



# *APPNA Strategy Meeting 2019*



**January 25-26, 2019 Chicago, Illinois**

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# PPS 6th International CME Trip

Pakistani Descent Physicians Society of Illinois (PPS) is pleased to announce its 6th international CME trip to Morocco and Portugal.

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For registration and more info, please contact:

Dr. Amera Rahman, PPS President 2019

[ameram786@gmail.com](mailto:ameram786@gmail.com)

Tipu Ahmad Email: [ahmadtipu@yahoo.com](mailto:ahmadtipu@yahoo.com)



# APPNA Strategy Meeting 2019

January 25-26, 2019 Chicago, Illinois

## Editor's Message



Dear Friends and APPNA members,  
On behalf of the host committee, I would like to extend a warm Invitation to all of you to return to Chicago, IL to attend the APPNA 2019 Strategic meeting.

We hope that you and your family will enjoy the meeting in our welcoming and entertaining city, despite the cold winter this season. The host committee has organized special programs and seminars along with office and executive meetings.

It was a great sense of pride and service to be nominated as Chair of the Publication section of this meeting. Thank you, Dr. Naseem Sheikhan- President of APPNA 2019, Dr. Amara Rehman- Chair of 2019 Strategic Meeting, and all others for entrusting me in putting this publication together. Though this was a very demanding and time consuming task, I have enjoyed working on it. The host committee and I have strived hard to fulfill this obligation and to live up to your expectations.

In this Issue, we have the details of the 2 day event with timings and room locations for your convenience. It also includes the agenda for the meetings. Additionally, the magazine contains ads from different vendors and retailers as well as our physician colleagues. It also includes the messages from APPNA Office bearers regarding their vision for the upcoming year.

On behalf of the host committee, I would like to thank all of the advertisers, exhibitors and sponsors of the meeting. I also extend my thanks to all members of the host committee and especially to the members of the publication committee for their tireless work and help in bringing out this publication magazine. My thanks are also to staff of the central office for helping in this publication and to the publishers for understanding and accommodating our requests.

The Host Committee has worked very hard for the last 3-4 months to make this a very successful and memorable meeting. We hope you all will enjoy and have fun during your stay here in Chicago. I have listed the names and contact information of each and every member of the host committee in this journal. Please feel free to contact us for any questions you may have during your stay here. Looking forward to meeting you soon!

Sincerely,

Samina Hijab, MD  
Chair Publication Committee



# APPNA Strategy Meeting 2019

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## Chair Host Committee Message



Assalamu Alaikum!

On behalf of the Local Host Committee, I would like to extend a warm welcome to you all to the 2019 Strategic Meeting here in Chicago. We are very excited, and we have been looking forward to seeing you all here!

Chicago is the third most populated city in the U.S. and is known for its rich cultural, social, historical, religious and ethnic diversity. It is home to a captivating skyline and eye-catching architecture that attracts tourists from all over the world. We have countless activities and sights to see that appeal to all ages. These include exploring: Navy Pier, Millennium Park, The Magnificent Mile, The Art Institute of Chicago, The Sears Tower, The Museum of Science and Industry, and the Lincoln Park Zoo.

Chicago is also known for its diverse culinary scene. And yes, we have the famous “Devon Street “. A portion of Devon Street has been renamed as Muhammad Ali Jinnah Way, after the founding father of Pakistan, and has a broad array of restaurants, mithai and paan shops, and boutiques.

First of all, I am thankful to APPNA President, Dr. Naseem Shekhani, for entrusting us with this great responsibility of hosting the year’s first event in the city of Chicago.

In March of 1986, Chicago became the permanent headquarters for APPNA. PDPS , the Illinois APPNA Chapter, is not only the oldest chapter of APPNA, but has the unique historical distinction of helping APPNA become a national organization in its infancy: The merger indeed resulted in a strong organization, where Chicago produced four APPNA Presidents, three APPNA Gold Medal recipients, several alumni Presidents and numerous other leaders in its 40 year history. The Chicago chapter has been an extremely vibrant one; shaping many people into great leaders and hosting several successful APPNA meetings. We are now proud to bring the first journal/magazine in any Strategy Planning Meeting.

This weekend includes a two-day program: Friday’s daytime agenda includes a seminar for women empowerment at 2:00pm, and a “Lucknowi” (Lucknow being the birthplace of Urdu) themed banquet during the evening time. Please dress up as a “Nawab” or a “Begum” to go along with the night’s festive ambiance!



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Saturday is planned with a broad range of seminars that will continue until 4:00pm. At night, we have arranged a fun evening program, in which we will hear from our keynote speaker and then the night will culminate with musical entertainment and performances.

The organizing team/committee has worked diligently to make this a productive, fun-filled, yet comfortable visit. We will be available to ensure that all your needs are met. Should you have any questions or need more information regarding your visit, please do not hesitate to reach out at the contact number which is provided below.

