



# ANNUAL JOURNAL

Volume 27 #5 December 2017

A publication of the Association of Physicians of Pakistani-Descent of North America



*"Civic Engagement Through Community Service"*



*Civic Engagement Through Community Service*

APPNA

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



# Through thick and thin, APPNA was there



It is customary of the festive holiday season to reflect back to get a sense of gains and losses as another year swept by us. I am certain you would agree with me that year 2017 saw some of most significant events in our recent history, If we consider our adopted homeland USA, Republicans and Donald Trump took over the Government and Presidency with a very ambitious agenda, not all of it necessarily favorable to us, the whole country especially Houston, and Puerto Rico was devastated by Harvey and Maria, and currently we are experiencing the coldest winter temperatures throughout the East and Midwest. If we look at Pakistan, Judiciary stepped in and disqualified Prime Minister causing some political instability and uncertainty, while as always people of Pakistan still struggling to access basic necessities like Clean Water, Electricity, Gas and Health Care.

One commendable aspect of this year for me was the critical role APPNA played in advocating and protecting not only the rights of its members but utilize the collective strength of its membership to engage with local communities and made significant strides in improving relationships within our communities. This year APPNA chapters played much more prominent role albeit it is to collaborate or establish food pantry, establish or further organize Free clinics, or organize health fair in more and more cities. APPNA was at the forefront of disaster relief work not only in USA but also around the world including sending relief missions to Rohingya Muslims forced to migrate to Bangladesh. APPNA Fall council meeting saw approval of establishing two fully equipped mobile health clinics (currently hosted in Houston and Florida) to enable future disaster relief efforts much more organized and meaningful. APPNA advocacy efforts saw an unprecedented reversal of almost all J 1 visa refusal of our young medical graduates looking to train themselves in one of the best health system in world. We are very thankful to all the Senators and Congressmen who took personal interest in this issue. I am very proud to say Through Thick or Thin APPNA was there.

In this issue of the Annual Journal, keeping up with the long-lasting tradition of building institutional memory, we not only proudly showcased the literary talent of our members, we devoted a significant attention to make sure we comprehensively document all the important work done by the APPNA members not only individually but more importantly using our collective strength under the APPNA banner. I like to congratulate Dr Sajid Chaudhary for exemplary leadership of our beloved organization, he has truly elevated the standards and expectations of APPNA membership from its future leaders. As you can see each project highlighted in the section of APPNA Impact 2017 is enough on its own to be proud of our accomplishment, getting all of them done is truly a significant achievement.

Now sit back, relax and enjoy great read, please do not hesitate to contact us with your feedback, as this is the only way to improve ourselves.

Sincerely,  
Tahir Latif, MD  
Editor and Chair Publication Committee

**Disclaimer:** The views expressed in this magazine are those of the authors and do not necessarily represent the official position of APPNA. Nothing in this publication shall constitute an endorsement by APPNA. APPNA disclaims any liability with respect to the use of or reliance upon any such information.

**About the Cover:** The picture on the title is one example of extraordinary talent APPNA membership possess that goes way beyond being an excellent Physician. The Calligraphy is the inspiration of Dr. M Saleem Seyal a graduate of Nishtar Medical College (1974), Cardiologist living in Louisville since 1983 and practicing with Baptist Health River Cities Cardiology in Jeffersonville, IN. Dr. Seyal has also served as a member of the Board of Directors of the Kentucky Center for the Performing Arts and was recently awarded the MOSAIC Award for his professional success and community involvement as an immigrant. He is passionate about inter-faith harmony and understanding and has given talks about History of Islam, Contributions of Islam to Western Civilization, Islamic Mysticism and Islamic Calligraphy. Please see photographs of some of his work on page 42.

Creative and design services by: Laiq A. Siddiqui - V4ideas Inc. [www.v4ideas.com](http://www.v4ideas.com)



# President's Message



Dear APPNA Family,

Greetings and Asalamo-Alaikum,

It was a distinct honor and privilege to serve as the 40th President of APPNA this year. This year APPNA celebrated 40th anniversary of its inception, an extraordinary milestone indeed. As 2017 comes to an end, I reflect upon the year and look back on how the year progressed; beginning with a strategy Planning meeting in January in Orlando to the final meeting in Lahore-Rawalpindi in December. The challenges which APPNA faces in the era of changing geo-political and socio-economic environment were met with thoughtful planning and relentless hard work throughout the year by

the APPNA executives and volunteers. I would like to express my heartfelt gratitude to all the APPNA volunteers who worked tirelessly as Chairpersons, Co-Chairs and Members of different committees. I thank them for their teamwork and commitment to selfless service to our great organization. In 2017, new ventures were started, ongoing projects were fortified and a lot of work went into strengthening the financial status of our organization. "Civic engagement through Community Service" was theme for 2017 and a commitment that APPNA will be at forefront in providing humanitarian services to our neighbors in US communities as well as in Pakistan and on a Global scale.

While educational and charitable work is at the heart of our charter, APPNA's financial status needed close attention. With careful planning and sensible budgeting all APPNA meetings generated revenue this year. Collectively, over a million dollars were raised from meeting revenue, sponsorship, donations and grants and while part of it was spent on Office running expenses, rest was used for charitable projects. For the first time, this year we have been able to develop collaboration with organizations that were willing and able to partner with APPNA and invest in its projects. Such a partnership with ZT Wealth has enabled us to create more benevolent programs in USA this year. Medtronics provided support for our winter meeting in Pakistan.

We have re-committed ourselves to service in our local communities. Our work has included community projects all over the country through APPNA free clinics, medical missions, and a new food pantry program in USA while two new Healthcare services were started in Pakistan.

### **New projects in Pakistan and USA:**

#### **The Cleft Lip-Palate Repair project "Muskan":**

Initiated by SWDR Committee of APPNA, it is a new healthcare project in collaboration with surgeons in 3 major cities of Faisalabad, Quetta and Karachi. 100 Cleft Lip surgeries have been performed at mere cost of \$200 for each surgery. I hope that this project will continue for years to bring a smile on faces of young children who otherwise would not have any recourse.

#### **Corneal transplant project:**

This project of the Social Welfare Committee was heavily supported by KEMC class of 1985. This remarkable project began in 4 cities in Pakistan and at a cost of \$250 each, 340 corneal transplant surgeries have been done in Lahore, Multan, Karachi, Faisalabad, Sialkot and Peshawar. \$110,000 were raised for this project.

I had the distinct pleasure to meet with some of the surgeons who provided their expertise free of charge and helped APPNA in these charitable projects. Drs. Zahid Nagra and Ayesha Hina (Faisalabad), Dr. Obaidullah (Peshawar) for Muskan and Drs. M. Sultan and Aamer Chaudhry (Faisalabad), Rashad Rao from Multan, and Wasiq Qazi from Karachi for Corneal Transplant were recognized at APPNA Winter meeting banquet for their services.



# Year in Review

**APPNA MERIT** is making an impact through its neurology and psychiatry education initiatives in Pakistan. The Child Psychiatry certification for adult psychiatrists has begun on line. It will become a specialty-focused partnership for educators in the U.S. over the next decade. We hope to add more specialties in the future. APPNA MERIT has identified and signed MOU with 4 institutions during APPNA Winter meeting in December 2017, to improve medical education, post-graduate training and healthcare delivery. These institutions are National University of Medical Sciences (NUMS), Army Medical College Rawalpindi, KPK Government, and College of Physicians and Surgeons Pakistan. First project in that regard is the exchange of scientific and medical education and training for the local staff at Lady Reading Hospital, Peshawar ICU. APPNA also facilitated MOU between Medtronics and CPSP to provide specimens for interventional cardiology fellowship training in Pakistan.

### **Edhi-APPNA Outpatient Clinic:**

APPNA has allocated \$50,000 to the Edhi Foundation for a healthcare clinic in Lyari, Karachi through the generosity of Mr. Javed Anwer, a friend of APPNA who donated the money to APPNA for this project. His trust and confidence in both the organizations will bring a wonderful healthcare project to people of Pakistan.

### **USA National Food Pantry Program:**

APPNA started a new venture of National food pantry project this year. The goal of this project is to empower APPNA members in their communities and increase their community involvement. 16 Local chapters and component societies collected \$40,000 while matching gift of \$55,560 were arranged by APPNA through its sponsors and preferred tickets sales. Chapters chose their area food pantry so that they can develop bridges in their communities and increase volunteering opportunities. Our donations have gone to Food Pantries in Washington DC and 16 States including Virginia, Maryland, Tennessee, Texas, Alabama, Michigan, Arizona, Iowa, Florida, North Carolina, Indiana, Pennsylvania, Delaware, Minnesota, Illinois, and Kentucky. We feel that we have achieved our target this year by reaching nearly \$100,000 in donations for Food Pantry throughout the US.

### **Mobile Health Units In USA:**

After multiple disasters struck USA this year it became apparent that APPNA needs to have a permanent and effective presence on ground in order to mobilize assistance in times of dire need. APPNA needed to partner with an organization which has an infrastructure and presence on ground. After an unanimous approval from Council in the Fall meeting, an MOU was signed with ICNA Relief USA for mutual collaboration. APPNA sponsors and meeting revenues were earmarked to purchase four Mobile Health units at the approx cost of \$75,000 each. These mobile clinic units are fitted with state-of-the-art medical equipment and will be used as free health clinic on a regular basis, while they will be used for disaster relief work in times of need anywhere a calamity strikes in USA. It is planned to station them in Houston and Florida at this time. ICNA Relief will provide maintenance for the units and local chapters will coordinate healthcare services through its volunteers.

### **CABL Amendments:**

APPNA council 2017 approved 2 amendments to APPNA CABL during fall council meeting.

1. To get the election cycle back to spring, ending in summer for starting next year.
2. Voting membership could be attained only by those who have full medical license. The two years current restriction needed to be lifted and that would allow full privileges of the membership right at the time when one became member. The resident and fellow could only become voting members if they have full license.

Approved amendments would be presented to GB meeting during annual summer convention 2018 for approval.



# Year in Review

### **VISA Issues:**

The toughest challenge in 2017 was for young Pakistani doctors as 34 doctors were denied J-1 visa while 60 were delayed due to administrative processing at the level of state department. APPNA utilized its resources to directly engage the State Department and Congress in Washington DC. A Day on the Hill, meeting and petition to the State department, reaching out to ECFMG, and the US Ambassador in Pakistan, legal assistance to young doctors through immigration attorneys and awareness through media campaign were some of the efforts. It took weeks and months of dedicated hard work by APPNA Advocacy and Young Physician committees to turn the tide around in our doctor's favor.

I am very happy to say that due to our efforts, 30 of the 34 of the rejected residency visa were finally approved and all of 60 were cleared. These physicians have joined their residencies, rest of the 4 were assured to be considered for next year. Drs. Rashid Piracha and Shahzad Iqbal and their committee members deserve all the accolade and praise for their relentless work.

### **APPNA Meetings:**

All the APPNA meetings during 2017 were highly successful, in terms of attendance and generation of revenue. The planning meeting in Orlando, spring meeting in Philadelphia, summer meeting in Orlando, fall meeting in Cincinnati and winter meeting in Lahore were heavily attended and generated record revenue for APPNA. We had international/meeting tours to three destinations, Croatia-Bosnia, Alaska-Canada and Cuba-Dominican Republic which were very popular with APPNA members.

### **New developments in Ongoing Projects from Previous Years:**

#### **APPNA Foundation:**

This year \$50,000 was added to APPNA foundation bringing the total amount to \$94,000.

#### **Medical Missions:**

Three medical teams were sent for medical relief work to Guatemala, Pakistan and Bangladesh during the year. The trip to Bangladesh went to the Rohingya refugee camps and more missions are in planning at this time.

#### **APPNA Free Clinics:**

APPNA already has 12 free clinics in different cities and this year four more clinics were established in Pennsylvania, Houston, Chicago and Florida, while support was given to Clinic in Oklahoma. These clinics will provide free healthcare to needy citizens and these projects speak volumes about involvement of our local physicians in the healthcare of our neighbours in need.

#### **APPNA Healthcare Day:**

Since 2010, APPNA has been holding a healthcare day across USA, this year was no exception and highest number of local chapters, 32 in all participated in holding free health screening day with provision of free flu shots to local communities. The pictures can be seen at the APPNA's face book page.

#### **Scholarships in Pakistan:**

It has been the charter of APPNA to give back to the community in the form of educational support to the most deserving back home in Pakistan. APPNA gives yearly scholarships to those who are in need but also have shown excellence in academic endeavors and are aspiring to higher education in USA. APPNA Scholarship Committee disbursed \$52000 in alumni scholarships to medical students in Pakistani medical colleges this year.

#### **US College Scholarship Fund:**

This year, \$35,000 were distributed to US college students of Pakistani American community in order to fulfill their educational needs.



# Year in Review

### **Need Based Limited Term Loan for Medical Graduates:**

This year the loan was Given to 10 medical graduates amounting to 25000 dollars.

### **Thar Water Well Project:**

APPNA continues to work on clean water mission in Tharparker, Sindh since 2014, in collaboration with Liaqat Medical College alumni Association. The wells and pumps provide clean drinking water to local population of 7000. This year, more wells and pumps were installed at a cost of \$56,000. I visited the village of Diplo in Thar recently. It was a heartwarming and humbling experience to see how APPNA member's generosity is making a difference in the lives of the underprivileged and remotest areas of Pakistan.

### **Ramzan Food Packages:**

APPNA continues to provide Ramzan food packages every year since 2015.

### **RESA Initiative: ACCME Accreditation:**

APPNA lost its status as an accredited provider of CME programs for a third time in 2015. This year, we were able to regain our status with diligent and hard work by RESA Committee and the central office.

### **ACP Endorsement:**

For the first time in history of APPNA and Pakistan, our 2017 APPNA Annual Winter Meeting has been officially endorsed by the American College of Physicians. This is a unique honor, and attests to the high quality program submitted to the ACP Council by the chair of the RESA Committee. This endorsement catapults our CME programs several notches above other programs. This endorsement is the result of a long term strategy and planning by the RESA Chair, who has worked for several years with the ACP leadership in developing relationships and introducing APPNA to the ACP leaders. I commend Dr. Adeel Butt for his leadership and foresight in completing above mentioned endeavors.

Dear APPNA Family, each one of the above-mentioned ventures would not be possible without your support and help. This year the mutual cooperation and collaboration by our colleagues in Pakistan has also allowed us to make a difference in lives of many. I would like to extend my heartfelt gratitude to all APPNA members who contribute with their time, money and other support and, surgeons, physicians in Pakistan and their support staff who help us tremendously and make it easier for us in our mission. Last but not the least, kudos and many thanks to Chair and Co-chairs and committee members of APPNA for putting in countless hours of selfless volunteer work and making a difference.

We hope to continue working together for the betterment of humanity everywhere and keep the spirit of Civic engagement through Community Service alive. Let us keep working for a better tomorrow.

I am very thankful to APPNA members for giving me the opportunity to serve as APPNA's 40th president in 2017. Nothing has given me more pleasure than to serve our great organization and I hope that I was able to meet most of the challenges to the best of my ability in this year. I hope to continue with my involvement in APPNA for years to come.

My heartfelt wish for a very happy and prosperous New Year to you and your loved ones.

Sincerely,  
Sajid Chaudhary, MD.  
President APPNA, 2017



# President Elect's Message



Welcome to 2018 and Happy New Year.

It is an honor for me to serve you as your President this year. May the New Year bring health and happiness to everyone.

Our members are the most highly educated group of individuals and they want to be a part of a very welcoming and friendly environment within the organization. We can all have differing views about any issue but our brotherly love should remain the bonding force. Together we can achieve new heights and give our communities something tangible that is beneficial for generations to enjoy.

Because of the recent political changes in the country, it is vital that we put forth our best efforts and play a bigger role in the mainstream issues. It is our responsibility to contribute more in our adopted land and be a bigger part of society.

Dear friends: it is time for us to work together now more than ever. APPNA provides us with a real opportunity to do a lot of valuable work. We need to build bridges within communities, encourage leadership and empower our younger generation to take the lead. YPN pro subcommittee is being started to give an opportunity for all our young professionals to brainstorm and network to enhance their standing in the community.

I humbly request members to play an active role in the affairs of our organization. APPNA provides an opportunity to fulfill all of our desires to do all sorts of educational and philanthropic projects irrespective of cast, gender or religious beliefs. It gives us an opportunity to be a part of our adopted land but at the same time, help our people back home. It gives us an opportunity to become a better human being and maybe one day, we, as a group, will become an example for our people back home.

May God bless APPNA

May God bless Pakistan

May God bless United States of America

Iqbal Zafar Hamid, MD  
President Elect 2017



# Secretary's Message



Dear APPNA members,

Assalam-alaikum

It has been indeed a privilege serving as the secretary of APPNA for 2017.

At the outset of the year a fruitful meeting was conducted on strategic planning in Orlando. Under the guidance of professional moderators, a spirited discussion was conducted among the participants to review the organization's strengths and weaknesses. In addition, a productive council meeting was held in Philadelphia in March. This was followed by summer council and General body meeting in Orlando in July. The Executive Committee played a key role in working with the President, for planning efficient and productive fall council meeting in Cincinnati in October. We

closed the year with the Winter meeting in Lahore in December. We were encouraged by active participation by our members.

As the secretary, I assisted all the committee chairs in accomplishing their objectives and provide a bridge for smooth inter-committee coordination as well. The WebEx system™ is functioning well, and the committees are using for conducting online meetings.

One of the significant challenges we have faced was widespread J1 visa denials for at least 34 Pakistani physicians who had already matched in US residency programs. With the assistance of the advocacy committee and the committee of young physicians, a multiprong approach was devised and acted upon. Our efforts reached fruition and almost all our young physicians were able to join their respective programs. I sincerely appreciate the support we have received from APPNA membership as well.

Earlier in the year, the Executive Order on "Travel Ban" had created reverberations that have been felt across the length and breadth of our membership. APPNA's Leadership and Advocacy Committee convened without delay, to work on a rigorous plan of advocacy at the national level. They were also tasked to keep the members abreast of the changing landscape. Participation in these high visibility endeavors enabled me to acquire a comprehensive understanding of the advocacy process. In fact, it was gratifying to get involved during those difficult times and work diligently in providing timely updates to our membership.

Supporting activities of the Committee of Young Physicians is the most pressing matter for the organization. It is very close to my heart, since I have been actively involved in it for a number of years. This team is actively grooming future leaders in the organization and planning various Young Physician Seminars during the summer meeting. Another key activity is to continue Career Counseling in the US as well as in Pakistan.

Work has been actively carried out to assist the Chair of the MERIT Committee to develop a curriculum for medicine subspecialties. All medical colleges in Pakistan are being invited to participate in this program.

The President's vision for APPNA is to focus on civic engagement and participation in our local communities. I am truly convinced of the efficacy of this vision.

APPNA's flagship projects in this respect are the clinics and food pantries that will be run by the local chapters. We had a successful APPNA National Health Care day on October 7 with dozens of free clinics, held concurrently across the country.

In conclusion, I wish the incoming executive committee for 2018 the very best and hope that Dr. Zafar Hamid will continue to promote the charter of APPNA.

God bless

M. Rizwan Khalid, MD

Secretary 2017



# Treasurer's Message



I was honored to serve APPNA as Treasurer and glad to report a very healthy and productive 2017. Congrats to the team at all levels and Dr Sajid Chaudhry in particular. Please see year end attached P and L sheet with record profits.

Previous few years have changed APPNA forever! The amount of work in strengthening of its foundation and processes has been enormous - but we still need to go ways with consensus building, open communication and a lot of give and take with breaking the status quo to take our organization to the next level. We have within us sectarian, linguistic and many other biases the only thing that can and will overshadow all that is SOLID WORK towards

Institution building within APPNA and development of alternative revenue streams with Transparency and Accountability.

- Improve perception of APPNA from only social issues and events based organization to an Educational and Philanthropy based organization with clear financial transparency thus rebuilding TRUST and bringing people back to APPNA.
- Much needed are financially solvent professionally run institutions, which are in sink with our mission and charter thus diversifying sources of revenues for APPNA taking away reliance solely upon meetings, international trips etc.
- Our clinics need to be full time professionally run under one entity all across USA which although are non for profit but should also generate revenues and employment, we further need APPNA hospital, our own residency program, our own school of allied health, nursing school, our own graduate level school and our own Research institutions.
- Fair share of incomes need to be shared with component societies.
- With the new geopolitical environment we need to be ready for any kind of Audits or Scrutiny and will have to manage every thing with heightened checks and balances

I further want to thank members of our Finance and Asset management committee for their hard devoted work to strengthen APPNA- with out their help none of this was possible!

M. Sohail Khan MD  
Treasurer APPNA 2017

<b>PROFIT &amp; LOSS AT 12/31/17 (unaudited)</b>	
<b>Restricted Funds</b>	
Lifetime Dues Revenue	\$ 197,291.06
Lifetime Dues Expense	\$ (18,346.80)
Lifetime Dues Net	\$ 178,944.26
Scholarship Revenue	\$ 32,704.59
Scholarship Expense	\$ (15,821.87)
Scholarship Net	\$ 16,882.72
SWDR Revenue	\$ 253,530.41
SWDR Expense	\$ (158,373.75)
SWDR Net	\$ 95,156.66
CME Revenue	\$ 238,179.51
CME Expense	\$ (219,378.49)
CME Net	\$ 18,801.02
Other Charitable Donations Revenue	\$ 409,165.60
Other Charitable Donations Expense	\$ (424,649.66)
Other Charitable Donations Net	\$ (15,484.06)
<b>Total Restricted Funds Net</b>	<b>\$ 294,300.60</b>
<b>Unrestricted Funds</b>	
Meetings Revenue	\$ 3,368,643.09
Meetings Expense	\$ (2,861,290.06)
Meetings Net	\$ 507,353.03
General Revenue	\$ 138,641.80
General Expense	\$ (512,737.66)
General Net	\$ (374,095.86)
<b>Total Unrestricted Funds Net</b>	<b>\$ 133,257.17</b>
<b>TOTAL APPNA GAIN YTD AT 12/31/17</b>	<b>\$ 427,557.77</b>



# Immediate Past President's Message



### RECIPE FOR APPNA'S CONTINUED GROWTH.....

If there is a recipe for success, it starts from picking the right ingredients. However success is a qualitative term and the targets and goals for success change with time, and, same applies to the ingredients of a successful story. Same is the story of APPNA. APPNA had a recipe for success written about 40 years back, resulting in the very successful organization which we see today. However as we have all noticed, the success story became stagnant several years back, and all of us are wondering how we can continue on the path of success. Some believe we should keep doing what we have been doing and others believe the next chapter of APPNA's success story cannot be written without revitalizing the ingredients.

Einstein described insanity as "doing the same thing over and over again and expecting different results. Considering this, I would have to weigh in with those who firmly believe that we need to spice up the basic ingredients of how APPNA works to meet its growing needs and guide it to the next hyperbola of growth and success. The second option (albeit unacceptable one) is to pursue its current state of stagnation and face the unavoidably resultant degradation. There has to be a good reason why the membership has been stagnant and decreasing over the last 5 years or so. There has to be a reason why members seem to keep losing interest in the organization, while year after year APPNA has been having the "best year ever". Maybe it is time to take self-stock and reflect. Maybe it's time that believers in status quo who have resisted change, to step back, and allow the change to happen. What have we got to lose, it may not work, but one thing is guaranteed, if not better, we won't be any worse off than where we stand today.

Through many brainstorming session, the stalwarts of change as well as status quo do agree that the organization needs some changes, the minimum being:

- Processes should be organization specific and we should not be functioning as a president centric organization which gets a rebirth every year
- Changes in its governance, with strengthening of compliance of policies and procedures
- A true long range planning and mechanisms to ensure implementation which are not President dependent and rehashed every year at the "strategic meeting". We ask the same questions and get the same answers year after year. The targets haven't changed, the path to achieving them has not changed, but the implementation – long term - is seriously lacking. We know how to make it happen; let's have the will to make it happen.

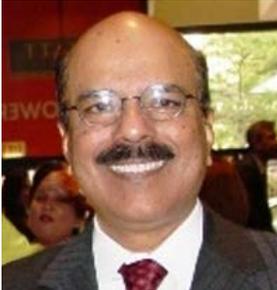
This journal marks the end of another year in APPNAs history. To some it will be another best year APPNA has ever had, not unlike every preceding year. For the rest it is just another year which most won't remember in very near future. However what will be remembered are things which have a long term effect on the organization's image for its members and in the community. I hope and am confident that some of the projects in 2017 would meet those criteria. What is more important is that those project do not end next year, as witnessed year after year. I am personally grateful to the hundreds of members who have put in endless hours of hard work in making those projects come to fruition. BRAVO!

This is likely the last time I will be writing a message as an officer of APPNA, and to say the least am humbled by the opportunity to have served you and the organization we all love. Thank you for all the hard work, and let us ensure that we take APPNA from its inflection point to where it deserves to be. I will also like to express my deep gratitude to my family who has stood by me through this long and sometime arduous journey of serving the organization.

M. Nasar Qureshi, MD, PhD  
Immediate Past President



# Chair's Message



Mufiz Chauhan, MD



Imtiaz Arain, MD



Farrukh Hashmi, MD



Omar Atiq, MD



Asif Rehman, MD

2017 was a very productive year. Year started with an excellent retreat in Orlando.

This was followed by APPNA signing MOU with ZT Wealth a Houston based company to work together in the areas of community services. BOT was involved from the very beginning in crucial negotiations with ZT Wealth.

Chairman BOT and president APPNA Sajid Chaudhary traveled to Houston to meet with the CEO and the executive board of ZT Wealth. After lengthy negotiations APPNA reached a memorandum of understanding with ZT Wealth. Under this agreement ZT Wealth was to provide APPNA 550,000 Dollars over 3 years to carry out its charitable work.

Chair BOT along with APPNA president was also involved in planning strategy to defend the organization in a lawsuit. APPNA defended the lawsuit successfully.

By the end of the year there were few complaints by South Texas chapter Bot about the legality of chapter's general body meeting. There were also complaints to board questioning the membership of few lifetime members of APPNA.

These matters were sent to E&G Committee. All these issues were resolved.

BOT would like to recognize the role played by the APPNA CABL Committee and Membership committee in helping to resolve these issues.

In the end I would like to thank Dr Sajid Chaudhary for keeping the lines of communication open between the executive branch and the Board of trustees.

We worked together to not only strengthen APPNA but also helping achieve its goals and objectives.

This was a very healthy trend and I hope that it continues in future.

Sincerely,

Mufiz Chauhan, MD

Chairman APPNA Board of trustees 2017





# ADVOCACY EFFORTS & GRATITUDES

*"Civic Engagement Through Community Services"*



# Advocacy Committee

Last year, a record of number of young Pakistani physicians had their J-1 visas refused. A total of 34 J-1 refusals were reported to APPNA office. Moreover, 60 plus visas (J-1 as well as H-1b) went into administrative processing. APPNA engaged in multiple aggressive advocacy activities on behalf of these Pakistani doctors seeking to obtain visas for medical residency training in the U.S. APPNA's strategy was focused on engaging the media, Congress, the State Department, and the Pakistani government to generate action.

A total of 30 J-1 visas that were initially refused got approved. All cases in administrative processing were cleared. This stunning reversal and success is directly tied to APPNA's advocacy work. On behalf on APPNA, we'll like to recognize and thank all members of the congress who helped these Pakistani doctors with visa-related issues (see page 16-19).

Here are some of the key actions that APPNA took from mid-May to mid-July

- 1) Creating a Media Narrative: The Hill ran an OpEd by APPNA Advocacy Chair Dr. Piracha about the visa issue that framed it as an issue about American healthcare. A winning message.
- 2) Introducing Legislation: Bipartisan legislation was introduced – the Grant Residency for Additional Doctors Act of 2017 (H.R. 2466) – the GRAD Act – by Rep. Grace Meng (D-NY) and Rep. Tom Emmer (R-MN) to help foreign-born doctors obtain visas. Passing this legislation was a top priority. It'll ensure that next year does not see a repeat of the issues experienced this year.
- 3) Washington Lobby Day -May 16th, 2017: APPNA Members met with bipartisan offices from the Senate and House, as well as with the State Department's Consular Affairs Bureau:
  - 11 Members: Bera, Comstock, Demings, Fitzpatrick, Jackson Lee, Jayapal, Khanna, Krishnamoorthi, Suozzi, Thompson, and Wittman.
  - 17 Staffers: Banks, Cardin, Carson, Castro, Chu, Corker, Delaney, Donnelly, Green, Holding, Nelson, Roskam, Ruppertsberger, Soto, Tiberi, Van Hollen, and Vela.
- 4) Grassroots Petition: APPNA generated a petition that was signed by more than 1,700 APPNA Members from 47 States. It was then sent it to Secretary of State Tillerson as well as distributed it to 125 Congressional offices.
- 5) Engaging the U.S. Embassy in Islamabad: APPNA sent a letter to U.S. Ambassador to Pakistan David Hale about the visa issue. APPNA President Dr. Chaudhary, Advocacy Chair Dr. Piracha, and Young Physician Committee Chair Dr. Iqbal then spoke with the U.S. Consul General in Islamabad about the visa issue.
- 6) Generating Public Pressure at a Congressional Hearing: Rep. Meng pressed Secretary of State Rex Tillerson at a public hearing about the State Department's budget in front of the House Appropriations Committee on Foreign Operations (HACFO) - to provide visas for foreign-born doctors.
- 7) Engaging the Pakistani Government: APPNA's Advocacy Director Dr. Piracha met with Pakistani Ambassador to the U.S. APPNA President Dr. Chaudhry discussed the impact of the visa issue on U.S.-Pakistani relations.
- 8) Activating Congress: Key Congressional staff requested from APPNA a list of affected Pakistani doctors and shared this information with State Department, keeping the pressure on and ensuring that State Department would take the issue seriously.



## Advocacy Committee

10) Support Letters: were obtained from several members of the congress for different young residents with visa issues (see page 16-19):

Here's what APPNA did in the final intense stretch from mid-July 21 to August:

- In the last several weeks, with many of the doctors in danger of losing their residencies, APPNA engaged in a very intense and ultimately successful effort aimed at Congress, seeking their direct help on behalf of the doctors.
- APPNA engaged the specific Congressional offices whose districts included hospitals where the Pakistani doctors were slated to train. Congress responded well, and it's likely that this final push made a significant difference in the increasing level of visa approvals over the last weeks.
- APPNA reached out to 52 Chiefs of Staff in 44 Congressional offices (House and Senate), with detailed requests for help. The Congressional offices were connected to the doctor. The Congressional offices then reached out directly to the State Department on their behalf.





## Thank You



Senator  
Sherrod Brown (D-Ohio)

On behalf of APPNA, we'll like to recognize and thank you for helping several Pakistani doctors with their visa-related issues last year. It was the result of your support and your office efforts that these young doctors were able to join different hospitals and help patients in need. Please accept our heartfelt gratitude for helping Dr. Aisha Zia with her J-1 visa issue last year.



Senator  
Bill Nelson (D-Florida)

On behalf of APPNA, please accept our heartfelt gratitude as we recognize you for helping numerous Pakistani doctors with different visa-related issues last year. It was the result of your support and your office's efforts that these young doctors were able to join different hospitals and help patients in need. With your support and help Dr. Asad ur Rahman is now working at Cleveland Clinic Florida.



Senator  
Marco Rubio (R-Florida)

Dear Senator Rubio,  
On behalf of APPNA, please accept our heartfelt gratitude as we recognize you for helping numerous Pakistani doctors with different visa-related issues last year. Your support and your staff's efforts were instrumental in ensuring that these young Pakistani doctors were able to join different hospitals and help patients in need. We specifically recognize Ms. Mercedes Ayala at your office as she was always available to help them. Although the list is much longer, we'll like to mention the names of few of them across the USA who were able to join their hospitals as a result of your efforts:

- Dr. Asad ur Rahman: Cleveland Clinic Florida
- Dr. Farrukh Javed: Massachusetts General Hospital, Boston
- Dr. Sadaquat Liaqat: Conemaugh Memorial Medical Center, Johnstown PA



## Thank You



Congressman  
Mo Brooks (R-Alabama)

On behalf of APPNA, we'll like to recognize and thank you for helping Pakistani doctors with different visa-related issues last year. It was the result of you and your office efforts that these young doctors were able to join different hospitals and help patients in need. Dr. Hira Waseem (whom you helped) is now working in University of Louisville, Kentucky.



