



SUNO APPNA

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PRESIDENT'S MESSAGE

HUMERAA QAMAR, MD



Dear APPNA family!

What a privilege it is to be writing to you all today in the first online version of APPNA's newsletter SUNO APPNA 2025. I am excited, honored, and grateful to serve as your APPNA president 2025.

APPNA is a beautiful tapestry of Pakistani descent doctors and their families who share a love of everything Pakistani, including culture, music, food, and so much more. My theme for APPNA this year is "APPNA as a family". I want to highlight our love for our families, in addition to our love for our profession and APPNA. We want to get to know you and your families. Please share your favorite family pictures, special family events like weddings, birthdays, etc.

I am extremely vested in promoting a culture of accountability and transparency within APPNA. I want to follow the APPNA CABL meticulously for the betterment of our beloved organization.

We recently concluded our Strategy Meeting in the beautiful city of Atlanta under the leadership of APPNA Georgia chapter and Chair, Dr Roohi Abubaker. By all parameters, this meeting was a phenomenal success. During the business meetings, 22 committee chairs presented their vision for 2025 and were joined by the APPNA BOD members 2025, who also shared their input and ideas moving forward. The sessions were organized and conducted thoroughly by Dr Furrukh Malik and Dr Sanallah. Leadership development and conflict resolution talks were given by Dr Hala Sabri and Andy Meldrum. The evenings were filled with scrumptious food, an unforgettable fashion show, and amazing musical performances.

Let's stay in touch. We would love to hear your ideas and suggestions via email to President@appna.org. We look forward to welcoming you to the upcoming spring meeting in Oklahoma City.

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SECRETARY'S REPORT M. SANAULLAH, MD



Dear APPNA Members,

The APPNA Strategy Meeting took place from January 31st to February 1st, 2025, at the renowned Atlanta Marriott Marquis in Atlanta, Georgia. This event served as a platform for key discussions, presentations, and collaborative efforts towards shaping the future direction of APPNA.

Key Highlights of the Meeting:

• Friday's Events:

- Continuing Medical Education (CME):

The CME sessions were exceptional, offering participants valuable educational insights and updates on the latest developments in the medical field.

- Strategic Sessions:

The strategic sessions were divided into three distinct segments, allowing for focused discussions on various aspects of APPNA's operations and future plans.

- Committee Presentations:

On Friday, a total of 22 committee chairs presented detailed reports from their respective committees, highlighting their ongoing work, achievements, and objectives for the upcoming year.

- Friday Night Entertainment:

The evening's entertainment featured a lively performance by Kamran Mehdi, adding a cultural touch to the event.

• Saturday's Events:

- Morning CME Session:

The Saturday session kicked off with more CME presentations, further enriching attendees' knowledge base.

- Governance Structure Presentation:

A key portion of the strategy session was dedicated to discussing APPNA's governance structure, presented by Dr. Furrukh Malik, offering insights into how the organization's leadership framework will evolve to meet future challenges.

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- Code of Conduct and Conflict of Interest:

Dr. Muhammad Sanaullah led a discussion on the Code of Conduct and Conflict of Interest, reinforcing the importance of ethics and transparency within APPNA's operations.

- Financial Overview:

Dr. Shahzad Iqbal provided a comprehensive overview of the organization's financial standing, ensuring all members had a clear understanding of the current financial health and strategic plans moving forward.

- Leadership Forum:

A prominent Leadership Forum featured motivational speakers including Hala Sabri and Andy Meldrum, who delivered inspiring talks aimed at empowering and motivating APPNA's leadership and members.

- BOD Presentations:

Following lunch, the strategic session resumed, with the Board of Directors (BOD) presenting pressing current issues, seeking feedback, and engaging with members on key organizational matters.

- Banquet and Chief Guest:

The evening banquet was graced by the esteemed Ambassador of Pakistan to the USA, Rizwan Saeed Shaikh, who addressed the gathering as the chief guest.

Saturday Night Highlights:

Saturday night featured an unforgettable Fashion Show performance, followed by a captivating performance by Shazia Manzoor, showcasing her remarkable talent and further enriching the cultural experience of the evening.

President's Vision for 2025:

President Dr. Humera Qamar delivered a compelling vision for APPNA's future in 2025. Her speech demonstrated a strong commitment to advancing the mission and vision of the organization, emphasizing the importance of unity and collaboration among members. Dr. Qamar also extended an invitation to all members to join the upcoming APPNA Spring Meeting, which will be held in Oklahoma City from April 3rd to 6th, 2025.

This meeting marked a significant step towards strengthening APPNA's strategic direction and enhancing the impact of its work within the community.



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APPNA TREASURER REPORT

SHAHZAD IQBAL, MD (TREASURER 2024)



APPNA Investment Accounts

Investments:		Balance	Balance	Balance	
		@ 12/27/24	1/17/25	1/24/25	Difference
Hilltop Securities					
Lifetime Dues	10110524	\$ 3,151,951.40	\$ 3,279,478.33	\$ 3,322,462.53	\$ 42,984.20
REEF	10110570	\$ 221,160.10	\$ 229,691.48	\$ 233,553.68	\$ 3,862.20
Rubina Inayat	****5795	\$ 79,150.19	\$ 82,132.43	\$ 83,236.11	\$ 1,103.68
Tahira Khatoon Scholarship	20005117	\$ -	\$ 142,270.00	\$ 144,134.70	\$ 1,864.70
Rawalpindi	10110572	\$ 191,756.19	\$ 198,596.48	\$ 201,319.59	\$ 2,723.11
Khyber	10110515	\$ 52,822.11	\$ 54,525.63	\$ 55,401.13	\$ 875.50
Quaid-I-Azam	10110563	\$ 224,248.84	\$ 232,614.84	\$ 236,287.76	\$ 3,672.92
Jinnah Sindh	10110505	\$ 317,262.82	\$ 328,584.24	\$ 334,101.37	\$ 5,517.13
Nishtar	10110521	\$ 1,625,800.05	\$ 1,686,140.73	\$ 1,713,325.04	\$ 27,184.31
Fatima Jinnah	10110509	\$ 147,702.06	\$ 153,875.61	\$ 156,684.33	\$ 2,808.72
King Edward	10110514	\$ 837,730.74	\$ 867,236.48	\$ 884,249.63	\$ 17,013.15
Allama Iqbal	10110494	\$ 181,622.18	\$ 188,212.02	\$ 190,462.48	\$ 2,250.46
Bolan	10110492	\$ 33,891.10	\$ 35,917.70	\$ 36,573.36	\$ 655.66
		\$ 7,065,097.78	\$ 7,479,275.97	\$ 7,591,791.71	\$ 112,515.74
Arch Global					
Lifetime Dues Account	****2126	\$ 2,013,915.00	\$ 2,066,198.50	\$ 2,094,287.97	\$ 28,089.47
APPNA-DUHS (AI Project)	70123796	\$ -	\$ 200,002.46	\$ 160,126.60	\$ (39,875.86)
Foundation	****3953	\$ 144,041.00	\$ 148,665.07	\$ 150,623.14	\$ 1,958.07
Total Investments		\$ 9,223,053.78	\$ 9,894,142.00	\$ 9,996,829.42	\$ 102,687.42