Before I close, I would like to thank each of you for attending this meeting and traveling from all over the country in order to participate. We hope you enjoy your stay here!

Sincerely,

Amera Manzoor Rahman, M.D.  
President, PDPS (APPNA Local Chapter)  
Chair, APPNA Strategy Meeting 2019  
(847)-791-8029  
ameram786@gmail.com

## Co-Chairs



Rahat Sheikh, MD



Sajid Mehmood, MD



Tariq Butt, MD



# APPNA Strategy Meeting 2019

January 25-26, 2019 Chicago, Illinois

## President's Message



Dear APPNA Members,  
Greetings to everyone, 2019 will be full of positive energy, excellence, new initiatives and growth for our organization! Our success will be based on your teamwork, unity, partnerships and creativity. I have outlined some of our 2019 core initiatives and objectives.

**APPNA Institute of Innovation and Research.** As a team, our main goal is to build institutions; we will be launching a project to build an APPNA Institute of Innovation and Research (AIIR). With this initiative, AIIR, will provide more philanthropy activities and promote knowledge to benefit humanity.

Innovation and research are central pillars of our religion and AIIR will promote an advancement in education, research and a long-term solution with critical thinking.

**Strengthening the infrastructure** of APPNA will position us for more participation and growth. Understanding and acknowledging the skills and contributions of all members, will bring out innovation among our membership. There are numerous successful projects occurring, such as; APPNA MERIT, APPNA Clothing Drive, and APPNA Cornea Transplant Program. To improve effectiveness and efficiencies, we will reduce the number of committees and work within a framework.

**Develop advocacy in the healthcare system and be an active voice in medical education.** Medical education is a high priority that not only includes general CME, but also work-shops on a variety of topics. We will review the need for streamlining medical education and establishing standards.

**Effective conflict resolution process.** Efforts will be made through arbitration to determine the most effective and objective approach of resolving internal issues to mitigate escalation of problems. The leadership will be asked to take a more proactive role in resolving issues. Transparency is being honest at all times, regardless of favorable or unfavorable results. Our goal is to have financial transparency and disclosure to avoid situations which can hurt the bottom line of APPNA.

Additionally, APPNA's goal is to help and assist in Pakistan's healthcare and medical education and strive to have a merit in each and every field especially in the admission policy of state-run medical colleges. We must build and mentor a solid future leadership, recruit new members, be open to all minorities and women issues, and make it simple for young physicians and medical students to join APPNA.

I like to thank Amera Rehman for her leadership role and being Chair of Strategy meeting and to thank Rahat Sheikh, Sajid Mahmood and Tariq Butt for an excellent team work. Also thankful to all members of APPNA, sponsors and vendors who made this meeting possible. Also, congratulations to new BOT chair Farrukh Hashmi and Secretary to be Asif Rehman.

Let's stay positive.

Naseem Shekhani, M.D.

President: Association of Physicians of Pakistani Descent of North America, 2019



# APPNA Strategy Meeting 2019

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RAHM EMANUEL  
MAYOR



OFFICE OF THE MAYOR  
CITY OF CHICAGO

January 25, 2019

Dear Friends:

As Mayor, and on behalf of the City of Chicago, I am pleased and proud to welcome all those gathered for the Association of Physicians of Pakistani Descent of North America 2019 Strategic Meeting.

Founded in 1976, the Association of Physicians of Pakistani Descent of North America (APPNA) is a non-profit organization that works to develop advocacy and equity in the healthcare system while also fostering innovation among members and mentorship to new physicians. With more than 2,500 practicing licensed physician members in the United States, APPNA helps to promote healthcare, education, advocacy, philanthropy, and supports young physicians. In addition, APPNA has launched many projects aimed at education and helping those in need, including the APPNA Merit program, the APPNA Clothing Drive, the APPNA Cornea Transplant Program, and the APPNA Continuing Medical Education program.

This year's meeting brings together physicians and those in the medical industry from all over the country together to network, learn and inspire. With a full schedule including a Women Leadership Seminar, First Women Physicians Leadership Development Forum, meetings, an AIIR Brainstorming Session, Young Physicians Seminar, keynote speakers, and networking events, this meeting will give APPNA the opportunity to plan and prepare for the future. I commend the Association of Physicians of Pakistani Descent of North America for their ongoing efforts in advancing the healthcare industry.

It is my hope that after learning about and discussing what's new and changing, you will take the time to explore and take advantage of everything Chicago has to offer. An exciting variety of restaurants, universities and world-class museums accented by our iconic skyline, incredible lakefront, and historic neighborhoods make Chicago one of the world's greatest cities.

I hope you have an enjoyable and productive meeting and submit my best wishes for much continued success.