Congressman  
John Conyers Jr. (D-Michigan)

On behalf of APPNA, we'll like to recognize and thank you for helping Pakistani doctors with different visa-related issues last year. It was the result of you and your office efforts that these young doctors were able to join different hospitals and help patients in need. Dr. Lakshmi Pathai (whom you helped) is now working in Detroit Medical Center, Detroit, MI.



Congressman  
Michael E. Capuano  
(D-Massachusetts)

On behalf of APPNA, we'll like to recognize and thank you for helping Pakistani doctors with different visa-related issues last year. It was the result of you and your office efforts that these young doctors were able to join different hospitals and help patients in need. Your support enable Dr. Ghani Haider to serve the patients of Boston Medical Center, Boston, MA.



Congressman  
Brian Fitzpatrick (R-Pennsylvania)

On behalf of APPNA, please accept our heartfelt gratitude as we recognize you for helping numerous Pakistani doctors with different visa-related issues last year. It was the result of you support and your office`s efforts that these young doctors were able to join different hospitals and help patients in need. Dr. Soorih Shaikh (whom you helped) is now working in Allegheny General Hospital, Pittsburgh, PA.



## THANK YOU NOTES

# Thank You



Congresswoman  
Grace Meng (D-New York)

On behalf of APPNA, please accept our heartfelt gratitude as we recognize you for sponsoring the GRAD act and publically pressing Secretary of State Tillerson to provide visas for foreign-born doctors. It was the result of your support that these young doctors were able to join different hospitals and was able to help many patients.



Congresswoman  
Sheila Jackson (D-Texas)

On behalf of APPNA, please accept our heartfelt gratitude as we recognize you for helping numerous Pakistani doctors with different visa-related issues last year. It was the result of your immense support and your office efforts that these young doctors were able to join different hospitals and help patients in need. Dr. Ali Ahmad is immensely grateful of your help and is now working in Baylor College of Medicine, Houston, TX.



Congressman  
Raja Krishnamoorthi (D-Illinois)

On behalf of APPNA, we'll like to recognize and extend our heartfelt gratitude for helping Pakistani doctors with their visa-related issues last year. It was the result of you sincere support and your office efforts that these young doctors were able to join different hospitals and help patients in need. Thank You, your help enabled Dr. Neehal Wali to start residency in Maimonides Medical Center, Brooklyn, NY.



Congressman  
Beto O'Rourke (D-Texas)

On behalf of APPNA, please accept our heartfelt gratitude as we recognize you for helping numerous Pakistani doctors with different visa-related issues last year. It was the result of your support and your office efforts that these young doctors were able to join different hospitals and help patients in need. Dr. Shayan Ul Haque is now working in University Medical Center - Texas Tech University Health Science Center, El Paso, TX, and is extremely grateful of your help.



## THANK YOU NOTES

# Thank You



Congressman  
Bill Pascrell (D-New Jersey)

On behalf of APPNA, we'll like to recognize and thank you for helping Pakistani doctors with different visa-related issues last year. It was the result of you and your office efforts that these young doctors were able to join different hospitals and help patients in need. With your help Dr. Fnu Komal is now working in Saint Joseph regional Medical Center, Peterson, NJ.



Congresswoman  
Kristi Noem (R-South Dakota)

On behalf of APPNA, we'll like to recognize and thank you for helping Pakistani doctors with different visa-related issues last year. It was the result of you and your office efforts that these young doctors were able to join different hospitals and help patients in need. With your support Dr. Rabia Nadeem Kiani is now working in University of South Dakota, Sioux Falls, South Dakota.



Congresswomen  
Kathleen M. Rice (D-New York)

On behalf of APPNA, we'll like to recognize and thank you for helping Pakistani doctors with different visa-related issues last year. It was the result of your support and your office efforts that these young doctors were able to join different hospitals and help patients in need. With your help Dr. Hasnain Afzal is now working in Nassau University Medical Center (NuHealth), East Meadow, NY.



Congressman  
Ted Yoho (D-Florida)

On behalf of APPNA, please accept our heartfelt gratitude as we recognize you for helping numerous Pakistani doctors with different visa-related issues last year. It was the result of your immense support and your office efforts that these young doctors were able to join different hospitals and help patients in need. Dr. Muhammad Nadeem Anwar is one such example and because of your help he is now working in Orange park medical center, Orange, Park, FL.



# APPNA IMPACT 2017

*"Civic Engagement Through Community Services"*



# Fiscally Responsible APPNA Governance

Dear APPNA family,

Thank you for your enthusiastic and robust participation in all APPNA events of 2017. Gains from these events enable us to support several charitable initiatives as you can see in APPNA impact section pages 22-30.

**APPNA Strategic Planning Retreat 2017**



APPNA Gains:  
**\$1,291.17**



**APPNA SPRING MEETING 2017**  
March 23-26, 2017 Hilton Philadelphia at Penn's Landing

APPNA Gains:  
**\$28,333.50**

APPNA Gains:  
**\$499,966.75**

*Total Gains*



*641989.74*

APPNA Gains:  
**\$19,866.16**



**APPNA FALL MEETING 2017**  
October 26-28, 2017  
The Westin, 21 E. 5th Street, Cincinnati, Ohio

APPNA Gains:  
**\$3,987.17**



**APPNA WINTER MEETING 2017**  
December 21-23, 2017 Lahore, Pakistan

APPNA Gains: **\$51,869.48**  
**APPNA 22nd International Meeting**  
**CROATIA & BOSNIA**  
April 7-16, 2017

**24TH INTERNATIONAL MEETING**  
NOVEMBER 11-18, 2017



APPNA Gains: **\$36,675.51**



APPNA 23rd International Meeting 2017  
**ALASKA CRUISE**  
July 27 - August 4, 2017



# Mobile Health Units

As you all know, this year southeast of USA was hit hard by natural disasters and our neighbors suffered tremendously. APPNA members did wonderful volunteer work to provide relief and aide in hurricane affected areas of Texas, Florida and the Caribbean, APPNA spent \$35,000 on immediate relief work.



However, APPNA's presence on ground during the time of disaster is not as well organized as it needs to be. We have done a better job in providing free healthcare services through our free clinics but we tend to struggle when there is an emergency and we have to rely on other organizations in various parts of country. Keeping in mind the need for better organized disaster relief services President APPNA, Dr. Sajid Chaudhary and APPNA Disaster relief committee proposed to purchase mobile health units. The funding for this project was secured through APPNA's sponsors and revenue generated from the meetings throughout the year. Since the funding was secured, four mobile units are being purchased at cost of \$60,000 each.



APPNA Council approved the purchase of mobile health units during the Fall Meeting and agreed for an MOU with ICNA Relief for their maintenance. ICNA Relief is a four star charity registered in USA and has a presence in all states of USA. Recently, they have done a lot of relief work in Puerto Rico after hurricane Maria.



These mobile clinic units are being fitted with state-of-the-art medical equipment and will be used as free health clinic on regular basis as APPNA chapters can use them to provide free health services to uninsured, indigent population of our country. They will be used for disaster relief work in times of need anywhere a calamity strikes in USA.

The first unit will be stationed in Texas and others will be kept in Florida and Northeast. It is indeed a wonderful initiative, which will expand our medical mission throughout USA and a great way to put APPNA's good name out in the community.

The phrase "Civic Engagement through Community Service" was coined with the purpose to put APPNA at forefront of community service in USA, and has been the center of APPNA's operation throughout the year. Our work has included community projects all over the country, through APPNA free clinics, medical missions and a new food pantry program. All of the above will hopefully continue in the years to come.

Project Cost over \$200,000





# Nationwide Food Pantry Project

As the landscape of American communities is changing, the dynamic of the world politics has also changed. Increasingly, we find ourselves feeling suddenly unsure as to where do we stand in light of our ethnicity and religious beliefs in this country. It is more important now than ever before to be more visible and be recognized as people of peace and compassion. Keeping this in mind, 2017 was declared as a year to expand the role of APPNA's mission of serving humanity and to play an active role in civic engagement in the US. Thus the theme of 2017 was "Civic engagement through Community service" was coined. This theme was created to send the message that APPNA is ready to broaden its horizon and get actively involved in community projects throughout USA and engage local communities through provision of healthcare services, a friendly dialogue and foster a sense of brotherhood among fellow citizens. The ultimate goal was to establish Pakistani American community and community of physicians as contributing members of the society and empower APPNA members by increasing their community involvement.

The APPNA National food pantry project was a concrete step in that direction because it is a meaningful way to give back to the society that we live in. APPNA Chapters were encouraged to raise funds for the project while APPNA arranged matching funds of \$40,560 through it's sponsors and preferred tickets sales during the summer meeting in Orlando, FL. 15 Chapters and Alumni Associations collected \$55,256 thus bringing the grand total to nearly 100,000 in the first year.

Local chapters and component societies chose their area food pantry allowing them to foster better relationship with fellow citizens and establish a positive image of Pakistani Americans. Communities and increase volunteering opportunities.

By the end of the year the donations checks were dispersed to Food Pantries in Washington DC and 16 States including Virginia, Maryland, Tennessee, Texas, Alabama, Michigan, Arizona, Iowa, Florida, North Carolina, Indiana, Pennsylvania, Delaware, Minnesota, Illinois, and Kentucky.

It is amazing that APPNA's Food Pantry program has achieved it's target in the first year by reaching nearly \$100,000 in donations for Food Pantry throughout the US.

Projects like these will help us to build a legacy in our adopted homeland which will enable us and our children to live with pride and confidence. This is a project which should be conducted on an ongoing basis and will invite more APPNA members especially NAMA graduates to participate.

Well Done APPNA!

**Project Cost  
over \$100,000**





## Corneal Transplant Project

We all know the trials and tribulations of healthcare related issues for people in developing world, especially in Pakistan. Countless strive for basic healthcare and due to lack of basic prevention and healthcare deficiencies diseases abound. Blindness due to corneal diseases such as Trachoma, Keratitis, Trauma, and other treatable conditions causes and makes 15% of total cases of blindness.

Corneal transplants are a great way of treating the blindness due to corneal opacities there has been a lack of awareness about being a donor for this purpose. Pakistan has traditionally relied on Cornea donations from Sir Lanka for many past years, but this year a project was initiated from APPNA's platform which is the brainchild of King Edward Class of 1985. This venture initially started as a small project but very soon, there was tremendous interest and support from the donors and this became a major Social Welfare & disaster Relied Committee of APPNA project. The project was supported by Dr. Fawad Zafar, class of 1985, while Dr. Aisha Zafar coordinated the efforts at APPNA's platform. For the first time ever, corneas were obtained from USA and transported to Pakistan for transplant surgeries in 5 major cities.

The Eye Banks in USA coordinated with APPNA and the corneas transported from USA to Hospitals in Pakistan. Being health providers, APPNA members can appreciate that there is a sensitive issue of time lag between the cornea leaving its donor and arriving at the site of recipient for a successful surgery. This required a precise and well-coordinated collaboration in various teams in USA and Pakistan. The results have been impressive and gratifying. The efficiency of the process can be appreciated by knowing that the corneas are transplanted within 72 hours of leaving United States. The project which first started at Mayo Hospital, Lahore, Allied and Medina Hospital in Faisalabad, later expanded to The Khyber Teaching Hospital and Lady Reading Hospital in Peshawar. By third quarter of the year the project had expanded to Nishtar Hospital, Multan, Bahawalpur Victoria Hospital and also Eye Bank Society Hospital in Karachi. In December of this year, we have started corneal transplants also in Khawaja Safdar Hospital in Sialkot and LRBT Eye Hospital in Korangi, Karachi.

Similar procedure costs 4000-5,000 dollars per surgery in private hospitals, while total Cost of APPNA's Cornea transplant is only 250 dollars each. The Cornea Transplant project has made a huge difference in the lives of not just the recipient but also their families. We are also getting many patients from Baluchistan who travel to Karachi and undergo corneal surgery there. Through its collaboration with LRBT Hospitals Appna has already been sponsoring 5-6 eye camps every year through them and Corneal Transplant Project being included at LRBT Lahore Hospital as well.

All age groups have benefited from this procedure. A young child was able to see his family again and an elderly man who had lost his vision due to small pox and was able to see after 60 years.





# Corneal Transplant Project

APPNA is also grateful to the many donors and affiliates who have supported this project. Our donors are from USA, England, Canada, Middle East and Pakistan. Recently, we also got a donation of 200 corneas from Sri Lanka, from the World Memon Organization and they have promised to provide corneas at an ongoing basis. We also want to acknowledge Pakistan Association of Memphis for their support.

As the year ends, 340 corneas have been transplanted and these 340 lives have been changed thanks to you all. This is an ongoing project and we have raised 110,000 dollars this year. We hope that the project will continue in 2018, thanks to the benevolence and support of the APPNA members.

We remain grateful to the ophthalmologists in Pakistan for volunteering their time and performing free surgery and also seeing these patients for follow up. In the recent Appna winter meeting in Lahore, the ophthalmologists who had volunteered to do free surgeries were acknowledged for their services by President Dr. Sajid Chaudhary.

The gift of vision is a priceless gift that changes a recipient's life.

Project Cost  
over \$100,000





## "Muskan" APPNA Cleft Lip/Palate Repair Project

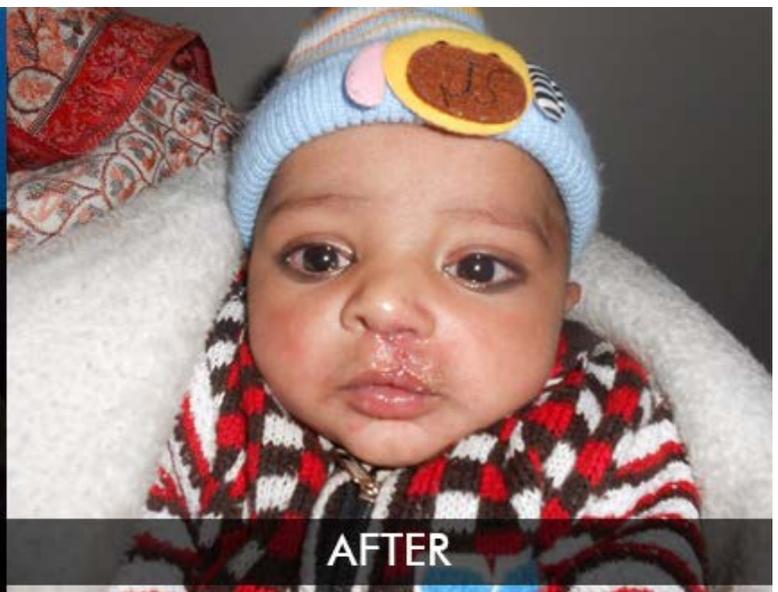
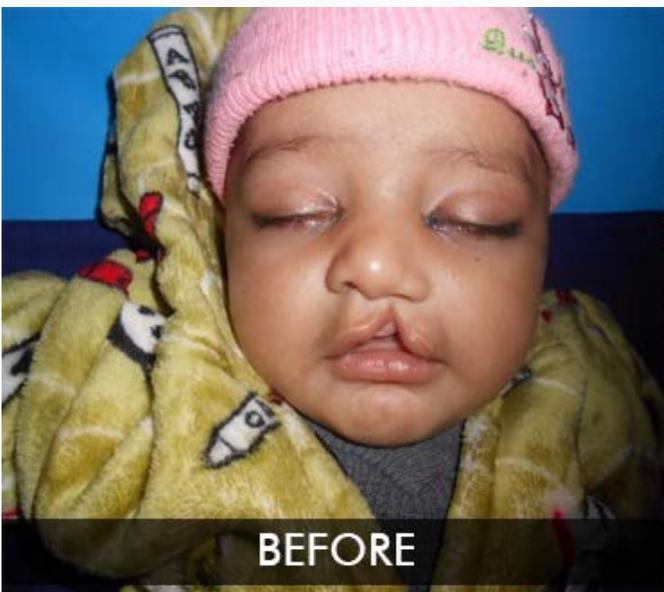
APPNA's humanitarian projects in Pakistan focus on helping the people in need who cannot afford health care to alleviate suffering and misery in their life. It is APPNA member's way of giving back to the country of their origin. In 2017, APPNA SWDRC initiated a new project by the name of "Muskan". It was introduced to address the problem of Cleft lip and Cleft Palate in young people in Pakistan. A birth defect, which is causes discomfort, disfigurement and social issues in children, most of whom are unable to receive the proper surgical care which would correct the deformity and help them lead a more normal life.

"Muskan" Cleft Lip-Palate repair was initiated in collaboration with Cincinnati/Ohio chapter and Punjab/Khyber medical college alumni association. The Cost/surgery is only \$250 and the surgeries are free of cost to patients and their families. APPNA members donated \$42,000.00 and more than 50 surgeries were done successfully. The project was first started in Faisalabad and then expanded to Peshawar, Quetta and Karachi.

APPNA collaborated with Pakistani Oro-facial surgeons who performed the surgeries free of charge in local hospitals. The patient received initial exam, diagnosis, pre-operative and post-operative care and medication at no cost to them. Not only young children benefited from the surgeries but older patients also were helped. An 18 year old girl got the surgery to correct the deformity; her family was immensely grateful and hoped that she may be able to lead a more normal life like her peers, after the surgery. It is the generosity of APPNA members and platform of APPNA which is making a change in life of people through projects like Muskan.

APPNA President Dr. Sajid Chaudhary, recognized the surgeons who are collaborating in the project during the APPNA Winter meeting in Lahore. APPNA is very grateful to Dr. Zahid Nagra, Dr. Hina Ayesha from Faisalabad, Dr. Obaidullah from Peshawar, Dr. Haji Manzoor Hussain from Quetta and Doctors from Indus Hospital Karachi in participating in this wonderful project.

Project Cost  
over \$40,000





# APPNA help rehab EDHI maternity Hospital in Lyari

*"Empty words and long praises do not impress God. Show Him your faith by your deeds"*  
*Abdul Sattar Edhi*

Since the passing away of Legendary humanitarian, Mr. Abdul Sattar Edhi, there has been a vacuum in the life of thousands who were touched by his kind soul. He was a very compassionate man who only believed in the religion of Humanity. His family is doing its best to carry on and build on the legacy of Abdul Sattar Edhi but it has been an uphill task for them, especially for his son, Mr. Faisal Edhi. It is an unfortunate truth that in past year, the funding for various projects by Bilquis Edhi foundation has suffered significantly. Fortunately for the needy and poor who rely on the foundation for help, there are still plenty of people around who believe in Mr. Edhi's message of love and benevolence. In 2017, APPNA received a magnanimous donation of \$50,000 from a friend of APPNA in Texas, Mr. Javed Anwar. The beauty of this generous donation was that Mr. Javed entrusted APPNA with a responsibility that is meant to boost the humanitarian efforts of Edhi Foundation and make a difference in lives of so many in Pakistan. It speaks volumes about the kind of mark APPNA has created in terms of charitable endeavors and altruistic causes.

After careful consideration, President APPNA Dr. Sajid Chaudhary decided to make a short visit to Karachi and meet with Mr. Faisal Edhi in December, 2017. The meeting included a visit to the Bilquis Edhi maternity hospital in Lyari. Mr. Faisal Edhi talked about Foundation's plans to turn it into a 200 beds general hospital to provide free healthcare services to needy people in Lyari. APPNA decided to donate the 50,000 to the hospital for the purpose of renovating the Out Patient Department in this hospital. APPNA will also look into providing medical equipment and more donations to the hospital.

Legacy of Mr. Abdul Sattar Edhi is alive and well. May Allah bless Bilquis and Faisal Edhi and provide them more resources to complete this project. APPNA is proud to be a part of this project.

Project Cost  
over \$50,000





## Improving Education in Pakistan

APPNA charter calls to “uphold ethical and moral values, engage in social and professional activities, support educational and intellectual pursuits, upgrade medical care and thus glorify our Association”. APPNA places great emphasis on Research, Education and Scientific Affairs for its members and beyond. Therefore the educational activities are not limited to CME but also include exchange of scientific education, and expertise between USA and Pakistan. The task falls upon many committees which have worked diligently to open new Horizons of educational partnership between APPNA and various entities in Pakistan.

**ACP Endorsement:** For the first time in history of APPNA and Pakistan, 2017, APPNA’s Annual Winter Meeting was officially endorsed by the American College of Physicians. This is an exceptional honor indeed, and attests to the high quality program by the APPNA RESA Committee. This endorsement attests to the fine quality of our CME programs this year and the significant work in developing relationships between APPNA and the ACP leaders. Dr. Adeel Butt led the work as chair of Committee. The RESA Committee undertakes and oversees all activities within APPNA pertaining to the matters of provision of high quality CME programs which provide category 1 CME credits.

**APPNA MOU with NUMS:** APPNA MERIT has been diligently working on a new vision of specialty based and multiple projects focused partnership with Pakistani health institutions and started working with two partners in Pakistan since March of 2017, under the chairmanship of Dr. Shahid Rafique. The programs entail arranging for US visiting faculty in Pakistan with the help of the chosen institutions. APPNA MERIT held a special one-day symposium at NUMS (National University of Medical Sciences) Rawalpindi on 12/19/17 with a significant focus on Medical education and Health care in Pakistan. APPNA President Dr. Sajid Chaudhary, AAA President Dr. Irfan Mirza and NUMS representative, Lt General Imran Majeed signed a memorandum of understanding (MOU) to collaborate and assist in clinical training and transfer of medical knowledge for enrichment of medical education and healthcare in Pakistan.

**APPNA MOU with KPK:** Partnership with KPK province was established with signing of an MOU during the winter meeting In December, 2017, between APPNA MERIT and KPK/ LRH. Dr. Noshawan Burki, chairman Board of governors of Lady Reading Hospital and a KPK government advisor on health care is leading the project. APPNA MERIT is working on two projects of immediate need in the province which are Neurology and ICU. Khyber Alumni Association of North America, Pakistan Society of Neurology and Pakistan International Neuroscience Society are partnering in these projects to ensure its success. This program is geared towards helping the dire shortage of properly trained ICU specialists all through the Pakistan after completion of on ground training in LRH ICU.

The purpose of MOUs with these institutions is to develop a viable and sustainable set up which can be used by various medical specialties to achieve mission of scientific education exchange so that health care services and patient care in Pakistan can be improved.

**APPNA MOU with CPSP:** On, December 23rd, APPNA President met Prof. Dr. Zafar Ullah Chaudhry President College of Physicians and Surgeons of Pakistan along with Dr. Atique Azam Mirza and Medtronic Team, Senior Director Mr. Rana Rasheed from Medtronic headquarter in Minneapolis and Ms. Dania Choucair, Director Clinical Research and Medical Education MEACAT Region to sign a MOU between APPNA and CPSP to collaborate and assist in medical education, clinical training and transfer of knowledge for enhancement of standards of medical education and general population healthcare opportunities in Pakistan.

Medtronic mutually agreed with CPSP that it will help establish a state of the art simulation-training center for cardiovascular procedures at College of Physicians & Surgeons of Pakistan Lahore regional Center. The other subspecialty simulation procedures will be added gradually. The collaboration was made possible by long standing efforts of Dr. Atique Azam Mirza, Past President of APCNA; APCNA team has been working on this project enthusiastically for the past many years.





# Thar Clean Water Project

APPNA has been working on provision of Clean Drinking Water Project for remote areas of Thar desert since 2015. It has been a project of Social Welfare Committee of APPNA and has been heavily supported by the Liaqat Medical College Alumni association of APPNA. Wells and Water Pumps have been installed in the far flung areas where local population is deprived of drinking water. Given the scarcity of drinkable water in the Thar area, people walk for miles and hours at a time in search of drinking water also known as “sweet water” in local language. The project includes building a combination of water wells and water pumps depending upon ground circumstances, donor requests, and population served in the area. So far 7000 people have benefited. Water pump is around \$500 and Water well is \$2000 each. This year \$56000 were collected to install 12 water pumps and 25 wells in the villages of Tehsil Diplo.

APPNA president, Dr. Sajid Chaudhary, Dr. Mohammad Aslam Member SWDRC and Dr. Khalid Memon visited the remote village of Diplo to initiate a well in the village. It entailed a road trip from Karachi to Hyderabad followed by a 3 hour long trip on dusty unpaved road to Diplo. The locals were anxiously waiting for the visitors who were bringing them a precious gift. The simple and modest surroundings and plight of locals in face of daily struggles is humbling and the team felt it in their hearts. They were deeply moved by the hospitality and gratitude extended by the villagers. The gift of drinkable water cannot be matched with another worldly good when the need is so dire. Pictures below tell a remarkable story of the visit.

Project Cost  
over \$56,000





## APPNA's Collaboration with Corporative America A New Milestone

APPNA being the only organization with privileged access to thousands of well established Physicians of Pakistani decent has a unique potentially very desirable strength for corporate America. This year we saw the first glimpse of this potential realizing into tangible assets for APPNA. For the first time in the history of APPNA a long-lasting partnership was developed with corporate America which will be mutually beneficial for both parties for many years to come. Success of this partnership will open many new doors and sources of revenue for APPNA in the coming years and help us take our organization to next level.

APPNA Board of trustees and executive committee members initially met with ZT Wealth team in Orlando Florida during APPNA strategy planning meeting in January 2017 and subsequently chair APPNA BOT along with President Sajid Chaudhary traveled to Houston to meet with the CEO and the executive board of ZT Wealth. After lengthy negotiations APPNA reached a memorandum of understanding with ZT Wealth. Under this agreement ZT Wealth was to provide APPNA 550,000 Dollars over 3 years to carry out its charitable work. During first year of this Commitment, \$250,000 were presented to APPNA and ceremony was held on Saturday banquet during APPNA summer convention. Remaining will be transferred yearly over the next 3 years and will enable APPNA to support many more charitable projects.

ZT wealth a member of Corporate America donating a check of 250,000 for APPNA charitable projects at Summer meeting 2017.



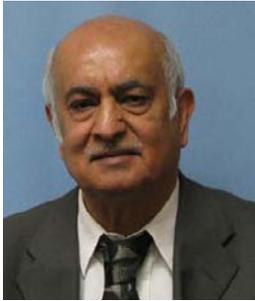


# REFLECTIONS

*"Civic Engagement Through Community Services"*



# APPNA Celebrates 40th Anniversary



Saleem A. Khan, M.D.

11/29/2017

What an extraordinary journey  
What an example of perseverance  
And what an incredible milestone.

Some of us still remember the historical moment,  
When a few Pakistani physicians got together  
And started 'Association of Pakistani Physicians of North America.'

It is amazing how from a real humble beginning,  
Over the years together we travelled so far  
And always tried to make positive difference.

Along the way on this extraordinary journey,  
We faced many small and big challenges  
But we kept working hard and stayed united.

The result of all that hard work is obvious  
Now APPNA is very well known  
In North America and around the globe.

Whenever there is a natural disaster,  
And wherever the suffering victims may be.  
Most likely a team of APPNA will be there helping.

It is hard to count all the contributions APPNA has made;  
From helping young physicians to supporting higher education  
And yes offering many scholarships for medical schools in Pakistan.

Think about all the APPNA chapters  
They are all busy doing great things  
And providing opportunities to learn and have fun.

Today we salute all those dedicated physicians and their families,  
Who worked tirelessly over the decades  
And made APPNA an extraordinary organization.



# The Lost Art of Letter Writing



By: Asma Badar, MD

When was the last time you wrote or received a personal letter?

Some of the last letters I wrote were to my father in 2013. Those tokens of love enclosing some of his favorite shaiyeri (poetry) in big, bold letters for him to read. My letters to my father were an attempt to keep the literary world my father lived in alive. Unfortunately, a few months before his passing on May 22nd 2013, it was no longer possible to discuss and exchange books with him. He could no longer enjoy

and engage in his first love, even though after the sudden loss of his soul-mate (my mother) in 2010, his love of poetry and literature had kept him as lively as he might have been when he was a fourth grader in a small district in Bijnor, India.

What made me write letters to him or my parents in this world of skype, emails, texting and phone calls?

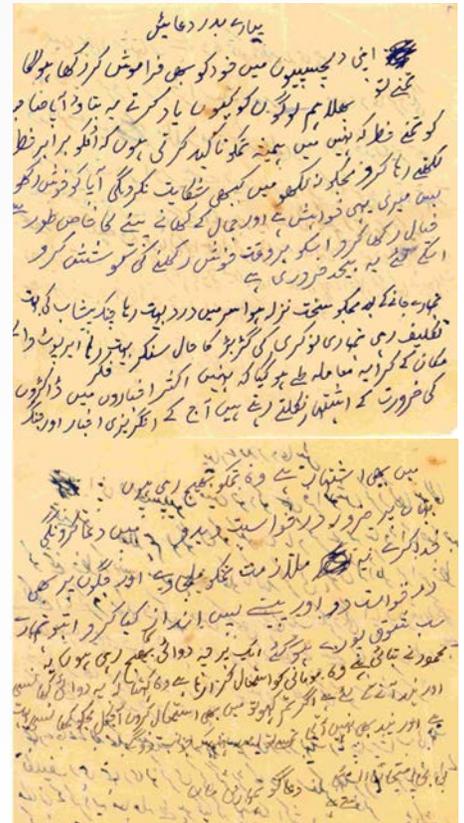
Only those who have experienced the power and intimate experience of the mystical reunion of a writer and the recipient can appreciate it. A relationship that embarks with a longing for a loved one, an irresistible urge to share oneself with their beloved. Imagine the hopeful, anticipatory trot to the mailbox. The insurmountable joy of finally discovering the envelope carrying the treasures soon to be revealed.

The etiquette of letter writing extends from the fragrance and texture of the paper that one's senses have captured for eternity, to the pen pouring the gems of one's unique handwriting, to the formalities of addressing the recipient. There is the free association of emotions, which seldom occurs in person, the variance and mystery of the moods the letter was written in, to how it was perceived. The envelope with its seal, the address and the stamp all add substance. It is merely a fraction short of reuniting with your beloved. It is the transformation of the recipient into a writer which ultimately leads to an infinite bond, one which becomes the footprints of one's personal history.

Here is a letter written to my father by his mother around 1960-61, soon after he tied an evergreen, blissful knot with my mother. Even after the passage of so many years, these letters remain immortal to our hearts and souls.

Notice how endearingly she addresses her son. Her acknowledgment of his passion for this new woman (his wife), immediately followed by her acceptance, her kindness projected by her advice to always be the first and last to his wife, to make sure that he maintains a regular pen friendship with his mother-in-law (who would pass on in Bijnor, India in another 14 years). She briefly mentions her failing health and finite life followed by worries of a mother for her little boy who still needs her guidance. She confirms that he is always in her thoughts: while reading a newspaper, she finds a job posting for her 20-something year old medical doctor embarking upon his career. She offers prayers for his ever growing responsibilities and future.

The letter ends with a reminder that she will always be his mother.





# Reaching Rohingyas



By: *Shahid Yousuf, MD*

## Deciding To Go

Just how long one must be a passive observer of the world scene and watch helplessly as events unfold? Often one feels a desire to just jump in and do something, no matter how minor and become in a small way a part of the solution. The Burmese brutality and butchery against the Rohingyas had been going on for quite sometime. The world at large in 2017 and earlier took notice but nothing concrete has been done so far. Going to Myanmar is impossible, not even UN

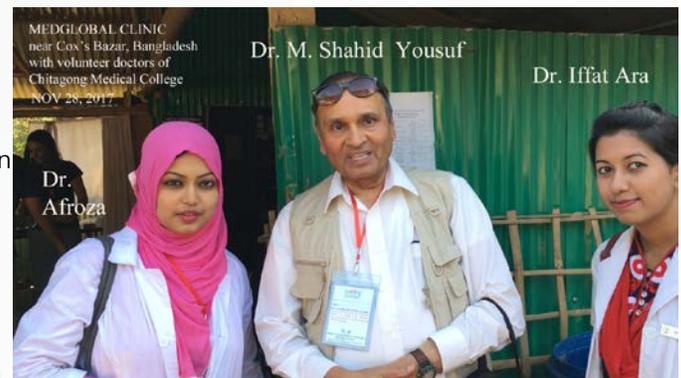
representatives can be assured entry into Myanmar. So, the next best thing that one can do is to support the survivors who had the good fortune to escape and be alive. A decision to go to Bangladesh and work in the Rohingya refugee camps came therefore naturally.