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Current APPNA Revenue Streams

Expenses:

\$425-550 K

Revenues:

- Annual Membership & Elections Fees: \$200-275
- Meetings (National & International): \$450-700
- Total: \$650-925

Net Profit:

\$225-525

APPNA Future Revenue Options

- Grant Writing
- Develop scalable program templates- replicate
- Build Partnerships with other organizations
- Corporate sponsorships/partnerships (Fortune 1000 Companies)
- Legacy Giving (APPNA as a beneficiary)
- Social Media Campaign for donors



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COMMUNICATIONS COMMITTEE CHAIR REPORT

KASHAF SHERAFGAN, MD



Dear APPNA Members,

I am truly honored and excited to serve as the Chair of the Communications committee for APPNA this year. As someone deeply committed to this organization, I know firsthand the incredible impact we can have when we come together. I want to extend my heartfelt gratitude to President Humeraa Qamar, the BOD, and my amazing team for their trust and support.

APPNA is more than just an association—it is a family of dedicated professionals working toward a shared vision. Communication is the backbone of any strong community, and my goal is to ensure every member feels informed, connected, and inspired to contribute.

Vision for the Year: This year, with my strong team, I aim to enhance the way we engage with one another. Through digital platforms, social media, newsletters, and interactive forums, we will ensure that every voice is heard, and every achievement celebrated.

Key Objectives:

Enhanced Digital Presence: We will improve APPNA's website and social media channels to keep members updated, share event highlights, and feature members' contributions.

Regular Newsletters & Publications: The Suno newsletter will continue to serve as a platform to share success stories, recognize contributions, and celebrate our community.

Membership Engagement: We will create spaces for open dialogue—whether through interactive webinars, Q&A sessions, or discussion forums—to foster learning and support.

Collaboration with Other Committees: By working together, we can amplify each committee's impact and build a stronger, more cohesive APPNA.



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Expanding Social Media Presence: Let's use platforms like Facebook, Twitter, LinkedIn, and Instagram to showcase our work, share valuable insights, and create an engaging space for APPNA members worldwide.

Highlighting APPNA's Philanthropic Work: From medical relief missions to scholarships and disaster relief efforts, our humanitarian work is truly inspiring. I want to highlight these efforts, celebrating our impact and inspiring greater participation.

This is not just my vision - it is ours. I invite you to share your ideas, voice your concerns, and be a part of this journey. Let's work together to make communication the heartbeat of APPNA.



Fatima Ahmad (Co-Chair)



Nauman Ashraf (Advisor)



Farheen Khan



Tariq Jawaid Alam



Muska Khan



Tahira Qureshi



Fariya Afridi



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CHAIR APPNA STRATEGY MEETING 2025

ROOHI ABUBAKAR, MD



Atlanta had the distinct honor of hosting the APPNA Strategic meeting 2025 from January 31 to February 2 in the great city of Atlanta, also known as hub of South. I was honored to be chosen as the chair of the meeting by the dynamic APPNA 2025 president Dr. Humera Qamar and local APPNA members were thrilled to have a national APPNA meeting in their city after 25 years. This pivotal gathering brought together APPNA leadership including President Humera Qamar and all Board of Directors namely Dr. Babar Rao, Dr. Farrukh Malik, Dr. Muhammad Sanaullah, Dr. Sajid Mehmood, Dr. Mujtaba Qazi, Dr. Aman Raza and Dr. Muhammad Aslam, committee chairs, and several APPNA past presidents.

The two-day event commenced with the CME meeting on Friday January 31 followed by committee meetings which continued the second day as well. President Humera Qamar emphasized the importance of unity and strategic growth. President Qamar also presided over the committee meetings, focusing on APPNA's future goals. The leadership underscored APPNA's mission of serving the community through medical excellence, philanthropy, and advocacy.

On Friday we had Ghazal Night by Kamran Mehdi Hasan who mesmerized the audience with his legendary father Mehdi Hasan's ghazals.

We planned a Fashion Show on Saturday evening February 1 to showcase the evolution of fashion and a quick glance on different decades in Pakistan History starting from 1950's to present day, fashion show was applauded for a beautiful display of vintage clothing by our models who were all volunteers. The fashion show was followed by the main program conducted by Dr. Yaseen Abubaker. The program commenced by Dr. Humera Qamar's presidential address. Highlight of the event was the presence of the Ambassador of Pakistan, Mr. Rizwana Saeed Sheikh as a special guest. Dr. Hala Sabri was the keynote speaker. After dinner was a powerhouse performance by famous Pakistani singer Shazia Manzoor.



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As a chair I would like to thank our host committee, especially CME committee members Dr. Khurram Khan, Dr. Fareha Rahim and Dr. Asher Niazi, members who brought in sponsors Dr. Tanveer Rab (CME speaker) Dr. Ajaz Chaudhry (CME speaker), Dr. Asad Mehdi (CME speaker), Dr. Yaseen Abubaker, Dr. Salman Ashfaq, Dr. Fareha Rahim and Dr. Saira Niaz, Dr. Niaz also looked after audio visual department.

