meeting in Spain and 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. We stayed 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 three 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 programs. It was all due to the organization all 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





# APPNA SPRING MEETING 2016



**Mian Ahmed Hasan, MD**  
**Chair**

**Co-Chairs:**

Iqbal Ismail, MD  
Sofia Khan, MD  
Rifat Qureshi, MD  
Saqib Masroor, MD  
Javed Hashmi, MD

**Advisor:**

Iqbal Zafar Hamid, MD

**Members:**

Aliya Asad, MD  
Shahid Randhawa, MD  
Unser Khan, MD  
Azra Khan, MD  
Shazia Zafar, MD  
Mohammad Jahanzeb, MD  
Shabtab Karatela, MD  
Rizwan Karatela, MD  
Rahat Abbas, MD  
Danyal Khan, MD  
Zaffar Iqbal, MD  
Aftab Khan, MD  
Humaira H Ali, MD  
Haroon Durrani, MD  
Hina Khan, MD  
Anjum Moin, MD  
Aisha Masroor, MD  
Sabiha Rahman, MD  
Shahid Berry, MD

The APPNA Spring meeting was held in Miami Beach, May 5th to 8th, 2016. 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. Everyone 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 until almost 2:00 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 a 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







**Talha Siddiqui, MD**  
**Chair**

Co-Chairs:  
Tariq Mahmood, MD  
Rashid Nayyar, MD

The Host Committee  
and their duties:

Registration:  
Alumni and Class Rooms:  
Rashid Nayyar & Mubarak Khan

Art Exhibition:  
Adil Jamal Akhtar & Saima Niaz

Signage:  
Tahir Shaikh

Pakistan Day:  
Pervaiz Khatri & Mohammad Akbar

Inauguration:  
Tariq Mahmood

Food:  
Hameed Piracha & Sohail Qarni

Mushaira:  
Salman Zafar & Sohail Qarni

Social Forum:  
Azim Qureshi

Booths:  
Nasar Qureshi

CME:  
Mansoor Mohiuddin  
Habib Chotani & Jawad Hasnain

Entertainment:  
Talha Siddiqui & Khalid Ali

Saya/CAPPNA:  
Irfan Saeed

YPN/ Baby Sitting:  
Samia Piracha

Alliance:  
Sabahat Nawab

Publication:  
Talha Siddiqui & Nasar Qureshi

Volunteers:  
Samia Piracha & Saima Niaz

Advocacy:  
Nasar Qureshi  
Talha Siddiqui & Sohail Qarni

The APPNA annual convention came back to the Washington D.C. area this year. Considering this was the third meeting in four years in the D.C. area, the team's biggest challenge was to make the meeting attractive enough to bring the block buster crowds which usually mark a meeting in D.C.

The team initiated brain storming and designing a meeting which will attract all sections of the membership, address the concerns of the membership in a controversial election year and ensure record profitability. To this end the program was designed to include an interfaith session, a ghazal night and Art for a Cause, to the traditional programming. Access was provided to all requesting organization to the meeting space, which increased attendance to the meeting. The programming and entertainment committees worked extremely hard to have exciting speakers and entertainers at the meeting.

To maximize revenues pre-booking of the booths was initiated at the 2015 annual convention, which resulted in the highest number of booths booked at any APPNA meeting. Extreme financial stringency was maintained in all aspects of the meeting. The entertainment budget was cut to half of what has been traditionally spent in the recent years, without compromising the quality. Also programs like the fashion show were actually sold to the highest bidder, rather than APPNA paying designers etc. to participate in the fashion show. We were also able to market other aspects of the meeting to attract sponsorships for our philanthropic projects, in lieu of advertising space, which raised nearly \$100,000 for our projects such as US College Scholarship fund and Limited Term Loan Program for our young medical graduates from Pakistan.

*The details of the events are as follows:*

## WEDNESDAY

Inauguration ceremony was held at the Gaylord National Resort. Governor of Maryland Mr. Robert O'Malley opened the convention with his speech. President Nasar Qureshi, MD and Chairman Convention, Talha Siddiqui, MD also welcomed the guests. Mr. O'Malley also performed the opening ceremony for the "Art for a Cause", the art exhibition by members and their families to raise funds for APPNA philanthropic projects. It was the first time that under the Presidency of Dr. Qureshi an art exhibition was organized. (Dr. Adil Jamal Akhtar chaired the committee along with Dr. Nadeem Ahsan, Saima Khalid Niaz, Asad Abbas, Adil Ahsan, Jiya Abbas, Sadaf Qureshi)

Chapter Night followed the event. Awards were distributed to Chapter Presidents. Mr. Mehdi Hasan from Aljazeera news gave a prolific speech on interfaith issues. Food and entertainment concluded the event. (Drs. Tariq Mahmood, Tahir Shaikh and Tayyab Rana were the committee members who organized the event).

## THURSDAY

**CME Program:** The extremely well arranged CME program started on Thursday morning and continued until Saturday morning. The standard of speakers was excellent and the topics reflected the current practice of medicine. On request of the Dr. Nasar Qureshi, President, it was ensured that focus was to involve accomplished North American Medical Graduates of Pakistani origin as speakers in the meeting. (Dr. Mansoor Mohiuddin chaired the CME committee. He was assisted by Drs. Jawad Hasnain and Habib Chotani).

**Pakistan Independence Celebration:** The main event on Thursday afternoon, in collaboration with Pakistan Embassy was an exciting Pakistan Independence celebration. The arena was jam packed with members and their families in traditional dresses, and Pakistani Flags filled the area. National Anthem was followed by speeches and Pakistani songs. Bhangra was at full swing with physicians celebrating the Independence Day. (Organized by Dr. Pervaiz Khatri and Dr. Mohammad Akbar)

**Alliance Dinner:** The organizing committee of Alliance under the leadership of Dr. Farah Haider organized a wonderful event with the theme of "Women Empowerment". Besides the guest of honor, women entrepreneurs were introduced and leading women philanthropic organizers were represented during the main event. This was followed by a highly praised fashion show, choreographed by Imran Kureishi, show casing Pakistan's leading designers. Some of our own members modeled for the Amir Adnan's' Sherwanis, thus increasing the audience interest and participation!

*New addition: Thursday night was our "Ghazal Night".  
Ustad Salman Alvi warmed up the night by his stellar performance  
which continued into the wee hours of the morning.*



## FRIDAY

After the morning, CME event and Friday Prayers led by Imam Zaid Shakir, DOGANA Social Forum was held, with Dr. Azim Qureshi as the Chair and Dr. Jamil Azam Farooqui as Co-Chair. Dr. Shagufta Naqvi, Secretary DOGANA hosted the event along with Dr. Farooqui. Mr. Anwar Maqsood the veteran play writer and poet was the chief speaker at the forum. The hall was packed with standing room only, while Mr. Maqsood presented his monologue.

The main event of Friday as always was Alumni Banquets which were also visited by the President, EC APPNA and Chair host committee who welcomed the participants and distributed Presidential Awards to honorees from each Alumni.

Honorable Mr. John F. Germ, The President of Rotary International presented the keynote address at the Friday evening Gala and highlighted the work done by Rotary in eliminating Polio worldwide, including their ongoing efforts to eradicate Polio in Pakistan. This was followed by an enthralling performance by Salman Ahmed of Junoon fame, and UN Goodwill Ambassador for Polio, including his documentary for polio eradication.