Having never visited Bangladesh, knowing no one in Bangladesh or its language presented a unique challenge. Approaching the eighth decade of my life, there were health concerns. What would one do if one became sick or needed some help? Visas and vaccinations, tickets and travel itineraries, currency conversions, voltage conversion of simple electrical devices, medicines, creams, insect repellants and on and on were my immediate concerns. Just how much time it would take. Would I get leave from work, tickets, passport renewal and visa in time? Having come back after 6 days stay in Bangladesh, I can say that it was all worth it. My visa came merely 8 hours before my airplane departure from Miami, FL.

APPNA and OBAT Helpers take much of the uncertainty, worry and fear of the unknown out of the decision making process. Drs. Humeraa Qamar, Dr. Shaheen Mian, Dr. Alya Ali, Dr. Farzana Naqvi, Dr. Tanvir Choudhry, Dr. Usman, Dr. Mir Shujaat Ali, Dr. Javed Akhtar, Dr. Henna Qureshi, Dr. Helal Ekramuddin, Dr. Minal Ahson and Dr. Zia Moiz all have gone and come back. Some have travelled with their whole families arriving at Dhaka airport without even a visa for Bangladesh. All members on such humanitarian missions bear the full costs of travel, lodging and food on their own. Donations for such projects are disbursed based on donor intent or concerned APPNA committees declared goals which are deliberated and consensus reached.

## The People

Despite the short stay, one comes into contact with a variety of people in all walks of life. Much seems to have changed in the intervening years since our days as medical students. The turbulence and torment inherent in 1971 seems to have receded in the past. People that I came in contact with were deeply appreciative of Pakistani physicians who had come all the way from USA to help in this humanitarian crisis of the Rohingyas. I met young and old Bangladeshis, doctors and those of other professions. All treated me with love and acceptance. I have kept up email correspondence with a few of them.





# Reaching Rohingyas

## The Rohingya Camps

Arriving at the Rohingya Camps one is immediately struck by the sheer hustle bustle of the camps. You see continuous activity. Housewives caring for their young children. Men carrying construction materials and merchandise of daily use. Rohingyas have set up their own shops that sell everyday items. Once in a while you see a bamboo ambulance. A bamboo ambulance is basically a hammock strung along a bamboo pole with the patient in the hammock and being carried by two adults at either end of the bamboo pole. These are essential as the encampment that I visited is hilly and no motorized transport, even RVs can traverse it. Despite the poverty and circumstances of unprogrammed mass movement, people seem to be well looked after by the Bangladesh Army. They get trucked in water, food and rations. One does not witness lawlessness. Children and adults do not approach you for money. The OBAT clinic is some 2 to 3 kilometers and one can visit it through the camps on foot during the day without concern for one's safety. Visitors however asked to leave the encampments by nightfall as these are simply population influx entities and have not yet been organized with any administration in place.



## Medical Camps

There are many ways one can go and work in the Rohingya relief medical clinics. APPNA has a number of committees that coordinate medical placement. What is needed at the moment from our partner OBAT Helpers USA are doctors going in groups of two or even singly to work in their clinic at the Kutapalong Refugee Camp. Dr. Zaid Hamoodi, surgeon from Edinburgh, UK has been leading the clinic which aims to provide basic medical, maternal and childbirth care. Vaccinations and other preventive medical activity will also be provided. Usually one would have to stay in Cox's Bazar and go in vans to the camps half an hour's ride. Once you reach the clinic there would be a steady stream of patients already waiting for you. Clinic staff will already triage the cases based on need. Medicines are purchased supplied free of cost to the patients as is all care. Next day it is the same activity all over again. Translators are present for each medical consultation. The work that one may do at such camp clinics brings so much of personal growth and enrichment, that the whole trip is well worth it. You begin to wonder where has one been all this time. If one only knew how rewarding this is, one would have not missed it for the world. Going with APPNA gives us a unique experience and a chance to demonstrate that charitable spirit is the continuing mission of our association.



Link to short video by this writer:- <https://www.youtube.com/watch?v=oiwwS0fX8QU&t>



# Lahore's Masjid Wazir Khan



By: Syed Nadeem Ahsan, MD

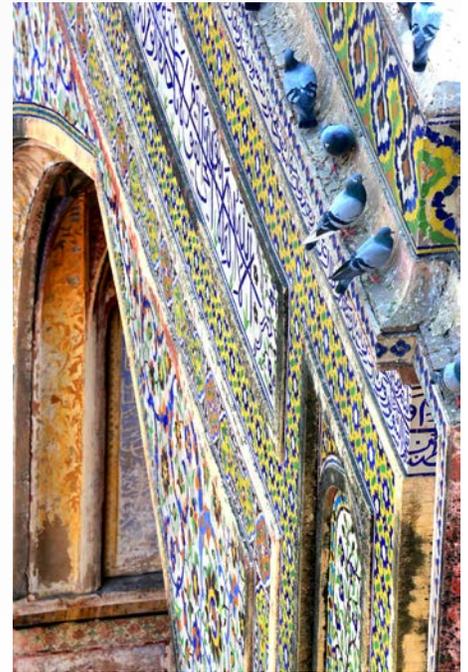
One visit here alone is enough to give immediate credence to the old adage; "jinnay Lahore na'ii waikheya, o jammiya i na'ii."

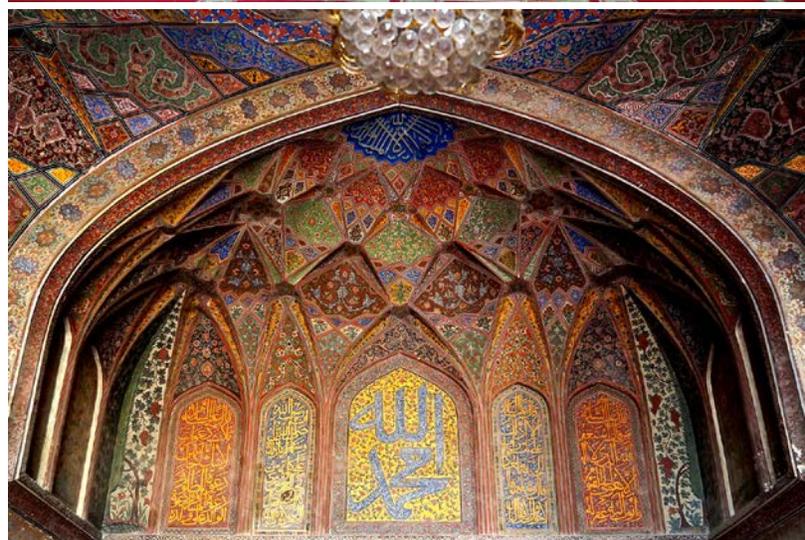
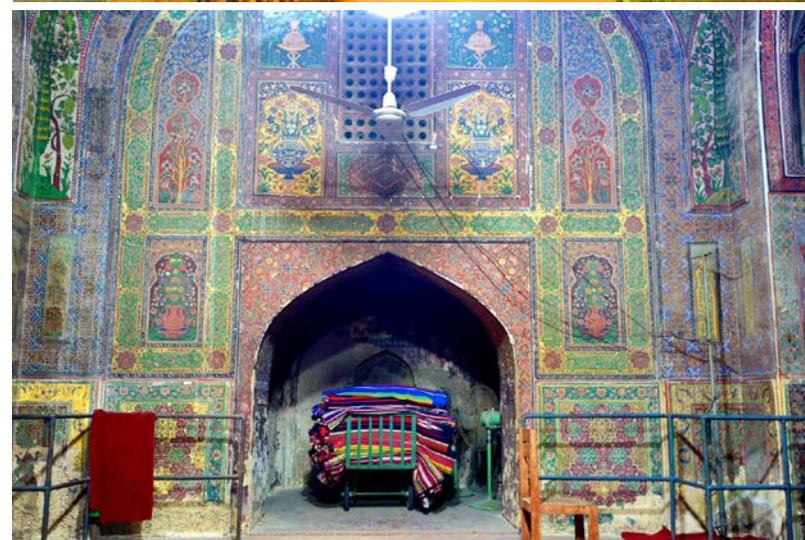
Currently being painstakingly restored, this 17th century architectural gem, built as it was by a royal physician, is the crown jewel of Lahore's numerous Mughal-era masterpieces.

The mosque was commissioned by Sheikh Ilam-ud-din Ansari, who by virtue of being Emperor Shahjahan's trusted governor (wazir) of Lahore was addressed as "Wazir Khan". Construction of Masjid Wazir Khan began in 1634 C.E., and was completed in 1641. Considered to be the most ornately decorated Mughal-era mosque, this masjid is renowned for its intricate Persian tile work (known as kashi-kari), as well as its interior surfaces that are almost entirely embellished with elaborate Mughal-era frescoes. The reason why Masjid Wazir Khan is architecturally so Persian in character is because Wazir Khan, a physician by trade, was Persian and got his style cues from the great mosques of Isfahan.

The masjid is located in the Walled City of Lahore along the southern side of Lahore's Shahi Guzargah, or "Royal Road," which was the traditional route traversed by Mughal nobles on their way to royal residences at the Lahore Fort. The masjid is situated approximately 260 yards west of the Walled City's Delhi Gate, where the masjid's Shahi Hammam is also located. The masjid's courtyard contains the tomb of the Sufi saint Syed Muhammad Ishaq Gazruni, also known as Miran Badshah. The mosque has been under extensive restoration since 2009 under the direction of the Aga Khan Trust for Culture, with contributions from the governments of Germany, Norway, and the United States.

These photos are from a trip to Lahore in February 2017. The author-photographer can be reached at [dervaisbaba@gmail.com](mailto:dervaisbaba@gmail.com).







# Same Halwa, Different Perspective: rediscovering the American Muslim identity



By: *Marium Husain, MD. MPH*

We sat there tapping our fingers on the table, waiting for my mom to bring the food. Oily thin bread with spicy choley, savory aloo sabzi and tangy yogurt, with your hands as the utensil, followed up with milky chai: the dream for so many desi immigrants' breakfast. This was a luxury for us as we didn't live near Tahoorra in Chicago. Devon ave is an oasis in a land without adequate desi food, an oasis we travel by plane and hours-long car rides to visit. I had made the journey many times before, but finally saw where a place like Tahoorra actually resides in the American story.

Lodged in between clothing and carpet stores, Tahoorra is the epitome of Desi cuisine, particularly sweets and snacks. Their green box is emblematic of fine quality at any celebration. However, its Chicago restaurant also serves a microcosm of what the American Muslim community actually is and should continue to aspire to be. Within a one-level restaurant space, my eyes immediately went to the Top Gun-fronting gentleman with sunglasses and a mohawk. He was sitting amongst his family, a female relative with tight apple-bottom jeans and sweater mid-riff, surrounded by family with hijabs, non-hijabs, traditional beards and no beards, traditional wear and jeans and long-sleeved shirts. The table to the right of them in the corner hosted a huge group of friends, co-ed and a solo hijabi amongst flowing black hair. They were all laughing, enjoying their brunch. I scanned the room behind me and saw a group of young girls all wearing black-hijabs, while eating and Facetiming with their friend who woke up late and really wanted Dunkin Donuts. The table right next to me had a smaller nuclear family, with the middle-aged dad in a tight muscle shirt and chunky vest to stay warm, with his elegant wife waiting on him to bring food, as their son spent the time surfing on his phone. The last scene was a family waiting at the entrance, waiting for other family members to clean up. The mom was in a traditional shalwar kameez, surrounded by grandchildren with bright pink coats, blue-colored leopard print leggings and uggs. If you could imagine an entire cultural spectrum, it was all there in a one-level Desi restaurant; correction, American Desi restaurant. And the most striking aspect? they were just eating. It was like any other day, any other restaurant. This was the American dream at its finest: liberals and conservatives peacefully dining in the same location, tolerant of different interpretations of religion and the spectrum of cultural expression, while contributing to the local economy and promoting a business venture.

This is the American Muslim community that I know and have known my whole life. This is what the Muslim American looks like. Like you, like me. They are not the enemy and they are not the "Other." This past election cycle has been fraught with many typical but divisive issues, such as what does it mean to be American and labeling the "Other." I used to think that being an American was about where you born, but later learned that it was not a location, but an ideal. America was and is that beacon of hope and peace valued by the innumerable immigrants she has welcomed upon her shores. Many of those immigrants were my parents, your parents, your family. The Statue of Liberty embodies that beacon, herself an immigrant from France, as a symbol of international friendship. Our recurring problem is how welcoming are we of those that do not look like us? How long will we deny that we are a nation of immigrants? We are the great experiment that conquered native lands, built by ethnic blood and prospered by their generations' hard work. Our history is soiled but our future is hopeful; hopeful for more places like Tahoorra. Hopeful that we will remember what America actually is, and understand that "American" is always hyphenated by whatever flavor you bring to the table. What's yours?

To get more involved in civic engagement, please reach out to the HOPE committee at: [mariamhn@gmail.com](mailto:mariamhn@gmail.com) or [humeraaqamar@aol.com](mailto:humeraaqamar@aol.com)



# Cultural Diversity: Why we should respect other cultures



By: *Dr. Asim Shah*

With approximately 190 countries and 7 billion people on Earth, it is not hard to imagine that many diverse cultures exist. Here in the U.S., our cultural landscape has been shaped by Native Americans and by African, Latin American, Polynesian, Asian and Middle Eastern countries. This is the reason that the term “melting pot” fits our country, as different cultures have contributed distinct flavors.

Like many others, I came to this country when I was young, in my case in my 20s. While we adapted with most cultural norms here in the U.S., some of us have kept a few from our origin, and this has been the beauty of this country – it lets you assimilate easily in its culture, while keeping your distinct identity. To me, cultural diversity means merging different cultures;

introducing good aspects of your culture to others, but also accepting the positives of a new culture.

Culture shapes our identity and influences our behaviors, and cultural diversity makes us accept, and even to some extent integrate and assimilate, with other cultures. Cultural Diversity has become very important in today’s world. Whether we work, or study, or even stay at home, our chances of interacting with people from various races, ethnic groups and cultures is far greater now than it has been ever before. By learning about people of different cultural backgrounds, we can increase our horizons, have better interpersonal dialogue and communicate more at a personal level. If you put aside any prejudices or biases you might have and you are open to other people, it can help prepare you to listen, talk and learn about other people and their cultures.

One of the most important first steps people can take to learn about other cultures is to simply accept that there are many different cultures other than their own. We need to start thinking about the positives of different cultures and how surrounding ourselves with diverse groups of people can enrich our life. Sometimes a person might not know very much about geography or history but by mingling and mixing with people from other cultures, they are given the opportunity to possibly learn about the geography, religion and customs of different countries. Being open to learning about different cultures also can encourage people to have diverse friend groups that include people of all different races, ethnicities, religions and sexual orientations.

For those who want to learn about other cultures, but do not know where to start, a great place to start is picking up a book and reading about the cultures that interest them, or doing research online from reputable sites. The best way to learn, though, is through face-to-face interaction with a person of the culture you would like to learn more about. Most of enjoy one aspect of cultural diversity, which is enjoying food from different cultures and regions, and this can also be a good way to start learning about new cultures.

Diversity is not only important for adults but children should be learning about different cultures too, especially those who live in diverse cities such as Houston, Dallas, Los Angeles, New York, Chicago or Miami. It is extremely important for adults to teach kids to be accepting of different cultures because if children are not taught, then they become more close minded. This can lead to issues at school and even lead to bullying. Kids are still forming opinions so it is essential that they are taught to be accepting while they are young. Parents or family members need to sit down and talk with children as well as present them with easy to understand data, and talk about the importance of cultural diversity. For example, if you live in Houston like I do, you can visit the website for the recently created Office of New Americans and find lots of facts about the diversity in Houston and present that to your child. If you are able to explain the importance of diversity to children and show them how diverse the world is, you can help them to be more open minded toward people of different cultural backgrounds.

In today’s world if we all are able to respect and know about other cultures, and respect their values and belief, life would be easier for most of us, and we can learn a lot of good things from each other. I know that I have learned a lot in this process, and I continue to learn each and every day.

Dr. Asim Shah, is professor and vice chair for Community Psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine.



# Changing Our Donor Culture



By: *Mahjabeen Islam MD, FAAFP, FASAM*

There's emotional giving and then there's organized giving. And changing our donor culture to accommodate for preemptive and organized giving is vital for our community in North America. This would help with institution building and also effectively fund projects, which tend to atrophy because the donor base has evaporated or was never properly developed.

Emotional giving:

You check your mail just before bed and your inbox has the smiling face of Altaf Hussain Malik, the father of four who was murdered in Texas while selling his car, and the president of the Islamic Association of Houston has started a GoFundMe page for his family. Without hesitation you roll out of bed, reach for your purse and

make a donation. How could you not? That could have been your family. \$235,000 was raised, most of it in the first hour of the GoFundMe page going live.

The earthquake or the floods in Pakistan, Israeli barbarity against the Palestinians, the genocide of the Rohingya, all pull at our heartstrings. And donations are channeled to organizations that can help on the ground.

Widows, orphans and the needy in our family and circle of friends are also valiantly supported, exactly how the Quran commands us to. (Surah Baqarah 2:83, 2:215 among many other places in the Quran)

How we figured:

We are blessed that we have the ability to donate impulsively. And yet it is in organized donation that we can be the most effective. And Islam recommends that we give 2.5% of our savings to charity, also called zakat. In an organized manner we should calculate what our zakat obligation is and then choose our favorite charities and fund them.

Large one-time donations are always welcome, but are usually the privilege of the very wealthy among us. Charitable organizations go through much angst and trepidation to snag those large donations, while still toiling away to handle their ongoing charitable activities as well as their expenses. Just like many of us receive a biweekly or monthly salary, the lifeblood of charitable organizations is the regular, reliable inflow of money.

The United States is a very generous nation and collectively we gave 373 billion in charity in 2016. The most charitable state was Utah because of its high Mormon population and their strictly following the annual 10 percent tithing policy.

According to the IRS's 2014 Statistics of Income (SOI) report, the average charitable deduction by income level ranged from 2.6 to 12.3 percent. According to the National Center for Charitable Statistics data from the IRS's 2011 Statistics of Income (SOI) file, there is a U-shaped relationship between total adjusted gross income (AGI) and charitable giving as a percentage of AGI. Those with income between \$100,000 and \$200,000 contribute, on average, 2.6 percent of their income, which is lower compared to those with income either below \$100,000 (3.6 percent) or above \$200,000 (3.1 percent). The effect is even more severe at the extremes.

According to research conducted in 2013 and reported by the Huffington Post UK and The Times, Muslims give



# Changing Our Donor Culture

more to charity than any other religious group. At almost £371 Muslims were ahead in the poll, Jewish donors gave of £270 per person, Protestants £202, Roman Catholics averaged £178 and atheists averaged £116. I was unable to find figures specific for Muslim giving within North America, but suspect that charitable giving primarily due to zakat obligations is high, but is not channeled through organized charities.

Beware email requests:

From friends and family we all receive tearful stories of people in need. And as much as these may be the complete truth, the risk of funding unsavory individuals and organizations exists. And should be avoided.

The mosque-building obsession:

I know my mother wants to contribute to the building of a new mosque in Toledo and it takes many conversations to convince her that that is not the only route to heaven. Greater Toledo has a population of 650,000 and we have 15 mosques! Most populated for Friday prayer but the rest of the time empty rooms and wasted spaces. And sadly Toledo is representative of the state of Muslim communities nationwide. The need is for women's shelters, free clinics, vocational training center, fostering-training centers and soup kitchens; much more than thinly attended mosques.

Organized giving:

It is very simple to calculate zakat. Or for tax deductions make charitable contributions on a monthly basis. Go to the websites of your favorite charitable organizations and make a monthly recurring donation. Or if you're old school, go to online banking and send in a monthly check. And if you're really old school then write and mail a monthly check.

APPNA Health:

APPNA has achieved a lot in the many projects it has and it still has a long way to go in all that it can achieve. APPNA is uniquely positioned to help our fellow citizens in these uncertain times, especially with regard to medical care. APPNA Health is an umbrella for

- APPNA Free Clinics
- APPNA Mobile Health Units in the US and Pakistan
- APPNA Medical Corps: missions across the globe

APPNA Qatra Fund

I just got back from a family dinner at a restaurant. For the three of us, the bill was \$96, with a tip I put down \$114. And like a typical American family, I know we'll go again maybe in a week or so. For each individual APPNA member \$100 per month is really not noticeable; but the cumulative effect for the organization is truly immense. Qatra qatra darya ban jaata hai-drops accumulate to form a river. We can accumulate \$3million a year if all of us gave \$100 per month. \$1.5 million if we shave it to \$50 per member per month.

The focus of the Qatra Fund is APPNA Health. As physicians we are uniquely positioned to advance APPNA Health. All we need is organized giving. Any amount but every month. Log on to [appna.org/qatra](http://appna.org/qatra) on your computer (and not your smartphone) and make your recurring donation today. I know you'll feel glad you did. Together we will strengthen our organization and with its dramatic achievements with APPNA Health, I know we can make APPNA a household name.

*Mahjabeen Islam MD, FAAFP, FASAM is in the private practice of addiction and family medicine in Toledo Ohio. She is also Director of the APPNA Qatra Fund. Her email is [mahjabeen.islam@gmail.com](mailto:mahjabeen.islam@gmail.com)*



# Islamic Calligraphy



By: M. Saleem Seyal, MD, FACC, FACP, December 27, 2017

“The beauty of writing is the tongue of the hand and the elegance of thought.”  
(Hazrat Ali ibn Abi Talib)

“Handwriting is jewelry fashioned by the hand from the pure gold of the intellect.”  
(Franz Rosenthal, Abu Haiyan al-Tawhidi On Penmanship,“ Ars islamica 13-14(1948), p.18)

“If I had known there was such a thing as Islamic calligraphy, I would never have started to paint. I have strived to reach the highest levels of artistic mastery, but I found that Islamic calligraphy was there ages before I was.” Pablo Picasso

Paolo Monti | Wikipedia Commons | Released under Creative Commons BY-SA 4.0

“Purity of writing is purity of the soul” is an old Arabic proverb that predates emergence of Islam. The

supreme art of Islamic calligraphy (beautiful writing) began in earnest with the scribes who wrote down what Prophet Muhammad recited after receiving Divine revelations from God in 610 in Mecca. The revelations were continued for the next 22 years. Compilation of these revelations was eventually organized in a final form of that archetypal “Book”-- the Holy Quran-- and distributed widely in the nascent yet rapidly expanding Islamic domain, for dissemination of the Message. Ali Ibn Abi Talib - a cousin of the Prophet and the fourth Caliph, was the first Master Calligrapher. The art of Islamic Calligraphy is deeply inspired by Quran and is considered akin to worship and as the visual embodiment of the Divine Message. Islamic calligraphy written in a wide variety of scripts has evolved and endured brilliantly over the last 1400 years and was ennobled because it became the primary means of visual, artistic and aesthetic expression of the Message of God.

### Implements/Tools of Calligraphy:

The prime writing instrument is a qalam (calamus) carved from reed or bamboo, using different widths and cuts of the tip depending on which script is written. Prolonged and laborious procedures have been followed by orthodox professional calligraphers, including harvesting and seasoning of the reed or bamboo to make it suitable for carving, to procuring the paper that needs to be dyed, sized and burnished. Initially, portions of the Quran were written on bone, stone, wood or papyrus and later for the first two centuries, complete copies of the “Book” were written on parchment (animal hide). Paper invented in China and introduced to the Islamic world via Samarkand in the middle of the ninth century transformed the art of calligraphy.

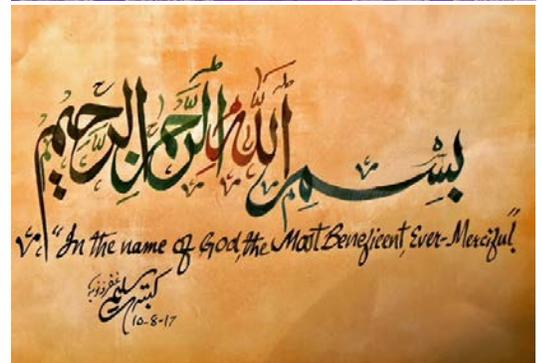
### Styles/Scripts of Calligraphy:

The first script was the Kufic or Hijazi which was angular and square and is named after the city of Kufa where Hazrat Ali ibn Abi Talib popularized it. For the first three centuries of the Islamic period (7th to 9th C.E), Quran was written in the Kufic script which evolved over time but was rather ungainly and difficult to read. One of the early Kufic inscriptions (epigraphy—seen on surfaces including architecture) can be seen inside the Dome of the Rock in Jerusalem. Many artistic embellishments and variations of Kufic script exist including Eastern Kufic, Plaited Kufic, Square Kufic and many others. Cursive writing was however sorely needed and Ibn Muqla (880-940 AD) - a vizier and calligrapher under Abbasid Caliph in Baghdad, came to the rescue. He was a person of heroic stature who laid the sound foundation of proportionality and devised and improved several scripts.

Thuluth (Sulus) script originated in the 7th century and reached maturation by the 9th century. Thuluth is also dubbed as the “King of Calligraphy” and has arguably become the most imposing, common and impressive script. When the Dome of the Rock was restored by the order of the Caliph Al-Ma’mun (reigned 813-833 C.E.), a barely visible narrow belt of inscription was added in Thuluth script.

Naskh script evolved by the 11th century and was used extensively for copying Qurans because of its straightforwardness and readable simplicity.

Ibn Muqla was followed by the two other members of this triad of master calligraphers and innovators, Ibn-al- Bawwab (d. 1022 AD) and Yaqut al-Musta’simi (d.1298). From





# Islamic Calligraphy

the 14th to the 18th centuries, the work of these three legendary calligraphers exerted huge influence in the field of Islamic calligraphy. Ibn-al Bawwab refined Ibn Muqla's rules and invented elegant Muhaqqaq and Rayhani scripts. The third calligrapher, Ya'qub Al-Musta'simi, often called "The Sultan of Calligraphers" invented the oblique chiseled tip of the Qalam to achieve greater fineness and finesse.

Nastaliq script called the "Bride of Arabic Calligraphy" was invented in Iran by Mir Ali Tabrizi (d. 1420) as a hybrid (of Taliq and Naskh), elegant and effusive script and became quite popular in the Indian Sub-continent as well for writing in Farsi(Persian) and Urdu.

## Turkish Calligraphy:

Calligraphic marvels of great beauty have been created since the tenth century when Turkey joined the Islamic world and the Arabic alphabets acquired aesthetic splendor in the ever-expanding Ottoman domain. Over the ensuing centuries, there were inventions of many scripts as well as refinement of existing ones by the master calligraphers who maintained a classical master-disciple relationship with very long apprenticeships (sometimes a decade or two!) before an authoritative Ijaza or certification to write one's name to these creations was granted.

A Turkish master calligrapher, Shaykh Hamdullah laid the sound foundation of Turkish calligraphy around 1500, and his successors have produced a model of special beauty in the Islamic world. A Turkish saying proclaims, "Kuran Mekke'ye indi, Misir'da okundu, Istanbul'da yazildi" ("The Quran was revealed in Mecca, was recited (properly) in Egypt, and was written in Istanbul). Turkish calligraphers are adept in all calligraphic styles.

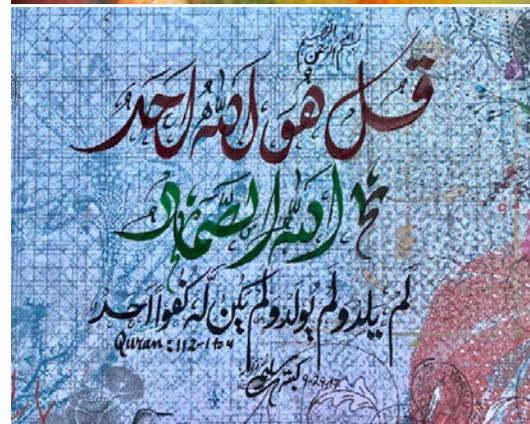
Diwani script is a very popular script which was a purely Turkish invention. The name of this script derives from "Diwan," the name of the Ottoman royal chancery. Created by Housam Roumi, this script was used in the courts to write official documents and reached the height of its popularity under Suleyman I- the Magnificent in the 16th century reaching maturity in the 19th century.

Tughra is a distinctive Turkish invention, highly elaborate and ornate. The genius of the tughra reportedly was that it was difficult to forge. From the use of the first tughra in 1324, these forms became increasingly complex albeit enticing. Tughra contains three vertical shafts and a number of concentric loops in complex, graceful, flowing lines. Tughra was used by the Ottoman sultans as their signature as a stamp of authority and the royal emblem of the sultan.

Many other beautiful scripts are extant including a variation of Nastaliq called Shikaste used for Persian and Urdu poetry, a gorgeous script called Moalla invented in the 1990s by an Iranian Hamid Ajami, and Khatt-e-Raanai by the late Ibn-e-Kaleem of my city of birth, Multan Pakistan. Many Pakistani and Indian calligraphers have produced marvelous pieces of calligraphy including the late Sadequain, a prolific calligrapher who developed his own distinctive style and earned huge acclaim. Khursheed Gauhar Qalam of Lahore is a highly respected calligrapher of immense repute.

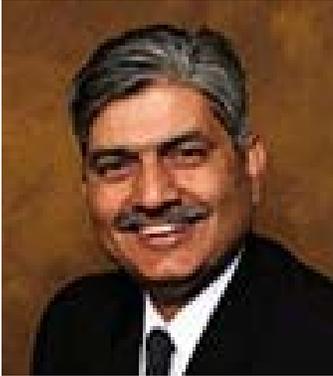
Among the contemporary master calligraphers is the inimitable and distinguished Turkish calligrapher, Hasan Celebi of Istanbul, who has taught a large cadre of Islamic calligraphers from all over the world. Mohamed Zakariya of Washington, DC is a contemporary, highly respected master calligrapher who was a pupil of Hasan Celebi. Another pupil of Hasan Celebi is the Japanese, Honda Koichi, an Islamic calligrapher who has produced marvelous pieces.

The spirit of calligraphy can be summed up by a verse from the famous Persian poet, Hafiz's lines, "LET THE PEN WRITE FROM THE HEART THAT IS JOYOUS AND FREE." Calligraphy is a spiritual path and exercise that leads to tranquility of the heart. For a calligrapher, externally, each dot, each stroke and each word produced by the qalam should be vibrantly alive and graceful. Internally, calligraphy should be devoted worship, a venerated task and a joyful experience.





# To the Moon and ....



By: *Farrukh S. Malik, MD*

The news story published in a local newspaper categorically stated that the APPNA organization will create a University in United States of America. At the 2017 annual APPNA Convention in Orlando, an educationalist for Pakistan and the President-elect of APPNA announced their plan for such a monumental task. For journeymen like me, this news was more sensational than accurate, for I sat through the council meeting, where customarily such projects are discussed as new business, not only that such a project was not brought up, the sitting President did not recall any such proposal brought up for the APPNA Officers to consider.

Establishing a world class university in the United States is a noble but daunting task. For those of us in Academia, establishing one endowed chair is lifelong commitment of resource and time, let alone a competitive, financially independent, and vigorously run multi-discipline University. A very commendable project indeed. However the issue relates to the APPNA as an organization committing to a lifelong

project, where its track record is dismal at best. Furthermore, the absolute disregard to the collective decision making of the APPNA executive council is deplorable at least.

