Vision & Goals

Strengthening Organizational Foundation
- Complete transparency and improved governance
- Ensure financial stability of organization
- Long-term sustainable projects
- Ensure equitable leadership role for female physicians
- Meaningful reforms in election-electioneering process
- Effective communication with members

Involvement with the Community in USA
- Establishment of new APPNA Health Clinics
- Leadership development programs
- Youth summer internships in medicine
- Guidance and resources for those interested in pursuing medicine

Sustained Programs to Provide Leadership Role to Pakistani-Descent American Medical Students and Graduates (NAMA)
- Ensuring communication and input of NAMA in long-term planning of APPNA
- Involvement in academic and CME programs
- Research scholarships and awards
- Advocacy of issues for young medical professionals

Strengthen Resources for Young Pakistani Physicians
- Sustained efforts for expedited VISA processing
- Strengthening and increasing capacity in APPNA houses
- Active guidance for alternate medically related post-graduation pathways
- Loan program for USMLE exams for deserving students

Together

with our dedication and commitment, we can fulfill our dream and vision for APPNA and make it the organization it deserves to be.

APPNA
THE FUTURE IS NOW.

The Time Is Now
EXECUTIVE COMMITTEE

President, Dr. Asif M. Rehman
President-Elect, Dr. Mubasher Ehsan Rana
Secretary, Dr. Asaf Riyaz Qadeer
Treasurer, Dr. Shahid Rashid
Immediate Past President, Dr. Javed Suleman

ALUMNI ASSOCIATION PRESIDENTS

Aga Khan Univ. Medical College . . . . . . Dr. Faisal Qureshi
Allama Iqbal Medical College . . . . Dr. Asif Mahmood
Army Medical College . . . . Dr. Rashid M. Khan
Baqai Medical College . . . . Dr. Amir M. Qureshi
Caribbean Medical College . . . Dr. Naveed Chowhan
Dental APPNA . . . . . . . Dr. Mohammad Arshad
Dow Medical College . . . Dr. Muhammad A. Qureshi
Fatima Jinnah Medical College . . Dr. Tabassum Saeed
Jinnah Sindh Medical Univ. . . Dr. Mohammed Abubaker
Khyber Medical College . . . . . . Dr. Sajjad Savul
King Edward Medical College . . . Dr. Ayesha Najib
Liaquat Medical College . . . . Dr. Abdul Majeed
Nishtar Medical College . . . . Dr. Rao K. Ali
North America Medical College . Dr. Shamail S. Tariq
Punjab Medical College . . . . . Dr. Muzzamal Habib
Quaid-e-Azam Medical College . . Dr. Mohammad Iqbal
Rawalpindi Medical College . . . Dr. Rummana Aslam

APPNA CHAPTER PRESIDENTS

Alabama . . . . . . . . . . . . . . . . . . . . Dr. Saeed Shah
Arizona . . . . . . . . . . . . . . . . . . . . . Dr. Habib U. Khan
Arkansas . . . . . . . . . . . . . . . . . . . . Dr. Asif Masood
Canada . . . . . . . . . . . . . . . . . . . . . . Dr. Humaira H. Ali
Connecticut . . . . . . . Dr. Mohammed A. Memom
Delaware Valley PA (PUN-PA, Up-DE, NJ) . . Dr. Sarwat Iqbal
Florida . . . . . . . . . . . . . . . . . . . . . Dr. Masood Hashmi
Georgia . . . . . . . . . . . . . . . . . . . . . . . Dr. Asif Taufiq
Heartland . . . . . . . . . . . . . . . . . . . Dr. Abdul A. Haleem
Illinois . . . . . . . . . . . . . . . . . . . . Dr. Muhammed S. Khan
Kentucky/Indiana . . . . . . Dr. Asad Ismail
Michigan . . . . . . . . . . . . . . . . . . . . Dr. Kashif Qureshi
Minnesota . . . . . . . . . . . . . . . . . . . Dr. Nadeem Iqbal
Missouri/Greater St. Louis . . . Dr. Muhammad U. Ali
Nevada . . . . . . . . . . . . . . . . . . . . . . Dr. Nauman Jahangir
New England . . . . . . . . . . . . . Dr. Jamila Khalil
New Jersey . . . . . . . . . . . . . . . . . . Dr. Yasmeen Chaudhary
New York . . . . . . . . . . . . . . . . . . . Dr. Pervaiz Iqbal
North Carolina . . . . . . . . . . . . Dr. Naveed Aziz
North Texas . . . . . . . . . . . . . . . Dr. Dawood Nasir
Northern California / Oregon . . . . Dr. Noor U. Aqeel
Northern Tennessee . . . . . . . . Dr. Muhammad Ali
Ohio . . . . . . . . . . . . . . . . . . . . . . . . Dr. Bushra Siddiqi
South Central Pennsylvania . . Dr. Muhammad Qureshi
South Florida . . . . . . . . . . . . . . Dr. Danyal Khan
South Central Texas . . . . . . . . Dr. Shahnila Latif
South Texas . . . . . . . . . . . . . . . . . . . Dr. Muhammad Y. Shaikh
Southern California . . . . . . . Dr. Hyder Jamal
Southern Chapter . . . . . . . . . . . Dr. Naveed Malik
Upstate New York . . . . . . . . . . Dr. Zahid S. Asgher
Virginia . . . . . . . . . . . . . . . . . . . . . Dr. Jawad W. Bhatti
Washington DC/Maryland . . . Dr. Samia Waseem
Wisconsin . . . . . . . . . . . . . . . . . Dr. Danish Siddiqui
APPNA President’s Message