Given the need of the times, an Interfaith event organized by Dr. Nasar Qureshi and Dr. Tayyab Rana, entitled " Dialogue between Faiths - A recipe for peace in the modern world" was added this year. The program was hosted by Ms. Catherine Orsborn - Executive Director of Shoulder to Shoulder Standing with American Muslim Upholding American Values, Imam Zaid Shakir - Co-Founder: Zaytuna College, Mr. Walter Ruby - Muslim Jewish Program Director for the Foundation for Ethnic Understanding (FFEU) & moderator by Dr. Mohamed Elsanousi, Director of the Network for Religious and Traditional Peacemakers held a lively discussion on the topic with input from a house full of captive audience.

The headliner for alumni night gala entertainment was Ms. Sunidi Chauhan. She kept the crowds enthralled and dancing into the wee hours of the night. As always taking us into the early morning hours, the Mushaira organized by Dr. Salman Zafar attracted all the poetry lovers.

## SATURDAY

With the convention in full swing, Saturday started with the CME session. Following the session, Childhood Obesity walk took place organized by Dr. Lubna Naeem. This was followed by APPNA General Body meeting.

HOPE Committee chaired by Dr. Humaira Qamar had a very informative forum during the evening session which was also attended by Mrs. Ghazala Khan, the Gold Star mother of Captain Humayun Khan.

This brought us to the Main Banquet this year, which had been highly anticipated and created a lot of buzz given the speakers this year, especially Mr. Khizr Khan, and Mrs. Ghazal Khan, the Gold Star parents of Captain Humayun Khan. The audience was spellbound during their speech. Governor Terry McAuliffe was the Chief Guest.

Another guest from Pakistan was Ms. Muniba Mazari, the resilient and determined TV host who after an accident was partially paralyzed. However with sheer willpower she became a well-known painter, started her TV show, became a model for Toni and Guy and is now a UN ambassador for women. She is a living example of hope, courage and determination among Pakistani women and brought the audience to tears, proud of what she has accomplished during her speech.

This year's President Recognition Award was given to Mr. Abdul Manan who owns the Mayur Kabob House in D.C., providing free food to several customers on a daily basis. This is the first time that a real community leader was awarded by APPNA. APPNA Gold Medal this year was presented to Dr. Amanullah Khan. Dr. Zeenat Anwar was the recipient of APPNA Lifetime Achievement Award.

After a sumptuous dinner, Pakistani entertainment followed: National Anthem by Salman Ahmed, a tribute to Pakistani Cinema organized by Asim Yar Tiwana and performances by Fariha Pervez and Rahim Shah kept the audience clapping and dancing for hours.

As Chair of the Host Committee, I received several personal and group messages about the Saturday night program. APPNA attendees immensely praised the quality of speakers and timely conclusion of the program, deeming it as one of the best APPNA programs.

I would like to thank President Nasar Qureshi for entrusting me with the responsibility and also my team for delivering an outstanding program. Also without the support of Mr. Tipu and Mr. Laiq Siddiqui, this program would not have been possible.

It is a matter of pride for me and my team to report that the summer convention, 2016, has broken all previous profit records.

Long live APPNA and its members!



# APPNA INTERNATIONAL MEETING - AFRICAN LION SAFARI



**Aftab Ahmed, MD**  
**Chair**

Rashid Nayyer, MD  
Adnan Zaidi, MD  
Mirza Wajid Baig, MD  
Sohail Ikram, MD  
Fayyaz Mirza, MD  
Faiqa Qureshi, MD  
Rizwan Akhtar, MD  
Salam Naqvi, MD

APPNA organized one of its most enjoyable international meetings in September. Eighty members and spouses gathered in Kilimanjaro, Tanzania from all across the U.S. and Canada.

Eleven Jeeps were contracted to take this group on an unforgettable journey. The group started with a tour to the local markets in Arusha to bargain hunt for “Tanzanite”, a unique blue/violet gemstone found in the hills nearby. Our first stop was Lake Manyara, where we were greeted by a troop of baboons just as we entered the National Park. It was amazing to see thousands of flamingos in the middle of Africa, a sight more common in Florida. Next stop was the Ngorongoro Conservation Area. It is the world’s largest Caldera (crater). It measures 100 square miles and was voted one of the Seven Natural Wonders. To allow all of us to stay together the organizers were able to arrange accommodations at Lobo Lodges. Each morning we were treated to a lavish breakfast which included “paratha”, omelets and chanay ! The evening entertainment, other than the professional African singers and dancers, was the nostalgic rendering of ghazals and songs by our members. Many stayed up at night to watch Pakistan beat West Indies in UAE and the First U.S. Presidential debate.

We were able to see the “Big Five”, African lion, African elephant, Cape buffalo, African leopard, and rhinoceros in their natural environment in the Serengeti National Park. The reverse migration of the hundreds of wildebeest and zebra’s were a sight to remember. There were several “fresh kills” of buffalo/zebra that we came across. A pride of lions casually sitting by the side of our Jeeps, walking around unbothered by our presence. The photographs taken of this encounter are worthy of *National Geographic*! There is a large population in Tanzania which has roots in the Sub-Continent, taking advantage of this we were treated to a Desi lunch at “Silk Route Restaurant” in Stone Town, Zanzibar.

Chartered planes flew us to the Indian Ocean Island of Zanzibar. We stayed at the luxurious Hideaway Nungwi Resort. The Spice Tour and Visit to the Stone Town was very educational for all of us. Most of us had never seen a sign language interpreter at Friday prayers at a local mosque; they had them in both men’s and women’s sections in Zanzibar. Dr. Salman Naqvi arranged a very well attended CME program. The farewell dinner was a barbecue at the beach accompanied by Traditional African entertainment. The real entertainment, however, was the Talent night that followed the dinner!

Many of those who accompanied us have been on multiple international trips in the past; they were all unanimous in their opinion that this was an amazing experience. The camaraderie developed during this trip continues to this day on the messages/pictures exchanged daily on whatsapp !

This trip could not have happened without many months of planning by the International Meeting Committee, especially Tipu Ahmed. Kudos to the team ! We are thankful to all the participants for making this a unforgettable event.

Mirza Wajid Baig, MD





Photos Courtesy: Mirza Wajid Baig, MD & Salman Naqvi, MD

# APPNA FALL MEETING 2016



**Aamir Ehsan, MD**  
**Chair**

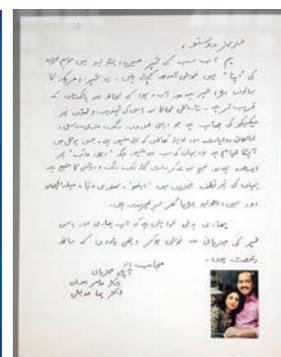
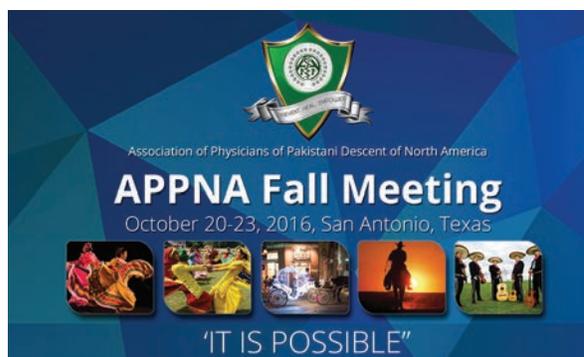
Host Committee:  
Lubna Naeem, MD  
President SCT  
Fahad Inam, MD  
Syed J. Umer, MD  
Muhammad Naeem, MD  
Faozia Ali, MD  
Huma Siddiqui, MD  
Sadia Atif, MD  
Fozia Ali, MD  
M. Hanif Pathan, MD  
Mehmood Khan, MD  
Ayesha Zaheer, MD  
Naushad Zafar, MD  
Adeel Ansari, MD  
Rashid Sharaf, MD

On behalf of South Center Texas Chapter (host chapter), we would like to congratulate President of APPNA 2016 - Dr. Nasar Qureshi, Executive Council, Board of Trustees, host committee, APPNA members, chapter and alumni presidents, the San Antonio community, our donors/sponsors and volunteers for making a very successful and historic APPNA fall meeting in San Antonio. The theme of fall meeting was "It is Possible". Our dynamic and diverse host committee (comprised of nine medical schools) worked tirelessly for hundreds of voluntary hours for last 18 months to make the event possible. The venue was Hyatt Regency, Riverwalk. It was attended by 500+ physician delegates from all over the United States, Canada and Pakistan.