Will also like to thank rest of CME Speakers Dr. Nabila Haque, Dr. Bilal Ahmed and Dr. Nabile Safdar, our Advisory Committee of Dr. Yaseen Abubaker, Dr. Tanveer Rab, Dr. Rahil Kazi and Dr. Farid Qazi. Our Vendors Committee Ms. Urooj Asad Mehdi, Ms. Saima Islam, Dr. Sana Hashmi, Dr. Saadia Khizer, Fashion show committee Ms. Salma Gill, Ms. Sillu Pasha, Ms. Nazima Malik, Ms. Asra Ahmed. The Volunteer Committee in charge Dr. Ghazala Khalid who did an amazing job and all other local host committee members including Dr. Farid Qazi, Dr. Shehbaz Mirza, Dr. Nayyer Islam, Dr. Khaliq Rehman, Dr. Riaz Gill, Dr. Haroon Rashid and Dr. Adnan Abbassi who were very supportive and big thanks to all the ladies who were at registration desk.

The APPNA Strategy Meeting 2025 concluded with a renewed sense of purpose and a new energy to start another successful year under the leadership of Dr. Humeraa Qamar.



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APPNA LIAISON COMMITTEE CHAIR REPORT

RAFFIA QUTAB, MD



Since becoming Chair to the Liaison Committee in January 2025, I have worked to expand APPNA's national and global influence by reaching out to organizations for APPNA in order to enhance its visibility and expand its platform in advocacy, policymaking, research, and academics.



American Medical Association (AMA) – February 2025

A milestone was set on February 20, 2025 as I facilitated a successful meeting between the Liaison Committee and AMA executives, with strong APPNA attendance, including myself, Liaison Committee members, President APPNA Dr. Humeraa Qamar, Secretary Dr. Mohammed Sanaullah, Treasurer Dr. Furrukh Malik, COM Nicholas Suh, and PM Leslye Montero.

The meeting discussed a possible alliance with AMA to unite a broader physicians community and strengthen our organizations in advancing meaningful medical reforms for the benefit of our physicians and patients.

I have negotiated a favorable incentive from AMA for APPNA to join the Specialty and Service Society (SSS) in 2025--a key step in toward membership in AMA's House of Delegates (HOD), our overarching goal for greater success.

Currently, we are initiating data forensics for APPNA and AMA. Once completed, we will proceed with advancing the alliance with AMA and becoming a member of HOD.



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Middle East, North African, South Asian (MENASA) Group – February 2025

Our committee has also been working with Dr. Hadi Danawi, director MENASA, to strengthen APPNA's role in academics and research. MENASA Group promotes inclusivity and equity in healthcare by supporting non-traditional people of color and healthcare professionals in these fields. This collaboration will enhance the representation of HCPs from MENASA and APPNA in research, clinical trials, and investigational products.

This collaboration was further initiated once APPNA had established an MOU with MENASA on February 24, 2025. The MOU acknowledges support for a shared vision for inclusion and diversity in academics and research.

On February 27, 2025, the Liaison Committee held a meeting with MENASA Group's Director: Hadi Danawi.

The MENASA Summit is on April 19, 2025 in Houston TX. I encourage APPNA members to attend to support APPNA.

<https://menasasummit.net/>.

APPNA Liaison Committee 2025

Chair Raffia Qutab, MD

Advisor Omer Atiq, MD

Members:

Naghmana Bajwa MD

Amna Qureshi MD

Hyder Alam MD

Kashaf Sherafgan MD

Mobeen Rathore MD

Saima Muzahir MD



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APPNA YPC COMMITTEE CHAIR REPORT

M. Siddique Khurram, MD



Dear YPC team members,

I welcome you all to the YPC team 2025! Like every year, this year the YPC comprises of extremely dedicated and selfless team of volunteer physicians that include some senior members, newly become APPNA members, YPC members from previous years and some young members who are very early in the career! Our team includes faculties, residency and fellowship programs leadership, very well established and successful private practitioners, fellows and residents! We also have quite a diverse Committee with members from all across Pakistan and also from “smaller alumni.”

The goal of the APPNA YPC traditionally was limited to focusing on the needs of Pakistani applicants looking to get into residency in the US. Our primary focus will remain around that area, however we have expanded way beyond that last year and we did it very successfully so we will push this year even further!

There was a sizeable increase in the number of Pakistani physicians matched last year. Approximately 700 plus Pakistanis matched in 2024 and more than 50% of them were directly helped in some way by YPC. More or less 5000 new members were added to APPNA YPC Facebook group last year. So with the growing numbers of applicants every year, we need an extremely dedicated team of volunteer members and mentors to cope up with the demand.

We will continue to work on the sub committees model created last year and expand on previously started projects and initiate new ones. This year, the Visa advocacy will be under YPC, which traditionally has been under Advocacy Committee. All the subcommittees will function collectively to help and assist our younger generation of Pakistani descent in physicians. Following are some sub committees and tasks that we will try to accomplish this year:

- YPC Social media subcommittee will manage FB page and will try to stay active and answer the questions frequently asked, to the best of their knowledge. We will expand on Twitter (X), Promote YouTube channel, webinars and create more content that can attract online audience.
- Webinars subcommittee will continue the same theme and topics of webinars and expand more topics and collaboration! We will do webinars of two different types: the usual Residency and match related topics and other will be under Early Careerist subcommittee.

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- Observership subcommittee- 4 quarterly cycles for observership applications will be announced. First one will be posted in few weeks. We have highest demand and lowest possible numbers of preceptors, so we desperately need more preceptors.
- In person YPC seminars in ALL APPNA MEETINGS. The sessions may include PDs session, alternate career pathways, resident Boot camp, early careerist, financial awareness etc. Research and poster presentations has already been announced for Spring meeting in Oklahoma and we also aim to continue at summer (Dallas) and winter meetings (Lahore).
- More Collaboration with ECFMG, USMLE and FSMB. Invite for in person session at summer meeting
- APPNA YPC Research Travel Awards.
- Mentorship and Mock interview subcommittee; will try assign every applicant a mentor early this year who can help the candidates review their CV/PS and then conduct mock interviews during application season. We will target to help 1200 applicants this year (last year were 850). Will start Mentor request form very early this year and aim at getting 400 plus mentors (always better to aim high)
- Subcommittee for Residents and Fellows may combine with Early Careerist Subcommittee- Help residents and fellows acclimatize to their training programs (boot camp/ webinars before start of their training). Mentor them for research and leadership roles. Job search, contract negotiations and financial awareness. This subcommittee and early career subcommittee may be combined as there is some overlap.
- Visa Advocacy and other Visa issues- will be under YPC this year. We will collect all the data under YPC umbrella and publish official report of matched candidates
- Match applicants WhatsApp mentorship groups under YPC umbrella- will encourage all members to join and replies to the queries of current match applicants.
- US based Students mentorship subcommittee - focus on high school and college students, mentoring them for admissions in medical school. More collaboration needed from NAMA.
- APPNA YPC loan subcommittee - will work in collaboration with another US based organization called ACC (A Continuous Charity). \$30,000 approved and plan to generate more funds into this program. An additional \$200,000 will be invested and returns will be utilized for loan.
- Membership drive- invite young physicians to become members