Such unilateral decisions are not new. I have witnessed, in the last 25 plus years of my membership, many such newsworthy and lofty proposals from top executives of APPNA. I recall a few of the grand failures in the last several years of my membership. For the newcomers let me tabulate them,

- The donation of a hefty \$25 thousand to the Smithsonian institute that nearly ruined the finances of APPNA by a noteworthy President in the 90s.
- The Grand stand announcement before The Prime Minister of India to establish an Appna Village. It never happened and the said President is never seen again at APPNA functions.
- Another APPNA president vowed to establish a trauma center while in the courts of Prime Minister Raza Gillani. No such project was ever initiated.
- There was a lot of money, time and energy spent recently on establishing a Medical school in Montana. It fizzled out and no further news about it. Some American officials involved in this project are still wondering about the fiasco.
- APPNA institute of Public health. No public records available regarding its viability or scope.
- APPNA foundation. Mainly a paper organization.
- Memorandum of understanding with USAID to coordinate activities in Pakistan. No further input so far.

Next year is the University project.

The short history of our organization is replete with inaugural news about grand projects but no completions. Why is that and why it keeps happening?

-Based on my observation and study of collective behavior of our leaders, I have a few comments.

- Our desire for legacy, to be known as somebody who did something
- Our ignorance with the concept of democracy, while our disdain for its restraints. Our leaders like to be elected by vote, but any further democratic principles are not understood even ignored with contempt. Case in point, only President has the platform for declaring the theme, project, and plan with no consultation or deference to the actual governing council. Unilateral decisions since he unilaterally won the election to this August office.
- No issues of accountability since we all have short memories. We have learned that as Presidents of the banana republics, we are immune from any accountability. The year is done, pictures taken and then the next cycle starts.
- Our leadership believes in "home run" victories. There is dearth of understanding of the larger game and planning for a sustainable and long term good. The recent slogans and declarations are newsworthy in front of our audience, especially the Bureaucrats from the mother country.

The worst part is that the audience knows it too and they laugh at the yearly announcements.

- The leadership clan almost always ascribe to a philosophy of individual Prima Donnas. There year of presidency has no room for any other thought, project or idea. Invariably each year a new strategic meeting, a new slogan, and a courtship dance. Sadly by mid-year, the enthusiasm yield to mundane mediocrity of business.

Going forward, it would be a remiss to really address the coming leadership and the need for doing some required good.

APPNA is a small organization. Financially, it has a small footprint. In business terms, it has less than 10 full-time employees. Structurally, it needs an energetic, independent executive director with the mandate to run the business of the tax-free organization.

The immense strength of APPNA is its membership. For it to be successful, APPNA needs to invest, integrate, and reorganize its core strength, and its obvious manifesto. That is to take care of the educational and social needs of its members. God speed.



# Medical Mission for Rohingyas Cox's Bazaar, Bangladesh



*By: Humeraa Qamar, MD - Past President WAPPNA - Past President APPNA Florida Chapter.*

I had the honor of being part of a medical mission to Cox's Bazaar, Bangladesh from November 4-12, 2017. The purpose of the trip was to provide medical care to the Rohingyas, ruthlessly displaced from Myanmar by the army and government of that country.

Our medical camp comprised of eight US doctors of Pakistani descent (members of APPNA and WAPPNA), 20 other personal including two local doctors, two pharmacy techs and several other volunteers. During the course of five working days we saw about twenty five hundred patients including men, women and kids. We also provided free medicines & provided IV antibiotics and IV fluid as needed.

Our team also provided 4000 blankets, 2000 shoes, several hundred cartons of baby formula and 1200 care packages containing food items & personal care stuff. This stuff was distributed for us by the Bangladesh army that was controlling all the camp sites and are doing a terrific job of administering and distribution. The total value of our donations was \$100,000, several man power hours and unlimited love power hours.

Our patient population comprised of hundreds of malnourished children, sick and weak moms who were unable to breast feed their babies, men with physical and emotional wounds, women who had been attacked and raped... the list is endless. These patients presented with headaches, chest pains, body aches and other physical manifestations of PTSD. The list is endless and heart wrenching.

We were able to refer patients who needed more intensive care to Bangladesh Red Crescent field hospital among others.

Other countries who had presence there were Korea, Turkey, Indonesia & Sweden to name a few. Other big organizations we saw were UN, Doctors Without Borders, Red Crescent and some local charities.

There were hundreds of other local and international NGOs also working on the ground to provide much needed help to these hapless refugees.

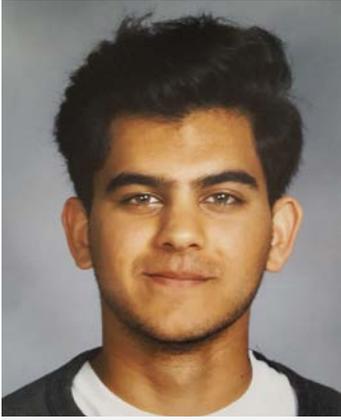
The Rohingyas have fled death, destruction and indignity. Every single patient I saw had a tragic story to tell. The wounds that these people have been inflicted will take several decades to heal, if that. It is imperative that the world takes its myopic glasses off and finds a permanent solution for them. The UN can step in and carve a small area for them at the border like it did in East Timor and Sudan, where they can live in peace and dignity.

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# What is past is prologue-William Shakespeare



By: Salar Akbar

"History" is widely understood in solely its connotative sense as the study of past or prior events relative to the modern present. Although this application of the term is most recognized and therefore most trusted, it must also be recognized that there remain other just as valuable uses of the term "history." One such use where one would certainly be more lonesome, but nevertheless correct, is if they defined the term "history" as a vocable- a term that takes more structure and form than literal meaning. Instead of simply studying events from years long past that quite understandably are seemingly far removed from our current reality and therefore are of no inherent value, utilizing history as a model to construct a path for the everlasting future. History is much undervalued in this sense; as a simple telling of humanity's past it can be considered prophecy in aspects unique to itself- the ability to definitively determine plausible consequences, and of course affecting each and every single

thing proceeding it. Within those who would educate morality through parables, was the very nearly innate understanding that the past, our history, is a means to the accurately predicted future. It cannot be such a wonder then as to how such parables remain not only connected as the exemplification of choice literature, but offer a figurative lesson to numerous modern scenarios. Famous playwright William Shakespeare, would write his storytelling with a quill stained with "history" to outline in similar detail, real events to come or rather real events that would come if the prerequisites were met. As the teller of stories once said, "What is past is prologue,"- what has occurred throughout history will indeed tell of future events to come.

Shakespeare, the legendary playwright he was, wrote much of tragedy in his works, a testament to the events that occurred throughout history which preceded his life. His writing of tragedies is fitting to history being utilized as a vocable as almost anyone would concur tragedy should be given an unparalleled effort to prevent it from ever occurring; as he wrote such parables heavily utilizing themes of struggle, deceit and corruption, justification and self-gratification, and righteousness do connections to events ensuing his writings become evident. A prime example: Shakespeare's stories had settings where there is often a monarch or ruler who is selfish and egocentric (drawing parallels to actual rulers of his time), which led to the subsequent rebellion of his/her people, ultimately setting in motion a chain of chaotic and dramatic events that led to an inevitable tragedy. This specific instance of rulers causing unrest and indirectly impacting the lives of so many to the extent they experience death is so frequent that one needn't look much farther back than Iran in the late 1970s and 1980s. The Shah, otherwise known as the absolute ruler of the lands of Iran and its corresponding peoples, showered his wife and himself in opulence- exotics from other lands, gold gilded all but their skin, even baths in fresh milk, all while a majority of faithful people were starved. This lack of empathy for the people's suffering as well as the Shah's clear appeal to the United States, in perfect tandem with his increasingly liberal institutions (the allowing of women to adorn in skirts and show their skin) which conflicted with the founded upon, ingrained, and extreme Islamic positions of the Iranian people, all ultimately led to another revolutionist to presume control of the nation within a week- completely reversing its appealing aspects back into its severely-penalized worst offenses. What occurred following the revolution was a situation in which the people were even more unfortunate in their suffering now having been restricted to the most extreme interpretation of Islam on top of their already pressing challenges. War was brought to the land and to the modern day has still not left its dying people to wilt away in solidarity; the people still find themselves watching for roadside bombs and when a girl is born, she would still follow some rules so destructive to the psyche that it is no wonder many of her kind would rather commit to a fate crueler than simply living. The primary tragedies that are evident in Iran and that were evident throughout Shakespeare's plays were the loss of control of a people and nation through one ruler acting in his own indulgence than for his people's needs, the blind-following of the people to an unproven revolutionist who ironically made the situation worse for each and every family, even setting precedent for following generations to suffer from, and lastly the largely unrecoverable state the nation is left in. Events from Shakespeare's time inspired his plays which serve as lessons as to what happens in similar scenarios such as this example where a ruler by simply acting for himself, sets in motion chaos to ensue for long periods of time. The ruler of Shakespeare's time, the Queen Elizabeth I, although successfully enticed a period of brief strength for her nation, largely left many citizens unprovided for, and so does Shakespeare's line ring true here: "What is past is prologue." The ultimate lesson is that history is repetitive in its vocable model, and so this tragedy of Iran could have very well been prevented.



### Restoration of Oxygen and Insulin Signaling For Treating Autism and Alzheimer Disease. What Might APPNA Contribute?



By: Majid Ali, M.D.

The human brain – it seems to me - is the organ of the human body that is most vulnerable to toxicities of food, environment, and thought - from autism spectrum disorder (ASD) to Alzheimer's disease (AD). The two primary pathways of structural and functional neuronal disruptions in these two disorders result from compromised oxygen signaling and accentuated insulin signaling.

On November 19, 2017, The New York Times published a full front-page article in its Sunday Review section entitled *Is Alzheimers Coming for You?* It included a full front-page article in the Sunday Review section of The New York Times entitled *Is Alzheimer's Coming for You?* It included the following: "Why do it [the test for AD] when there is no drug or lifestyle strategy

that is absolutely guaranteed to protect the brain... Alzheimers disease is beginning to look like a multifactorial illness that might result from poor diet, a sedentary lifestyle, chronic inflammation, exposure to chemicals in the environment, and genetics.

On November 19, 2017, Google searches for Alzheimers disease alone and when added to the writer name were 1,550,000 and 23 entries respectively. The earliest post by this writer, a surgeon (FRCS, Eng. 1968) – turned pathologist (Columbia University, New York, 1975-1996) – turned an integrative clinician was entitled the oxidative model of Alzheimer's disease.<sup>1</sup> Based on his later work with mitochondrial function and respiratory-to-fermentative shift in immune-inflammatory disorders,<sup>2</sup> he put forth his oxygen model of Alzheimers disease.<sup>3</sup> Simply stated, the unifying oxygen model of Alzheimer's disease explains the known risk factors, pathogenesis, clinical course, and complications of AD on the basis of disrupted oxygen signaling. The model also sheds light on the mechanisms of action of drugs used to treat AD as well as nondrug therapies with empirical benefits for the disease.

Subsequently, this writer recognized insulin dysregulation with hyperinsulinism as the major contributing factor in the pathogenesis of neurodevelopmental and neurodegenerative diseases, including AD.<sup>4</sup> The commonalities between Type 2 diabetes and AD became clearer. For interested readers, the writer adds that he and his colleagues in integrative medicine recognize some empirical benefits of several non-drug measures for AD, notably: (1) hyperinsulinism modification dietary plans<sup>5</sup>; (2) restoration of gut microbiome with seed-feed-weed approach<sup>5</sup>; (3) toxic metal chelation<sup>6</sup>; (4) oral brain nutrient supplementation (L-theanine, GABA, 5-HTP, and others); (5) injectable glutathione, taurine, cyanocobalamine, vitamin B complex, ascorbic acid, and others; (6) hepatic detoxification with oral lecithin, topical castor oil rubs, and spices of empirical hepatic benefits (notably turmeric, ginger, garlic, cinnamon, and cumin); and (7) general supportive measures from the family and professional.<sup>7-10</sup>

In light of the above, what might APPNA contribute to the treatment of ASD and AD? This writer is not aware of any U.S. government-funded research studies that investigated the fundamental issues of disrupted oxygen signaling and insulin dysregulation with hyperinsulinism in these disorders. This is where the writer recognizes an opportunity for considering an APPNA initiative. He presents full detail along with supportive literature (citations included in this article along with a compendium of his additional publications on these subjects on line (at [www.aliscience.org](http://www.aliscience.org). Link: <https://aliscience.org/2017/12/01/restoring-oxygen-and-insulin-signaling-for-neurodevelopmental-and-neurodegenerative-disorders/>

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# Trip to Rohingya Refugee Camp in Bangladesh



By: *Bushra Dar, MD, Sindh Medical College, Class of 1984*  
*President, Minnesota Association of Pakistani Physicians (MAPP) - MN Chapter of APPNA*

It has long been my desire to serve abroad with Doctors Without Borders, but as a mother of three and a full-time practicing physician, I have not yet had the chance. However, when I received an email a few months ago about APPNA's medical mission to serve Rohingya refugees, I knew this was the opportunity I had been waiting for to carry out my mission. I immediately jumped onboard.

Early November 2017, I traveled to a remote area in Cox's Bazar, Bangladesh with a team of 8 physicians (most of whom were also APPNA members) and 5 young students of these physicians to serve in a refugee camp. Everyone is likely aware of the crisis in Myanmar, where an innocent

ethnic and religious minority, the Rohingya Muslims, are being persecuted and have been displaced and forced to leave their homes. Many are now living in refugee camps like the one I visited in Bangladesh, at the Myanmar border.

The sight at the camp was heart-wrenching. The patients I saw, the majority of them women and orphaned, malnourished children, had been victims of rape and torture by the Buddhist regime. Young children, ranging from newborns to teenagers, barefoot with barely any clothes on their bodies, without food in their tummies, running around in dust and mud, with no schools and uncertain futures. These people are surviving at the mercy of NGO's to provide them meals and limited acute medical care. The babies are severely malnourished. Imagine a 14-month-old with no solid food, still breast-feeding from a malnourished mom. Besides medical care and treating acute illnesses, we also provided formula for babies and milk for moms, knowing all the while that this supply would not last. Our medical team also arranged for delivering care packages including bags of food, blankets, and a few necessary items of daily living. We did this at a military post in order to avoid a stampede; if we tried distributing goods through our camp, the lines were so long that we would have run out of goods while people were still waiting.

At times as a physician, I felt so inadequate due to a lack of resources and inability to provide a proper standard of care, which should be the right of every human being.

What makes me most upset is that this crisis has been going on for years while the world continues to watch, and not enough steps have been taken by international community to stop it, despite the fact that it has been clearly designated by the United Nations as "genocide" and "ethnic cleansing".

One young man, a 19-year-old boy named Hasan, came in one day as a patient, and then excitedly came back everyday after that to help us as an interpreter. Hasan has been living at this confined camp since 2012, with tight restrictions at the military post by the Bangladeshi army to avoid infiltration of refugees into other cities. Every patient had their own story of assault, torture, and humiliation, which forced them to flee their home for this indefinite life in a camp, with no foreseeable hope of making it out.

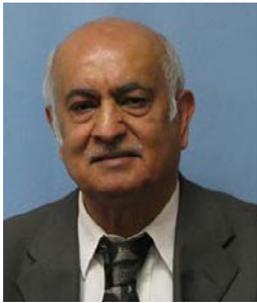
This was an eye-opening experience for me. Coming back home, I felt thankful for how blessed we all are, but at the same time so guilty. How easy it is to go back to my own comfortable routine and leave these people behind who have nothing but waiting and hoping that someday something will happen that will change their lives for the better. In these camps there are moms like us who want nothing but basic things like comfort, food, clothes, education and safety for their kids. There are children like our own children who may have dreams for their future. There are elderly who are so frail that they will die in vain. The need at these camps is ongoing and these missions need to continue until we all find a permanent solution to end their misery once and for all.

I urge everyone to take action in creating awareness about this issue in your community. Even if you can't go abroad, take a few minutes out of your day to call your Congress members and ask them to support legislation that will help (ask your House Representative to support HR 4223 and your Senators to support S 2060). Donate to NGO's that are trying to meet the needs on the ground. And say a prayer for the Rohingya people.

I feel blessed to have had this opportunity to serve, and at the same time I feel motivated and determined that my mission to serve needs to continue.



## Before Preaching Others



Saleem A. Khan, M.D.

11/29/2017

Many times I have noticed  
People say things, but they don't mean it.  
Sometimes, they say what they mean,  
But they don't act on those nice things.

I know some well-known people,  
Who preach good things to everyone,  
But when it comes to themselves,  
They hardly do what they preach.

I also know some people,  
Who don't make any big claims.  
They don't preach to anyone  
But they always do good things.

The life experiences certainly teach us,  
We should think before we say anything  
And before preaching others,  
We should ask ourselves about our own deeds.



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Faiz Bhora, MD Co-Chair

Members:

Faraz Saqib Masroor, MD Wamiq Yousuf, MD  
Irfan Imami, MD Javed Butler, MD  
Shehzad Saeed, MD Khurram Nasir, MD  
Saad Usmani, MD Abid Hussain, MD  
Saad Omer, MD Sumaira Aasi, MD  
Jawad Hasnain, MD  
Muhammad Irfan Aslam, MD  
M. Mansoor Mohiuddin, MD

### Resource & Development Committee

Atique Mirza, MD, Chair  
Mubashir Chaudhry, MD, Co-Chair

Members:

Manzoor Tariq, MD Arif Muslim, MD

### SAYA

Hamza Ali, President

### Social Forum Committee

Muhammad Babar Cheema, MD, Chair  
Abdul Jabbar, MD, Co-Chair

### Spring Meeting Committee

Sarwat Iqbal, MD Advisor  
Haroon Durrani, MD, Chair  
Jamil Mohsin, MD, Co-Chair  
Sajjad Savul, MD, Co-Chair

### Social Welfare & Disaster Relief Committee (SWDR)

Aisha Zafar, MD, Advisor  
Naeem Khan, MD, Advisor  
Shahid Sheikh, MD, Chair  
Abdul Majeed, MD, Co-Chair

Members:

Mansoor Alam, MD Rashid Hanif, MD  
Muhammad Aslam, MD Irfan Rizvi, MD  
Ghulam Mujtaba, MD Ahmed Malik, MD  
Amjad Ghani Sheikh, MD Rubina Inayat, MD  
Mohammed Shahid Yousuf, MD

### Sub-Committee on Asset Management

Masood Akbar, MD, Advisor  
M. Sohail Khan, MD, Chair  
Mohammad Khawar Ismail, MD, Co-Chair  
Maqbool Arshad, MD, Co-Chair

Members:

Amjad Sheikh, MD Sajjad Savul, MD  
Farrukh Hashmi, MD Talha Siddiqi, MD  
Mubasher Rana, MD

### Summer Convention Committee

Shahid Usmani, MD, Advisor  
Aniq Shaikh, MD, Chair  
Azhar Chaudhry, MD, Co-Chair  
Sajid Hafeez, MD, Co-Chair

Members:

Naeem Moon, MD Abid Rasool, MD  
Nasim Ahmed, MD Roh Afridi, MD  
Salim Afridi, MD

### Winter Meeting Committee

Atique Mirza, MD, Chair  
Raza Khan, MD, Co-Chair  
Mubashir Chaudhry, MD Co-Chair

Member:

Saad Z. Usmani, MD Nasrum Iqbal, MD  
Tahir Latif, MD

### Young Physicians Committee

Shahzad Iqbal, MD, Chair  
Majid Aized, MD, Co-Chair  
Urooba Faheem, MD, Co-Chair  
Muhammad Taimoor Khan, MD Co-Chair  
Amin Ur Rehman Nadeem, MD Co-Chair

Members:

Amjad Ghani Sheikh, MD  
Muhammad Afzal, MDAhmad, MD  
Shamim Salman, MD Sana Waheed, MD  
Faisal Latif, MD

### Young Physicians Committee:

#### Sub-Committee for Electives

Saad Z. Usmani, MD Sadiq Naveed, MD  
Umar Tariq, MD Muhammad Afzal,  
MDAhmad, MD  
Iqbal Jangda, MD Aftab Khan, MD

### YPN Committee

Naheed Arshad, Chair

Members:

Shaji Jaffery Kazi, MD Samia Piracha, MD  
Raheela Khawaja, MD Farah Rana, MD  
Nighat Siddiqui, MD Anila Kazi, MD  
Shahnaila Latif, MD Farah Haider, MD



# Awards Committee



The Awards Committee 2017 was constituted by following the guidelines for this committee. There are two former APPNA Presidents Drs. Omar T. Atiq, Pervez Ilyas Shah and two Board of Trustee members Drs. Imtiaz Arain and Asif Rehman and one Gold Medal recipient ( Dr. M. Shahid Yousuf).

A call for nominations was sent out to the membership via blast email on May 3rd, 2017. The notice listed the members of the committee, downloadable forms for nominations, criteria for the award recipients and that the submissions for the awards should be sent to Ms. Jennifer Wozniak-Watson, Director of

Operations, APPNA. Nominations were to be received by May 30th, 2017. Only those nominations were considered when the criteria for nominator and nominee were met and verified by Ms. Jennifer Wozniak-Watson.

The committee subsequently met via a conference call having previously received the relevant material submitted by APPNA office. Each nominee was discussed by all. Each member of the committee presented his view. After due deliberation the nominees for this year's awards were chosen and were presented at the Saturday, July 8th, 2017 APPNA annual banquet in Orlando, Florida.

The award recipients for 2017 were:-

### President APPNA 2006, Dr. Abdul Rashid Piracha (VA) Gold Medal Recipient



The APPNA Gold Medal is the highest award given by the Association to any member, for exceptional services rendered to APPNA, which are above and beyond the call of duty. Our recipient of this year's award was born in Chaman, Baluchistan where he spent his early years. Graduating from Nishtar Medical College he moved to USA where he did his residency and fellowship in New York. His contributions to APPNA span to a period of over a decade having served in many committees as well as the Board of Trustees. His leadership

and sacrifice became evident in 2006 after the Pakistan earthquake of 2005. He visited Pakistan four times in 2006 and oversaw the largest APPNA relief effort since its inception. Apart from benefitting injured individuals, APPNA created many institutions for such care. His role in the advocacy committee and for young physicians continues to this day. He has been featured on television and news media where he has advocated for the Muslim American causes. He is a community leader and a tireless worker of APPNA.





# Awards Committee

## Dr. Mukhtar Khan (MI) Humanitarian of the Year, Founder of Hasan Foundation USA



APPNA humanitarian award recipient should demonstrate lifelong commitment and outstanding achievements in community service and or humanitarian endeavors.

Personal tragedy can sometimes bring new purpose , resilience and a desire to serve others so much less fortunate than us. Our recipient and his wife, both APPNA members, have dedicated their lives to uplift those who have no one to look up to. The humanitarian award recipient through relentless drive and dedication created a foundation in the memory of his son late Hasan.

Deserts dwellers of Pakistan living in scorching heat, yearn for clean drinking water. A cup of clean water is a luxury. Hasan Foundation has dug over 1800 wells in all provinces of Pakistan. Other endeavors include funding orphanages in Lahore and Rawalpindi. They have provided winter coats for homeless in Detroit and bottled water to Flint, MI residents. The foundation has no paid staff, only volunteers who believe in the causes of the poor.



## President APPNA 2001 , Dr. Riaz C. Chaudhry (LA) Lifetime Achievement Award APPNA



Lifetime Achievement Award is awarded to an APPNA member for lifelong commitment and outstanding achievements in fostering the finest ideals of their profession, community service or other endeavors. From a small town of Jena, LA population 3400 comes our recipient who has earned the respect and admiration of his townsfolk. Judges, sheriffs and ordinary people of Jena admire his charity and concern for fellow townsfolk. His personal conduct has brought respect for Muslims in general and

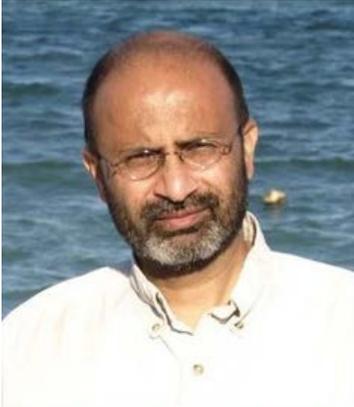
Pakistani Americans in particular. In 2012, Dr. Chaudhry was awarded the Rural Health Practitioner of the Year award by the Louisiana Rural Health Association. He has served APPNA in various capacities including being its president. In his clinic he demonstrates concern for his patients, often providing free services to deserving cases



M. Shahid Yousuf, M.D.  
Chair, APPNA Awards Committee 2017



# CABL Committee



The committee had the following tasks as the year moved along.

### EDUCATIONAL PROGRAM:

For the Spring Meeting 2017

The Committee make a package of educational programs regarding parliamentary procedure and conduct of meetings for the benefit of Council members. They were presented during the Spring Meeting.

### PROPOSED BYLAWS AMENDMENTS FROM 2016

In the Spring Meeting 2017 the Council discussed the proposed amendments presented in Fall Meeting 2016. Council gave the task to CABL Committee to come up with its recommendations on the legality of the proposed amendments presented in the Fall Meeting 2016. The CABL Committee had several meetings and gave its

final recommendations and observations about those amendments before the Summer Meeting. It concluded that "In the Fall Meeting of APPNA Council Meeting 2016, the quorum was not established to make any amendments in the constitution"

### PROPOSED BYLAWS AMENDMENTS FROM SUMMER 2017

In the Council Summer Meeting 2017, the Council approved to send the following two proposed amendments to CABL for review

1; The elections should be done before summer convention so the results can be announced in summer meeting. The campaign can start from first of March and go till the elections. This will help the summer convention, not become a political battle field. Debates can happen in Spring meeting.

2: The membership can be attained only by those who have full medical license. The 2 year current restriction need to be lifted. This will allow full privileges of membership right at the time, when one becomes a member. Residents and Fellows can only become a voting member if they have full license.

Committee reviewed it and presented its recommendations in the Fall Meeting 2017. The Committee recommended for the first and against the second proposed amendments.

### MEMBERSHIP ELIGIBILITY

Later in December 2017, CABL was asked to give its opinion on certain membership eligibility issues. The Committee gave its recommendations based on 2009 CABL Committee Guidelines on membership eligibility.

### SOUTH TEXAS CHAPTER ISSUE:

In December 2017 issues arising in South Texas Chapter were presented to the Committee for its opinion. The Committee gave its recommendations based on the 2011 Council approved document on Relationship between Component Societies and APPNA.

Nasir Gondal

Chair APPNA CABL Committee 2017

Ahmed Mehdi Malik, Co Chair

Sajjad Savul, Co Chair

Mohammad Suleman, Member

Arshad Saeed, Member

Abdul Jabbar, Member



# Communication Committee



In my 15 years of affiliation with APPNA, numerous times I have heard a common phrase: "What does APPNA do?" or "APPNA is nothing but a social organization". Regrettably, even after 40 years of inception and growing into a second largest physician's organization of ethnic origin, representing over 15000 physicians of Pakistani American physicians in USA it has failed to impress a significant number of its potential members.

A lot of times people complain that they do not receive any information about APPNA's activities and they go by what they see or hear on the surface. Many physicians have never attended a Council or general body meeting thus all the good things that are done from the platform of APPNA get ignored or unrecognized. It seems that only the glorified news reaching the distant members are those about annual Gala of "Hula Gula" and social meetings during APPNA events, while APPNA projects and its tremendous work for advocacy, young physician,

charity and education is over shadowed by stories of glamor and extravagance during APPNA meetings. Obviously, the missing link is either the lack of communication by APPNA or scarcity of interest from its members. While we cannot force the horse to drink, we can certainly lead it to the water and that is what Communications Committee strives to do every year.

In today's age of electronic and social media, APPNA is very much up to par with using all the means of communication in reaching out to its members. This year two new features were added to the communication tools, twitter and APPNA International Meeting Facebook Page.

1. Website: [www.appna.org](http://www.appna.org).
2. Facebook@APPNA.
3. Twitter@ Central-APPNA.
4. E-mails.
5. APPNA E- Newsletters. Just send your email address to APPNA office and stay informed.
6. APPNA International Meeting Facebook Page.

This year Communications Committee arranged a seminar during the summer meeting: "Humanitarian Journey of APPNA". It was a joined presentation by 5 four committees of APPNA which are doing humanitarian work in Pakistan, USA and across the Globe. They included APPNA Medical Corps Committee, APPNA Free Clinics Committee, APPNA Civic Engagement Committee, APPNA Social Welfare Committee, APPNA National Healthcare Day Committee. The seminar was open to all and Mr. Humayan Saeed was invited as a special guest for the event. Its purpose was to give a synopsis of APPNA's projects by these committees to members and encourage active participation.

The event was well attended and well received. It was recorded and put on website, Facebook and YouTube for those who could not attend.

Communications Committee was also instrumental in creation the Video about APPNA's 40 year journey. This Video was produced in collaboration with Mr. Ajmal Zaheer, son of Dr, Zaheer Ahmad the founding president of APPNA. Dr. Zaheer Ahmad celebrated his 80th birthday in 2017. This 13 minute long video was showcased during the APPNA banquet at the summer meeting.

Another video was produced for the Fall meeting and it highlighted the humanitarian work of APPNA through the years including 2017.

APPNA will continue to hold wonderful events and do great work; it will continue to disseminate the information to its members. It is up to the members to choose their level of involvement and hopefully the interest will continue to increase. Member's feedback and critique always helps to improve the communication.

I am personally very grateful to my team, Dr. Shahid Yousuf (Co-chair) who is my mentor and guiding light, Dr. Zafar Jamil, Mr. Zeeshan Shah and Mr. Laiq Siddiqui for their assistance. Nick Suh, Karolin Strack and Jennifer Watson from central office have always been available and much appreciated.

Rubina Inayat, MD  
Chair, Communication Committee 2017



# Free Clinic Committee



Dear APPNA Members

I am delighted to share with you all that one of the important projects of APPNA this year is to expand the network of Free clinics with the help of its component chapters and to serve the needy members of the community regardless of race, religion or ethnicity. APPNA has always been at the forefront of providing the needed assistance to the less-privileged members of the community in times of natural disasters like tornadoes, floods, etc. The theme of APPNA for the year 2017 is 'Civic Engagement through Community Service' and rightly so, in order to encourage increased involvement of membership to serve our local communi-

ties thereby increasing our visibility in the nation so that fellow citizens could judge us directly through our actions. Therefore, APPNA leadership has set up a committee to expand the network of free clinics to meet the healthcare needs of less privileged members of the community regardless of race, religion or ethnicity. APPNA membership in general and local component chapters were encouraged to build on the work that had already been started in previous years either independently or in collaboration with local charitable organizations. While the component chapters were expected to arrange the logistical and financial needs to initiate & sustain these projects, APPNA President, Dr Sajid Chaudhry had offered a matching grant of upto \$10,000.00 for potential new healthcare centers. I am grateful to my team for their valuable time and kind assistance especially Dr Imtiaz Arain as the Advisor, Dr Habib Khan, Dr Nasrullah Ghafoor, Dr Tabassum Saeed, Dr Rashid Chotani & Dr Samina Khatak.

Understandably, initiating a new voluntary Clinic is a gradual step-wise process involving site selection, securing a not-for-profit ( 501-C-3) status, selection of an appropriate location, arranging the logistics, making an extended roster of voluntary Physicians to avoid premature interruption, etc. Therefore, some of the chapters are still at various stages of initiating their respective Clinics despite their best and sincere efforts to complete the projects sooner than later.

Following are some significant advancements made throughout the year:

- Arrangement of a successful and well-attended Seminar at the sidelines of 40th APPNA Summer Convention in Orlando, Florida to provide stepwise education and guidance to start New Free Healthcare Centers. The Attendees also had an opportunity to learn about the eligibility and application process for the grants of Federally Qualified Health Centers from Dr Aurangzeb Nagy.
- Collaboration for a brand new Clinic with Islamic Foundation North in Libertyville, Illinois.
- Financial assistance to APPNA Oklahoma Chapter towards purchase of a cholesterol analyzer, lipid panel strips, and other necessary equipment and supplies to be used at its Free Heart Disease Wellness Clinic under supervision of Dr Tauqeer Ali.
- Approached APPNA Northern California Chapter for assistance in its potential Clinic in San Jose awaiting 501 C 3 status and approval from the City while preliminary arrangements are already complete.
- Assistance in progress to Great Neighbor Settlement House, Brownsville, Texas.
- Approached and assisted various chapters to explore the eligibility and apply for FQHC grants under the guidance of Dr Aurangzeb Nagy and Dr Zafar Iqbal.
- Posted a self-explanatory and detailed description on APPNA website (under Free Clinics section) about the eligibility, benefits and application process of financial grants for Federally Qualified Health Centers.