All guests were greeted with a special gift basket and a very personal letter in Urdu crafted by Dr. Huma Siddiqui (alumni of King Edward College) welcoming us to the historic city of San Antonio. The meeting started with highly informative CME session (organized by Dr. Fozia Ali - Allama Iqbal alumni and moderated by Dr. Rashid Sharaf - alumni of Army medical college) presented by renowned physicians from all over the United States. It was followed by a Breast Cancer Walkathon at Travis Park in the heart of Downtown, attended by a multitude of Breast Cancer survivors, physicians, families and representatives of Baptist Breast Cancer Center, South Texas Veterans Health Care System and the APPNA President.

Friday evening was a magnificent colorful line up of the events. Guests reached the venue at the Briscoe Western Art Museum on beautifully decorated horse carriages (Bhagees) to experience the spectacular cultural extravaganza. Attendees were greeted by Mexican folk dancers in bright colors and a Mariachi band. Ethnic appetizers, chaat, gol-guppa, with energetic Punjabi Dhol and Bhangra followed. Electrifying Pakistani provincial folk dances from Atlanta (Sanam Studios) were a highlight of the evening. The program was moderated by Samiya Habib - BS/MD student at UTSA/UTHSCSA. President of APPNA, Dr. Nasar Qureshi, Dr. Lubna Naeem and Dr. Aamir Ehsan gave their inspiring speeches and reports. Founder of Morgan's Wonderland Gordon Hartman, who has donated \$15,000,000 to date to his Foundation to pursue his and his wife's dream of helping children and adults with special needs was the key note speaker and took us to a journey of great courage and hope inspired by his daughter (Morgan) - highlighting the theme "It is Possible". Ms. Aisha Farooqui, the newly appointed Consul General of Pakistan in Houston, also presented her remarks.

On Saturday, APPNA Council Meeting all day had committee reports presented for important legislation, including invoking new committees, financial report, educational programs, scholarships and constitutional amendment proposals. Social Forum had outstanding speakers discussing a new living Liver Transplant Program in Pakistan (Prof. Shams Nadeem Alam), Social Media Perils or Purpose for the youth and Hope the APPNA organization for the Welfare of Women.



The Saturday Banquet Dinner moderated by Sara and Asra Waliuddin (recently graduated young doctors) was attended by 500+ participants. Dignitaries in attendance were Mr. Graham Reeves, CEO and President of Baptist Health Systems as a keynote speaker discussing challenges facing the practicing physicians and offered future solutions to offer affordable healthcare to indigent and minority populations.

Chad Harthan – an 18-year Leukemia survivor who won the Man of the Year award for The Leukemia and Lymphoma Society by raising more than \$290,000 in 10 weeks captivated the hearts of the audience by giving his most inspiring speech. Honorable Consul General of Pakistan, Ms. Aisha Farooqui and Congressman Joaquin Castro were also in attendance. Classy Entertainment program included a fashion show with models from all over the United States presenting the latest designs by famous designers from United States and Pakistan. Dr. Ayesha Zaheer organized this event. Comedy Queen - Bushra Ansari amused the audience in her typical comic satire. Shujaat Ali Khan, a well-known singer captivated the audience till the early hours of the morning. Pakistani and international celebrity Masarrat Misbah was also in attendance.

The hallmark of the meeting was a \$100,000. check (collected through ads and sponsorships) presented by Dr. Aamir Ehsan (Chair - host committee) and Dr. Lubna Naeem (President SCT- TX Chapter) to Dr. Nasar Qureshi (APPNA President), making it a historic meeting and set a high bar and great trend in APPNA.

Aamir Ehsan, MD



# APPNA WINTER MEETING 2016



**Azim Qureshi, MD**  
Chairperson

Co-Chairs  
Rizwan Naeem, MD  
Iqbal Jangda, MD

Members:  
Danish Saeed, MD  
Razi Sayeed, MD

The Traditional APPNA Annual Winter Meeting was held from December 22 - 24 in the city of lights Karachi, Jointly hosted by Dow University of Health Sciences (DUHS) in collaboration with Dow Graduate Association of North America (DOGANA) and APPNA. The host committee worked extremely hard for many months to put together a fabulous program including health walk to visit the APPNA Institute of Public Health and a state of the art lecture by a world authority in public health Professor Daniel Lucy from Georgetown University Washington D.C. A comprehensive CME program including hands on workshops, poster session for all across Pakistan and an elegant and entertaining formal banquet.

**In Brief:**

Pre-meeting hands-on workshops / seminars on many topics including cardiology, Anesthesiology, GI, Psychiatry and patient safety by many APPNA members with collaboration from Dow faculty

Visit and an educational session dedicated to public health at the APPNA Institute of Public Health, where Professor Dr. Daniel Lucy of Georgetown University delivered the keynote presentation on viral epidemics and how to deal with it.

Poster session and research competition was impressive. Approximately 90 posters were presented from all across Pakistan. APPNA members served as judges and a total of nie prizes were given in various categories.

Dr. Rizwan Naeem, Chair CME program in collaboration with the DUHS faculty put together one of the most comprehensive and extensive winter meeting CME programs with approximately 100 presentations, in four concurrent sessions over two days. Additionally, as always, the DOGANA young physician session generated tremendous interest. The inauguration session of CME was attended by Professor Khalid Masood Gondal, senior vice president of CPSP Pakistan and the Director of the Higher Education Commission Pakistan, among many city physicians and dignitaries to show their support and confidence in APPNA.

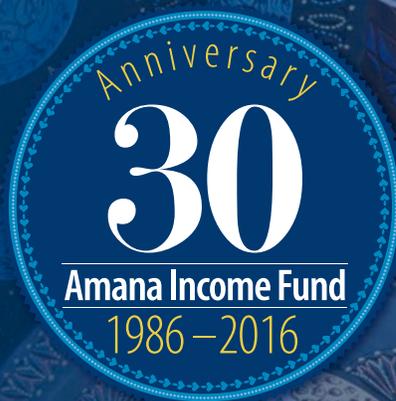
An elegant and entertaining banquet was attended by visiting APPNA members and local faculty. Dr. Ghaffar Billo was the keynote speaker. Mr. John Goerke, Director Pakistan for USAID, was the chief guest. Mr. Mushtaq Chapra was awarded for his philanthropic work, including his role the formation of TCF.

We are grateful to Professor Masood Hameed, VC, DUHS, and the DUHS organizing committee for their tremendous support in making the meeting a resounding success.