Dear APPNA Family:

The APPNA Summer Convention is being held August 13th – 17th in Washington DC. This is the first time that this function is being held in August which will incorporate the August 14th Pakistan Day. The convention will be a few weeks after Eid. I warmly extend my best wishes to all my cherished APPNA family; colleagues and friends. I hope that you all enjoyed a peaceful and blessed Ramadan month and had a Happy Eid!

We are hoping for a successful convention in DC, expecting 3,500-4,000 physicians and families from all over the country. Significant activities are planned with high ranking CME, social forum, political symposiums, leadership development conference, Obama healthcare with childhood obesity and healthy heart walk, etc. There is a high level entertainment and I am hoping to see everyone there. I want to thank all the council members, executive committee as well as all the committee chairs and their members for doing extra ordinary work to make this year and convention productive.

The year is halfway finished and we have already accomplished so much. It is truly an honor and privilege to serve as your President for 2014. I continue to appreciate your trust and support as we move forward, achieving our goals and exploring new horizons. I happily anticipate working with you for the remainder of this year with the help and support of the Executive Committee and Council. There are so many more wonderful projects and activities to look forward to. We began a busy year at the central APPNA office in February with a special orientation for council members and the Executive Committee. For the first time in decades, APPNA held its Spring meeting in Los Angeles California at the Beverly Wilshire Hotel. This productive and enjoyable meeting made history; not only with its attendance from all over the country and an excellent CME activity, but with the added bonus of an earthquake! This meeting was a financial success and helped to reunite our APPNA organization from coast to coast. I want to thank the Spring meeting host committee and its leadership.

The concept of an APPNA Foundation was first presented in a strategic meeting. Subsequently, it was unanimously approved at the Spring meeting and now, our APPNA foundation is almost completed. It is in its final stages of registration in Illinois and we are planning to open a bank account in just a few weeks. This historical achievement will offer APPNA much greater financial stability. Funds will be earmarked for projects related to healthcare and the educational sector in Pakistan and in the U.S.

APPNA CABL election reforms were presented in the Spring meeting, were edited and approved in a special council meeting and now will be presented to the general body meeting for a vote. This necessary reform will streamline our election process and further enhance the stability and professionalism of APPNA.

I want to specifically thank the Young Physicians Committee and the Advocacy Committee for their tireless jobs this year, helping young physicians to obtain security clearances. Earlier this year, we retained Roberti and White in Washington DC, a firm which helps us to clear almost every case presented to the Young Physicians Committee and Advocacy Committee. We also had a very successful Day on the Hill in DC. We met several senators and visited the State Department, including the visa section and the Pakistan desk. The day ended with a successful meeting with the Pakistan Ambassador where we stressed our APPNA community’s concern about recent events.
physician and sectarian killing. The ambassador extended a promise to relate the details of our sentiment regarding this issue and convey the document which was presented to him to the PM of Pakistan and Chief Minister of Punjab.

As always, the Social Welfare Disaster Relief Committee was very active since the beginning of this year; funds were raised for the unfortunate security personnel who were killed in KPK. In addition, with recent actions against extremism in KPK, there is significant internal displacement in Pakistan and fund raising is being done under the Social Welfare Disaster Relief Committee. We will collaborate with local non-profit organizations after signing an MOU to help in the ongoing crisis. SWDR continues its diabetic initiative and has created a childhood obesity program to counter this epidemic which is widespread in U.S. Work included education for childhood obesity and dietary instructions as well as visits to schools. The San Antonio Texas chapter took a lead role.