# Free Clinic Committee

- Exploration of selected Clinics to be benefited by Telemedicine technology with kind expertise of Dr Was-eemullah.

As of now, various active & potential Clinic projects can be categorized as:

- Existing fully functional Clinic: 2 (APPNA/PPS in Westmont and IFN, Libertyville, Illinois)
- Near-complete Clinic 1 (APPNA Northern California)
- Existing Clinics with collaboration : 6 (Collaboration directly by APPNA or voluntary support by APPNA members)
- Potential Clinic: 1 (APPNA Oklahoma Chapter)
- Upcoming projects: 3 (APPNA LV Chapter, APPNA/ISNS Clinic, APPNA Central Florida Chapter)

While there is a lot of enthusiasm and desire among APPNA membership from selected Chapters to set up New Clinics in order to give back to the community and serve our adopted land, it is expected that we all should come forward and participate in this worthy cause based on our resources and capability. Both Present and Future APPNA leadership are fully committed to continue these welfare projects by providing the needful guidance and assistance.

Sajid Mehmood, MD, FCCP  
Chair, APPNA Free Clinics Committee 2017





# APPNA Foundation



Dear APPNA Members:

Greetings and a Very Happy New Year - 2018. Let me begin by congratulating you all for yet another great year for APPNA Foundation. We started the year with a lot of passion and excitement and challenged ourselves to take the foundation to the next level. Our ultimate goal is to distinguish ourselves as one of the eminent foundations engaged in significant philanthropic work world over, especially in US and Pakistan. The leadership is looking beyond the near future with plans to build a network of technical, financial and philanthropic power for global reach. I would like to thank our donors who made it possible for us in strengthening APPNA's capacity and remained generous with their donations.

APPNA is in the business of giving for the last forty years. Our members have always been generous to make a difference in the life of those in need. Having this in mind, APPNA Foundation was established in 2014 with the aim to establish enough of an endowment that APPNA's activities can be sustained by its dividends and at the same time, APPNA can dream of long-term projects. That is APPNA Foundation.

Over the years, APPNA has raised millions of dollars for various philanthropic causes. APPNA still depends on the philanthropic spirit of its members and the outreach efforts of the elected officers every year. From its star project of APPNA Sehat to Disaster Relief; including Earthquake and Flood Relief, it has helped many in need directly and in collaboration with other organizations. The list is long. It includes social welfare work like tube wells for Thar, famine in Baluchistan, natural disasters of Tsunami in Haiti and Joplin. APPNA also helps various educational activities directly under APPNA Merit and provides a financial 'umbrella' to various component societies like Local Chapters and Alumni Associations here in the United States for their work back home in Pakistan.

The target this year is to raise one million dollars. We ask you to do your part today. Your money will go a long way in laying the foundation of a fiscally strong organization of philanthropy enabling APPNA to continue its good work and provide the much needed economic strength to expand its scope of activities.

Our greatest achievement in 2017 came with a bang when we successfully established a strategic partnership with ZT Wealth, an investment company, for perpetual donation of a generous amount of unrestricted funds for APPNA and APPNA Foundation for the next four years.

APPNA is your flag bearer and your courier. As a doctor of medicine you are already in the business of alleviating pain and suffering for your patients; how about extending a helping hand to those who can not reach you. Each dollar you donate will help a needy at some corner of the world and imagine the dividends you will receive in terms of prayers.

As we start the New Year, I would like to request all APPNA Members to donate at least a Thousand Dollars to foundation immediately so that we can continue our projects with the same zeal and enthusiasm and at the same time financially empower Local Chapters to start new projects.

As you know your donation of any amount is tax deductible. There is no limit or restrictions on the amount you want to donate. Please donate with APPNA's future in mind and help us sustain our short-term and long-term philanthropic projects. Please extend your kindness and be a part of the foundation with your wholehearted participation. Make your checks payable to APPNA Foundation.

Sincerely,  
Dr. Asaf Riyaz Qadeer  
Executive Director APPNA Foundation



# APPNA Medical Corps



This year, the number of hurricanes affecting USA and neighboring Caribbean countries was extraordinary. Hurricane Harvey devastated the Houston area. APPNA med corps, in collaboration with local APPNA chapter and volunteers, immediately organized arranged funds to help distribute water, food, meds, and other supplies to shelters and those in need. The Caribbean, especially St. Martin and Puerto Rico, were also badly affected by hurricanes. Med corps collaborated with ICNA to send a food truck to St. Martin immediately after the hurricane struck. Three medical teams were also sent as medical help to Guatemala, Pakistan, and Bangladesh during the year.

APPNA also focused on establishing and expanding free clinics in North America. Med-corps team suggested adding mobile medical units to enhance the coverage area. These mobile clinics could then also be used for disaster relief. An ad hoc committee was set up by president Sajid Chaudhry to look into feasibility of acquiring these mobile units. To help with administration, driving, logistics and deployment, a decision was made to collaborate with ICNA, as they have reputable experience in the field. The proposal was presented to the fall council meeting in Cincinnati, where majority approved it.

Two Mercedes vans with specific features for a mobile clinic have been purchased and are currently being prepared for use in the next several weeks. This is a big milestone for APPNA in order to expand health services in both peace and disaster time. This can be expanded to cover north, east, mid, and central regions of USA in years to come. Though there are numerous other organizations helping in these situations, APPNA now has a unique combination of health care providers and mobile medical units to provide urgent care in disaster or peacetime.

Babar Rao, MD  
Chair APPNA Medical Corps Committee





# MERIT Committee



Dear APPNA family Happy New year:

This past year APPNA MERIT had a bold new vision of specialty based and multiple projects focused partnership with Pakistani health institutions. We presented this vision in APPNA summer convention in Orlando where MERIT had arranged a symposium, "Spot light on Medical education in Pakistan". Basically it will be a spoke and hub model with APPNA MERIT facilitating different specialties to do their projects in Pakistan. The infrastructure will be the same namely arranging for US visiting faculty in Pakistan a safe, comfortable, meaningful and rewarding experience with the help of the chosen institutions. On ground training will be supplemented by the ongoing online curriculum

based education in a hybrid learning module. We started working with two partners in Pakistan since March of 2017.

National University of Medical Sciences (NUMS) is a unique new national initiative with the vision of developing centers of excellence in basic science and research in addition to clinical care departments. NUMS is developing a medical city in Islamabad in addition to guiding the medical schools and all Armed Forces institutes including Postgraduate level departments. Lt General Imran Majeed, Vice chancellor NUMS especially came to APPNA summer convention 2017 in Orlando. He attended APPNA MERIT symposium, "Spot light on Medical education in Pakistan" and had many side meetings with APPNA leaderships. As a result APPNA MERIT held a special one-day symposium at NUMS Rawalpindi on 12/19/17 just before its winter conference in Lahore. This was heavily focused on Medical education and Health care in Pakistan. An MOU was signed with NUMS for future collaboration between APPNA MERIT and NUMS to enhance and compliment medical education in Pakistan, thus improving health care services and patient care in Pakistan. That is why APPNA MERIT was created 10 years ago.

Another important partner will be KPK province represented by Dr. Noshewan Burki who is chairman Board of governors of Lady Reading Hospital and a KPK government advisor on health care. We also started our relationship with him in Orlando meeting. APPNA MERIT had detailed discussions with Dr. Burki to understand the need and ground realities in KPK and agreed to work with Lady Reading Hospital which is the main comprehensive tertiary care center in Peshawar, Pakistan. We have started working on two projects of immediate need in the province namely Neurology and ICU. These projects are started in Lady Reading hospital in Peshawar and then later will extend to other parts of the province. Khyber Alumni Association of North America is partnering with APPNA MERIT for these projects. Another MOU was signed in winter meeting between APPNA MERIT and KPK/ LRH. Pakistan Society of Neurology and Pakistan International Neuroscience Society are partnering in these projects to ensure its success. We visited LRH on 12/25/17 and assessed the current state of Neurology department there with Neurology faculty. In addition we visited newly built ICU. APPNA MERIT/ Khyber Alumni association has already established a team of Intensivists from USA to rotate through LRH ICU according to a six-month schedule blending the Tele ICU rounds. The first Intensivist Dr. Majid was rounding when the MERIT team visited ICU. This program is geared towards helping the dire shortage of properly trained ICU specialists all through the Pakistan after completion of on ground training in LRH ICU.

In addition to these two main institutional projects, we have been discussing with Higher Education Commission of Pakistan to renew the visiting faculty programs with USA academicians. I visited HEC twice in last week of December and met with Chairman Ahmad Mukhtar as well as advisers on visiting faculty program Dr. Wsim Hashmi and research advisor Muhammad Latif. They are looking forward to collaborating with APPNA MERIT in facilitating all US faculties who will be working on various projects in future. In addition they requested APPNA collaboration in training Pakistani scientists and scholars in US institutions with grants available with HEC.



# MERIT Committee

APPNA MERIT has also engaged The College of Physicians and surgeons of Pakistan for subspecialty programs and fellowships such as Sleep Medicine as well as stroke centers development in various regions. We intend to have stroke units as well as Neurology center of excellence in four provinces of Pakistan. Child Psychiatry fellowship approved in the past years was a big success of APPNA MERIT and now we will be undertaking Child Psychiatry course for General Adult psychiatrist in collaboration with Dow Medical University. Neurology chapter of APPNA MERIT has started a six months curriculum of Movement disorder on line for Neurology residents in Pakistan. It ran through July to December 2017 with final evaluation of 18 participants after a two day hands on workshops in Pakistan Society of Neuroscience conference held in Islamabad on 12/23/17 to 12/24/17. The certificates from University of Nebraska were given to the successful students.

In the meantime our very popular weekly live lecture program on line is successfully teaching faculty and students alike on various important topics in medicine.

The purpose of MOUs with these institutions is to develop a viable and sustainable infra structure which will be used by different medical specialties to achieve mission of APPNA MERIT through a hybrid of online and on ground training of the trainers so that health care services and patient care in Pakistan can be improved. Once pilot programs of 2017 will be successful it will be replicated with all different specialties through different chapters in APPNA MERIT and APPNA specialty network. Medical education in Pakistan is the sole focus of APPNA MERIT and our vision is that it will be helped by other APPNA educational committees namely RESA, Medical Corp, Research and specialty network under long term goal of APPNA education.

This new vision and direction of APPNA MERIT was grand but we were successful with the continued help from President Dr. Sajid Chaudhry. The future leadership of APPNA, under President 2018 Dr. Iqbal Zafar Hamid is committed in continuation and building upon the successful foundation laid down in 2017. Dr. Hamid has made Education and Health care one of the main themes of APPNA 2018 and has a vision of coordinated efforts between all education committees of APPNA. This vision will take many years of continued hard work to achieve its target goals. I am sure all future APPNA leaderships will continue to build upon and expand upon it.

Shahid Rafiq, MD  
Chair, APPNA MERIT 2017





# Membership Benefits Committee



Many thanks to members of committee for their dedication, commitment and all the services for APPNA and its membership. It was a great and successful year for APPNA and its membership.

As a member of APPNA you are part of an organization dedicated to supporting health, education and humanitarian causes.

APPNA has been committed to fostering connections among all physicians of Pakistani-descent, while providing special benefits for members in thanks if their support.

Membership program has been great success overall.

Benefits including:

Car rentals -Alamo, Enterprise and National

Airlines

Malpractice Insurance- Keane Insurance Group Inc

Immigration legal services- Currum & Berg LLP, WR Wolfsdorf Rosenthal, LLC

Hotels including:

Marriott, Karachi

AVARI, Lahore, Karachi & Islamabad

Hotel One- Lahore, Karachi, Bahawalpur, Islamabad, Murree and Rahim Yar Khan

Pearl-Continental Lahore, Karachi, Muzaffarabad, Peshawar, Rawalpindi

Ramada Plaza, Karachi

As a member of this prestigious organization, you are invited to continue enjoy all of the benefits of APPNA membership. This membership program has been designed exclusively to make your professional life a little easier. These programs will continue for foreseeable future and I would request you to avail these exciting opportunities. Have great time.

Thanks,

Manzoor Tariq, MD

Chair, Membership Benefits Committee 2017



## National Food Pantry Project 2017



Following the APPNA's mission of serving humanity and to play an active role in civic engagement in the US, the APPNA National food pantry project was a great success this year. We have been able to get matching funds of \$40,560 arranged through APPNA with sponsors and preferred tickets sales.

We approached APPNA chapters and component societies to get involved in this project. The goal of this project was to empower APPNA members in their communities and increase their community involvement. Local chapters and component societies chose their area food pantry so that they can develop bridges in their communities and increase volunteering opportunities.

We have received pledges north of \$40,000 from various chapter/alumni associations. I am glad to inform the APPNA family that we received a total of \$55,256 dollars in donations.

We would like to thank the following chapters who got involved in this project, AKUAANA \$4200, LMC \$1000, APPNA Minnesota \$3350, APPNA Alabama \$1000, APPNA DMV \$2000, APPNETS \$2500, APPNA FL \$1350, APPNA Michigan \$1100, APPNA South Texas \$4100, APPNA North Carolina \$1300, APPNA VA \$5039, APPNA Arizona \$2000, APPNA – PUN \$2000, AIMCANA \$5000.

We have sent checks with the matching funds back to the president of chapters/alumni associations' to distribute to the following food pantries, Cartias (\$4,500), Feedmore (\$2,539), 2nd Harvest Food Bank of Northeast Tennessee (\$6,000), ICNA Food Pantry (\$3,750), Community Food Bank of Central Alabama (\$1500), Maryland Food Bank (\$6,225), Food Gatherers (\$1,500), St. Mary's Food Bank Alliance (\$3,000), Food Bank of Iowa (\$3,000), Capital Area Food Bank (\$3,000), Father's Table Soup Kitchen (\$2,025), Muslims Serve (\$3,000), Food Bank of Central / Eastern NC @ Greenville (\$1,725), Second Harvest Food Bank (\$7,500), IMCA Food Pantry (\$3,000), MAS Foodshelf (\$5,025), Food Bank of Iowa (\$6,000), IL Food Pantry (\$5,000), Dare to Care Food Bank (\$3,000), Food Bank of Northern Indiana (\$10,050).

Our donations have gone to Food Pantries in Washington DC and 16 States including Virginia, Maryland, Tennessee, Texas, Alabama, Michigan, Arizona, Iowa, Florida, North Carolina, Indiana, Pennsylvania, Delaware, Minnesota, Illinois, and Kentucky.

We are grateful for the involvement of APPNA family and hope that we continue the Food Pantry Project next year as well.

We feel that we have achieved our target this year by reaching nearly \$100,000 in donations for Food Pantry throughout the US.

Thank you for all your support

Habib Chotani (president@akuaana.org)

Rehan Khan (secretary@akuaana.org)

Babar Cheema, Chair, APPNA Civic Engagement Committee

Sajid Chaudhary, President APPNA





## COMMITTEE'S CORNER

# Need Based Limited Term Loan for Medical Graduates



Dear APPNA Family,

Need Based Limited Term Loan for Medical Graduates Committee is comprised of twelve members from various alumni. All the applications are sent to all members and decision is made on consensus. No one including chair and co-chairs have any discretionary powers at all. So far all of the applicants have been given loans, since the restricted fund is established in mid-October 2016. To date, over \$30,000.00 has been disbursed and more are in process. All applicants that fulfilled the most criteria have been selected by committee with 80-90% consensus.

# 1 Physician LMC	\$4,000 by Rao Kamran Ali
# 2 Physician KEMU	\$2,000 by Aisha Zafar
# 3 Physician NMC	\$4,000 by Ahmed Saeed Khan
# 4 Physician KEMU	\$1,500 by Sarim Mir
# 5 Physician AIMC	\$2,000 by Raza Khan
# 6 Physicians KEMC & KMC	\$4,000 by Aisha Zafar & KMCAANA
# 7 Physicians JSMU	\$4,000 by M. Yaseen Abubaker & Rizwan Naeem
# 8 Physician KEMC	\$900 by Waqas Ahmed
#9 Physician LMC	\$900 by Rao Kamran Ali
#10 Physician	\$3,000 by Najeeb Rehman
#11 Physician JSMU	\$3,000 by Dr. Ijaz Ahmad
#12 Physician DOW	\$1,000 by Syed F. Jafri
#13 Physician AIMC	\$2,500 by Farrukh Awan
#14 Physician JSMU	\$1,000 by JSMUAANA

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  
Chair, Need Based Limited Term Loan for Medical Graduates

Co-Chairs:  
Najeeb Rehman, MD  
Aisha Zafar, MD

Members:  
Ahmed Saeed Khan, MD   Raza Khan, MD   Waqas Ahmed, MD   Farrukh Awan, MD   Shahzad Iqbal, MD  
Nadeem Sheikh, MD   Faisal Jafri, MD   Sarim Mir, MD   Jalil Khan, MD   Hassan Majeed, MD



# Office Management Committee



The OMC conducted its meetings via teleconference with APPNA President Dr. Sajid Chaudhary, APPNA Director of Operations Jennifer Wozniak-Watson, JD, and Office committee members to review office matters and develop strategies to ensure that the central office run as smoothly and efficiently as possible and also to oversee that the office meets the needs of the membership, committees, component societies, Executive Committee (EC) and Board of Trustees (BOT).

Membership: APPNA office has been processing membership renewals and new memberships in all categories since the beginning of the calendar year.

Meetings: APPNA office has worked on and has completed the Strategic Planning Meeting held on January 28, 2017 in collaboration with APPNA Florida Chapter in Orlando Florida, International meeting to Croatia and Bosnia from April 7-16, 2017, Spring meeting held March 24-26 2017 in Philadelphia, PA, Summer convention held from July 5-9, 2017 in Orlando Florida, the Alaska Cruise held from July 27- August 4, 2017, the Fall meeting held October 26-29 in Cincinnati, OH and the Cuba / Dominican Republic trip held November 11-18. Office has also begun work on the 2018 Strategic, Malaysia, Spring and Summer meetings. The APPNA office facilitates payments, contract reviews, meeting set-up, publication and registration and answers all questions from the membership and meeting-committees related to the meetings. Office staff also attends the spring, summer and fall meetings to work onsite.

Financials: APPNA office continues to work with accounting firm of Scanlon and Leo. Accountant Michael Kelsey has left that firm and APPNA now has accountant Kara Parke who works with APPNA staff to complete the financial obligations of the state and federal government. Office has ended its engagement with the outside auditing firm of Ostrow, Reisin, Berk & Abrams (ORBA) to complete the tax filing and required audit for APPNA and APPNA Foundation and has engaged with the firm of Knutte and Associates (K&A) to complete the one outstanding item of 2015 and the full work of 2016. The 2015 and 2016 audits are currently being worked on and will be filed as soon as ready. APPNA continues to facilitate the reporting and transfer of funds received for the donated projects of 2017 and works with all of the affected committees to ensure the funds are sent properly as designated by the donors. APPNA also works with Hank Bashore of Stephens, Inc. Private Client Group to invest the lifetime, alumni scholarship and continuing medical education (CME) funds.

CME: APPNA is once again accredited through the ACCME-The Accreditation Council for Continuing Medical Education as of December 1, 2017. APPNA has provisional accreditation that lasts through November 30, 2019. APPNA also remains accredited through a partnership with Amedco and will continue to do so for all meetings where CME hours are offered until and unless the current status changes.

Election: APPNA worked with Survey & Ballot Systems (SBS) again this year for the election. Election ran smoothly and 2018 office holders were announced at the fall council meeting.

Respectfully submitted,  
Samina Hijab, MD,

Office Management Chair APPNA 2017

Co-Chair:

Amin Nadeem, MD

Advisor:

Imtiaz Arian, MD

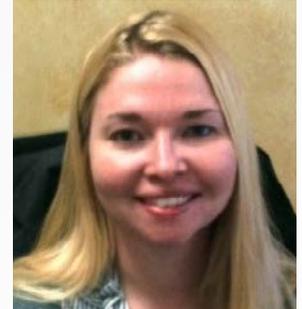
Members:

Hasina Javed, MD

Rahat Sheikh, MD

Irfan Mirza, MD

Maleeha Ahsan, MD



Jennifer E. Wozniak-Watson, JD  
Director of Operations



Nicholas Suh



Sehba Khan



Karolina Strack



## COMMITTEE'S CORNER

# Research, Education and Scientific Affairs (RESA) Committee



APPNA places great emphasis on Research, Education and Scientific Affairs for its members and beyond. The RESA Committee undertakes and oversees all activities within APPNA pertaining to these matters. At its core is provision of high quality CME programs which provide category 1 CME credits. The Committee also works with Young Physicians Committee and APPNA MERIT committee to provide various services to our young physicians and educational institutions in Pakistan.

**ACCME Accreditation:** In the last 12 years, APPNA lost its status as an accredited provider of CME programs thrice. We were able to regain our status on all three occasions with diligent and hard work from RESA Committee and the central office. It has been my honor and privilege to have chaired APPNA RESA Committee on all three occasions to regain our accreditation. Most recently, we were provisionally accredited as providers of CME programs in December 2017 for a period of two years. On all three occasions, we put stringent and exhaustive mechanisms in place to ensure that all requirements for accreditation were met. However, there were lapses due to various reasons that led to our loss of accreditation. Future APPNA leadership should ensure that such work always remains above any political or personal differences and agendas, so that we never lose this accreditation again.

**ACP Endorsement:** For the first time in history of APPNA and Pakistan, our 2017 APPNA Annual Winter Meeting was officially endorsed by the American College of Physicians. This is a unique honor, and attests to the high quality program submitted to the ACP Council by the chair of the RESA Committee. This endorsement catapults our CME programs several notches above other programs. This endorsement was the result of a long term strategy and planning by the RESA Chair, who has worked for several years with the ACP leadership in developing relationships and introducing APPNA to the ACP leaders. As a part of this strategy, the RESA Chair was also able to get ACP endorsement for other programs in the region, most notably the "Advances in Internal Medicine and Subspecialties" conference in the United Arab Emirates and helped obtained a similar endorsement for the second and third Qatar Internal Medicine Conferences.

**Research:** The RESA Committee launched an original research study for APPNA members and their families, another first for APPNA. This study is fully approved by the Institutional Review Board of Emory University, and will characterize the health status and cardiovascular and metabolic risk of its members. The study is completely anonymous, and several emails have been sent to the members to participate in the first phase of the study, which is an anonymous online survey.

**Academic Directory:** The Committee has revived the plan to create a directory of APPNA members in academia. This is critical to identify our strengths in the academic arena, and to help our younger colleagues in navigating academic medicine.

It has been an honor and a privilege to serve as the chair of the APPNA RESA Committee once again. I want to thank our president, Dr. Sajid Chaudhary, for affording me this honor. I also want to thank all RESA Committee members, who put in hard work, time and effort to make it a highly successful year for RESA and APPNA. I would also like to thank our central office staff, particularly Nicholas Suh whose work was instrumental in regaining ACCME accreditation, and Jennifer Wozniak-Watson for managing the central office so efficiently.

Adeel Ajwad Butt, MBBS, MS, FACP, FIDSA  
Chair, APPNA RESA Committee 2017  
Professor of Medicine  
Professor of Healthcare Policy and Research  
Weill Cornell Medical College



# Scholarship Endowment Program Committee



Dear Friends and Colleagues,

APPNA Alumni Scholarship Project was started in 2013 with a pledge of 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 to 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 be continued 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.

Funds as of October 31, 2017:

Nishtar Medical College:	\$ 1,095,046.81
King Edward Medical University:	\$ 552,823.71
Jinnah Sindh Medical University:	\$ 216,363.78
Quaid-I-Azam Medical College:	\$ 159,073.38
Rawalpindi Medical College:	\$ 139,383.99
Fatima Jinnah Medical College:	\$ 91,527.15
Khyber Medical College:	\$ 35,260.07
Bolan Medical College:	\$ 21,176.01
Total Funds Invested:	\$2,310,654.90

We made a second distribution to the respective Alumni in October of 2017.

Nishtar Medical College:	\$ 20,000.00
King Edward Medical College:	\$ 15,000.00
Jinna Sindh Medical College:	\$ 5,800.00
Quaid-I-Azam Medical College:	\$ 4,200.00
Rawalpindi Medical College:	\$ 3,700.00
Fatima Jinnah Medical College:	\$ 2,500.00
Khyber Medical College:	\$ 950.00

BECAUSE OF THIS PROGRAM SCHOLARSHIPS HAVE BEEN GIVEN TO 125 STUDENTS AT VARIOUS MEDICAL COLLEGES IN PAKISTAN.

We are pleased to announce ADDITIONAL MATCHING FUNDS ARE AVAILABLE to AIMC, DOW and LMC Alumni up to \$100,000.00 EACH PROVIDED THEY RAISE \$200,000.00.

The Scholarship Program is ongoing. 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, M.D.  
Chair - Scholarship Committee

Ghulam Qadir, M.D.  
Co-Chair - Scholarship Committee



# Social Welfare & Disaster Relief Committee (SWDRC)



SWDR committee is humanitarian arm of APPNA and our focus is helping needy with

- Community work (Ramadan food pantries, Zakat funds, Munirabad village, Thar clean water wells project, Ramadan food packages etc.
- Improving health: Cleft lip-palate repair (Muskan project), Corneal transplant project, Cataract surgeries etc.
- Collaborating with alumni and APPNA chapters on their projects (libraries, burn centers)

SWDRC have initiated and sustained multiple projects over time either independently or in collaboration with other reputable organizations. Services through our projects are free of cost to patients. Current projects include Muskan, Cornea transplant, LRBT (cataract surgeries). This year so far we have collected more than \$200,000.00 from our membership in support of our own projects for which we are thankful for the trust and confidence of our

membership on our committee.

APPNA SWDRC projects are free of cost to the patient and families, there is no overhead cost as 100% of donation goes to cause and volunteers work free and there is strict oversight and regular updates to donors. This year we continued our ongoing projects such as Thar clean water wells/pumps project, Munirabad Village/School project, Friends of LRBT - Eye camps/cataract surgeries, Ramadan Food Packages and Zakat Fund.

This year we have launched two new projects which we hope will be our long term humanitarian projects, namely Muskan (Cleft Lip-Palate project) and Cornea transplant project which will continue in 2018 and our following three projects will be APPNA SWDRC's long term humanitarian projects in Pakistan.

1. Cornea transplant initiative is in collaboration with KEMU class of 1985 and Lions club with special thanks to Dr. Fawad Zafar. So far, we have collected > \$90,000.00 and more than 300 transplants are already done successfully. Project is ongoing at Peshawar, Faisalabad, Lahore and Karachi. Cost/transplant \$250. Please continue to donate and bring sight to someone's life. Transplants are Free of cost to patients and their families
2. Muskan: Cleft Lip-Palate Initiative is in collaboration with Cincinnati/Ohio chapters and Punjab/Khyber medical college alumnus. So far, we have collected more than \$42,000.00 and > 100 surgeries are already done successfully. Project is ongoing at Peshawar, Faisalabad, Quetta and Karachi. Cost/surgery \$250. Please continue to donate and change someone's life. Surgeries are free of cost to patients and their families Early detection and timely surgery is the key to help affected children but resources for poor are nonexistent. One surgery can change life of a child.
3. Thar clean water well/pumps project in collaboration with Liaquat Medical College Alumni with special thanks to Dr. Abdul Majeed Arain. This year 26 wells are installed. Cost/water pump is \$500 and cost/water well is \$2000. So far we have collected > \$60,000.00 this year for this project. Please continue to donate and save lives.

We have oversight on each program and will regularly update our donors. Please donate and change life of one person/child at a time. A noble use of your Zakat/donation.

How to donate:

1. Please go to [www.appna.org](http://www.appna.org) or just follow the link below <https://www.instantreg.com/appnatemplate2/public-donations> (Please choose project for donation)
2. Send checks addressed to APPNA SWDR and in memo mention cleft lip/palate project and mail checks to APPNA, 6414 South Cass Avenue, Westmont, IL 60559-3209.

Respectfully submitted  
Shahid Sheikh  
Chair SWDRC 2017





# Young Physician's Committee



This year's YPC had sixteen members including chair (Dr. Iqbal) and co-chairs (Drs. Aized, Faheem, Khan, and Nadeem). YPC laid out multiple projects for this year. One or more YPC members led each project. Dr. Faheem led 'Residency Match Assistance' project. A list of unmatched residency programs from 2011-2016 was compiled and posted on our website. A team of YPC members remained active during the match week from March 13-17, 2017. Dr. Khan organized 'Young Physicians Coaching Teleconferences' on monthly basis. A total of nine teleconferences were held. A speaker was invited during each teleconference, followed by question-answer session.

This year, a record number of 34 J-1 visa refusals were reported to us. Moreover, over 60 visa cases went into administrative process. A 'Visa Issues Task Force' was formulated under Dr. Iqbal. A 'multi-prong approach' was adopted mount pressure at the administrative, legislative, and media levels. Each task was taken care by 1-2 YPC members. An online data collection system was created at [www.appna.org](http://www.appna.org) under 'visa issues helpline'. YPC worked in close collaboration with Advocacy and Legislative Affairs Committee. Expert immigration attorneys held educational webinars. All 34 J-1 refusal cases were reviewed and prepared for interview by one of the immigration attorneys. 30 out of 34 initial J-1 visa refusals were reversed. All 60 plus cases in administrative process were cleared. YPC continued to help with B1/B2 visa and other immigration related issues.

Two different YPC seminars were held during APPNA Summer meeting July 5-9th, 2017 in Orlando, Florida. Dr. Waheed organized the coaching seminar. This two and half hour session included lectures followed by question-answer session. Dr. Latif organized the research seminar. It included both oral and poster presentations. Honoraria were provided to the presenters.

Dr. Naveed led the mentorship program. YPC utilized APPNA online web-based system for observorships, externships, and research. Drs. Malhi and Iqbal monitored APPNA NY house for accommodation. Our Facebook page remained active with over 8000 members. Different YPC members managed it. YPC Website: ([www.cyponline.net](http://www.cyponline.net)) was updated. In-order to prepare the next year residency match applicants; Dr. Nayyab organized a 'mock interview session' project. About 84 young physicians applied. They were interviewed and coached by different YPC mentors in different specialties.

It was a pleasure to serve APPNA this year.

Regards,  
Shahzad Iqbal, MD, FASGE  
Chair APPNA YPC 2017





# National Healthcare Day



NHCD 2017 is continuation of APPNA leadership's commitment year after year to serve the fellow citizens and give back to the adopted homeland. Dr. Sajid Chaudhary, Dr. Rubina Inayat, NHCD committee members, Chapter presidents and numerous active and vibrant APPNA community members supported this event. Large number of sites were added this year to ensure its success and service. APPNA is contributing to the preventive aspects of Sir William Osler ideas to support prevention of diseases.

Regards,  
Ehtsham Hq, MD  
Chair APPNA National Healthcare Day 2017



APPNA Florida Chapter



APPNA Washington - Seattle Chapter



APPNA Florida Chapter



APPNA South Florida Chapter



APPNA Alabama Chapter



APPNA-PUN Delaware Valley - Pennsylvania chapter



APPNA Florida Chapter



APPNA Chicago Chapter



APPNA Georgia Chapter



APPNA Oklahoma-Tulsa Chapter



APPNA North Carolina Chapter



APPNA Alabama Chapter



# APPNA EVENTS

*"Civic Engagement Through Community Services"*



# International Meetings 2017



2017 was a very busy year for International meeting organizing committee as we organized 3 trips. The task was not an easy one but we had a good team of volunteers including our Co-Chair Dr. Adnan Zaidi and CME Chair Dr. Ehteshamul Haq who worked hard to make it a very successful year and 3 great trips.

### Croatia, Bosnia and Montenegro:

Our first international trip this year was to Croatia, Bosnia and Montenegro. There were 110 APPNA members who travelled in 3 groups and each had their own bus, a guide and a captain. There was an optional trip to Spilt (Croatia) for couple of days before the start of the official trip.