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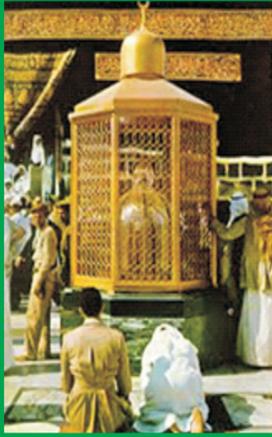
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سیکھ کر اپنا ہسپتال کھولے گا۔ یہ میری پٹھان سے آخری بالمشافہ بات چیت تھی۔

میں ہاؤس جاب کے بعد لاہور اور پھر امریکہ آ گیا۔ ہارون کی کبھی کوئی خبر نہیں آئی۔ ایک آدھ دفعہ مشترکہ دوستوں سے بھی پوچھا تو کچھ خاص خبر نہ ملی سوائے اس کے کہ وہ کہیں دور اپنا کلینک چلاتا ہے۔ پھر ایک دن اچانک اسے ٹی وی پر دیکھا۔ اس نے چھوٹی سی بچی کے پیٹ سے ایک بڑی رسولی نکالی تھی۔ میں نے بہت کوشش کی کہ اس کا فون نمبر مل جائے لیکن نادر۔ پٹھان گوگل کی دسترس سے دور تھا۔ ایک دن مجھے اس کا نام فیس بک پر نظر آیا۔ میں نے فوراً فرینڈ ریکویسٹ بھیجی لیکن شاید اس نے کبھی دوبارہ اپنا پروفائل نہ کھولا۔ تقریباً دس ماہ پہلے ایک دن اچانک فیس بک پر شیر بہادر کے توسط سے پٹھان کی تصویر نظر آئی۔ شیر سے نمبر لیا اور آخر اس سے رابطہ ہوا۔ بات کرتے ہوئے ایسا لگا جیسے کل ہی پچھڑے تھے۔ اس کی کہانی سنی تو کانوں پر یقین نہ آیا کہ جو سنا وہ سچ ہے پر یقین سوا چار نہ تھا۔ ہاؤس جاب کے فوراً بعد زیا بیٹس کے موذی مرض نے اسے آ لیا۔ پھر سر سے ماں کا سایہ اٹھ گیا۔ اس نے ٹریننگ کے بعد اپنا کلینک شروع کیا اور دن رات محنت کی اور نہ صرف حافظ آباد کے علاقے میں بطور سرجن اپنا لوہا منوایا بلکہ فیصل آباد میں بھی ”بیک ڈور سرجن“ کے طور پر نام کمایا۔ پھر دل کا عارضہ ہوا اور وہ خود ایک سرجن کی نشتر سے فیضیاب ہوا لیکن اس عمل میں گردوں نے ساتھ چھوڑ دیا اور ہفتے میں تین دن خون کی صفائی کا عمل شروع ہو گیا۔ اسی دوران اکلوتا بھائی حارث ایک دن سوتے میں ہمیشہ کیلئے سو گیا۔ ہارون ان سب تکلیفوں اور مشکلات کے باوجود دن رات کام کرتا رہا اور اپنا ذاتی شاندار ہسپتال تعمیر کیا اور خدمت کا عمل جاری رکھا۔

اب ہارون کی شریک حیات اسے اپنا گردہ تحفے میں دینا چاہتی تھیں۔ اسلام آباد اور کراچی میں گردے کی پیوند کاری کے ماہرین اس کام کو کرنے پر تیار نہ تھے کیونکہ اس کا دل کا عارضہ اپنا مستقل اثر چھوڑ گیا تھا اور ای ایف صرف بیس فیصد تھی۔ سواب وہ دل کی حالت کی بہتری کے انتظار میں تھا جو رفتہ رفتہ بہتر ہو رہی تھی۔ ہارون سے بات ہونے کے بعد میں نے بھی اپنے تئیں کوشش کی کہ کوئی سرجری کی صورت نکل آئے لیکن کاتب تقدیر کا فیصلہ کچھ اور تھا۔ گو اسے مذہب سے لگاؤ نہ تھا لیکن جنت کے حصول کی منصوبہ بندی مکمل تھی اور چھ رمضان کو اس نے داعی اجل کو لبیک کہا اور ہم سب کو چھوڑ کر وہاں جا بسا جہاں سے کبھی کوئی لوٹ کر نہ آیا۔

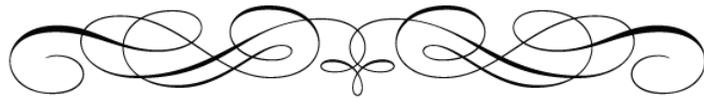
آسمان تیر لہر پر شبنم فشانی کرے

اتنا خود دار کہ پیچھے ایسا کنبہ نہ چھوڑا کہ کوئی ترس کھانے کا سوچے

عجب آزاد مرد تھا

حق مغفرت کرے

تحریر: محمد باہر رفیق۔ جون 18، 2015





# ہارون ادریس خان

## عجب آزاد مرد تھا

ہارون ادریس خان، نام تو سنا تھا اور دیکھا بھی تھا۔ لیکن کچھ نہ دیکھا کہ اس دراز قامت ہم جماعت سے مرعوب ہونا یا اہمیت دینا۔ بس اتنا جانتا تھا کہ ہمیشہ دو یا تین ایسے کوتاہ قد لڑکوں کے ساتھ گھومتا جو اُس کی طرح نہ تو ہوٹل میں رہتے تھے اور نہ ہی وہ فیصل آباد کے باسیوں کی زبان بولتے۔ پھر ایک دن امجد اقبال نے بتایا کہ وہ اتنا ذہین ہے کہ پروفیسر محمد علی کے لیکچر اُس کو مکمل یاد رہتے ہیں۔ ناممکن!!۔

لیکن کچھ عرصے میں اُس سے دوستی ہوئی اور خود مشاہدہ کیا تو رشک آیا۔ وقت کے ساتھ میری اور ہارون کی دوستی مضبوط ہوتی گئی اور میں اُس کی بے پایاں ہمہ جہت شخصیت کا معترف ہوتا گیا۔ شاید ذہانت سے بڑھ کر اُس میں نرم دلی تھی اور اس کی یہی خصلت آخر کار میرے اور پٹھان (یہ عرفیت اُسے میں نے بخشی تھی کیونکہ دوستوں اور دشمنوں کے بارے میں وہ ہمیشہ دل سے فیصلے کرتا) کے درمیان اختلاف کا باعث بنی۔ اُس کے اجداد پٹھانوں کی کسی آبادی سے ہجرت کر کے شیخوپورہ کے نواحی قصبہ جنڈیالہ شیرخان میں آباد ہوئے۔ ہارون کے والد ایئر فورس سے منسلک تھے۔ سواس کا بچپن اور لڑکپن سرگودھا میں بسر ہوا۔ پی اے ایف کے زیر انتظام سکول میں پڑھنا لکھنا سیکھا جہاں مخلوط طرز تعلیم رائج تھا۔ غالباً وہیں پر اس نے صفِ ناز سے بے نیازی برتنا سیکھی۔ دو بہنیں اور دو بھائی۔ والدہ گھر داری کرتیں اور ہارون کیلئے حج بننے کی دعائیں کرتیں۔ شاید یہی وجہ تھی کہ تمام کنبہ اسے ”حج“ کی عرفیت سے پکارتا۔ لیکن ہارون سائنس پڑھتا رہا اور ایک مایہ ناز سرجن بنا۔