Sincerely,

Mayor



# APPNA Strategy Meeting 2019

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## Executive Committee 2019



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# APPNA Strategy Meeting 2019

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## Host Committee



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Rakshsi Ahsan



Farah Nadeem



Mona Aijaz, MD



Saba Sabzwari



Naheed M. Qayyum, MD



Farah Salahuddin, MD



Shaukat Zaidi, MD



Tariq Rahim, MD



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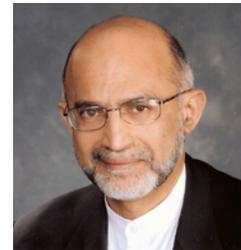
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Sameer Shafi, MD



Syed Asif, MD



Moin Haque, MD



Naveed Anwar, MD



Nureain Mirza, MD



# APPNA Strategy Meeting 2019

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## Event Schedule

Venue: Doubletree Hotel, Oakbrook, IL

### Friday, January 25th, 2019:

- 2pm - 4pm: Women Leadership Seminar
- 5pm - 6pm: PPS General body meeting
- 6pm - 12am: "AWADH NIGHT"  
Enjoy evening in Lucknowie style!
- 6pm - 7pm: Social hour/Appetizers
- 8:30pm: Dinner followed by Music  
Singer: Kamran Hassan S/O Mehdi Hassan  
Fresh Paans and hot Chai will be available during music time.

### Saturday, January 26th, 2019:

- 9am - 10am: Roberts Rules of conducting a meeting
- 10:30am - 12pm: AIIR (APPNA institute of Innovation and Research)  
Brainstorming Session
- 12pm - 1pm: Lunch
- 1:30pm - 2:30pm: Young Physicians Seminar
- 2:30pm - 4:30pm: APPNA Committees Vision for 2019
- 6pm - 7pm: Social hour/Appetizers
- 8:30pm: Dinner followed by Music  
Singer: Tehseen Javaid
- 10:30pm: Dessert Table



*With Compliments  
to APPNA*

**Dr. Mona Aijaz**



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### **MISSION:**

1. To increase awareness about healthcare issues in developing countries in general and in Pakistan; by educating Pakistanis and the international community about the existing conditions and medical practices in Pakistan.
2. To help initiate public debate providing health care to all, irrespective of religion, ethnicity or without any discrimination. To also help non-for-profits organizations in Pakistan and in USA who are working in healthcare and medical education sector.
3. To work against Quackery which exist in Pakistan?
4. To increase public awareness on prevention and understanding the disease.
5. Provide direct patient care, and promoting Medical Education.

National Health Forum has been in forefront of information technology and like to participate in growth of our young graduates coming from Pakistan to USA for their higher education and training.

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Urdu English Medical dictionary

Computer lab at Koohi Goth and Qatar Hospital

Cardiology Department, Indus Hospital. Karachi

Helping patient care Memon Medical Institute, Karachi.

Helping indigent population; Children Cancer Hospital, Karachi

APPNA Merit program

APPNA St. Louis Free Clinic

Helping in disaster relief

Visiting Faculty program

HEALTH BEAT, quarterly newsletter

and Involved in Young Physician education through Pakistan Medical Association, APPNA etc.

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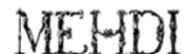
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**Dr. Tariq Rahim**

**Gastroenterologist**

**Rush Copley Medical Group**

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**Dr. Syed S. Zaidi**

**Gastroenterologist**

**Rush Copley Medical Group**

**Affiliation: Edward Hospital**



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2019

Chicago, Illinois

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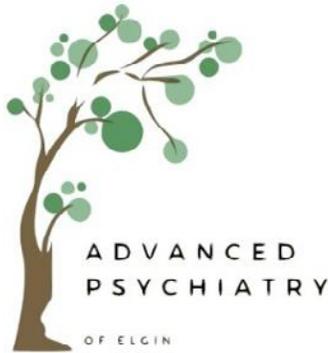
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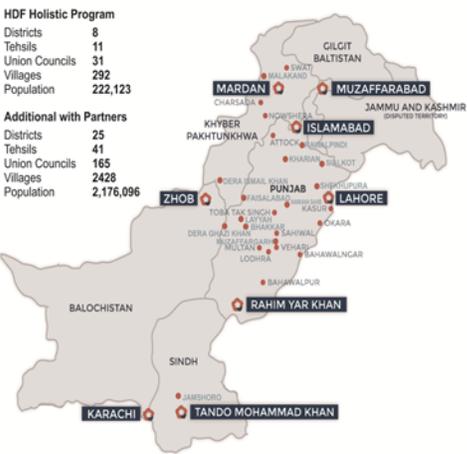
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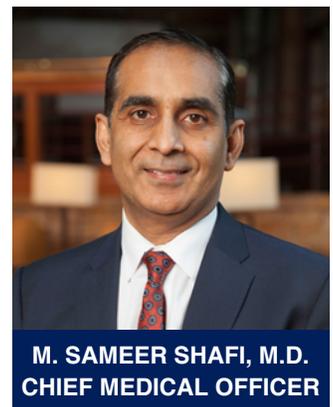
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