Croatia is a beautiful country with vast coast line, wonderful historic places and remarkable hospitality. The official trip started in Zagreb (capital of Croatia) on Saturday April 8th as members started arriving from all over USA. We stayed in Westin hotel which was very close to the old town. Saturday evening was left open to meet and greet and relax after the long flight. A sumptuous dinner was arranged that night at the hotel and guests retired early. The hallmark of first day on Sunday, April 9th was a full day trip to beautiful Plitvice park which offered a glorious trail among lakes and waterfalls. The nearly 6 mile walking tour offered a challenge but everyone said that it was totally worth the effort as the natural beauty of the park, the fauna and Flora and singing streams and, water falls was blissful.

Monday morning was the guided tour of old city and a walk through the market. In early evening we took local flight to Sarajevo (Bosnia) and stayed in beautiful luxurious Bristol hotel. The evening ended with an excellent entertainment which showcased traditional folk dances followed by a superb dinner. The stay in Sarajevo included guided tour of the old city and famous tunnel museum. We had state of the art CME session in the morning of Wednesday and then traveled by bus from Sarajevo to Mostar.

On the way to Mostar we had Lunch at one of the famous road side restaurant where we were served roasted goat similar to Siji in Pakistan. (This place is famous for whole lamb or goat roast on a fire pit).

Mostar is a beautiful small town, with plenty of tourist's attractions and has an ancient history, including stories of war. Sightseeing included the Old Bridge, a mosque, old Turkish museum. Members enjoyed shopping for local handicrafts and took pictures of the bridge. The day ended with driving further and checking into beautiful Hilton Hotel in Dubrovnik, just outside the old city. Dubrovnik is also a coastal city with beautiful views of Adriatic ocean, old city and mountains.

On Thursday we took guided tour of the old city as well as a walking tour on the walls of the old city where many movies have been filmed, most famous being HBO series Game of Thrones. The war has left plenty of marks on this city as well. A





# International Meetings 2017

cultural show with local folk dances at a local theater marked the end of the evening. On Friday the 14th, we took a day trip to Montenegro which is a small separate country with the most scenic coastline and absolutely breathtaking natural beauty. It was extremely serene and relaxing. The buses returned same night and we had 2nd session of CME in Dubrovnik on Saturday morning and in the afternoon, took cable car ride to mountains where you could see the

beautiful panoramic views of the entire city. On Saturday night the 15th of April was the farewell dinner and talent night.

### Alaska Cruise:

This was our second international meeting trip from July 28th to August 4, 2017 which was completely sold out. The cruise started from Seattle with 1 day optional tour of Seattle before embarking on Ship. This was a seven night cruise on beautiful celebrity ship "Soltisce". There were 5 excursions including Ketchikan, Tracy Arm Fjord, Juneau, Skagway and last but not the least, beautiful Victoria. 2 sessions of state of the art CME and family /entertainment / talent night were separately arranged for APPNA member in Sky view deck.



### Havana, Cuba and Sonto Dominigo, DR:

Our third international meeting was from November 11 to 18, 2017 to Havana, Cuba and Sonto Dominigo, DR. This was one of the most memorable trip as due to recent restriction on travel to Cuba, individual travel is not allowed anymore. This was a life time experience with people to people interaction and sightseeing including old city, visit to a local Artist 's gallery, local handicraft market and a local village. Everyone got first hand knowledge about the culture and traditions of Cubans. The high light of the trip was driving in old vintage cars in a procession to old Havana club where we had our farewell dinner and entertainment/talent night.



I would like to thank APPNA President Dr. Sajid Chaudhary, for giving me this opportunity to serve on the International meeting Committee for 2017.

Haroon Durrani, MD  
Chair, International Meeting 2017



# APPNA Spring Meeting 2017, Philadelphia



This was the first time an APPNA meeting was held in Philadelphia and it was quite the honor for APPNAPUN, the Delaware Valley Chapter of APPNA, to be asked to host.

APPNAPUN volunteers which included kids of various ages worked very hard for months to make this meeting as memorable as possible with attention to fine details. The banquets on Friday and Saturday evenings were skillfully organized and wonderfully entertaining, complete with a Pakistani village scene, sumptuous feasts, live concerts, and of course, much dancing. The highlights of the entertainment were Nadeem Abbas Looneywalla, and Taranum Naz both very famous singers from Pakistan. APPNA Bazaar was a huge success with vendors from all over the USA and

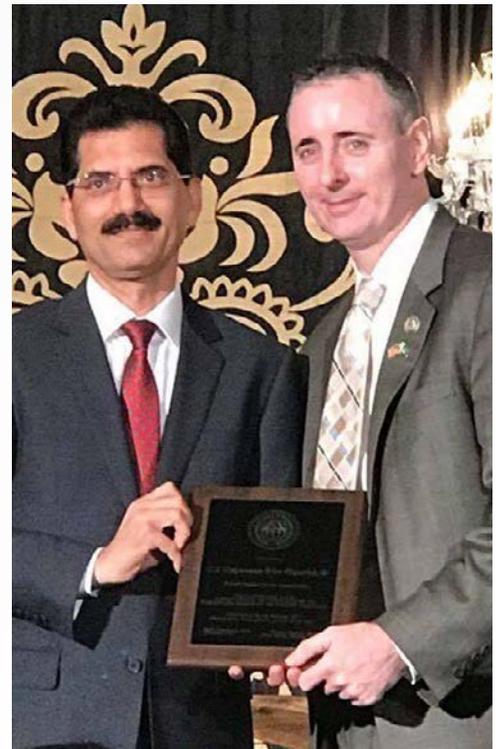
also few from Pakistan. This meeting was successful in all aspects as it generated lots of revenue for APPNA which was used towards its projects and philanthropic activities.

APPNA Council meeting was on Saturday where President APPNA 2017 Dr Sajjid Chaudhry presented his vision and agenda for 2017. Committee Chairs presented their reports and many action items were debated and voted upon. Valerie Owen Biden conducted a symposium on women empowerment was very well attended and liked. The Sunday brunch was hosted by APPNAPUN as farewell to attendees.

The attendees thoroughly enjoyed the meeting and by many this was the best APPNA meeting they had ever attended. "A new standard has been set", noted one APPNA veteran. "Best CME session ever", pronounced another. The guest line up was extraordinary which included, Senator Bob Casey, Congressman Donald Norcross, Congressman Brian Fitzpatrick, Attorney General Pennsylvania Shapiro.

In the end I would like to thank Chairs and members of the various committees. Dr. Nadeem Ahsan, Chair Publication Committee, Dr Umar Farooq Chair Vendor Committee and members Dr Shehla Sarki and Dr. Ghazala Farooqui. This is the first time APPNA offered alumni bodies the opportunity to hold their respective retreats at the spring meeting and we had a very good response. Dr. Mohammad Arshad was the coordinator for alumni-body retreats. Mr. Iqbal Haider, a prominent community member, is chair food committee. Other members of the food committee were Mr. Azfar Kaleem, Dr. Sohail Rana and Mr. Malik Salman. I must also thank other members of the host committee who were part of various committees including Dr. Meher Khan, Dr. Nayyar Iqbal, Dr. Masood Siddiqui, Dr. Sami Janjua, Dr. Sujood Ahmad, Ms. Fauzia Kaleem, Ms. Nusrat Jamil, Ms. Anne Anjum, Ms. Saima Bhutta, Dr Mohammad Ali Abass, Dr. Asma Badar, Dr. Munaza Khan, and last but not least my lovely wife Maheen Durrani.

Haroon Durrani MD  
Chair, APPNA Spring Meeting 2017





# APPNA Spring Meeting 2017, Philadelphia





# APPNA 40th Annual Convention



APPNA celebrated 40 year of its inception at the annual Summer Convention in Orlando this year. The convention was held at the Single Creek Resort from July 5th to 9th 2017. The theme of the convention was according to the need of our time, "Compassion and Civic Engagement through community service". Many distinguished thought leaders and thinkers graced the occasion. We were honored by the presence of our key note speaker on the Banquet night, Ms. Karen Armstrong, who is a world-renowned figure with expertise in comparative religion.

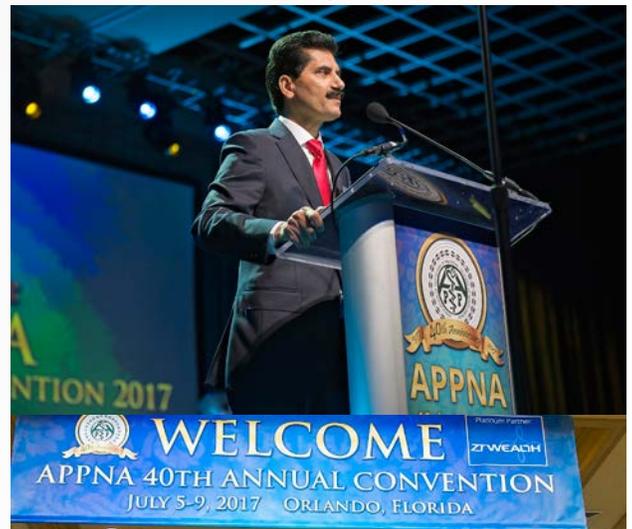
The convention started with a very elegant and festive inauguration program with Prayers by Imam Hafiz Tariq, Pastor, Jewish Rabbi and Hindu Pandit, followed by summation from Executive Director of interfaith council of Florida. The guests were welcomed by

the APPNA President Sajid Chaudhary, Chair Host Committee and the Florida State Representative Carlos Smith. Pakistani and USA anthems were performed by local talent from the community, followed by the presentation of colors by Orange County honor guard. The evening followed with a chapter night event which included recognition of 3 chapters for their exemplary work in the community, followed by APPNA idol and Ghazal night. A large crowd of people enjoyed the evening with great food and entertainment along with their friends and family.

On Thursday night, we had one of the largest gatherings of APPNA for the Alliance event; special guest Mr. Javed Anwar addressed the crowd and recognized the Alliance committee for their philanthropic projects in Pakistan and USA. The evening was glamorized by the dazzling fashion show, which brought the Pakistani colorful culture to the masses; followed by, TV comedian Mo. Amar entertained the crowd with his superb comedy performance.

Simultaneously, a Mehfil-e- Mushaira was organized by the Mushaira Committee. Many well renowned poets from Pakistan and USA presented their poetry to poetry lovers of APPNA– People enjoyed the program while drinking complimentary tea and Mithai.

On Friday night event, all the alumni had their respective get-together along with extravagant dinner – It is safe to say that it was one of the most successful and memorable nights for the > 3000 attendees where the crowd was entertained by the melodious voice of Music Maestro Ustad Rahat Fateh Ali till the early hours of the morning. On the last evening of the event, we had the formal banquet with 2700 guests. The highlight of the occasion was the video about "APPNA's Journey through the years", produced by Ajmal Zaheer, in collaboration with the Communication Committee. Dr. Zaheer Ahmad, Founding President of APPNA was there himself to cut the anniversary cake along with other past presidents. It was a very moving moment for the audience who have seen a tremendous growth in APPNA over past 4 decades. APPNA President Dr. Sajid Chaudhary gave an over view of this year's accomplishments and goals for the future in his presidential address. The APPNA





# APPNA 40th Annual Convention

committees and the selected few APPNA projects were recognized. Our key note speaker, Ms Karen Armstrong delivered her words of wisdom and motivated the guests to a charter of compassion. Later, the young and older crowds equally enjoyed the music and songs by talented and famous, one and only - Atif Aslam.

During the convention, the first half of the days were busy with CME lectures by well respected and published academic physician colleagues, who presented vast array of topics and reviewed state of art clinical practices and research. The attendees were awarded 12 SGME credit hours and activity for maintenance of certificate. Young physician had coaching seminars as well as a forum to present their research projects and papers. Alongside, multiple APPNA committees had their meetings including WAPPNA, Dental council meeting, APPNA Advocacy Committee, Specialty Network Committee, Free clinic committee and the Board of Trustees. APPNA Communication Committee held a seminar of APPNA's compassionate journey, in which 4 committees highlighted years of philanthropic work by APPNA for social welfare, disaster relief, free clinics and other philanthropic work. General Body meeting held on Saturday afternoon, provided an opportunity for general membership to get involved in APPNA's business meeting, ask questions and offer suggestions for a better future. Pakistan High Commission from Houston was gracious to hold a local office to provide visa and other services at the venue.

Simultaneously, the families enjoyed food vendors all over the resort and people enjoyed Pakistani, Mexican and American specialties all hours of day and late nights. The famous APPNA Bazaar had 150 local and Pakistani vendors.

Especial interest was paid to make sure that our younger generation remains involved and entertained. Programs were planned with CAPPNA and SAYA groups like debate competitions, career guidance forum and sport competitions as well as trip to Universal Studio for the SAYA group. Sports arrangements for attendees like cricket, tennis and golf matches were arranged at the resort and outside facilities.

It was undoubtedly, an educational and fun filled platform for Pakistani physicians and their families with options for all age groups and interest. Orlando has once again proved their hospitality, making this event, one of the finest and very well attended events in the history of APPNA.

At the end, I am humbled for the dedicated efforts by the entire committee to make this event a success. Also, I am very thankful to all the APPNA members and their families, who joined us for APPNA 40th Summer Convention in Orlando and made this event a success.

Aniq Shaikh, MD  
Chair, Host Committee  
APPNA 40th Annual Convention 2017





# APPNA 40th Annual Convention





# APPNA 40th Annual Convention





# APPNA Fall Meeting 2017, Cincinnati



Thank you very much to all of the APPNA members for making the 2017 Fall meeting a resounding success from all the criteria traditionally used, attendance, impact, participant satisfaction and profits. Due to the active participation of all of you meeting defied the pre-meeting expectation that it will be a relatively small and mundane affair as there never been any meeting on this scale not just in Cincinnati but in Ohio. I like to thank Dr. Sajid Chaudhary for having this vision of invigorating smaller chapters of APPNA and trusting on us by bringing the meeting to Cincinnati Ohio.

Meeting started with Thursday night reception showcasing traditional Pakistani kebab roles and mithai and above all musical talent of our early arrivals in the form of karaoke. We had an early start on Friday with a 7:30 AM breakfast and 8 o'clock CME. Speakers of an extraordinary caliber presented state-of-the-art information to the CME attendees, all the participants commented on the excellent quality of these talks. Both our participants in our sponsors appreciated the opportunity to network and mingle with each other. There was an extra two hours of CME on Saturday keeping up with the similar standards. Juma prayer was very well attended and everyone who participated appreciated the relevant conversation in the Khutba. Social Forum shed light on new accreditation requirements and preparedness of medical colleges in Pakistan.

The evening events where the highlight of Friday, The event was completely sold out and everyone was pleasantly surprised with the ambience and Mughal era décor and food. Cincinnati Mayer, John Cranly our chief guest, remarks about attending numerous functions in this hall but he has never seen the hall being decorated as beautifully as it was for the APPNA night. Mesmerizing entertainment started with Cincinnati's own Heather Hassan and his band Karmaa Nation followed by Zoe and Rachel Vicaji. This led to standing room only Cincinnati traditional Fall Mushaira, organized in collaboration with Ali Ghar association, at 11pm. Mushiara kept on going until about 2:30 AM with almost full participation from the audience, a testament to the quality of poets and poetry.

Saturday started with CME, Council meeting started at 10 am with very enthusiastic participation of APPNA members. Fashion and Dance show in the afternoon arranged by Alliance of Cincinnati was absolutely marvelous, significantly boast the sales of APPNA Bazar, one of the most successful, as all the available booths were sold out weeks before meeting.





# APPNA Fall Meeting 2017, Cincinnati

Saturday night banquet, again a completely sold out event, showcased the theme, Pakistan 70th birthday, many APPNA accomplishments, and again a mesmerizing entertainment by Humaira Chana and Jawad Ahmad.

Sunday late morning Halwa Puri Nashta with traditional Lassi was the most liked event by the participants, comments like this is as good as summer meeting or you have set the standards as good as summer meeting were heard almost all the time. In the end, the meeting was also a resounding success fiscally with very controlled spending and extraordinary hard work of APPNA volunteers in securing sponsorships.

In the end, I am extremely grateful for the hard work and dedication of my co-chairs and all subcommittee chairs, they voluntarily worked countless hours to ensure meeting was successful. Thank you all the APPNA family for making Cincinnati a successful destination for Fall meeting.

Muhammad Aslam MD  
Chair, Host Committee  
APPNA Fall Meeting 2017





# APPNA Winter Meeting 2017, Lahore



APPNA celebrated its 40th anniversary and held its annual winter meeting at Allama Iqbal Medical College (AIMC) in Lahore, Pakistan. It was the very first time that all events were held at AIMC campus as Allama Iqbal Alumni Association of North America was celebrating its 20th anniversary. AIMC holds a yearly conference called AIMCON, so this year both conferences were combined into one mega event to celebrate together. The love, care, and jubilation that APPNA members received will be remembered for years to come. The APPNA MERIT committee arranged a half day event on December 18th at Rawalpindi Medical College (RMC), Rawalpindi with the help of the RMC Alumni Association of North America. The Army Medical (AMC) Rawalpindi, National University of Medical Sciences (NUMS) and Army Medical College Alumni Association (AAA) also had a one-day (December 19th) event planned with APPNA MERIT committee for faculty development,

medical education, training, and strategic planning for mutual cooperation and collaboration between APPNA, NUMS, AMC, and AAA. The travel from Lahore to Rawalpindi was a unique experience as all APPNA delegates enjoyed a very luxurious coach ride on QConnect. Maj. Gen. Saleem Ahmad Khan and his faculty welcomed APPNA delegates. We all were touched by their hospitality and it was made evident that our relationship with AMC, NUMS and AAA is not going to be a short one. APPNA members were very impressed with AMC's highly accomplished faculty and their great emphasis on establishing modern learning technologies and bringing their educational infrastructure to the international standards, especially the standards practiced in USA. After a great breakfast with Naan, Kulcha, Poori, Choolay and Halwa with Lassi and classic Chai of Pakistani style we all went to AMC's Ayub Auditorium for a very busy program. A series of lectures were delivered to a jam-packed auditorium about faculty building, advanced medical education & training challenges along with opportunities in USA for medical graduates of Pakistan. At the end of the day, APPNA President Dr. Sajid Chaudhary, AAA President Dr. Irfan Mirza and NUMS representative signed a memorandum of understanding (MOU) to collaborate and assist in medical education, clinical training and transfer of knowledge for enhancement of standards of medical education and healthcare opportunities for general population in Pakistan.

For the next two days the cardiovascular symposium was organized at PIC with the joint efforts of Jinnah Hospital Lahore (JHL) and Shaikh Zayed Hospital Lahore (SZH), and Local & APCNA faculty delivered the state of the art lectures. The second day (December 21st) was dedicated for workshops, Dr. Farhat Mahmood conducted an electrophysiology workshop and he also performed hands on electrophysiology complex procedures for several days with local faculty members.





# APPNA Winter Meeting 2017, Lahore

APPNA festivities started on December 21st at AIMC with CME at AIMC auditorium in the morning followed by a grand inauguration ceremony along with the planting of trees by the APPNA President and local faculty. The APPNA delegates also visited one of the most modern wards of JHL, which is run by Prof. Dr. Shafique Cheema who has settled in Pakistan after getting his advanced training in Nephrology in the United States. The unit which houses 50 dialysis machines is run with the full financial support of Mr. Gohar Ejaz, who lost his father to Hepatitis C and he is fully determined to prevent Hepatitis C in dialysis patients.

The CME and various educational workshop activities continued for three days with full participation from graduates and undergraduates of AIMC and various local institutions. AIMC faculty and students arranged a fun filled gala for APPNA delegates at AIMC campus. The students presented Sufiana poetry, various cultural dances, and a music program. The next day, December 23rd, APPNA President met Prof. Dr. Zafar Ullah Chaudhry President College of Physicians and Surgeons of Pakistan and Medtronic officials to sign a MOU between APPNA and CPSP to collaborate and assist in medical education, clinical training and transfer of knowledge for enhancement of standards of medical education and general population healthcare opportunities in Pakistan. Medtronic mutually agreed with CPSP that it will help establish a state of the art simulation-training center for cardiovascular procedures at College of Physicians & Surgeons of Pakistan Lahore regional Center.

APPNA banquet dinner was arranged at Pearl Continental Hotel, Lahore in the evening. Mr. Malik Muhammad Rafique Rajwana, Governor of Punjab was the chief guest at the occasion. More than three hundred guests attended the dinner. The event was highlighted with the address of APPNA President, CPSP President and Governor Punjab. The surgeons for APPNA projects MUSKAAN and Corneal transplant were honored with commemorative shields for their services. The program ended with delicious Lahori traditional food and a music program presented by Sara Raza and Abbas Ali. On Sunday December 24th, more than eighty APPNA members went for the Walled City of Lahore tour on three coaches. The Lahore tour ended after a long, extremely enjoyable day at Monal restaurant where everyone relaxed and enjoyed a fantastic meal. We all said good-bye to each other with a promise to come back to Lahore sooner rather than later.

Atique Azam Mirza, MD., FACC., FASNC., FCPS.  
Chairperson, APPNA Winter Meeting Lahore, 2017.





# ALUMNI JUNCTION

*"Civic Engagement Through Community Services"*



# Alumni Presidents in 2017



Habib Chotani, MD  
AKUAANA



Saad Usmani, MD  
AIMCAANA



Rahid Khan, MD  
AMCOLANA



Nadeem Ahmed, MD  
Dental APPNA



Razi Sayeed, MD  
DOGANA



Shagufta Jabeen, MD  
FJMUAANA



Intikhad Ahmad, MD  
JSMUAANA



Humaira Haleem Ali, MD  
KMCANA



Naheed Usmani, MD  
KEMCAANA



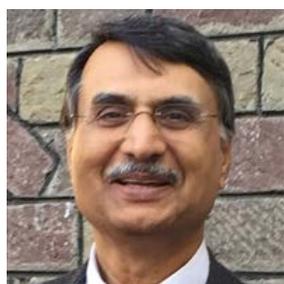
Taj Khan, MD  
Liaquat Medical College



Mohammad Javed Iqbal, MD  
Nishtar Medical College



Amir Jilani, MD  
PMCAANA



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



Shahid Randhawa, MD  
Rawalpindi Medical



# Aga Khan University Alumni Association of North America



Happy Holidays everyone!

It has been another exciting year for AKUAANA. This year our intent has been to grow AKUAANA and provide value to our members. We have been met with many successes and some unfinished business. Our numbers have grown from about a 100 members to now over 200 active members and the traffic to our Facebook page and website is now in the thousands. Abdul Basit Saeed (2007), our Web Manager, has been the rock around which the technical aspects of our web presence have been built and the organization will always be indebted to him.

Over the past two years our major focus was community building, to achieve this we organized multiple regional meetings (6 in 2016 and 7 in 2017). This has greatly enhanced our networking. Our alumni are now more informed about the work the Alumni Association has been doing. I would like to thank all the alumni who volunteered in hosting these regional reunion. We also hosted very successful annual reunion in Orlando FL.

We have been working with the leadership at AKUMC to help our alumni with issues that arise periodically. In fact with the efforts of Executive Council and our alumni, one of our alumni was able to start residency on time this year rather than missing a year and potential residency spot.

AKUAANA also initiated its first project with AKU in August 2016. It is a project for the treatment of anemia in pregnancy by screening pregnant females and treating them with iron supplements and IV iron (Venofir). I would like to congratulate our Alumni who have raised around \$70,000 dollars for this project. This would fund our project for a total of 4 years. This year we also partnered with APPNA for their National Food Pantry Project. We raised over \$4000 and APPNA matched it with \$2000. AKUAANA members spent a day volunteering at the Maryland Food Bank and also gave the check to the pantry.

The devastation in Houston with Hurricane Harvey affected a number of our alumni as we have a significant concentration of alumni in the area. We developed an emergency committee who reached out alumni in Houston and offered them help. A number of Alumni in Houston in safe areas opened their home to accommodate other alumni. We raised \$10,000 for the Mayor of Houston Hurricane Harvey Fund also. This is a true testament to our AKUAANA community and I would like to congratulate everyone who worked and volunteered their time.

Our Alumni are also more informed about APPNA and are actively participating in APPNA leadership. Infact a number of them are either presidents or past presidents of APPNA chapters through out the US.

We enter a new phase in the coming years. The need for increased involvement of the younger classes, continued membership drives and defining our mission are the critical components of success. There are a number of new initiative that are in the works.

I wish President Elect Namirah Jamshed (1996) and her team the best of success, and thank you all again.

Best regards  
Habib Chotani (1995)  
AKUAANA President, 2016-2017



# Allama Iqbal Medical College Alumni Association of North America



It was my distinct privilege to be serving as the President of our alumni association for 2017 and lead our organization to next level. This was a special year for AIMCAANA as we celebrated our 20th Anniversary. The theme of this year's AIMCAANA agenda had been inclusivity of the membership, improving collaborations with APPNA projects/committees and further our commitment to projects at our alma mater. Just as in previous years, we are committed to ongoing, successful programs such as the Jinnah Allama Iqbal Diabetes and Endocrinology (JAIDE) unit, ongoing support for free medicine, AIMCAANA MERIT awards to top AIMC graduates, IQBAL Loan project for graduates seeking GME in the US, etc.

We held our first AIMCAANA Retreat at the APPNA Spring Meeting held in Philadelphia,

PA in April 2017. The meeting was attended by 25 Iqbalians and several new initiatives were discussed. This year, the immigrant community in the US is facing challenges it has not encountered in decades and would not have expected to do so in the 21st century. Although the initial scare of a travel ban was averted by our strong judicial system, there is certainly a shift in US policy that is making non-immigrant visas difficult to get for Pakistani citizens. There has been a wave of B1B2 and J1 visa rejections, like the scale that was perhaps seen in 2003.

AIMCAANA has rallied around APPNA committees (YPC, Advocacy Committee, Civic Engagement Committee, etc.) to lend maximum support. We will be starting an immigration fee support scheme for young Iqbalians seeking graduate medical education (GME) in the US. We are also expanding the IQBAL loan scheme, by increasing number of recipients. We will be establishing an annual AIMCAANA Research Award for Iqbalians in US residencies and fellowships that will help bolster their academic careers. We have also revamped our website to make it more user-friendly. Current AIMCAANA members will be able to create their online profiles and pay dues online. Iqbalians who are interested in joining AIMCAANA would be able to do so using the online portal. Any donations via the website will generate an automated email with details about the 501c(3) status that can be utilized for tax-filing. We will also be helping our membership organize their landmark anniversary (10/15/20/25 year anniversaries, etc.) celebrations as part of the APPNA Winter meeting later this year.

In short, with all of your support AIMCAANA had another successful year and I am certain that under the guidance of DR Shahzad Iqbal, 2018 will be another mile stone year.

Yours sincerely,

Saad Z. Usmani, MD FACP  
President AIMCAANA 2017

Email: [saadzu@yahoo.com](mailto:saadzu@yahoo.com) or [saad.usmani@carolinashealthcare.org](mailto:saad.usmani@carolinashealthcare.org)





# Fatima Jinnah Medical College Alumni Association of North America



I am pleased to report that the FJMC ALUMNI ASSOCIATION has been following the aims, mission and objectives as set forth by the Association.

As in previous years, an effort has been made this year to strengthen FJMC Alumni by recruiting new members and increasing our endowment funds, which in turn, enable us to fulfill our commitment to provide scholarship funds for needy students at Fatima Jinnah Medical University, support FJOG (Hepatitis C clinics and other community projects), as well as various other endeavors.

Our activities this year:

- Throughout the year, teleconferences took place with the objective of achieving goals, objectives and planning for the future.
- Messages were sent out by e-mailed through our Yahoo group, WhatsApp and Facebook page for donations and requesting enrolment for membership.
- In summer meeting, Dr. Shagufta presented the president's report with special emphasis on recognition and acknowledgment of services from several past Alumni presidents. She endorsed continued improvement of our website [fjmcna.com](http://fjmcna.com) which undergoes periodic updates; She projected an ongoing improvement and maintenance of this website by Mr. Nicholas, who has been handling it with lot of passion. She asked for suggestions from the attendee to improve website, increase membership and requested Alumni members to open their heart for donations. Dr. Shagufta highlighted the current charitable causes, need for finding more projects for donations and future direction of Alumni.
- Continue to maintain (501) c3 status for FJMC Alumni association.
- We continue to support, An e-Library which was established at FJMC in 2009 by FJMC Alumni with the help of SWRDC to fulfill our goal of extending education and knowledge to 600 undergraduate students, 25 post graduates and 50 faculty members.
- The Supreme Court has given a decision in favor of upgrading Fatima Jinnah Medical College to a University status. We are excited and honored to be alumni of this great institution and are looking forward to strengthen our bond further with our Alma Mater.
- Our other major objectives are to continue increasing the endowment funds and contributing to APPNA scholarship funds which we started in 2014 with \$ 20,000 donation. Our Alumni have donated \$4000 this year. With this money, we are able to support other charitable projects. We have been directly contributing and supporting our Fatima Jinnah Medical University's needy students every year. We are planning to contribute 7000 \$ for year 2017. We have supported the WAPNA, SWDR and Rise for Equality by donations as much as our funds allowed us. This year we have also set aside \$1000 to support Hepatitis treatment program and other community programs in Pakistan through AFJOG (Association of Fatima Jinnah old graduates).
- I take pride to share that last year we honored Dr. Zeenat Anwar and her team for their incredible and continued commitment in the project of Human Development and donated \$3500 as direct fund raising for that cause.
- This year we had Dr. Shahnaz Khan as our guest speaker who did an amazing job addressing the attendee of the summer meeting. We also had door prizes and small table gifts for all the participants.

As the president of FJMCAA for 2017 and 2018, I along with the executive team will work sincerely and diligently to create and contribute to projects that support our alumni organization's core values. However, neither our prior accomplishment nor our future projects are possible without our member's involvement. Our hope is to leverage our individual successes and use FJMCAA as a platform to launch larger philanthropic endeavors

Shagufta Jabeen, MD  
President, FJMC Alumni Association



# Khyber Medical College Alumni Association of 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 ongoing KMC and completed KMCAANA projects include:

- Providing Critical Care coverage to the medical ICU at Lady Reading Hospital Peshawar starting December 2017
- Sponsoring 32 deserving KMC students with annual scholarships this year
- Establishment of a \$130,000 endowment fund. The dividends to be used solely for sponsoring need based scholarships at KMC.
- A well-equipped BLS (Basic Life Support) and first aid lab was established at KMC.
- Young Khyberian Physicians committee to help our KMC graduates during their search for clinical observer-ships and residency application process.
- KMC alumni sponsored a Qraz Hasna program for KMC graduates.
- In coordination with APPNA SWDRC, members of KMCAANA are actively sponsoring a cornea transplant program. So far 25 high quality corneas have been transplanted.
- KMCAANA members are also actively involved in supporting the APPNA " Muskan" ( cleft palate and lip repair) project in Peshawar. 9 cleft surgeries have been completed so far. Our goal is to sponsor 20 such surgeries.
- The Khyber Medical College-University of Toledo visiting professor program.

Our future Goals:

- Help develop a Center of Excellence in Neurology at Lady Reading Hospital Peshawar in collaboration with the APPNA MERIT committee.
- Help develop a program to provide volunteer anesthesiologist to the anesthesia department at Lady Reading Hospital
- Raise another \$100,000.00 for the Khyber-APPNA scholarship endowment fund.
- Obtain AHA accreditation and ACLS capabilities for the BLS lab at KMC
- A Khyber Medical College retreat in 2018.
- Development of a new KMCAANA Website

Respectfully submitted,

Humaira Ali, MD  
President

Rashid Hanif, MD  
Secretary

Muhammad T. Khan  
Treasurer

Sajjad Savul  
Past President



## Liaquat University of Medical & Health Sciences Alumni Association of North America



Tahir Shaikh, MD  
President

### LIAQUAT ALUMNI COMMUNITY AND SOCIAL WELFARE SERVICES

Liaquat University of Medical and Health Sciences (LUMHS), formerly known as Liaquat Medical College, is one of the five founding Alumni of APPNA. It came into existence in 1982 in Chicago and has since been one of the most active component societies of APPNA.