جب نیا این سینا ہال ہماری کلاس کو ملتا تو ہارون بھی وہاں آباد ہو گیا۔ ماہ و سال گزرتے رہے اور ہماری دوستی مضبوط سے مضبوط ہوتی گئی۔ پٹھان اپنی قسم کا ایک انوکھا انسان تھا۔ اس کے ہونٹوں پر ہمیشہ مخصوص مسکراہٹ سچی رہتی۔ بلا کا ذہین کہ کوئی چیز ایک دفعہ سننے یا پڑھنے سے ہمیشہ کیلئے اس کے ذہن پر نقش ہو جاتی لیکن اس کے باوجود انکساری اس کی گھٹی میں پڑی تھی۔ وہ روزانہ کالج ضرور جاتا۔ تمام کلاسز اٹینڈ کرتا۔ ہاسٹل آ کر شاذ ہی کتاب کھولتا۔ کبھی کسی ٹیسٹ یا امتحان میں فیل نہ ہوا۔ سونے سے خاص شغف تھا۔ اُس کے ہم کمرہ صوفی (امجد اقبال) اور قادری (عارف رشید) ہمیشہ رشک کرتے کہ اتنے شور اور روشنی کے باوجود بھی سو جاتا ہے اور امتحانوں میں بھی۔ کھیلوں سے شغف صرف دیکھنے کی حد تک تھا۔ میں نے اُسے کبھی کوئی ورزش کرتے نہ دیکھا لیکن مکمل صحت مند اور چاک و چوبند۔ باوجود کوشش کے میں اُسے تاش سیکھنے پر آمادہ نہ کر سکا۔ نرم دل اتنا کہ کسی دوست کی ذرا سی تکلیف پر فوراً آبدیدہ ہو جاتا۔ خود دار اتنا کہ کبھی کسی سے کوئی کام نہ کہتا۔ ذاتی کام کیلئے کسی کا احسان اُسے گوارا نہ تھا لیکن دوسروں کی مدد کو ہمیشہ سب سے آگے ہوتا۔ محبت کرنے والا دل اور ماں باپ کا حد سے زیادہ تابع فرمان۔ دو بھائیوں میں اتنی محبت میں نے کبھی نہ دیکھی جتنی اُس کے اپنے چھوٹے بھائی حارث سے تھی۔ پٹھان کو مذہب سے لگاؤ صرف رمضان کی حد تک ہی تھا اور روزے باقاعدگی سے رکھتا۔

جب مشترکہ دوستوں میں اختلاف کے باعث ہارون نے کسی اور کا ساتھ دیا تو اُس کا استدلال تھا کہ اگر وہ میرا ساتھ دیتا تو مخالف فریق زندگی ہار دیتا۔ یوں میرا ہارون سے ملنا کم سے کم ہوتا گیا، گو ختم کبھی ناہوا۔ آخری سال کے امتحانات کے قریب اُس کے والد شدید بیمار ہو کر الائیڈ ہسپتال میں داخل ہوئے تو دن رات اُن کی خدمت میں جُتا رہتا اور آخر جب وہ اپنے خالق حقیقی سے جا ملے تو پٹھان بچوں کی طرح پھوٹ پھوٹ کر رویا۔ ہاؤس جاب کے آخری دنوں میں مستقبل کی منصوبہ بندی کا پوچھا تو بولا وہ ایک بہت اچھے سرجن کے ساتھ منسلک ہونے کا ارادہ رکھتا ہے اور سرجری



## راؤ کامران کی ڈائری سے

### اپنی ”اپنا“

”اپنا“ کی تاریخ پیدائش 1976 ہے اس لحاظ سے ”اپنا“ راقم کی ہم عمر ہے، مزید برآں ”اپنا“ اور ”اپنی“ عادت بھی کچھ ایک جیسی ہے، یعنی دونوں میچور ہونے کا نام ہی نہیں لے رہے۔ میچور نہ ہونے کی وجہ یہ ہے کہ ایک ”بادشاہ“ ہر سال بدل جاتا ہے اور دوسرے کی ”ملکہ“ ہر سال ”آپ بدل گئے ہیں“ کا گلہ کرتی ہے۔

”اپنا“ ایک خاندان کی طرح ہے اور کوئی خاندان پرفیکٹ ہو ہی نہیں سکتا۔ ہر خاندان کی طرح یہاں بھی ”شریک“ ہوتا ہے، لڑاکی ”پھوپھو“ کیوٹ ”خالہ“ اور ڈیمانڈنگ ”داماد“ ہوتا ہے۔

”شریک“ عموماً کونسل میٹنگ اور ایکشن کے دنوں میں ”کھل کر“ سامنے آتا ہے ورنہ عام دنوں میں ”مصنوعی ملنساری کا وہی عالم کہ ”تایا جان“ ”چاچا“ کے بیٹے کے بورڈ میں ٹاپ کرنے پر خوشی کے اظہار کے طور پر محلے میں مٹھائی بانٹنے کے بعد، گھر جا کر دکھ کے ساتھ اپنے بیٹے کی پھینٹی اتارتے ہیں۔

”پھوپھو“ ادھر کی بات ادھر کرتی ہے اور آخری وقت تک پتا بھی نہیں چلتا کہ پھوپھو ہے کس ”سائیڈ“ کی حامی۔ پتا تب چلتا ہے جب ”پھوپھو“ کسی اہم میٹنگ یا کمیٹی کی سربراہ بن جاتی ہے۔ لگتا ہے کہ شاعر نے ”پھوپھو“ سے ہی متاثر ہو کر کہا ہے۔

خوب پردہ ہے کہ چلمن سے لگے بیٹھے ہیں  
صاف چھپتے بھی نہیں سامنے آتے بھی نہیں

”داماد“ کی ڈیمانڈنگ سالانہ سمر میٹنگ میں عروج پر ہوتی ہے۔ اگر انڈین گلوکار بلائے ہوں تو ”حُب الوطنی“ اُچھل اُچھل کر باہر آ جاتی ہے۔ بچوں کو آئی فون پر انڈین گانوں کی ایپ ڈاؤن لوڈ کر کے دے رہے ہوتے ہیں اور پوسٹ کمیٹی کی ”دشمن ملک“ کے گلوکاروں کو بلانے کی ”بے حسی“ پرکڑ رہے ہوتے ہیں اور اگر ”غلطی“ سے پاکستانی گلوکار یا اداکار بلا لیا جائے تو ”اپنا“ کے گرتے اسٹینڈرڈز اور اپنے خطیر ایک سو پچیس ڈالر کے ضیاع پر اظہار تاسف کیا جاتا ہے۔

اسی طرح اگر سموسہ تین ڈالر کا ہو تو ناک کے نیچے نہیں آتا اور اگر پانچ ڈالر کا ہو تو ایسی چیخ نکلتی ہے جیسی پرانی فلموں میں بہار بیگم کی اپنے فلمی بیٹے سلطان راہی کو پھانسی کی سزا ملنے پر نکلتی تھی۔ ”چیخ زدہ“ سموسہ کھانے کے بعد دوبارہ نئی خریدی گئی ”فراری“ اور ”دلیمبر گینی“ کا ذکر شروع ہو جاتا ہے۔

جنرل میٹنگ میں ہر سال کوئی کیوٹ سی ”خالہ“، پانچ قیراط کا ہیرا اپنے اور پانچ ہزار ڈالر کا بیگ اٹھائے احتجاج کر رہی ہوتی ہے کہ ہوٹل کا کمرہ ”سوادوسو“ کی بجائے ”دوسو“ کا ہونا چاہیے اور پوڈیم پر بیٹھے ہوئے ”بڑے بوڑھے“ ایسے سر ہلارہا ہوتے ہیں گویا وہ واقعی خالہ جان سے متفق ہیں اور دل ہی دل میں کہہ رہے ہوتے ہیں ”ہُن جان وی چھڈو“۔

خاندان زیادہ اچھا ہو سکتا ہے یا کم اچھا لیکن خاندان ہی ہوتا ہے۔ اس کے مسئلے خاندان کے اندر ہی بڑے بوڑھے حل کر سکتے ہیں اور کرتے ہیں۔ باہر سے کسی کو جرات نہیں ہونی چاہیے کہ وہ خاندان پر انگلی اٹھائے !!!