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The YPC team 2025

M. Siddique Khurram, Chair

Gulrayz Ahmed, Co- Chair

Munis Raza, Co- Chair

Raheel Memon, Co- Chair

Kashaf Sherafgan, Co-Chair

Members

Nauman Ashraf, Mohammad Fateh Shahzad, Rima Malik, Ahmad Rehan Khan, Adeel Ahmad, Muska Ali, Faraz Alam, Asad Ur Rahman, Arsalan Khan, Zeeshan Solangi, Shazia Savul, Sooraj Kumar, Paras Yousaf, Moseeb Ali Hashim, Shehla Sarki, Kantash Kumar, Sarah Makhdoom, Amir Saeed, Asma Ali, Usman Akbar, Sidrah Zaheer, Noman Shafique



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SOCIAL WELFARE AND DISASTER RELIEF COMMITTEE CHAIR REPORT

NUSRUM IQBAL, MD



APPNA is known for its humanitarian efforts, including disaster relief and community support. APPNA played a crucial role in providing food supplies and counseling to families affected by the Los Angeles wildfires. President APPNA Dr. Humeraa Qamar, President Elect Dr. Babar Rao and the Board of directors immediately released 10K for the victims of LA wildfires.

APPNA's Relief Efforts for LA Wildfire Victims

◆ Food Distribution

- Supplied essential food packages and necessities to displaced families.
- Partnered with ICNA (Islamic Circle of North America) to ensure affected individuals received meals.
- Organized community kitchen services for hot meal distribution.

◆ Counseling & Emotional Support

- Mobilized APPNA mental health professionals to offer emotional support and counseling to cope with trauma and loss
- Assisted families in navigating post-disaster challenges, such as housing and medical care.

APPNA's holistic approach ensures both physical and emotional recovery for those impacted by wildfires. Now with the Jan. 2025 wildfires in Southern California fully contained, rebuilding efforts are underway as residents return to the Palisades and Eaton burn areas. U.S. Environmental Protection Agency crews continue working to



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identify and remove hazardous waste from properties scorched by the fires. As the rebuilding process continues, we aim to continue to help our adopted homeland during this time of need.

Supporting APPNA in their disaster relief efforts can be accomplished through both donations and volunteering. We request you to donate generously. It is time to extend humanitarian assistance to LA Wildfire victims irrespective of creed, race or color.

Donations:

Your financial contributions enable APPNA to respond swiftly to disasters, providing essential services such as medical aid, food supplies, and counseling to affected families.

• How to Donate:

- Visit APPNA's donation page:
- Choose the project or fund you wish to support, such as the Social Welfare and Disaster Relief Fund. Follow the instructions to complete your donation.
- You can also mail your tax-deductible contribution to APPNA, 6414 S. Cass Ave, Westmont, IL 60559. Memo to LA Wildfires Victims" or "project of your preference “.
- APPNA has also created a link on its website for donation purposes as well.

Your generosity ensures that APPNA can continue its vital work during emergencies.

Volunteering

APPNA offers various volunteer opportunities to assist in disaster relief efforts.

Medical Missions:

- APPNA organizes medical missions requiring doctors, surgeons, and medical specialists.
- Residents and pre-med students may also participate, depending on the mission's needs.
- Non-physicians can volunteer as well, though specific roles may vary.

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How to Volunteer:

- Review the volunteer requirements and opportunities on APPNA's website:
- Submit the necessary application or contact information as specified.

By volunteering, you directly contribute to the well-being of communities affected by disasters.

On behalf of the wildfire-affected families in Los Angeles, we extend our deepest gratitude for your compassion and generosity. Your contributions have provided critical relief, including food, medical aid, shelter, and counseling to those who needed it most. Thanks to your support, families facing unimaginable loss have found hope, comfort, and a path to recovery. Your kindness has made a real difference, proving that in times of crisis, community and humanity prevails.

We are incredibly grateful for your trust and partnership in this relief mission. Together, we are rebuilding lives and strengthening communities.

To keep abreast of APPNA's ongoing projects and initiatives:

- Visit APPNA's official website
- Follow their social media channels for updates on disaster relief efforts and other programs

With heartfelt appreciation,

Nusrum Iqbal, MD FACP

Chair Social Welfare and Disaster relief Committee

Members: Dr Amna Buttar Co-Chair, Dr Aniq Sheikh Co- Chair, Dr Rabia Awan Co-Chair, Dr Nauman Ashraf, Dr Fazal Ali Akber, Dr Yasmeen Pervez, Dr Arifa Malik, Dr Bushra Siddiq, Dr Zeenat Safdar, Dr Mohammad Riaz, Dr Riffat Qureshi, Dr Fauzia Wali Khan, Dr Shazia Zafar, Dr Naureen Attiullah, Dr Sajid Chaudhary, Dr Syed Tariq Bin Sagheer, Dr Tahir Lateef, and President APPNA 2025, Dr. Humeraa Qamar.

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ADHOC WELLNESS COMMITTEE CHAIR REPORT

FARHA ABBASI, MD



Goals and Objectives of the APPNA Wellness Committee for Physicians:

Vision-Thriving together- embracing wellness to build a resilient community

Mission-creating a healthy lifestyle and satisfying relationships by optimizing environmental, social, spiritual, emotional and physical health.