Since its inception, it has been actively involved in various community and social services. Many of its presidents have served on the Board of Trustees of APPNA, of which Dr. Imtiaz Arain is currently member. Dr. Murtaza Arain, the tenth president of APPNA (1988-89), provided space for an APPNA office free of cost for several years and has been involved in social services and humanitarian work. Dr. Afzal Arain has traveled extensively at his own expense and provided medical help in numerous countries that were affected by natural disasters. Thousands of handicapped individuals have benefited from his well-known wheelchair program, which is ongoing in collaboration with Rotary Club. Dr. Imtiaz Arain has been the backbone of the first APPNA clinic established in Chicago in 2008. This clinic, while providing medical care for the neediest, has also created an opportunity for externship for young physicians.



Abdul Majeed, MD  
Co-Chair SWDRC  
(2016-17)  
Immediate Past  
President

The 2005 earthquake in Pakistan was one of the worst natural disasters to hit our homeland. Liaquat Alumni members played a pivotal role in ongoing relief efforts. Drs. Murtaza and Afzal Arain provided on ground services during the earthquake relief efforts. Dr. Abdul Majeed was the main organizer for fundraising under

the New York chapter, which helped to raise close to \$300,000. With these donations, Mansehra Rehab Center was adopted and funded for close to three years where the earthquake victims were rehabilitated.

In 2011, disastrous rains and floods affected rural Sindh where hundreds of thousands of people were displaced from their homes. Drs. Abdul Majeed and Khalid Memon raised close to \$70,000 for relief efforts under Social Welfare and Disaster Relief Committee (SWDRC) with the help of its Chair, Dr. Aisha Zafar. Half of these funds were spent for immediate relief by providing food, water, and shelter. With the other half, about 40 individuals affected by these floods were put to work by providing them with motorcycle rickshaws. Many of these individuals are still supporting their families through the use of these rickshaws. This project would not have been completed without the help of Dr. Saima Zafar, President of APPNA 2012.

In 2015, Liaquat Alumni President Dr. Abdul Majeed, with the help of Dr. Khalid Memon and many others, started the Clean Sweet Water Project for the drought-affected Tharparkar area of Sindh. We were able to raise over \$120,000 under SWDRC with the help of Dr. Aisha Zafar. These donations



# Liaquat University of Medical & Health Sciences Alumni Association of North America

were used to provide clean, sweet drinking water to thousands of needy people in this region on a long-term basis. This work included laying down an 8-kilometer water pipeline and constructing 3 underground water storage tanks, each with a capacity of 10,000 gallons, all in remote areas of Thar. Nearly 7,000 people are benefiting from this pipeline, which was inaugurated on December 22, 2015 by Dr. Mubasher Rana (President of APPNA), Dr. Abdul Majeed and Dr. Amjad Aziz, a Liaquat physician practicing in Hyderabad. This project also included installing 50 water pumps in different villages, mainly in Taulka Diplo (District Mithi) where the underground water is undrinkable.

This year (2016-17) with the Grace of Allah SWT, we are pleased to report the completion of 80 water pumps in remote areas of Thar Desert near Taulka Diplo. This was part of our ongoing Clean Sweet Water Project and was made possible due to the generous donations of our donors who have put their trust in this project for the last few years. We offer our heartfelt thanks to all our donors and hope for their continued support in this endeavor. Our special thanks are to Drs. Aisha Zafar and Khalid Memon as well as Jennifer Wozniak from APPNA office for their hard work. We also would like to thank Muneer Welfare Trust for their wonderful work on the ground and completion in a timely manner.

Insha'Allah, we plan to continue this project and request ongoing support as there is an unlimited need for clean water in many remote areas of the country. One water pump costs approximately \$500.

Online donations can be made at: <https://www.instantreg.com/appnatemplate2/public-donations>

Once at the page, use the "select fund" feature's drop-down menu to select "Thar Water Wells (Clean Sweet Water Projects)" and then make the donation.

We are also participating this year on APPNA National food pantry project.

We are working on launching our website soon.

May Allah SWT shower His blessings upon our generous donors. Ameen.

Taj Khan, MD  
President-Elect

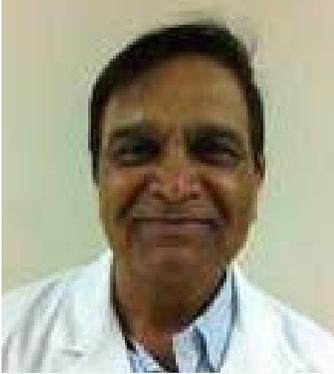
Rubina Hussain, MD  
Secretary

Imran Ismail, MD  
Treasurer



## ALUMNI JUNCTION

# Nishtar Medical College Alumni Association of North America



Respectfully submitted,  
Mohammad Javed Iqbal  
President NANA

Our Executive Committee has been busy working to streamline different projects for our University improving patient care and education.

Half of the funds are being raised by honorable people of Multan area.

We are buying C-ARM for GI department for ERCP

We are buying Video Bronchoscope and Pleuroscope for Pulmonary Department.

We are making an IT room for students, physicians to connect them with the Modern Universities so they can observe Modern technology and patient care from the best institutions of the World. We are requesting it named after our Philanthropist graduate of first batch of 1956, Dr. Riazul-Haq Imami.

I like to thank all the Alumni who have made it happen. If I write all the names, it will be more than 2 pages.

## Rawalpindi Medical University Alumni Association of North America



Rawalpindi medical university Alumni in America, RMCANNA is increasingly being noticed for its academic and philanthropic achievements. RMCANNA represents approximately 600 graduates of Rawalpindi medical university which are working all over United States. We are very happy with recent transition of Rawalpindi medical college to Rawalpindi medical university (RMU) with RMC graduate Dr. Muhammad Umar first as principal and now as Dean of RMU. RMCANNA is partnered with Rawalpindi medical college overseas foundation (RMCOF) in running different welfare projects.

1- First ever burn center in teaching hospitals of Rawalpindi was established by RMCOF and RMCANNA. This burn center is treating hundreds of patients annually. This center is recently approved for post graduate FCPS training.

2- Dialysis center at Holy Family hospital Rawalpindi has 10 dialysis machines which provides upto 35 dialysis daily, 7 days a week at no cost.

3- IDRF/RMCOF school at Darya Khan is running successfully for many years. It is recently upgraded to high school. RMCOF is bearing all the costs.

4- It has been decided to open a RMCANNA house in United States to help new Physicians coming from Pakistan.

5- RMCANNA recently started live video lectures from United States directly to Rawalpindi medical university. A series of state of art lectures with question answer sessions are being done by RMC graduates in different specialties.

6- Scholarship fund created last year is being distributed to deserving students at Rawalpindi medical college.

7- RMCANNA visiting faculty program helps in mentorship programs for students and in initiating research projects.

8- A number of RMC graduates are serving APPNA in different committees. Dr. Babar Rao and Dr. Shahid Rafiq are chairs of two APPNA committees.

Shahid Randhawa, MD  
President RMCANNA



# APPNA 2017 Events



APPNA Winter Meeting 2017, Lahore, Pakistan



APPNA Winter Meeting 2017, Lahore, Pakistan



APPNA Winter Meeting 2017, Lahore, Pakistan



APPNA Winter Meeting 2017, Lahore, Pakistan



APPNA Winter Meeting 2017, Lahore, Pakistan



APPNA Winter Meeting 2017, Lahore, Pakistan



APPNA Winter Meeting 2017, Lahore, Pakistan



APPNA Winter Meeting 2017, Lahore, Pakistan



APPNA Winter Meeting 2017, Lahore, Pakistan



APPNA South Florida Chapter



APPNA Washington-Seattle Chapter



APPNA National Health Care Day



APPNA Ohio Chapter



APPNA South Texas - Brownsville



APPNA National Health Care Day



APPNA National Health Care Day



# CHAPTER'S PODIUM

*"Civic Engagement Through Community Services"*



# CHAPTER'S PODIUM

## Chapter Presidents in 2017



Seema Mirza, MD  
Alabama Chapter



Khaver Kirmani, MD  
Arizona Chapter



Mohammad Ilyas, MD  
Arkansas Chapter



Naheed M. Chaudhry, MD  
Canada Chapter



Syed Salman Ali, MD  
Connecticut Chapter



Haroon Durrani, MD  
Delaware Valley PA



Syed Irfan Zaidi, MD  
Florida Chapter



Ashar Niazi, MD  
Georgia Chapter



Tahir Latif, MD  
Greater Cincinnati



Hibba Haider, MD  
Heartland Chapter



Aftab Khan, MD  
Illinois Chapter



Naushad Pervez, MD  
Michigan Chapter



Bushra Sikandar Dar, MD  
Minnesota Chapter



Syed Danish Hasan, MD  
Missouri-Greater St. Louis



Mahmud Sheikh, MD  
Nevada Chapter



Salman Malik, MD  
New England Chapter



Mir Maqbool Ahmed, MD  
New Jersey Chapter



Rizwan Naeem, MD  
New York Chapter



Salman Qayum, MD  
North East Tennessee



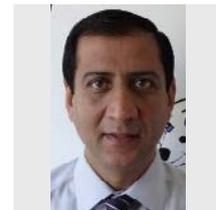
Altaf Jan, MD  
Northern California



Sohail Sarwar, MD  
North Carolina Chapter



Mohammad Amir, MD  
North Texas Chapter



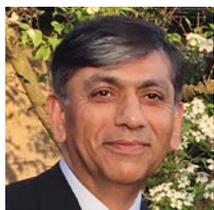
Iftikhar Hussain, MD  
Oklahoma Chapter



Fouzia Tariq, MD  
Ohio Chapter



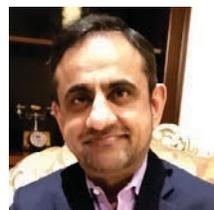
Basil Shah, MD  
Southern Chapter



Zahid Khan, MD  
South Central Pennsylvania



Hanif Pathan, MD  
South Central Texas



Iqbal Ismail, MD  
South Florida Chapter



Kashif Khan, MD  
South Texas Chapter



Ashraf Sabahat, MD  
Upstate New York/Pennsylvania



Nadeem Faruqi, MD  
Virginia Chapter



Tahir Shaikh, MD  
Washington DMV



Ariba Khan, MD  
Wisconsin Chapter

*"Civic Engagement Through Community Services"*



# Alabama Chapter



We had a great beginning of our term as the executive committee of APPNA-Alabama chapter. Our objectives this year are to have the spring and fall meetings, another successful health fair, and to cooperate and coordinate with central APPNA and other organizations in Alabama such as Birmingham Islamic society, AAPI, Aligarh association and CAIR to prevent duplication of efforts. We also support the committee that organizes the two Eid parties in Alabama.

We had a very successful spring meeting with great participation not only from the APPNA physicians but also the non physician community. We had a mini APPNA bazaar, followed by scientific presentations, dinner and then entertainment by local singers. We have been trying to involve our youth in our meetings and talented boys and girls from the community volunteered at the gate, for presentations and couple were part of the entertainment as well.

We are very proud of our free clinic called the Hoover Red Crescent that runs every Sunday mainly through the efforts of Dr. Talha Malik, Dr. Zakir Khan and Mrs. Tanveer Patel. We also encourage youth participation and volunteering at the clinic and the health fair. We have already started planning the health fair which will be held this October with free screening, flu shots, consultation with doctors and we will especially try to reach out to patients without health coverage.

Another important effort we will try to make is to meet local politicians and invite them to the health fair and future meetings given the current political environment. We try to get media coverage for the health fair. This will hopefully create a positive image of Pakistani Muslims and this is not only important for all of us but more so for the future of our children.

We hope that we can continue the efforts of our predecessors but also move forward with fresh ideas and new objectives.

Saema Mirza, MD FACC  
President APPNA Alabama Chapter





# Florida Chapter



APPNA Florida Chapter has been very active this year. We started our tenure on January 1st, 2017. Our first activity was participation in strategic planning meeting for the annual summer meeting in Orlando, Florida. Our executive Committee members Dr. Irfan Aslam, Dr. Irfan Imami, and Dr. Farhan Zaidi are part of the host committee. We jointly sponsored the evening dinner and entertainment program with Central APPNA and it was a huge success.

We also decided to join hands with APPNA President Dr. Sajid Chaudhary and plan to start APPNA clinics. As a first step, our executive committee members have offered to volunteer their time at a free clinic in Kissimmee, Florida.

We also had a Spring meeting of the APPNA Florida Chapter on April 29th, 2017, in Melbourne, Florida. We had a quiz competition, which was thoroughly enjoyed by everyone. There was a mesmerizing music program which was liked by everyone. The evening was capped with a sumptuous dinner.

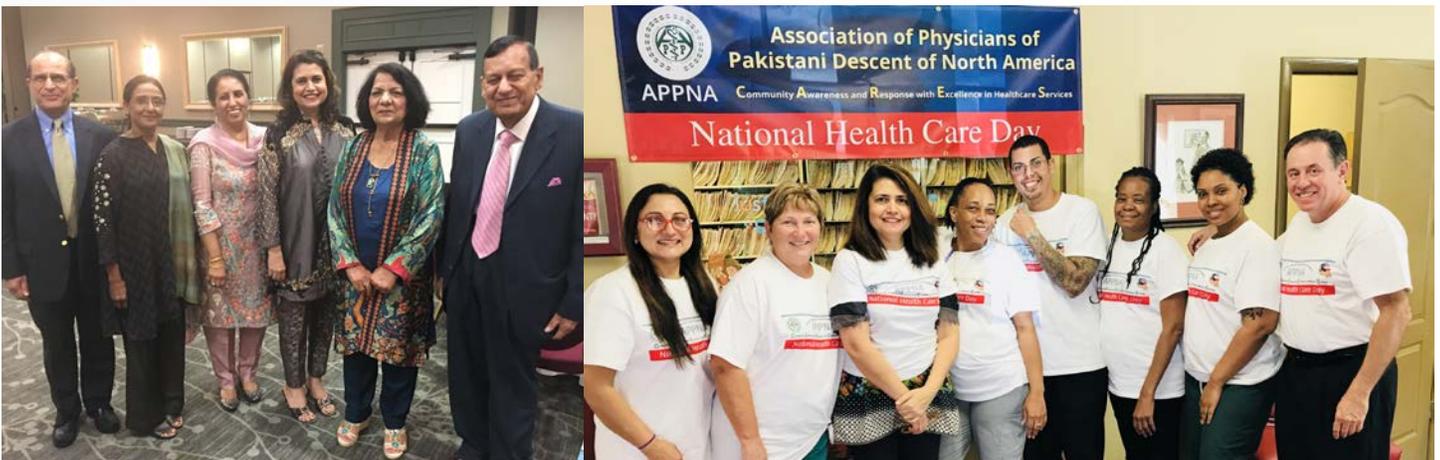
We are fortunate to have an Executive Committee which includes dedicated person of merit. Our members are Dr. Irfan Zaidi as President, Dr. Irfan Imami as President elect, Dr. Irfan Aslam as Secretary, Dr. Farhan Zaidi as Treasurer, and Dr. Riffat Qureshi, Dr. Moosa, Dr. Saima Ali, Dr. Rubina Inayat, and Dr. Roohafza Afridi as members at large.

It is a matter of pride that Dr. Irfan Aslam has gotten our Florida Chapter website up and running, and now we can register online for meetings.

We are planning more programs in the future.

Thanking you.

Syed Irfan Zaidi, M.D. FACP  
President APPNA Florida Chapter





# Greater Cincinnati Chapter



It gives me great pleasure to report the activities of our chapter for 2017. It is especially exciting year for our chapter as APPNA-GC is entering the 10th year of its existence and hosting first APPNA meeting in Ohio this year. In the last few years we have seen a prolific growth in the physician community in Greater Cincinnati & suburbs, Dayton and communities from adjoining Kentucky and Indiana. Keeping up with this growth the APPNA-GC chapter has reinvigorated recently and is becoming an integral part of the community.

Our major accomplishment for the year include:

- Successful hosting of APPNA Fall Meeting for 2017, see page 80 for full report.

Dozens of volunteer members spent countless hours working on different aspects of meeting planning to make sure your stay here is comfortable.

- Continuing the tradition of organizing an annual Mushaira in collaboration with the Aligarh alumni association. The 2017 Mushaira will was held on Friday 27th October and feature prominent poets from India, Pakistan, and USA.

- We actively participated in the 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.

- The chapter has launched its first APPNA-GC Facebook page and website at [www.appnagc.com](http://www.appnagc.com).

- APPNA-GC hosted the 10th annual general body meeting on May 13th 2017. The evening was attended by almost 200 people and started with a scrumptious dinner after which Farhan Zaidi entertained the audience with his performance for hours.

- Executive Committee and General body approved new Bylaws on May 13th 2017

Tahir Latif MBBS, MBA, FACP  
President APPNA GC 2017

Muhammad Aslam MD  
Immediate Past President

Shehzad Saeed MD  
Secretary APPNA GC 2017

Anwer Siddiqui MD  
Treasurer APPNA GC 2017





# Minnesota Chapter



MAPP (Minnesota Association of Pakistani physicians) continues to grow and many physicians and non-physicians in the community are becoming involved in our activities.

We held a fundraiser for HDF and raised funds for a school project in a small village of Pakistan.

MAPP has been actively participating in national health day care regularly over past few years now.

As MAPP president I was also a member of "committee for APPNA national health day" and actively participated in preparing for the annual event last year. I am also excited to be part of "APPNA membership committee" for 2017 and hope to work hard in helping increase membership of APPNA and MAAP Insha'Allah

Bushra Dar, MD  
President APPNA Minnesota Chapter



# New England Chapter



APPNE hosted its annual meeting in collaboration with King Edward Medical College Alumni Association of North America (KEMCAANA) on April 29th, 2017, at Best Western Royal Plaza Hotel, Marlborough, MA. It was a well-attended event with over 100 Physicians and their spouses in the audience. Senior leadership of APPNA including President-Elect 2017, Dr. Iqbal Hamid, and the current Secretary, Dr. Rizwan Khalid, also attended the event.

Dr. Ehsun Mirza, an APPNE Board member, provided details of Green School Project that helps build schools in Thar, Pakistan. APPNE has provided manpower and funds to these Green Schools that are completely run on solar energy. Cambridge City Council member, Mr. Nadeem A. Mazen, was an invited speaker who spoke about the importance of political engagement and why the Muslim community needs to be actively involved in their cities and towns. Mr. Khalil James Meek, Co-Founder and Current Executive Director of Muslim Legal Fund of America (MLFA), spoke about legal work and programs to defend Muslims against injustice. APPNE's Key Note speaker was Dr. Adil Haider, a trauma surgeon at the Brigham & Women's Hospital in Boston; he was recently awarded the Ellis Island Medal of Honor. Dr. Haider spoke about the "American Dream" and how it played a role in his life.

Raaga Boyz, a popular band from Pakistan, closed out the evening with their unique blend of music, combining Eastern and Western rhythms.

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



# Heartland Chapter



The Association of Physicians of Pakistani - Descent of North America (APPNA) is a national organization of around 15,000 physicians of Pakistani descent belonging to a wide variety of medical specialties across United States and Canada. The organization has 30 chapters across the country.

Our APPNA Heartland Chapter covers Kansas, Nebraska and the Western part of Missouri. Our chapter is involved in diverse philanthropic activities including free health fairs, flu vaccination drives, free clinics, youth career development, promoting health and cultural awareness, and CME events. We have a large physician presence in the Kansas City schools and religious centers to promote awareness of various health related issues and career guidance.

Aims and Objectives for the year 2017:

1. In synchronization with National APPNA's theme of this year "Civic Engagement through Community Service" APPNA Heartland Executive Counsel 2017 plans to continue existing efforts on a larger and collaborative platform through APPNA Heartland.

As a Vice President of Crescent Peace Society (a local Interfaith Muslim organization) I am engaged in Interfaith Diversity and mutually inclusive dialogue to broaden minds and hearts, bridge the divide, religious or cultural barriers, spread empathy and support throughout the community.

2. Our annual Health Fair is scheduled on September 23 rd, in collaboration with Mercy and Truth Clinic in Kansas City, KS. We have maintained a great collaboration where Mercy and Truth Clinic offers us their space, shares variety of medical equipment, basic lab tests. APPNA Heartland Executive council this year will plan to start facilitating a health fair twice a year and plan to participate as a coordinator with APPNA National Health Care Day 2017.

3. Community is recognizing APPNA Heartland's role and has asked specifically in helping promote fundraising and goodwill support for a Women and Children's Shelter in Kansas City. It is a community based project offering help to financially and emotionally distraught women going through adverse life circumstances. It offers them an opportunity to become self-sufficient and regain their freedom, self-respect and dignity by providing timely residential safe haven, psychological counselling, skill based training or guidance for suitable job preparation.

Their fundraiser is on June 17th, 2017 and many APPNA Heartland Chapter Physicians plan to participate in a community cause.

4. APPNA Heartland member physicians participated and encouraged the fundraiser for TCF (The Citizens Foundation) on April, 9th, 2017.

5. We had our first Annual APPNA Heartland Dinner and Meeting on April 15, 2017.

Details and pictures available on [appnaheartland.org](http://appnaheartland.org).

Following are the ongoing collaborative efforts that APPNA Heartland is engaged within the community already.

**Crescent Peace Society**

The Crescent Peace Society is a not for profit organization established in 1996. The Society was formed by a small group of committed Muslims from the Greater Kansas City area after the Oklahoma City bombing. Since 1996, the Crescent Peace Society has worked within the Greater Kansas City community through a series of organized, educational and cultural interactions with other faiths and the media. Members of CPS have tried their best to show positive American Muslim role models. Physicians from APPNA Heartland continue to participate actively in interfaith related activities to build bridges with people from different backgrounds.

Physicians from APPNA Heartland have also continued to support, donate and collaborate with community projects of CPS, like the Annual Turkey Drive in which CPS provides free Thanksgiving Turkey meals to hundreds of inner Kansas City deserving families.

See link: <http://www.crescentpeace.org/about-cps.html>

**The Citizen Foundation**

The Citizens Foundation, USA (TCF-USA) funds the construction and operation of primary and secondary schools for underprivileged





# Heartland Chapter

children in Pakistan. TCF has won international acclaim for its education program and management excellence. From 5 schools in Karachi in 1995, TCF has expanded to 1,060 school units with 165,000 students in 109 towns and cities across Pakistan. TCF-USA is a professionally managed, tax exempt non-profit organization with a network of Chapters across the United States. The Kansas Chapter, has a presence in Kansas City and Wichita. APPNA community members are spearheading efforts in the Kansas City metro area to mobilize the community for fund raising efforts. The Chapters achievements include a school in Karachi in memory of three universally admired members of the Kansas City community who died in a tragic plane crash. The "Ali, Maria and Tausif Campus" is providing a valuable education to children in the impoverished Taiser Town community. <http://www.tcfusa.org/>

### Mercy Free Clinic

Mercy Health Free Clinic (MHFC) operates as a 501(c)(3) non-profit organization\* dedicated to the provision of free health care to residents of the Greater Kansas City, Missouri area who are uninsured, or lack appropriate alternatives to preventive care. Established in 2009, MHFC is entirely staffed by volunteer physicians, nurses, pharmacists, and administrative personnel. As a member of the National Association of Free Clinics (NAFC), MHFC strives to deliver quality health care in accordance with national benchmarks and through the utilization of support and resources provided by NAFC. APPNA Heartland physicians provide free internal medicine, primary health care, psychiatry, urology and musculoskeletal care services at the Mercy Free Clinic. <http://www.mhfreeclinic.com/>

### AJ Magazine

It is 'Akhbar e Jabeen' is a quality entertainment magazine which will be simultaneously published from USA and Pakistan. This magazine is the brainchild of Mahjabeen Zaidi, who is a Kansas City Resident and a Pakistani born US Citizen. She is the founder and chief editor of the magazine. This magazine will bring the latest news, trends and social events happening in the community in the US and Pakistan.

### Zubeda Khaliq Memorial Trust

In 2008 a 50 bed hospital funded totally by the founder Dr. Sikander and his family was built in Sermik about 40 kilometers from Skardu, Pakistan.

Located in a small but beautiful village of Sermik, on the bank of the River Indus, the Zubeda Khaliq Memorial Trust was established to provide health care to the people of Baltistan, a poor region of Pakistan. Since 1980, hundreds of thousands of people have benefited from the Trust, with all services provided totally free of cost. Physicians from APPNA Heartland are the main force behind fundraising efforts from the Kansas City area, supporting this hospital. <http://zkmfreehospital.org/more.html>

### The Center for Advanced Professional Studies (CAPS):

The Center for Advanced Professional Studies represents the collaboration of education, business and community, providing students with a unique, immersive experience, resulting in highly skilled, adaptable, global innovators and leaders. Students realize their strengths and passions by exploring and experiencing potential professions. This allows them to make informed decisions about their future, while learning to exhibit leadership. Physicians for APPNA Heartland deliver lectures and demonstrate practical medical and surgical skills to the high school students in the Foundation of Medicine class at CAPS. <http://bvcaps.yourcapsnetwork.org/>

### Kansas City Interfaith Youth Alliance

The Kansas City Interfaith Youth Alliance (KCIYA) is a collaborative program of individuals who want to change the conversation about religion by empowering youth of all backgrounds and faiths to come together to establish pluralistic understanding and respect by serving their communities. APPNA physicians and their families are fully involved in the activities of this youth group all year around. Physicians from our group serve on the board of directors. <http://www.kciya.org/>

### APPNA College Scholarship Fund

This fund is for students of Pakistani descent who are going to high school in USA and are applying to college but face hardship in paying for college tuition. Strict income criteria are used to identify deserving candidates. Fund raising is performed by personal philanthropic donations. Last year \$67,500 were collected and scholarships were distributed to 14 candidates. The scholarship can be renewed if the student maintains a strong GPA and continue to meet the financial criteria. Physicians from APPNA Heartland have been contributing generously towards this cause and continue to solicit support from its members to sustain this hugely popular program. Donations can be given through the APPNA website, under the 'Projects' tab. <http://appna.org/>

### Mentorship Program

In order to nurture the love of medicine in the next generation, an APPNA Heartland physician has been instrumental in devising a mentorship program for high school and college students at the Providence Hospital. International students from Pakistan and India have been beneficiaries of this program as well. APPNA Heartland makes financial contribution to offset the cost of their lodging. This program is quite popular and several student rotating through this program have gone on to match in various residency programs in the United States. Interested students can send their request to [akhan64@earthlink.net](mailto:akhan64@earthlink.net) or [hibbahaid@gmail.com](mailto:hibbahaid@gmail.com)

Hibba Haider, MD

President Heartland Chapter



# North California Chapter



Northern California Chapter continue to be a vibrant part of APPNA. Our chapter is lucky to have an executive committee that comprise of hard working, energetic and dedicated members. The senior members and board of directors also have supported the chapter in significant ways.

The Annual Fall Meeting of Northern California Chapter was held on November 18, 2017 at The Crowne Plaza Hotel in Union City. This was a sold-out event: about 250 people attended the meeting. As part of our educational activity, a great CME program was arranged by Dr. Bilal Hameed: it was well attended. An APPNA bazaar was well liked. The social event consisted of dinner and entertainment. The food was delicious. Komal Rizvi entertained the audience through her great singing and music; thanks to the hard work of Drs. Maliha Agloria and

Shazia Mughal for their efforts to arrange the entertainment and reaching out to community.

This meeting was attended by a few notable guests. These included Dr Asif Mahmood (candidate for lieutenant governor of California) and Sabuhi Siddique (candidate for San Jose City Council District 9 2018).

Dr. Mubasher Rana (past president of APPNA) and Dr. Aifra Ahmed did a nice presentation about the future plans for establishing a free medical clinic in the Bay Area. NISA (Norther California Islamic Shelter for the Abused) representative also talked about the activities of this organization.

As part of our civic engagement and community service, our Chapter continued its tradition of participation in the National Health Care Day. This was arranged at Vallejo and Bay Area under the leadership of Dr. Sabir Khan and with the help of volunteers.

This year horrendous fire broke in Northern California. Our Chapter soon established a web page to help the victims of this fire by asking for donations through the Red Cross.

Our vision for 2018 is to continue to build upon the excellent work done by our Chapter. We want to encourage new membership, engage all the members, provide educational activities, and be active part of our society.

### Executive Committee:

Altaf Jan (Khyber Medical College), Current President  
Aifra Ahmed (King Edwards Medical College), Past President  
Bilal Hameed (Dow Medical College), President-Elect  
Shazia Mogul (Fatima Jinnah Medical College), Secretary  
Maliha Agloria, Treasurer





# North Texas Chapter



As I have mentioned in my last report that we were planning to have our chapter meeting in spring. We had a very successful chapter meeting on April 28th at Park Plaza Tower that was well attended by the membership. Ali Haider was the musical guest and everybody had a good time.

We also did a membership drive during our meeting. We are planning to continue with our membership drive during the month of Ramadan as well. Our EC has started working on making arrangement for APPNA healthcare day this fall.

Sincerely,  
Mohammad Amir M.D.  
President APPNA North Texas Chapter

# Virginia Chapter



The APPNA-Virginia chapter is based in the Richmond metro and has 45-50 physician members.

We started off 2017 with a community event in February that included keynote speaker and gold star parent, Mr. Khizr Khan. The event focused on building bridges amongst different communities in the wake of anti-immigrant and anti-Muslim sentiments in the country. Apart from chief guests Mr. & Mrs. Khizr Khan, we were joined by various Richmond area community leaders.

On May 14, we had our annual fundraiser which featured our local production "Amriki Biryani", performed and produced by our local talent. The event was attended by the TCF-Pakistan CEO and the TCF-USA founder and we raised over \$25,000 to support 2 schools over the next 2-3 years. We also raised \$5,000 for the APPNA "food pantry project" to help local area food banks, Caritas and Feedmore.

The chapter is also engaged with the Pathways clinic in Petersburg where our physicians are seeing indigent patients on a regular basis in primary care, psychiatry and cardiology clinics. We have also funded a local pharmacy to support patients who cannot afford their prescriptions. Our families also regularly feed the needy at the "Daily Planet" a facility that houses homeless people with medical problems. We are providing daily meals during the month of Ramadan.

The chapter is also forming a "civic engagement committee" to work with local authorities, charities and school boards so that our community can be more active and work for the betterment of the society we live in.

Khalid Matin, MD, FACP  
President Virginia Chapter



## CHAPTER'S PODIUM

# Tri-state: Pennsylvania, Upstate Delaware & New Jersey Chapter



APPNA-PUN is a vibrant APPNA chapter in Delaware Valley encompassing South Jersey, Delaware and Southeastern Pennsylvania. Our chapter has made huge progress in bringing together hundreds of physicians in the tristate area during its short existence since 2014. APPNA-PUN had a very productive 2017 with a string of activities throughout the year. We had the honor of hosting APPNA Spring meeting from March 24-26, 2017 in Philadelphia. This was APPNA's first meeting to be held in Philadelphia. This was one of best attended spring meetings hosted under the leadership of APPNA-PUN President, Dr. Haroon Durrani. The meeting was very well received by the APPNA leadership and its membership. As a new initiative promoted by the host committee, several Alumni organizations collaborated with APPNA to host their strategic meetings in conjunction with the spring meeting. The meeting included a world class CME program and an excellent social forum on Women Empowerment with Ms Valerie Biden as the keynote speaker. The Friday and Saturday banquets were sold out events with excellent food and entertainment.

APPNA-PUN had a busy year engaging in educational, charitable and medical relief activities. APPNA-PUN actively participated in a medical mission to Trinidad from Sep 1-4, 2017. The volunteers were led by Dr. Ghazala Farooqui and included both doctors and youth. The volunteers spent Eid-ul-Adha helping the needy in Trinidad. APPNA-PUN sent a large group of volunteers to East Ridge, Tennessee to participate in a medical camp organized by Remote Area Medical from Sep 30th -Oct 1st, 2017. This successful mission was spearheaded by Dr Aliya Khan. The chapter also actively participated in APPNA National Health day by setting up a free clinic at Muslim Youth Center of Philadelphia under the leadership of Dr. Umar Farooq.

APPNA PUN actively collaborated with APPNA central office in raising funds for Hurricane Irma, Maria and Harvey. The chapter was also an active participant in APPNA's initiative of civic engagement through public service. Our volunteers actively participated in several local charities and food pantries. We were able to utilize APPNA matching fund drive to support a local food pantry, Muslim Serve. The food pantry has been initiated by Dr Hamza Shaikh and serve the hungry in Camden and Philadelphia area.