اپنی ”اپنا“ زندہ باد

محترمہ ڈاکٹر فریہ آفریدی کی فرمائش پر

## چند قطعات

ملا نے کہا جائز ہے بیوی پہ تشدد  
گر آپ کے سالوں کی ہو تعداد زیادہ  
بیگم کی جسامت میں ہوگر زیادہ ضخامت

بس دست درازی سے قبل کر لیں تردد  
تو ترک کر لیں دست درازی کا ارادہ  
واللہ حجامت و ملامت و قیامت

جتنے پردوں میں چاہے چھپ جاؤ  
میرے دل میں جو ہے تری تصویر

عشق میرا تو ڈھونڈ لے گا تمہیں  
اسکو اپ لوڈ کر کے گوگل میں

بیگم سے چپقلش ہو جائے آپ کو اگر  
الٹی چلا کے دیکھ لیں شادی کی وڈیو

دل نہ ملوں کیجئے بس آپ ذرہ بھر  
نکلے گی کار سے چلی جائے گی اپنے گھر

داناؤں کا یہ قول ہے قبول من و عن  
فرمانے لگے سن کے یہ مجھ سے مرے کزن  
دو چار حسینوں کی جو ہوں مہربانیاں

ہر کامیاب مرد کے پیچھے ہے ایک زن  
چھوڑ دو تم جستجوئے علم و فکر و فن  
چو میں گی پھر تمہارے قدم کامرانیاں

پیری میں کیا کھلیں گے جوانی کے بند باب  
بیگم کے زیر سایہ گزارا ہے یوں شباب  
بیگم کا انتباہ ہی اپنا نصیب ہے

سگریٹ نہ پان اور نہ ہی پی کبھی شراب  
ملنا ہے کس سے اور کس سے کرنا اجتناب  
اللہ آسمان پر بیگم قریب ہے

دیکھی ہے اہل حسن کی دنیا نے اکٹروں  
شکوہ کرے خدا سے تو کوئی بھلا نہ کیوں  
دنیا تو ایک حکم سے بنا کے چھوڑ دی

حالت بیچارے مرد کی اذل سے ہے زبوں  
تخلیق کائنات تو کی کن فیکوں  
عورت بنائی تو مری پسلی ہی توڑ دی

آفتاب احمدناز

## اپنا اپنا

### شبیه منظر

اگر آپ ڈاکٹر ہیں اور امریکن ہیں اور اگر آپ کی بیگم خوبصورت ہیں تو بس گاتے رہیں کہ اپنے پیار کے سپنے سچ ہوئے۔ مگر ان سپنوں کو سچ کرنے کے لئے 'اپنا' میں شرکت ضروری ہے۔ سپنوں میں حقیقت دیکھ کر آپ کہہ اٹھیں گیں: معیار میں یہ بلند ہے، ہر ایک کی یہ پسند ہے۔ پردیس میں اپنی پہچان کو زندہ رکھنے کے لئے سبز ڈاکٹروں نے 'اکتا' کا رخ کیا تو سرخوں نے 'اپنا' کو اپنا 'جانا۔ آہستہ آہستہ سب شیر و شکر ہو گئے سبز سرخ اور کچھ سرخ سبز۔ اس بزم میں بڑے بوڑھے جوان سب جوان لگتے یا کوشش تو ضرور کرتے ہیں۔ اٹھارہ سال سے کم بچے امی ابو کے کہنے پر اپنا کے سالانہ جلسے میں آتے ہیں۔ اٹھارہ سے زیادہ کے بچوں کو جلسوں کی نہ ہی محتاجی ہے اور نہ کمی۔

سالانہ جلسوں کا سب سے بڑا فائدہ 'فائزہ' کے وارڈروب کا استعمال ہے۔ فائزہ ارے وہی مشہور ڈیزائنر جس کا جوڑا نہ پہنو تو عید نہیں ہوتی میاں کی بقر عید ہو جاتی ہے۔ جلسوں میں پاکستانی رنگ ڈالنے کی بھرپور کوشش ہوتی ہے۔ ملٹی نغمے، فلمی گانے، ہرا کرتا، ہرا پھٹکا۔ اس سال تو جلسوں میں جیب کتروں اور موبائل چھیننے والوں کا بھی انتظام تھا۔ مزہ لوتو پورا لو۔ اس سال نقلی پانی کی تکلیف پیدا کی گئی۔ فوراً اشار ہوٹل میں لوٹا لئے کھڑے ڈاکٹر عجیب لگ رہے تھے مگر فن کے نام پر کیا نہیں ہوتا۔ اور وہ بھی ملک کی محبت میں۔ فی فرد ایک لوٹا۔

اپنا کی اپنائیت کا اندازہ گروپ بندی دیکھ کر ہوتا ہے۔ لفظ اپنائیت کی اہمیت کا پتا چلتا ہے۔ ہر میڈیکل کالج کا اپنا چھوٹا سا گروپ۔ کوئی پرانا امیر سا ڈاکٹر کسی نہ کسی فنڈ ریزر کا حصہ ہوتا ہے اور دوسروں سے ضرور پوچھتا ہے کہ آپ کی گلاس کون سا پریجیکٹ چلا رہی ہے۔ بیڈٹن سے وابستگی کا سب سے بڑا ثبوت ہوتا ہے۔ دوسرا بڑا کام جو نیر ڈاکٹر کی مدد۔ جان پہچان بنیادی شرط ہے۔ کسی دوست نے تو اپنا کی تعریف کی حد ہی کر دی۔ بولے اگر تم ڈاکٹر ہو اور اپنا میں نہیں جاتے تو تم پاکستانی نہیں۔ اس پر ایک دل جلا بول اٹھا۔ 'پسند اپنی اپنی، نصیب اپنا اپنا'۔