1. Promote Physical Health:

- During APPNA meetings

1. Encourage regular exercise, including yoga or Zumba sessions,

2. Offer healthy eating options

3. Educate about sleep hygiene among physicians.

4- offer sports day where elders and children can play together

- Provide lectures, resources and information on maintaining a healthy lifestyle, including fitness programs and nutritional guidance.

2. Support Mental Health:

- Raise awareness about mental health issues and reduce stigma surrounding seeking help for mental health concerns.

- Having candid community conversations around taboo topics

- Normalize mental health struggles

- Offer mental health resources, such as support groups, and stress management techniques.

- Partner with NAMI, HHS, SAHMSA and APA foundation to bring more resources and opportunities to the community

- Encourage intergenerational communication by offering interactive sessions

- specialized groups related to mental health sessions



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- Focus on youth, geriatric, women, gender/sexuality mental health sessions

- Mindfulness sessions

3. Foster Work-Life Balance:

- Advocate for work-life balance strategies to prevent burnout and promote overall well-being.

- Provide tools and resources to help physicians manage their professional and personal responsibilities effectively.

4. Enhance Professional Development:

- Offer educational opportunities and workshops on topics related to leadership, resilience, financial stability and self-care.

- Promote self-reflection and personal growth through mentorship programs and peer support groups.

5. Create a Supportive Community:

- Develop a supportive network for physicians to connect, share experiences, and offer mutual support.

- Organize wellness events, walks, retreats, and social gatherings to strengthen relationships and build a sense of community among APPNA members.

6. Measure and Evaluate Impact:

- Establish metrics to assess the effectiveness of wellness initiatives and programs.

- Gather feedback from physicians to continuously improve and tailor resources to meet their evolving needs.

By focusing on these goals and objectives, we aim to empower physicians and their families to prioritize their well-being, enhance their professional satisfaction, and ultimately provide better care for their patients.



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APPNA ADHOC COMMITTEE CHAIR REPORT ON EMPOWERING PHYSICIANS AS LEADERS AND AS PARENTS

MUHAMMAD ZESHAN, MD



Our committee envisions a future where physicians excel not only as clinical experts but also as influential leaders and balanced, empowered parents. We aim to build a supportive community that nurtures professional growth while addressing the unique challenges of parenting in a demanding career. By integrating robust leadership training with comprehensive parenting resources, we strive to create an environment where every physician can thrive in both spheres of life.

Leadership Training Programs:

Our priority is to develop and implement tailored leadership training programs specifically designed for physicians. We will organize engaging workshops, seminars, and webinars that cover critical areas such as effective communication, time management, and strategies to become a person of influence. These sessions will be structured to help physicians:

- Pursue their dreams and unlock their full potential
- Transform challenges into opportunities for growth
- Master the skills needed to drive change in their organizations and communities

Parenting Resources:

Understanding that many physicians face the dual challenge of managing a demanding career and fulfilling family responsibilities, we will establish a comprehensive repository of parenting resources.

- Conduct two anonymous surveys among APPNA members and their children to gain a clearer understanding of the strengths and challenges they face.

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- Facilitate peer support groups and online forums for sharing experiences and practical advice, including support for single parents
- Provide leadership bootcamps and advocacy workshops for APPNA high school and college students to prepare the next generation of leaders
- Empower APPNA Moms by forming inclusive mom groups and spotlighting published works by APPNA family members, thus celebrating their contributions

Collaborative Initiatives:

We will also work in close partnership with related committees to ensure our efforts are synergistic and far-reaching. This collaboration will help create a unified support system that enhances both leadership and parenting capacities, paving the way for a more resilient and dynamic community of physician leaders and parents.

In summary, by investing in leadership development and tailored parenting support, our vision is to empower physicians to lead confidently and parent effectively, creating lasting positive impacts in their professional communities and personal lives.



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SCHOLARSHIP COMMITTEE CHAIR REPORT



TAYYABA ALI, MD

Account Balance as per January 2025

Investments:	Balance
	1/10/25
Hilltop Securities	
ST6245507 Rawalpindi	196,185.84
ST6245515 Khyber	54,070.21
ST6245564 Quaid-I-Azam	230,145.16
ST6245614 Jinnah Sindh	325,320.54
ST6245622 Nishtar	1,671,429.36
ST6245663 Fatima Jinnah	151,899.76
ST6245812 King Edward	859,488.38
ST6248581 Allama Iqbal	185,629.14
ST6269960 Bolan	35,283.48
	3,709,451.87

Plan for 2025

Objective: To encourage and assist students of Pakistani descent in North America (U.S.A. and Canada) in pursuing higher education by offering financial aid based on need and merit.

Financial Need:

- Total family income below \$100,000/year.
- Consideration will be given to families with additional dependents or special financial hardships.

Academic Achievement:

- Minimum GPA of 3.2/4.0 in the previous academic year.
- Demonstrated potential for leadership and community service.

Eligibility Criteria:

Additional Requirements:

- Proof of enrollment in a recognized U.S. college or university.
- Submission of financial documents such as tax returns, W-2 forms, or other income verification.

Scholarship Amount:

•Range: \$500-\$1,000 per student per academic year, depending on the applicant's financial and academic profile.



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APPNA MEMBERSHIP COMMITTEE CHAIR REPORT

SOPHIA JANJUA, MD



Over the last decade, APPNA membership has hovered around 2500 members. Pakistani physicians are America's third largest source of foreign trained physicians (India being first followed by Philippines). There are over 15,000 physicians of Pakistani descent in the US, but only a third are APPNA members.

At the beginning of the year, only lifetime members are active in the APPNA database, as all other membership categories expire on December 31st. That said, in 2024, the year started with 2496 lifetime members.

Following are the numbers of each membership category that was approved in 2024.

336 Student
369 Physicians in training
124 Lifetime members
12 Emeritus members
106 Associate
1422 Annual members
19 Affiliate members

Altogether, 2388 new members were made across all categories in 2024 – which brought membership to 4884 members (2496+2388).

2025 year has started with 2620 members (2496 + 124). Membership Cmte 2025 is focused on increasing APPNA membership. In keeping with APPNA byelaws, Membership cmte recommends decreasing both annual and lifetime dues for 2025.