Earlier this year a donor came forward and committed $1,000,000.00 to create an APPNA medical school in the U.S. An Adhoc Committee was created and they met with high ranking AMA officials and with a medical school in Connecticut. They have explored several opportunities and recently visited Montana State University. Although it is difficult task, a step has been taken in the right direction. The first stone of a huge wall has been laid which will have a long lasting effect for the future of our children of Pakistani descent in the coming years.

We are lucky to have an announcement from the Professional Liaison Committee, announcing a sub-specialty meeting at the Summer Convention. It will include pulmonary, geriatric, renal, oncology, psychiatry and the creation of “auxiliary societies”. This will help to attract the sub-specialties to come under this umbrella and to get involved in sub-specialty activities, ultimately increasing APPNA membership.

We have completed two international trips; first to Israel, Jordan and Turkey; the second trip was a Mediterranean Cruise. Both were successful, enjoyable, well attended, and financially productive.

I have been lucky to meet the CEO and President of Medtronic earlier this year and I expressed interest in collaborating with Medtronic. Subsequently, we had teleconferences and now, the CEO of Medtronic will be attending our annual meeting. In addition, we hope to develop a long, productive, professional relationship with this organization. Similarly, initiatives were taken with UNICEF hoping to collaborate with them on a long term basis.

I also want to thank all the other committees who are doing an excellent job, specifically the RESA committee. They have organized a monthly meeting, applied for CME grants to different organizations, and are now outlining and arranging high profile lectures for our CME conference in Washington DC. MERIT continued its monthly lectures, expanding its sub-specialties and is now involved in a women’s empowerment program. We are also planning a youth program with a visit to Congress, Senate, State Department and Pakistan Embassy in the U.S. during the Summer Convention. That project is focused towards young college students. We are hoping to involve these young students in their early stages, which will shape up the image of Pakistan community. These young students will contribute not only in healthcare but in all other fields of government in the future.

This year, unfortunately, unstable internal conditions in Pakistan lead to the killing of several physicians of minority faith. Most recently, a U.S. citizen of Pakistani descent from Ohio was killed in Pakistan while visiting and volunteering. This is a continuation of extremism, manifested by minority killings and minority civil rights violations over the last few years. APPNA has raised a significant voice to condemn these actions. I have personally written protest letters to the PM of Pakistan as well as the Chief Minister of Punjab. In an effort to further address the social injustice in Pakistan, we have created an Adhoc Committee for social justice of APPNA. This committee will give us guidance to tackle this significant issue of sectorial violence, civil rights, social justice, women and children’s rights in Pakistan.

In the end, let me thank you and your families for being here in DC with us. I hope and wish you have a wonderful time and I look forward to seeing you all in New York for the fall meeting.

Asif Rehman, MD
APPNA President 2014
Assalamu Alaikum and Eid Mubarak! Welcome to the 37th Annual APPNA National Convention in our Nation’s Capitol. The Host Committee along with President Asif Rehman have put together a historic program including a heartfelt Pakistan Independence Day Ceremony along a breadth of educational, cultural, and social programs.

I would like to thank Dr. Asif Rehman for placing his trust in our Host Committee. The arduous process of planning, organizing, and executing for a convention of this magnitude began a year ago, culminating in a program all will enjoy and remember for years to come. The various subcommittee members put forth an enormous effort to ensure that we not only provide an organized and comfortable convention, but one that enlightens and delights all attendees.

This year’s program includes the joyous occasion of Independence Day which will be celebrated as never before. Several Alumni and Chapter events are planned along with a great CME program. The dining and entertainment are world class. The Bazaar will be the largest we have ever had in an APPNA Convention in Washington. Sightseeing, tour, and other recreational activities are planned as well. All this in the setting of the beautiful Gaylord National Resort on the banks of the Potomac River.

The setting, program, and of course all of you, the attendees, provide an opportunity for an absolutely great week to be shared amongst family, friends, and colleagues. For this wonderful APPNA week in August of 2014, let’s shed any sectarian and tribal differences as we come together after a beautiful month of Ramadan. Let’s avail this time celebrating our heritage in each other’s good company. Let us fill the days and evenings with smiles, good talk, and good actions that we will look back on for years to come.

Welcome to Washington and Welcome to APPNA. Enjoy!