## غزل

ہر لمحہ مجھے تیرا دھیان رہتا ہے  
خیال رہتا ہے ، گمان رہتا ہے

خود سے کرتی ہوں گفتگو تیری  
خوابوں میں تو براجمان رہتا ہے

ہجر میں تیرے جا بجا بکھر گیا  
دل پہ تیرا یہ احسان رہتا ہے

مسکان، خوشیاں، رنگ دھنک کے سارے  
تیرے پاس میرا یہ سامان رہتا ہے

نہ بن پائے منزلیں یہ رستے اگر  
ہے بہت ان پر تیرا جو نشان رہتا ہے

ہے تو ہی چارہ گر، تھا جو ستمگر میرا  
قرب میں تیرے، مجھے اطمینان رہتا ہے

صحرائے زندگی میں تو سراب کی مانند  
پھر عاشقی میں دل کیوں پشیمان رہتا ہے

نورین گیلانی

## غزل

سُک سُک رواں دوان چلا یہ قافلہ کہاں  
نئے مکین نئے مکان نئے زمیں و آسماں

عداوتوں کے تیر ہیں نظر پڑی جہاں جہاں  
بدل گیا ہے یہ جہاں بدل گئی ہے کہکشاں

نہ جانے چل دیئے کہاں کبھی یہاں کبھی وہاں  
ہوا چلی ہے جس ڈگر وہیں چلا ہے کارواں

پہلے جیسے لوگ ہیں نہ پہلے سا سماں  
داستانِ دردِ دل بیان کریں کہاں کہاں

چمن چمن جلا رہے ہیں خود ہی باغبان  
بکھر گئی ہیں بستیاں اجڑ گئے ہیں سب مکان

بہار کے خمار میں یوں جل رہا ہے آشیاں  
قدم قدم پہ امتحان بہار میں خزاں پنہاں

گرج رہی ہوں بجلیاں تو قلب کو ہے اطمینان  
دھند میں ہے آسماں چمک رہی ہے تتلیاں

دل میں بس گئی ہے بہاروں میں اب خزاں  
گلزار جو بکھرا ہے تو مہکا ہے یہ جہاں

ڈاکٹر گلزار نتھانی

## غزل

ہر شام زندگی کی ترے نام ہو گئی  
پھر یوں ہوا کہ زندگی کی شام ہو گئی



## غزل

لے کر پیامِ دل گو نظر سے نظر ملی  
لیکن انھیں بتانے میں ناکام ہو گئی

کہتے تھے میکدے میں جسے گردشِ سیو  
باہر نکل کے گردشِ ایام ہو گئی

روزِ ازل سے چل رہی ہے داستانِ عشق  
آغاز ہو گئی کہیں انجام ہو گئی

ڈرتے ہیں لگ نہ جائے کہیں ہمیتِ جنوں  
خوبی جو ایک خاص تھی ، دُشنام ہو گئی

جو کچھ کہا دفاع میں وہ جرم بن گیا  
اور خامشی بھی باعثِ الزام ہو گئی

دیکھیں کہ کون لاتا ہے کب کس کو راہ پر  
واعظ سے بات چیت تو اب عام ہو گئی

ڈاکٹر سید انوار احمد

ساحلوں پر آ کبھی ان کو ہمارے سنگ دیکھ  
بھیگے بدن کی دھوپ دیکھ قوسِ قزح کے رنگ دیکھ

غلبے نہاں جبلت، وجہ قتلِ آدمیت  
رنگ و نسل کی کاٹ دیکھ، ملک و مذہب کی جنگ دیکھ

اثاثہ جات رہبروں اور پُرشکوہ بُود و باش دیکھ  
بڑھتی ہوئی عوام کی بھوک دیکھ، ننگ دیکھ

طانتوروں کے آگے بنے ہیں بھیگی بلی  
کنزور پا کے سامنے ہر اک بنا دنگ دیکھ

عمرِ طبعی پہ اپنی نہ جا اے فرحت  
دل جواں ہے کتنا شوق دیکھ اُمنگ دیکھ

ڈاکٹر فرحت عباس خان

## غزل

راہ عمل ذوق سفر سے کام لے  
شوق پسینہ اک گرہ سوز جگ سے کام لے  
بہت ملتی ہیں یہاں پہ زندگی کی نعمتیں  
برگ و گل کی بات سن ایاز سحر سے کام لے  
خود و بخود ملے گی تیرے صحن میں قوس قزح  
زندگی کی دھوپ میں دست ہنر سے کام لے  
زندگی ساری کیا ہے جس کی خاطر تو نے کام  
اب فقط یہ کام کر، اس مال عذ سے کام لے  
دہد مان چہرے کی آنکھوں کی نظر محدود ہے  
دیکھنا ہے گر تجھے دل کی نظر سے کام لے

## غزل

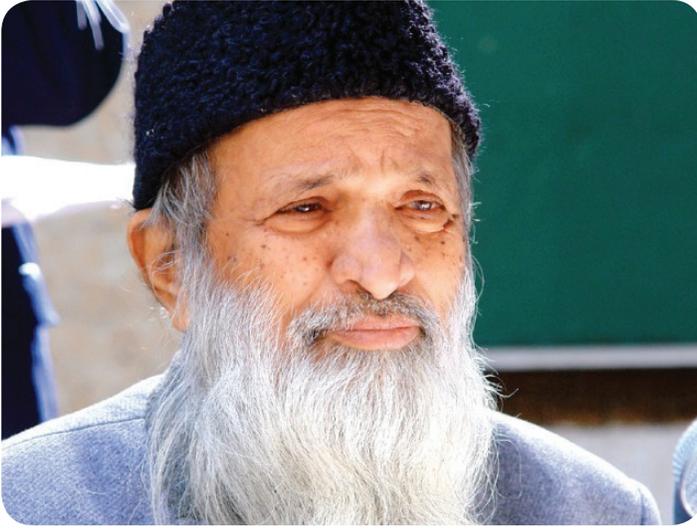
چلے آؤ اب تم کو فرصت بھی ہے  
مجھے اب تمہاری ضرورت بھی ہے  
مرا مشورا یہ نصیحت بھی ہے  
سمجھ لو کہ یہ میری دعوت بھی ہے  
نظر کیوں نہ جائے تمہاری طرف  
تعلق بھی تم سے محبت بھی ہے  
اسی حسن کو پوجتا ہے جہاں  
یہی حسن مال تجارت بھی ہے  
شریفوں سے پالا پڑا تو کھلا  
شرافت میں شر بھی ہے آفت بھی ہے

## قطعہ

کشش ہوتی ہے پیدا دو دلوں کے درمیاں کیسے  
سمجھ جاتا ہے ہر کوئی بات کی زباں کیسے  
مزے کی بات ہے دل صرف دو حرفوں سے بنتا ہے  
خدا جانے سما جاتے ہیں اس میں دو جہاں کیسے

سال میں بچوں کا گھر میں ایک پھیرا ٹھیک ہے؟  
یہ ہمارے دور کا روشن سویرا ٹھیک ہے؟  
جانے کیوں اس فون پر بچوں کی کال آتی نہیں  
کارگر کہتے ہیں بابا ”فون تیرا ٹھیک ہے“

عبدالرحمن سید



## ”یم یم کے اسی پیڑ کے نیچے“

یوں لگتا ہے پلکوں کے اٹھاتے  
اڑ جائیں گے سب خواب ہوا میں

وہ خاک شب و روز وہ یادیں  
کہاں گئے میرے کھوئے ہوئے دوست

یم یم کے اسی پیڑ کی تہہ میں  
مٹی کے اسی ڈھیر کے نیچے

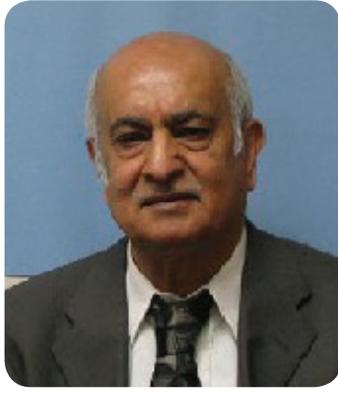
اکبار پھر اکبار دبا دیں  
وہ خاک شب و روز وہ یادیں