Section 5 of the APPNA by -laws regarding Annual dues state “ Shall be determined by majority vote of BOD and approved by majority of the Council”. Term of annual dues shall be the calendar year.



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Section 2 , Clause 1 (f) of APPNA by-laws also go on to state “Any active member of the Association , on payment of fifteen (15) years of current annual dues paid in total or in installments or making full payment within one year may apply for Lifetime membership in the Association.”

Based upon these bylaws, MC 2025 recommends the following for the year 2025:

1. Reduction in both annual dues and Lifetime dues

Annual dues: \$65.00

Lifetime dues: \$975. (is a multiplier of 15)

Membership committee is confident that by reducing our membership dues, we would double our membership. The goal would be to make NEW annual members and lifetime members.

2. Sending automatic renewals – MC recommends sending automatic renewals to all annual dues paying membership. MC recommends that verification of annual members be done every 2 – 3 years.

3. Amend the bylaws to be more inclusive.

Our goal is to increase our membership – we can double our membership and make it representative of the Pakistani physician diaspora. We hope Board of Directors (BOD) will approve these recommendations so MC 2025 can implement them by the spring meeting in Oklahoma.

Submitted on behalf of the Membership Committee 2025

Sophia Janjua, MD

Syed Iftikhar Rizvi, MD

Hassan Kaleem MD

Farrukh S. Malik, MD

Khalid Alam MD

Naveed Zafar, MD

Mansoor Abidi, MD

Arman Raza, MD

Yasmin Pervez MD

Bushra Siddique, MD

Shaista Rashid, DDS, MS, MPH



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APPNA MEDICAL CORPS COMMITTEE CHAIR REPORT

SALMAN KHALID, MD



GOALS FOR 2025:

- To organize medical missions in different parts of the world that will cater to the needs of the underprivileged with lack of access to health care in war and disaster-stricken areas.
- Create a central pool of APPNA volunteer physicians from different specialties who share a passion for international medical relief work.
- These missions will involve multi-specialty groups of physicians and student volunteers who will provide direct medical care in local clinics, camps and hospitals in underserved areas.
 - Capacity building with training of local staff as needed.
 - Educational activities for local students and trainee physicians
 - Partner with globally renowned humanitarian organizations who have strong infrastructure in developing countries especially those with large refugee camps and displaced populations.
 - Developing such relationships will not only increase the scope of work of APPNA medical corps but will also lead to potential wider international recognition as an active humanitarian organization.
 - Through these goals, we intend to energize APPNA Medical Corps as a much more vibrant and internationally acclaimed body of volunteer physician group.

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APPNA YPC CANADA CHAIR REPORT

SARAH MAKHDOOM, MD



Objectives of YPC Canada:

1. Organize a series of webinars for International medical graduates every year to inform them about new changes in requirements for residency matching.
2. Provide career guidance for other pathways to practice medicine in Canada.
3. Initiate a Canada wide mentorship program with a google sign up sheet for mentors and mentees
4. Connect Canadians applying in USMLE match with mentors in USA



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APPNA RESA COMMITTEE CHAIR REPORT - SWOT ANALYSIS FOR 2025

DANISH BHATTI, MD



Dear APPNA Members,

On behalf of the APPNA RESA Committee, I am pleased to submit the APPNA RESA Committee SWOT Analysis 2025 for publication. This analysis evaluates our continuing medical education (CME) initiatives, highlights achievements, identifies challenges, and outlines strategic growth opportunities for expanding research and academic engagement within the Pakistani medical diaspora in North America.

The APPNA RESA Committee has successfully completed ACCME re-certification for four years, formalized CME program guidelines, and built a strong network of APPNA members actively participating in our programs. However, key challenges remain, including part-time CME coordinators, lack of structured training for CME directors, gaps in policy documentation, and limited research support for residents, fellows, and junior faculty. Additionally, high CME costs hinder accessibility for trainees.

To address these challenges, we aim to expand specialty-focused CME programs in Cardiology, Gastroenterology, Hematology-Oncology, Psychiatry, and Dentistry and integrate Artificial Intelligence (AI) in CME sessions. Further, we seek to engage APPNA's academic members, develop faculty mentorship programs, introduce diverse CME formats such as online courses and workshops, and build a faculty database to facilitate research and networking.

External challenges include new ACCME regulations limiting scheduling flexibility, retention issues for key coordinators, and increased competition from other CME providers. Additionally, our reliance on a non-academic CME partner (AmedCo) instead of a university or state medical society requires reevaluation.

Despite these challenges, APPNA RESA remains committed to enhancing CME accessibility, strengthening research support, and ensuring that APPNA remains a leader in medical education. We aim to create a more structured, innovative, and inclusive platform for Pakistani-origin healthcare professionals by implementing these strategic initiatives.

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We appreciate your consideration of this submission and look forward to your feedback. Please let us know if further refinements are needed.

Sincerely,

Danish Bhatti, MD, FAAN
Chair, APPNA RESA Committee 2025
resa@appna.org



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APPNA OFFICE MANAGEMENT COMMITTEE CHAIR REPORT 2025

ASIF SYED, MD



OMC 2025 Members:

Dr Asif Syed, Chair
Dr Nauman Ashraf Co-chair
Dr Tariq Butt
Dr Sohail Khan
Dr Rahat Sheikh
Dr Maliha Ahsan
Dr Sajid Mehmood

OMC 2025 Plan:

Establishment of APPNA Free Clinic
Provision of additional working space at APPNA office for additional staff
APPNA office upgrades including but not limited to furnishings, networking/computers/equipment and HVAC system
Historical Documents Clean-up
Quarterly Office Budget Review
Annual required filings oversight (monthly, quarterly, 6 months and end of year)
Monthly review of open items (bills, invoices, etc.)
Meetings support and feedback checklist for improving member experience
Human resource oversight



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APPNA ADVOCACY COMMITTEE CANADA CHAIR REPORT

FIZZA RAFIQ, MD



Core Objectives:

1. Advocate for the rights and interests of Canadian Pakistani physicians.
2. Promote cultural competency and diversity in healthcare.
3. Foster collaborations with healthcare organizations and stakeholders.
4. Support health care initiatives benefiting the Pakistani Canadian community.
5. Provide resources and support for Canadian Pakistani physicians.
6. Advocate for the interests of International Medical Graduates (IMGs) in Canada.
7. Ensure representation and empowerment of Canadian Pakistani physicians within Central APPNA



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INTERIM

HAFSA NAWAZ, MD



I am not here to stay.
I am just a rainbow after the monsoon,
Arching briefly over your sky,
Vanishing before you can trace my colors.