Our social calendar has also been busy. The summer was kicked off in high spirits at the annual APPNA PUN picnic on May 20th, 2017 at Core Creek Park, Langhorne, PA. This included great food and outdoor activities especially geared to keep the youth engaged with the local chapter. The 4th annual banquet was held on Dec 2nd, 2017 at the Westin in Mount Laurel, NJ where the outgoing president Dr Haroon Durrani signed off on a successful tenure. APPNA PUN will remain indebted to his services to the chapter.

Sincerely

Haroon Durrani, MD, President APPNA-PUN Chapter

Ghazala Farooqui, MD - President Elect

Jamil Mohsin, MD - Secretary

Mohammad Arshad, MD - Treasurer

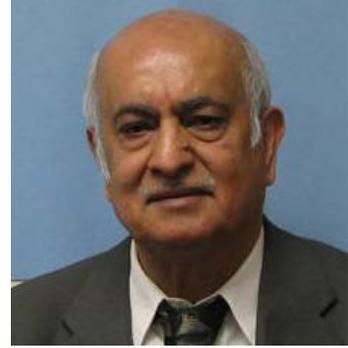
Sarwat Iqbal, MD - Immediate Past President



## اللہ اکبر۔ اللہ اکبر

کہاں تیری ذات عالی  
 اور کہاں میں نہ چیز  
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 میں اک ذرہ خاک ہوں  
 میں تیری حمد کروں تو کیسے کروں  
 تو عمل سے ہے تو ابد تک  
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 تیری مخلوقات ہر وقت تیری حمد کریں  
 یہ سوچ کر میں بھی سر بسجود ہو گیا  
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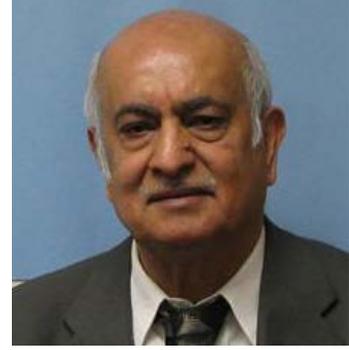
.....☆.....



سلیم احمد خان

# اللہ ہو۔ اللہ ہو

عروش پہ ہر لمحہ۔ ملائکہ تیری تسبیح میں ہیں مصروف  
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 زمین پر چرند و پرند بھی، ہر وقت تیری حمد و ثناء کریں  
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 کیڑے مکوڑوں کو غور سے سنو، صدائیں آئیں گے  
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 سمندروں میں جتنی مخلوقات ہیں، وہ بھی تیری حمد کریں  
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 صبح و شام معزہ ڈاروں میں تیرا ذاکر، رکبتانوں میں تیرا ذکر  
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 قلندروں صوفیوں اور درویشوں کی زبان پر بھی، ورد جاری ہے  
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 ہم گنہگاروں کو بھی توفیق دے مولا، ہم بھی کہیں لگیں  
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 ہر سو ہے، تو ہی تو، تو ہی تو، تو ہی تو، تو ہی تو، تو ہی تو



سلیم احمد خان

اللہ کی یاد میں بندہ ناچیز نے یہ چند الفاظ قلم بند کیے۔

ڈیلاویئر، امریکہ، 25 مئی 2015

باہر جو دیکھتا ہوں وہ اندر نہیں ہوا  
 اندر جو بے شمار ہے باہر نہیں ہوا  
 ویسے تو کیا نہیں ہوا آنکھوں کے سامنے  
 جو ہونا چاہیے تھا وہ اکثر نہیں ہوا  
 میں دیکھتا رہا ہوں تماشائی کی طرح  
 یہ آئے مرے لیے منظر نہیں ہوا  
 یہ موج وقت یوں مرے سر سے گزر گئی  
 بہتر نہیں ہوا ہوں تو بدتر نہیں ہوا  
 رکھا ہے یوں زمین سے اپنا معاملہ  
 میں خاکسار ہو کے بھی کمتر نہیں ہوا  
 جب اس زمین نے مجھے رکھا نہیں ہے دوست  
 میں لامکاں کو چل دیا بے گھر نہیں ہوا  
 دیکھا جو آسمان پہ تاروں کا ٹوٹنا  
 میں حسرتگان شوق کا رہبر نہیں ہوا  
 دیکھی جو شب کو سیاہ نصیبی زمین کی  
 دل آفتاب وقت کا خوگر نہیں ہوا  
 چلتا رہا زمانے کے پیچھے قدم قدم  
 میں اعتبار وقت کا جوہر نہیں ہوا  
 تم کو تمھاری جیسی غزل کیا سنائیں ہم  
 مصرعے تو ہو گئے کوئی نشتر نہیں ہوا  
 کب سے پڑا ہوا ہوں سر رہ گزر سعید  
 میں اس کے باوجود بھی پتھر نہیں ہوا  
 ☆☆☆



سعید نقوی

# خدا حافظ بمقابلہ اللہ حافظ

(ایک تنقیدی مکتوب)



تحریر: غزالہ قاضی

پاکستان میں علاقائی تہذیب و تمدن کے خلاف جنگ بہت عرصے سے جاری ہے جس کی شدت میں روز بروز اضافہ ہو رہا ہے۔ پہلے شہروں اور سرکوں کے نام بدلے گئے اور اب زبان کے کچھ الفاظ بھی اس جنگ کی زد میں آ گئے ہیں۔ خصوصاً لفظ خدا کو ہماری زبان میں دہس نکالا دینے کی ایک منظم کوشش کی جا رہی ہے لہذا خدا حافظ کو اللہ حافظ میں تبدیل کر دیا گیا ہے۔ آپ کو اب خدا حافظ کہنے والا مشکل سے ہی ملے گا۔ اگر آپ کسی کو خدا حافظ کہہ دیتے ہیں تو وہ جواباً زور شور سے اللہ حافظ کہیں گے۔ جس میں یہ نکتہ پوشیدہ ہوتا ہے کہ ہمیں خدا کی نہیں اللہ کی حفاظت چاہیے۔ میں نے کئی لوگوں سے اس تبدیلی کی وجہ پوچھی مگر ابھی تک مجھے کوئی تسلی بخش جواب موصول نہیں ہوا۔ کسی ایک نے گوگل سرچ کی ہوئی تھی۔ کہتے تھے کہ لفظ خدا کی جڑیں زرتشتوں کی خدا، اہورا مزدا سے ملتی ہیں لہذا اس کے استعمال سے شرک ہو جاتا ہے۔ زیادہ تر لوگوں کا خیال ہے کہ خدا تعالیٰ کے نکر کے لیے لفظ اللہ تعالیٰ ہی مناسب ہے۔

خدا حافظ سے میری بہت سی خوبصورت یادیں وابستہ ہیں میں جب کبھی گھر سے باہر جاتی تھی تو میری امی مجھے خدا حافظ کہتیں اور میرے نانا مجھے پشٹونو میں خدائی پامان کہہ کر رخصت کرتے۔ ان کے ان الفاظ میں جو دعا پوشیدہ تھی اس سے یہ محسوس ہوتا کہ میں خدانے برتر و بزرگ کے حفظ و امان میں ہوں۔ پھر مجھے وہ وقت یاد ہے کہ جب ہم سکول میں پاکستان کا قومی ترانہ پانے وطن کی محبت سے سرشار ہو کر گاتے:

پرچم ستارہ و ہلال  
ترجمان ماضی شان حال  
رہبر ترقی و کمال  
سایہ خدائے ذوالجلال

اقبال کی یہ نظم بھی سکول میں لہک لہک کر پڑھتے:

لب پہ آتی ہے دعا بن کے تمنا میری  
پھر اقبال کا یہ مشہور شعر نیا نیا یاد کیا:

خودی کو کر بلند اتنا کہ ہر تقدیر سے پہلے  
حالی کے اس شعر کا حوالہ دینا بھی بہت پسند تھا

خدا نے آج تک اس قوم کی حالت نہیں بدلی  
لفظ خدا کو اپنی زبان سے الوداع کرنے کی لہر بنگلہ دیش تک بھی پہنچ گئی ہے۔ اس موضوع پر ایک بنگلہ دیشی ادیب محفوظ الرحمن نے تفصیلی مضمون ملی گزٹ میں لکھا ہے۔

(A CRITIQUE: Khuda Hafiz Versus ALLAH Hafiz)

اس مضمون میں انہوں نے تاریخی اور مذہبی حوالوں سے ثابت کیا ہے کہ فارسی زبان کے لفظ خدا کا مطلب الصمد ہے اور وہ جس کو کسی کی ضرورت نہیں۔ وہ کہتے ہیں کہ قرآن میں اللہ نے اپنے لیے کئی نام استعمال کیے ہیں۔ سورہ رحمان میں تو صرف لفظ رحمان ہی استعمال کیا گیا ہے۔ چونکہ قرآن عربی زبان میں نازل ہوا ہے لہذا اللہ کا لفظ استعمال ہوا ہے مگر اس کا یہ مطلب ہرگز نہیں کہ باقی زبانوں کے متبادل لفظ استعمال کرنے سے ہم کسی شرک یا کفر کے مرتکب ہو رہے ہیں۔ اللہ کا لفظ اسلام سے پہلے بھی استعمال ہوتا تھا۔ عبد اللہ نام اس کی واضح مثال ہے۔ عرب کے کچھ بھی خدا کے لیے لفظ اللہ ہی استعمال کرتے ہیں۔ محفوظ الرحمن کے مکمل مضمون کا ریفرنس اس کالم کے آخر میں درج ہے۔

میں نے اس موضوع پر ایک کالم کئی سال پہلے لکھا تھا تو مجھے معلوم ہوا کہ پاکستان میں، بہت سے لوگ لفظ خدا کے اپنی زبان سے نکالے جانے کے بہت خلاف ہیں۔ اگرچہ وہ اقلیت میں ہیں مگر بہت پرشور اقلیت ہیں۔ کچھ اس عربی اور عجمی کی جنگ کا ایک حصہ سمجھتے ہیں اور ان کے خیال میں ہمیں بلاوجہ اس جنگ میں دھکیلا جا رہا ہے۔ ایک قاری کے خیال میں خدا حافظ اور اللہ حافظ کے دونوں الفاظ ہمارے لٹریچر کو بدلنے کی گہری سازش کا حصہ ہیں۔ ان کے مطابق پہلے خدا حافظ الفاظ رب رکھا، ستے خیراں، شالا خیر کو برتر لٹریچر کے نام پر تبدیل کیا ہے اور اب مذہب کے نام پر خدا حافظ کو ختم کیا جا رہا ہے۔ ایک قاری کے خیال میں انگلش جلد ہی مقامی زبانوں کے سب الفاظ ختم کر دے گی۔ اس لیے یہ ساری بحث بیکار ہے۔ مجھے یاد ہے کہ جب ہم اپنے گاؤں سے دوسرے گاؤں تک پیدل جاتے تھے تو وہاں کے انجمنی لوگ ہمیں خیری آئے ہو کہہ کر بلاتے۔ اس کا مطلب سوال پوچھنا بھی تھا کہ خیریت سے آئے ہو اور دعا دینا بھی تھا کہ خدا خیریت سے رکھے۔ پھر خیر ہووے سے رخصت کرتے۔ خدا حافظ کو وہاں صرف ”ہا یو ناپ“ شہری کے لوگوں کا لفظ سمجھا جاتا تھا اور شاؤ و نادری استعمال ہوتا تھا۔

میرا مشورہ یہ ہے کہ آپ بے شک اللہ حافظ کہتے رہیں مگر خدا حافظ کہنے والے کو اللہ حافظ کہنے والے سے خارج نہ کریں خدا حافظ کہنے والے رب رکھا اور خیری آیاں کہنے والوں کو غیر مذہب مت جانیں اور رب رکھا کہنے والے خدا حافظ اور اللہ حافظ کہنے والوں کو دشمن نہ گردانیں۔ اگر کوئی پہلو ہائے اور ہائے کہنے پر مبصر ہے تو اسے بلاوجہ کے نام مت دیں کہ ہر کسی کو اپنی مرضی کے آداب پسند کرنے کا پورا حق حاصل ہے۔ وہ لوگ جو لفظ خدا کو ہی ملک بدر کرنا چاہتے ہیں ان کے لیے عرض ہے کہ ان کی اس جنگ میں جیت ناممکن ہے۔ خدا حافظ کو اگر آپ ختم کرنے میں کامیاب ہو گئے ہیں تو پاکستان کے قومی ترانے کا کیا کریں گے۔ پھر ان ساری کتابوں کا کیا ہوگا جن میں لفظ خدا جگہ جگہ موجود ہے۔ لہذا اپنی تو ان کتابوں کی ایسے کارآمد کام پر لگائیں جس میں معاشرے کی بھلائی ہو۔

یہی بات کہ لفظ خدا کی جڑیں فارسی کے کسی ایسے لفظ سے نہ ملتی ہو جس کے استعمال سے شرک کا خطرہ ہے۔ تو لفظوں کے ماخذ، نقطہ آغاز (Etymology) کچھ بھی ہوں، مگر ان کا موجود استعمال ہی ان کے اصل معنی ہیں۔ ماہر لسانی لفظ اللہ کے اسلام سے پہلے کے استعمال کے کئی ماخذ بیان کرتے ہیں مگر اس سے یہ حقیقت نہیں تبدیل ہوتی کہ اللہ تبارک تعالیٰ کا مطلب وہ ہستی ہے جو وحدہ لا شریک ہے۔ اسی طرح خدا بھی وہی ہستی ہے جو قادر مطلق ہے جسے ہم عربی میں اللہ کہتے ہیں اور یہ ان معنوں میں صمدیوں سے استعمال ہو رہا ہے۔ خدا حافظ خدائی پامان، آداب

عرض رب رکھا کے سارے الفاظ پاکستان کے لٹریچر اور زبان کا خوبصورت حصہ ہیں۔ ان کے ساتھ ہمارے ماضی کی یادیں وابستہ ہیں۔ حنیف جان دھری کے لکھے قومی ترانے کے مطابق پاکستان ”ترجمان ماضی شان حال“ ہے۔ ماضی کو اس طرح رد کرنے اور مٹانے سے کہیں ہم اپنے حال کا حلیہ نہ بنا ڈریں۔

خدا ہی ملا نہ وصال صنم  
نہ ادگر کے رہے نہ ادھر کے

☆☆☆



## بیٹوں کی بیٹیوں کی طرح پرورش



راؤ کامران علی

گلوبل یا اسٹیٹم امریکی صحافی اور حقوق نسواں کی علمبردار ہیں۔ ساٹھ اور ستر کی دہائی میں جن چند گئے نئے صحافیوں نے خواتین کے حقوق کے لئے آواز بلند کی، گلوبل یا ان میں سرفہرست ہیں۔ چند ہم خیال ساتھیوں کے ساتھ، گلوبل نے 2005 میں اپنے "ویمن میڈیا سنٹر" کی بنیاد رکھی جس کا مقصد خواتین کے حقوق کو نمایاں کرنا اور میڈیا میں خواتین کو زیادہ سے زیادہ اجاگر کرنا ہے۔ گلوبل یا اسٹیٹم کا ایک قول بہت مقبول ہوا کہ،

"ہم نے اپنی بیٹیوں کی پرورش تو بیٹیوں کی طرح کرنی شروع کر دی ہے لیکن بہت کم لوگوں میں یہ ہمت ہے کہ اپنے بیٹوں کی پرورش بیٹیوں کی طرح کریں۔"

اس بیان پر بہت لے دے بھی ہوئی کیونکہ کون بیٹوں کی پرورش بیٹیوں کی طرح چاہے گا، لیکن گلوبل یا کا مفہوم مرد کا عورت کو جاننے اور سمجھنے کا عمل لڑکپن سے ہی شروع کر دینے کا تھا۔

امریکہ جیسے انتہائی ترقی یافتہ ملک میں بھی عورت کے بارے میں اتنا تعصب موجود ہے کہ دو سو چالیس سالہ تاریخ میں ایک بھی عورت سربراہ مملکت نہ بن سکی۔ گوروں نے ایک مرتبہ کا لے مرد کو گوری عورت پر ترجیح دی اور دوسری مرتبہ عورتوں کی تذلیل کرنے والے شخص کی حکمرانی کو گوری عورت کی حکمرانی پر ترجیح دی۔ خواتین سے تعصب کی اس سے بڑی مثال ترقی پذیر ممالک میں بھی ملنا مشکل ہے۔

ترقی یافتہ سے لیکر ترقی پذیر ممالک تک عورتوں کے ساتھ منصفانہ تو کیا مساوی سلوک تک نہیں کیا جاتا۔ مساوی یا برابری کے سلوک سے مراد ہے کہ فرض کریں ایک جیسے قدم و قامت کے مرد اور عورت کو پچیس کلو وزن اٹھانے کا کہا جائے۔ چونکہ عورت فطرتاً کمزور جسم کی ہے تو یہ مساوی یا برابری کا سلوک تو ہوا لیکن انصاف نہیں۔ انصاف یہ ہے کہ دیکھا جائے کہ جتنی آسانی کے ساتھ مرد پچیس کلو وزن اٹھا سکتا ہے اتنی ہی آسانی کے ساتھ عورت کتنا وزن اٹھا سکتی ہے؛ پانچ سے دس کلو یا اس سے بھی کم؟ اور عورت کے ساتھ اتنی ہی آسانی کا معاملہ کیا جانا چاہئے۔ یہی انصاف اور حقیقی مساوات ہے۔

گزشتہ دنوں انگریزی کے خوبصورت کالم نگار اور کارڈیا لوجسٹ برادر ڈاکٹر عارف احمد نے امریکی ڈاکٹروں کی تنظیم "اپنا" میں خواتین کی نمائندگی کے فقدان پر توجہ دلوائی۔ بورڈ آف ٹرسٹیز میں سے کوئی ایک بھی خاتون ڈاکٹر نہیں اور شاید تنظیم کی چالیس سالہ تاریخ میں کبھی بھی کوئی خاتون ڈاکٹر بورڈ میں شامل نہیں ہوئی۔ اسی طرح چالیس سال کے عرصے میں صرف چار خواتین تنظیم کے صدر کے عہدے پر فائز ہوئیں۔ اس سلسلے میں جب "اپنا" کی چند انتہائی متحرک خواتین ڈاکٹروں سے بات ہوئی جو کہ بلاشبہ بہت سے مرد ڈاکٹروں سے زیادہ اہل اور بہترین تنظیم ہیں کہ وہ کیوں تنظیمی الیکشنز میں حصہ نہیں لیتیں، تو انھوں نے انتخابات کے دوران سابقہ خواتین صدر کے حوالے سے افسوسناک داستانیں سنائیں ہیں کہ کیسے انکو ہراساں کیا گیا، کیسے ان پر کچھ اچھالی گئی اور کیسے انکی راہ میں روڑے اٹکائے گئے۔ انتہائی اعلیٰ تعلیم یافتہ پاکستانی آدمی امریکہ جیسے ملک میں بھی جب ایک خاتون سے مقابلے پر آتا ہے، تو سوٹ بوٹ کی تہذیب پھاڑ کر اسے اندر کا "اصلی مرد" باہر آجاتا ہے، جسے صرف عورت ذات کو نیچا دکھانا ہوتا ہے۔ تاہم یہ بھی ہو سکتا ہے کہ "مساوات" کے اصولوں پر کارفرما ہوتے ہوئے مخالف خاتون امیدوار پر بھی اتنی ہی کچھ اچھالی جاتی ہو جتنی مخالف مرد امیدوار پر، لیکن بہر حال یہ نا انصافی اور قابل مذمت بات ہے۔

وقت کی ضرورت ہے کہ بہترین دل اور دماغ رکھنے والے مہران متحد ہوں اور تنظیم کے آئین میں خواتین کے لئے الگ گنجائش پیدا کی جائے۔ جب تک خواتین امیدواروں کے لئے خصوصی تبدیلیاں نہیں کی جائیں گی جس میں انکے وقار اور عزت نفس کو ملحوظ خاطر رکھا جائے، ایک آدھ "مہم جو" خاتون ڈاکٹر کے علاوہ، زیادہ تر اس انتخابی عمل سے دور رہیں گی جو کہ انتہائی تشویش کی بات ہے۔

گلوبل یا اسٹیٹم ٹھیک کہتی ہے ماؤں کو بیٹیوں کی تربیت بیٹیوں کی طرح کرنی پڑے گی تاکہ وہ صحیح نازک کی حساسیت اور عزت نفس کو محسوس کر سکیں اور اسے مجروح ہونے سے بچائیں۔

☆☆☆



## غزل

جمال یار کے خواب و خیال سے بھی گئے  
کبھی کبھی کے ادھورے وصال سے بھی گئے

وہ اب ملیں تو بہت دوست بن کے ملتے ہیں  
کچھ ایسے لوگ جو دشت خیال سے بھی گئے

وہ بار بار ہمیں یوں بلانے آتے ہیں  
کہ اب تو ہم کسی رسم سوال سے بھی گئے

کہاں وہ وقت تھا آنکھوں میں بات ہوتی تھی  
کہاں یہ حال کہ چشم زوال سے بھی گئے

یہ تیرے شہر کے بازار کس مزاج کے ہیں  
ہنر گزیدہ تو کسب کمال سے بھی گئے

کسی کی قوت پرواز کو سمجھ نہ سکے  
تو خود بچھائے ہوئے اپنے جال سے بھی گئے

ابھی تلک تو فروزاں ہے تیری یاد کی لو  
جو یہ بھیجی تو ترے خد وخال سے بھی گئے

جو حسن یار کو سمجھتے تھے اب اپنی مثال  
وہ آئینے میں کسی بے مثال سے بھی گئے

کسی نے آکے بیسرا یوں کر لیا ہے سعید  
کہ ہجرتوں کی کسی قیل و قال سے بھی گئے

☆☆☆



سعید نقوی

## سمندری طوفان ہاروی اور ٹیکساس

انسانی تہذیب کی تاریخ یہ بتاتی ہے کہ تمام انسانی تہذیبیں شروع شروع میں سمندروں اور دریاؤں کے کنارے پروان چڑھیں ہیں۔ پانی ان کی روزمرہ ضروریات کے لیے کام آتا تھا پانی پینے کے علاوہ سی فوڈ کی صورت میں خوراک مہیا کرتا تھا۔ پانی ہی کھیتی باڑی کے علاوہ ان کی آمد و رفت اور سفر کا ذریعہ تھا۔ ہاروی پانی کا طوفان تھا بارش بارش لگا تا بارش، اتنی بارشیں جن میں بڑے بڑے گھر ڈوب گئے۔ عام سڑکیں ہی نہیں ہائی ویز تک ڈوب گئے اور ان سب سے بڑھ کر لاتعداد لوگ ڈوب کر اپنی جان سے ہاتھ دھو بیٹھے گویا سارا کاسا ر ٹیکساس مفلوج ہو کر رہ گیا اس آسمانی آفت سے لڑنا بہت مشکل تھا۔ حکومت ریڈ کراس ویلفیئر، لائف گارڈ، سوشل میڈیا، مسجدیں اور کلیسا شیلٹر ہومز بن گئے سب نے یکجا ہو کر اس آسمانی قیامت سے بچانے میں ان آفت زدہ لوگوں کی دل کھول کر مدد کی۔



تحریر: ڈاکٹر آصف ریاض قدیر

ہر تعلق اگرچہ ذاتی ہے  
پر مری سوچ کا نتائی ہے

اس آسمانی آفت سے نشتے میں ہم سب ڈاکٹر زاور ہماری تنظیم اپنا بھی پیش پیش رہی مسلمانوں نے اپنے حصے کی ہر طرح سے بھرپور مدد کی جیسا کہ میں نے بتایا مسجدیں شیلٹر ہومز میں تبدیل کر دی گئی تھیں اس امداد میں رنگ نسل مذہب کسی کی کوئی اہمیت نہ تھی صرف اور صرف ایک احساس کہ کیسے بھی کر کے اور کسی بھی طرح انسانی جانیں بچانی ہیں۔ جب یہ مرحلہ نمٹ گیا تو ان کے کھانے پینے اور رہنے کا بندوبست کیا گیا۔ ہمارے ساتھ کام کرنے والے اپنا کے سب ڈاکٹروں نے اپنی بساط سے بڑھ کر کام کیا اور آئی ایس جی ایچ کے صدر ایم جے خان ان کوششوں میں رات دن ہمہ تن مصروف رہے۔ اپنا کے ڈاکٹر نے اپنے گھروں سے کھانے پینے کے علاوہ ضروریات زندگی کا دیگر سامان بھی مصیبت زدہ لوگوں تک پہنچانے میں کوئی کسر نہیں اٹھا رکھی تمام ڈاکٹر زو امے، درمے، سنجے ہر طرح سے جی جان سے مدد کرتے رہے۔ سوشل میڈیا نے ہماری ان تمام کوششوں کو دل و جان سے سراہا ہے۔ ایک اکیلا ہاتھ کچھ نہیں کر سکتا۔

تالی اک ہاتھ سے نہیں بچتی دوسرا ہاتھ لانا پڑتا ہے۔

بہت سارے ہاتھ جب مل جائیں تو ہر مشکل کے آگے بند باندھا جا سکتا ہے اور ہم نے اپنی بچھتی اور ان تھک محنت سے یہ ٹا بک کر دیا ہے کہ ہم جاگ رہے ہیں۔ ہماری آنکھیں ہر لمحہ ہر قسم کی مصیبت کے مقابلے کے لیے تیار ہیں۔ یہی اجتماعی زندگی کا خوبصورت پہلو اور بہترین اصول ہے۔

دلوں کو دام میں لانا ہی شہریاری ہے  
خلوص سب سے بڑا اقتدار ہے بھائی

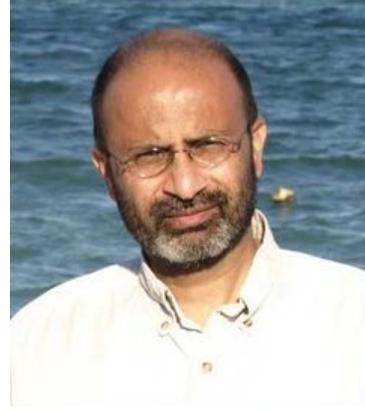
دوستو! انٹرنس والے حکومتی ادارے بھی کمیشن کی تیاری کر چکے ہیں اور جیسا کہ آپ ہم اور سب جانتے ہیں کہ ابھی کام ختم نہیں ہوا۔ جگہ جگہ پانی کی تباہ کاریاں ابھی بھی موجود ہیں۔ گھروں کے آگے گھروں کا قیمتی سامان بکھرا پڑا ہے۔ ہمیں ان پریشان حال اور برباد لوگوں کی نئے سرے سے آباد کاری کرنی ہے بے گھری اور بے سروسامانی کی آگ ابھی بجھی نہیں یہ آگ ابھی بجھ کر رہی ہے۔ ہمیں اس آگ کو بجھانے کے لیے اپنے اپنے حصے کا پانی ڈالنا ہے تاکہ یہ آگ بجھائی جاسکے۔

.....☆.....

## جینے کی خواہش

یہ اک جینے کی خواہش ہے کہ جو مرنے نہیں دیتی  
یہی جینے کی حسرت ہے جو آخر مار دیتی ہے

فنا میں اور بقا میں ارتقائی شرط حائل ہے  
وہی بچ کر نکلتا ہے جو تبدیلی پہ مائل ہے  
بدل جانے کی قدرت ہے کہ جو مرنے نہیں دیتی  
بدل جانے کی کثرت ہے جو آخر مار دیتی ہے



ناصر گوندل

یہی جینے کی خواہش ہے جوہر قیمت جتاتی ہے  
جہاں پہ بس نہیں چلتا وہاں جھکنا سکھاتی ہے  
یہی جھک جھک کے جینا ہے کہ جو مرنے نہیں دیتا  
یہی جھکنے کی عادت ہے جو آخر مار دیتی ہے

شرار زندگی مرہون منت ہے کشاکش کا  
رکے جو رشک پیہم تو تماشہ سرد ہو جائے  
یہی رشک رقیباں ہے کہ جو مرنے نہیں دیتا  
یہی رشک رقابت ہے جو آخر مار دیتی ہے

سدا جینے کی خواہش ہے جو سینے میں دھڑکتی ہے  
مثال بسل رقصاں دم آخر پھڑکتی ہے  
مسلسل دل کی دھڑکن ہے کہ جو مرنے نہیں دیتی  
اسی دھڑکن کی شدت ہے جو آخر مار دیتی ہے

.....☆.....

## غزل

یہ مرے عشق کا دائرہ صاحبہ  
ہے ترے گرد ہی گھومتا صاحبہ

تیری آواز سے یوں ہری ہو گئی  
جیسے مجھ میں ہو سورج آگاہ، صاحبہ

گر یہ سچ ہے کہ میری ہے گل کائنات  
پھر تو سچ ہے کہ تو بھی مرا صاحبہ

اپنا ہونا مجھے راس آیا نہیں  
پھر مجھے تیرا ہونا پڑا، صاحبہ

اب محبت عبادت کے درجے پہ ہے  
لے، ترے سامنے سر نہکھا، صاحبہ

روح تو بعد میں مجھ میں ڈالی گئی  
پہلے تو مجھ میں پھونکا گیا، صاحبہ

میری آنکھیں تری دید کی لالچی  
یعنی تو مجھ کو یوسف نما، صاحبہ



ناہید ورک

# محبت اور زندگی



جاويدا کبر۔ ایڈیٹر اردو سیکشن

## اداریہ

وقت گزرتا جاتا ہے۔ مصروف زندگی کچھ ایسی ہے کہ روز و شب، ماہ و سال کا پتہ ہی نہیں چلتا۔ یہ قانونِ قدرت ہے جسے بدلا نہیں جاسکتا۔ وقت کا دھارا روکا نہیں جاسکتا، تو پھر کیا کیا جائے۔

میرے خیال میں قیمتی کچھ لمحے بہت سالوں پر بھاری ہو سکتے ہیں۔ خوشی کی کیفیت کے ساتھ گزرا وقت ہی حاصل زندگی اور کامیابی کی تعریف ہوتا ہے۔ ایسے میں اگر تجزیہ کیا جائے تو ”محبت اور خوشی“ ایک طرح سے لازم و ملزوم نظر آتے ہیں۔ کیا ہم نفرتوں کی جگہ محبت کو دینے پر آمادہ ہو سکتے ہیں۔ نفرت زہر اور محبت زندگی کا امرت ہے۔ کیا محبتیں بانٹی جاسکتی ہیں؟

جی ہاں محبت ایک ایسا خزانہ ہے علم کی طرح جسے جتنا خرچ کیا جائے یہ اتنا زیادہ ہوتا ہے۔

آئیے عہد کریں کہ سال نو 2018ء میں ہماری زندگیوں میں نفرت کی کوئی جگہ نہیں ہوتی۔ ہر طرف محبت کے سوتے پھوٹیں گے اور ہم بجا کہہ سکیں گے کہ ”میرا پیغام محبت ہے جہاں تک پہنچے“

اس شمارے میں آپ کو بہت سارے لکھاری پڑھنے کو ملیں گے۔ امید ہے آپ کو تمام کاوشیں پسند آئیں گے۔

آپ کی آراء کا انتظار رہے گا۔



*Civic Engagement Through Community Service*

APPNA

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

APPNA & ZT CORPORATE

# TOGETHER, THE OPPORTUNITIES ARE ENDLESS.

ZT Corporate is a private investment firm that offers clients a customized financial experience by providing alternate investment opportunities in multiple industries such as healthcare, auto dealerships, quick service restaurants and multi-family real estate. We are proud to be a strategic partner with APPNA because when we stand united by the same passion and commitment to sustainable social change, we create inspiration in others.

ZT Corporate and APPNA continue to devote their services across North America and throughout Pakistan providing opportunities to incubate innovative programs such as quality healthcare, medical education, and philanthropic donations. Among many of the projects we are involved in, the partnership provides housing for medical students, scholarships to assist those who strive to continue their education, and crucial medical services in areas that need it the most.

**ZT CORPORATE**



**ALTUS**  
**HEALTH**  
A ZT CORPORATE COMPANY