یم یم کے اسی پیڑ کے نیچے

ڈاکٹر شمیم آزر

## عبدالستار ایدھی

کیا عجب شخص تھا، کہنے کو تو دم توڑ گیا  
ہم پہ رکھنے کو نظر، آنکھیں یہیں چھوڑ گیا  
کس کو انکار ہے اس سے کہ یہ فرد واحد  
جذب ایثار سے تاریخ کا رخ موڑ گیا  
باکمال جیسا کہ ہر شخص کے دل میں اترا  
باضمیر ایسا کہ اک دور کو جھجھوڑ گیا  
تھے فرائض جو حکومت کے نبھائے اس نے  
عمر بھر بوجھ غریبوں کے اٹھائے اس نے  
مفلس دیکھیں لاچار تھے کنبہ اس کا  
لوگ لاوارث و بیمار تھے کنبہ اس کا  
خلق میں اپنی مثال آپ تھا ایدھی بیشک  
جو نہ روٹھے کبھی وہ باپ تھا ایدھی بیشک  
خدمت خلق کو مرکز تو تھے دنیا بھر میں  
اک پیالہ بھی اضافی نہ تھا اپنے گھر میں  
وہ فقیری میں زمانے پر حکومت والا  
تھا وہ کیش، مگر نرم طبیعت والا  
بوجھ اداروں کا کبھی سمجھا نہ بھاری اس نے  
خدمت خلق میں کل عمر گزاری اس نے  
امر لازم تھا ہمیں چھوڑ کے جانا اس کا  
ہے دعا میری کہ جنت ہو ٹھکانہ اس کا  
جام کوثر لینے، فردوس میں نہلے ایدھی  
عبد بخشے ہوئے لوگوں میں ہو پہلے ایدھی  
عبدالرحمن سید



سليم خان (کنگ ایڈورڈ ۱۹۶۹)

پاکستان زندہ باد پاکستان زندہ باد

وہ پاکستان جو میرا بھی ہے  
وہ پاکستان جو تمہارا بھی ہے  
وہ پاکستان جسکی فکر مجھے بھی ہے  
وہ پاکستان جسکی فکر تمہیں بھی ہے

وہ پاکستان جو اقبال کا خواب تھا  
وہ پاکستان جو قاسم کی امانت تھا  
وہ پاکستان جو اسلام کے نام پر بنا تھا  
وہ پاکستان جسکا نام ہم سے روشن ہونا تھا

کیا حشر کیا اس پاکستان کا ہم نے  
کس کس طرح برباد کیا اسے ہم نے  
آج میں بھی سوال کروں اپنے آپ سے  
اور تم بھی سوال کرو اپنے آپ سے

یہ پاکستان زندہ باد کے کھوکھلے نعرے  
یہ نعرے میں بھی لگاتا ہوں اور تم بھی  
آؤ آج ہم مل کر عہد کریں اپنے پاکستان سے  
ہم ہفتار کے نہیں - کرڈار کے غازی نہیں گے

ہم اپنے کرڈار کو بھی بدل دیں گے  
ہم اپنے اعمال کو بھی بدل دیں گے  
ہم تخریب کار عناصر سے پاکستان کو بچالیں گے  
ہم اسے ہرگز بربادی کی طرف جانے نہیں دیں گے

جب دنیا زلزلہ کرنے لگے گی پاکستان پر  
تب ہم سب فخر سے سر بلند کریں گے  
پھر ہمارے دل کی گہرائیوں سے صدا آئے گی  
پاکستان زندہ باد پاکستان زندہ باد پاکستان زندہ

# اداریہ

اپنا کے ایک عام ممبر کے تاثرات

نہ بندھے تشنگی ذوق کے مضمون غالب

گرچہ دل کھول کے دریا کو بھی ساحل باندھا

2016ء بھی تمام ہول اور اس پورے سال کی کارکردگی آپکو اس شمارے میں ملے گی۔ APPNA کے عہدہ دارا میں نے جو ہم عام ممبروں کے چنے ہوئے ہی ہوتے ہیں۔ اتنے سارے بڑے بڑے کام اور اتنے سارے چھوٹے چھوٹے کام کیسے کر لئے۔

2016ء کے بہت سارے نئے Project شروع کئے گئے اور بہت سارے پہلے سے جاری Project کو مزید آگے بڑھایا گیا سال ختم ہونے کو ہے کہیں ان کام کرنیوالوں کا ذوق و شوق اور APPNA کیلئے کچھ کرگزر نے کا جذبہ مزید بڑھتا ہوا نظر آتا ہے۔ میں ایک عام ممبر اس لئے حیرت زدہ بھی ہوں، جوش بھی اور فخر بھی محسوس ہوتا ہے ان سب کاموں کو آگے بڑھانے کیلئے دن رات لگانے پڑتے ہیں۔ بہت ساری مشکلات کا سامنا کرنا پڑتا ہے۔ اس کیلئے جو غالب کا شعر کا سہرا لیا ہے۔

عام ہر موج میں ہے حلقہ صد کام نہنگ

دیکھیں کیا گزرے ہے قطرے پہ گہرا ہونے تک

ہر موج میں صد گھڑیاں چھپے ہیں جو آپکی ساری محنت کو ہڑپ کر جانا چاہتے ہیں۔ ہر سال آئیے دعا کریں کہ اتنا APPNA کے نئے ممبر اور لائف ٹائم ممبر بننے رہیں اور ہم آگے بڑھتے رہیں اور ہر سال نئی آنے والی رقم نئے Ideas لانی ہے انفرادی طور پر جو بھی کام کیا جائے اجتماعی طور پر کرنے سے اس کی قوت کہیں زیادہ بڑھ جاتی ہے۔

موج ہے دریا میں اور بیرون دریا کچھ نہیں (علامہ اقبال)

اور ایک بات اردو زبان کو آگے بڑھانے کے حوالے سے ہر زبان میں نئے الفاظ شامل ہوتے جاتے ہیں اور کچھ الفاظ متروک (یعنی اب استعمال نہیں ہوتے) ہوتے جاتے ہیں۔

ہر زندہ رہنے والی زبان میں زبان زد عام نئے الفاظ دوسری زبانوں کیلئے لئے جاتے ہیں مثلاً سکول، اب اردو ہے

اور مدرسہ کا لفظ کسی اور مضمون میں استعمال ہوتا ہے جس طرح فارسی اور عربی سے الفاظ اردو میں آئے اسی طرح اب انگریزی سے آرہے ہیں۔ اب ہم ووٹ ڈالتے ہیں اپنا کے ایکشن میں تو خود اختیاری استعمال کر لیا آپ نے کسی اپنا ممبر سے پوچھیے جواب ملے گا پھر سے کہے کیا پوچھ رہے ہیں۔

ہم سب کی کوشش ہونی چاہیے کہ نئی نسل کیلئے اردو کو ایک زندہ اور وقت کے ساتھ چلنے والی زبان بنانے میں اپنا کردار ادا کرتے رہیں۔

ڈاکٹر شمیم سلمان



ڈاکٹر شمیم سلمان  
مدیر



ڈاکٹر فریہ آفریدی  
شریک مدیر



ڈاکٹر سلمان ظفر  
شریک مدیر



# APPNA

*Association of Physicians of Pakistani Descent of North America*

# اپنا

اسوسیشن آف فزیشنز آف پاکستانی ڈسٹ آف نارٹھ امریکہ



۲۰۱۶

تدارک • شفاء • باختیار