I am the first beam of morning light,
Softly warming your skin,
Only to be stolen by drifting clouds.

I am the wind that catches your breath,
Whispering secrets against your cheek,
but never lingering long enough to be held.

I am an ocean wave kissing the shore,
Smoothing the sand beneath your feet,
before retreating into the vast, untouchable blue.



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If you desire, I will rest upon your lips,
A fleeting taste, a half-formed word,
but I was never meant to stay.

I leave behind echoes,
A whisper of warmth,
The scent of rain in the air,
The ache of something beautiful—
Brief, yet unforgettable.

For stories must end,
but love stories don't.
They live in the spaces between moments,
In the hush before a goodbye,
In the quiet yearning that never truly fades.

And though I am only passing through,
I will leave my love where you can find it,
Woven into your laughter,
Hidden in your sighs,
Tucked away in the silence between heartbeats.

I was not here to stay.
But I was here.

Dr Hafsa Nawaz Graduate of Allama Iqbal medical college class of 1998, working as an internist in Connecticut. Beyond medicine, she finds solace in words, using them to inspire and reflect. Her writing explores the depth of human experience, drawing from her own journey. Whether in prose or poetry, she weaves emotions into stories that resonate.



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SOCIAL MEDIA: THE MODERN-DAY CIRCUS WE ALL LIVE IN

FARIYA AFRIDI, MD



Once upon a time, people used to communicate through face-to-face conversations, carrier pigeons, and occasionally yelling across the street. Then came social media, and suddenly, people started having deep emotional breakdowns over Wi-Fi signals and breakups over “seen” with no reply!

Let’s start with Facebook. It’s where your family posts unfiltered family pictures and tags you, your old friends who you have not spoken to since last century (obviously for some reasons) wants you to like their “pages” or “private practice” and “join their fan club.”

Doctors special: To avoid getting friend’s requests or stalked from your patients, there are accounts /IDs like “Deja Flu”, “Her Nia” “Mind Neuron business”.

Instagram, on the other hand, is a magical place where people wake up looking flawless, every meal is plated like a five-star restaurant, and vacations happen every weekend. Meanwhile, you are at home eating cereal out of a coffee mug because all your bowls are in the sink.

Then there is Twitter (or X, or whatever Prez Elon is calling it this week), where people argue with strangers about things that do not even affect them. It’s like a public debate club, except with more memes and celebrity meltdowns and feuds.

Snapchat? Oh, that’s just where people send disappearing messages and where your crush leaves you on “opened” for eternity.

TikTok is basically a talent show that never ends except most people’s talent is just lip-syncing or dancing slightly offbeat. Somehow, a raccoon in a hoodie gets 10 million likes, while your thoughtful content gets 3 views (2 of which are from your mom).



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Welcome to the “you tube university” where everybody is a life coach, tech expert, beauty guru, comedian, host etc. A person with minimal knowledge (googled it 4.5 minutes ago) and No experience will confidently teach you how to fix your car, start a business, and survive a heart attack. All you need is a ring light, a mic, and the confidence of Chahat Fateh Ali.

And LinkedIn? That's where people pretend, they are in love with their jobs while secretly Googling how to retire at age 30.

WhatsApp: The only place where people ignore your messages but are “online” 24/7..Nothing says “I care” like a blue tick and no reply for 3 days.

WhatsApp groups: Where one person posts a forwarded message, 157 people ignore it, and one random person keeps sending “Good Morning” with flowers.”

In conclusion, social media is a bizarre yet beautiful place. It connects us, entertains us, and occasionally makes us question humanity. But no matter how ridiculous it gets, we will keep scrolling because, let's be honest, what else are we supposed to do? Work?

Let's stay positive and hope “May our life someday be as awesome as we pretend it on social media”.

Amen



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NAVIGATING LEADERSHIP: INSIGHTS FROM APPNA STRATEGY MEETING 2025

NAUMAN ASHRAF, MD



The leadership sessions at the APPNA Strategy Meeting 2025 left a lasting impression on me. They illuminated many facets of effective leadership. Topics discussed included emotional intelligence, conflict of interest, the importance of influence, and the concept of dedicating 10,000 hours to achieve mastery.

Dr. Humeraa Qamar opened the leadership session with her presidential address and emphasized on the importance of accountability and transparency. Accountability and transparency are crucial in leadership as they foster trust and integrity within an organization. Leaders who are accountable take responsibility for their actions and decisions, while transparency ensures that these actions are visible and understandable to

all stakeholders.

Dr. Hala Sabry, founder of the Physician Moms Group (PMG) and a Board-Certified Emergency Medicine physician, emphasized the importance of being influential in her talk. She outlined six key points for effective mentorship and leadership: *modeling desired behavior, giving meaningful and actionable feedback, investing in mentees' growth, setting and inspiring a clear vision, being decisive and taking ownership, and communicating with clarity and confidence*. She highlighted that embodying these principles can significantly enhance productivity and shape a brighter future. Additionally, she discussed emotional intelligence, which involves *self-awareness, self-regulation, motivation, empathy, and social skills*. Leaders with high emotional intelligence are better equipped to handle stress, resolve conflicts, and inspire their teams. They create a positive work environment where team members feel valued and understood, leading to higher morale and productivity.

Dr. Babar Rao, APPNA's President Elect shared his personal journey and the driving forces behind his success in life. He emphasized that vulnerability is crucial for leadership as it builds trust, fosters genuine connections, and promotes innovation. Admitting mistakes and seeking feedback encourages growth and strengthens resilience. Ultimately, it creates a supportive, high-performing work environment.

Dr. Muhammad Sanaullah, APPNA's Secretary, spoke about the importance of managing conflicts of interest. When a leader's personal interests clash with their professional responsibilities, effective leaders address these



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conflicts transparently, prioritize the organization's interests, and maintain objectivity. Prompt and ethical conflict resolution preserves trust and prevents potential damage to the organization's reputation.

Dr. Furrukh Malik, APPNA's Treasurer, shared the story of Flight 1549 and Captain Chesley Sullenberger, famous for the Miracle on the Hudson landing. Dr. Malik emphasized that "Miracles only happen for the well-prepared" and "Individual leadership before Leadership." He underscored the importance of the concept of putting in 10,000 hours to achieve mastery, as popularized by Malcolm Gladwell in his book "Outliers." This idea suggests that expertise requires approximately 10,000 hours of deliberate practice. For leaders, this means continuously honing their skills, seeking new challenges, and learning from both successes and failures.

Dr. Mujtaba Qazi and Dr. Arman Raza conducted an interactive leadership case series emphasizing the significance of a team-oriented mindset and the value of mentorship. They underscored that while having innovative ideas and passion is essential, it is equally important to cultivate team-building skills and foster consensus to successfully achieve desired outcomes.

In conclusion, the strategy meeting provided a comprehensive overview of the key components of effective leadership. Emotional intelligence, the ethical management of conflicts of interest, the significance of mentoring, and the dedication to mastering one's craft are all vital elements that contribute to successful leadership. By embracing these principles, leaders can navigate the complexities of their roles and inspire their teams to achieve greatness.



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UPCOMING APPNA MEETINGS IN USA

Dear APPNA Members,

Get ready to have an unforgettable experience at our upcoming **SPRING MEETING!**

Join us for days filled with the warmth of friendship, the excitement of educational sessions, and the thrill of entertainment.

Dive into lively discussions and gain valuable insights from our educational sessions.

But that's not all! Indulge

Your taste buds with delicious food and enjoy some retail therapy with our shopping opportunities and prepare to be entertained with thrilling performances and activities.

Don't miss out on this incredible opportunity to connect, learn, shop, and have a blast! See you there!

Warm regards,

APPNA communication committee

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Register Now

**APPNA
SPRING
MEETING
2025**

APRIL 3-6, 2025
Omni Hotel, Oklahoma, OKC

For registration, please visit:
www.appna.org/appna-spring-meeting-2025/

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APPNA SPRING MEETING

April 3-6, 2025 Oklahoma City, OK

Live Entertainment



Shafqat
Amanat Ali

MIKA
SINGH

HUMERA
CHANNA

For registration and more Information, please visit:
appna.org/appna-spring-meeting-2025/

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APPNA

Association of Physicians of
Pakistani Descent of
North America

48th Annual

Jul 9-13

Convention 2025

Hilton Anatole, Dallas, TX

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Save the Dates

APPNA CANADA MEETING

Aug 29-31, 2025

**Hilton
Meadowale
Mississauga**

- 🍁 **CME Sessions**
- 🍁 **Bazaar**
- 🍁 **Cruise**
- 🍁 **Banquet & Entertainment**

Naheed Chaudhry, MD
Chair, APPNA Canada Meeting

Naushad Noorani, MD
Co-Chair, APPNA Canada Meeting

Humeraa Qamar, MD
President APPNA 2025

Registration and Information coming soon on:
www.appna.org

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APPNA

Association of Physicians
of Pakistani Descent
of North America

FALL MEETING 2025

OCTOBER 2-6, 2025
BALTIMORE, MD

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SAVE THE DATE

APPNA Winter Meeting

DEC 21ST - 25TH 2025

HUMERAA QAMAR, MD
PRESIDENT APPNA

NUSRUM IQBAL, MD
CHAIR WINTER MEETING

MORE INFORMATION COMING SOON AT WWW.APPNA.ORG

WWW.APPNA.ORG



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APPNA 2025 Events

Save The Dates



APPNA Strategy Meeting

January 31 - February 2, 2025
Atlanta, GA
Chair - Dr. Roohi Abubaker

APPNA Spring Meeting

April 3 - 6, 2025
Oklahoma, OK
Chair - Dr. Fazal Akbar Ali



APPNA 48th Annual Convention

July 9-13, 2025
Dallas, TX
Chair - Dr. Muhammad Tariq

APPNA Canada Meeting

August 29-31, 2025
Mississauga, Canada
Chair - Dr. Naheed Chaudhry



APPNA Fall Meeting

October 2-5, 2025
Baltimore, MD
Chair - Dr. Samina Qureshi



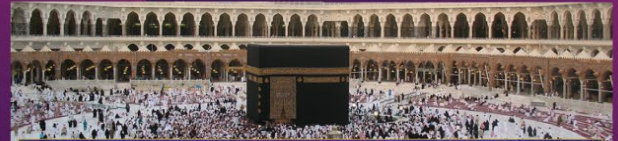
APPNA Winter Meeting

December 21-25, 2025
Allama Iqbal Medical College, Lahore
Chair - Dr. Nusrum Iqbal

Dr. Humeraa Qamar
President APPNA

APPNA 2025 International Meetings

President Dr Humeraa Qamar MD MPH FAAP



*Umrah - Ramzan 2025
Hajj 2025*

Chairs: Dr. Fazal Akbar Ali
& Dr. Haroon Durrani



Alaska Cruise

June 13-20, 2025
Chair: Dr. Naghma Malik



Iceland & Netherland

June 14-22, 2025
Chair: Dr. Ehtsham Haq



Europe Cruise

July 26 - August 2, 2025
Chair: Dr. Nadeem Ahmad



Azerbaijan & Uzbekistan

September 19-29, 2025
Chair: Dr. Rashid Nayyar
& Dr. Mansoor Abidi



Japan

October 17-26, 2025
Chair: Dr. Saeed Sabir

More information coming soon:
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APPNA Classified Section

(Newsletter Version)

We are pleased to announce a new section in “SUNO APPNA” newsletter which offers advertising space for your ads.

You can place your ad related to business promotion, job opportunities and etc.

For more information about advertising rates, please send us an email on laiq.siddiqui@appna.org

Terms & Conditions:

- All the ads submitted will be placed after the payment has been made to APPNA Central Office.
- All the ads are subject to approval by APPNA Communication Committee. APPNA has all the rights to deny any advertisement based on APPNA’s policies.