Hameed Peracha, MD
Chair, APPNA 2014 National Convention Host Committee
APPNA President-Elect’s Message

Assalaam-Alaikum:

I would like to thank APPNA membership for providing me the opportunity to serve as President Elect this year. The President Elect has 2 main tasks and I will elaborate on them briefly:

Component Society (CS) Recertification: A new APPNA chapter in the Delaware Valley was approved by the APPNA Council at the Spring meeting 2014. This brings to total of 51 APPNA component societies. Out of these, all but 2 have sent in their recertification documents. One of the goals this year was to develop an online CS recertification process. I want to thank Nicholas Suh at APPNA office for his help in developing the program. In the second part of this year, we will be focusing on helping CS obtain their own 501c3 status.

Membership Verification is being done according to APPNA CABL and previous resolutions approved by the APPNA Council.

This year has also provided me an opportunity to plan for next year. I feel APPNA’s objectives are primarily based upon the following 4 tenets. I will describe my vision for next year accordingly:

Networking: APPNA provides tremendous opportunity for the membership to develop contacts. As it is very important for families to meet, it is also critical that we have more specialty based professional networks. These can help in professional advancement and charity work related to the specialties. We have made some progress this year and we need to strengthen and expand the program next year.

Education and Transfer of Expertise: APPNA MERITT program is very successful. I believe we also need to develop a robust Telemedicine program for Pakistan. We can develop relationship with internet enabled key hospitals in each district of Pakistan. We can then develop a corp of specialists who are willing to provide expert help as needed.

We are exploring the possibility of establishing an APPNA Medical School in United States. It is a lofty dream but I feel possible with proper planning and perseverance.

Helping Young Physicians and medical Students: We need to develop a much better program to help them find electives, observer ships and research positions.

Charity: We need to develop a more organized program for Disaster relief across the globe. I tend to call it “APPNA Global Relief”. Whenever the need arises, we should have a corp of volunteers who can be deployed to the area.

I salute APPNA chapters who are operating Free Clinics. I challenge all chapters to establish Free Clinics in their area.

We need to have a better mechanism for fundraising for our projects. APPNA Foundation is a step in the right direction.

We have to be prepared to speak up against injustice whenever and wherever it happens in the world.

We have a tremendous intellectual and financial capital in APPNA. I strongly feel we can achieve whatever we aspire for. We also have a great responsibility to be a role model for our future generations. We must always conduct ourselves with utmost integrity, mutual respect and when dealing with the affairs of the association, put APPNA First. I am confident that together we can achieve this and much more.
Publication Committee Chairman’s Message

Dear friends and APPNA members,

On behalf of the host committee, I welcome you back to Washington DC to attend the 37th Annual APPNA Summer Convention. It’s our hope that you and your family will find the meeting and the visit to Washington DC very interesting, enjoyable and entertaining. This year, the APPNA meeting overlaps with the Independence Day (14th August) of Pakistan – another memorable and joyous day of our life. The host committee therefore has organized many special programs and celebrations along with the other annual activities.

The Chairman of the host committee had entrusted me with the task of taking out the Summer Meeting Journal this year again. This is the fourth time that I will be taking out this publication since 2008. It is a very demanding, arduous and time consuming task. However the host committee and I have striven hard to fulfill this obligation and to keep up to your expectations.

In this issue, we have details of the four day events with timing’s and room numbers for your convenience. Also we have details of the CME activities and Social Forum. We have listed the poets for the Mushaira along with snippets of their famous poems. The report from various alumni, committees and chapters are not included here, since they will be part of the summer journal taken out by the central publication committee.

The Governor of Maryland and Virginia, Mayor of Washington DC, many Senators and Congressmen of the metropolitan DC area appreciate and acknowledge the importance of APPNA and have sent in their welcome messages. We also have messages from APPNA office bearers updating us about the work of the association this year.

On behalf of the host committee, I would like to thank all advertisers’, exhibitors’ and sponsors’ of the meeting. I also extend my thanks to all members of the host committee and specially the members of the publication committee including – Dr Habib Chotani, Dr Umer Rahman, Dr Faisal Qureshi and Dr Reema Chaudri for their tireless work and help in bringing out this publication. My thanks are also due to the staff of the central office including Jennifer Wozniak, Nicholas Suh, Sehba Khan and David McDemit. In the end, my many thanks to the publishers -- International Graphics and specially Osama Zain, Miah and Rabah Raoof for accommodating and understanding all our requests.

The host committee has worked very hard for the last 7-8 months to make this a very successful and memorable meeting. We hope you all will enjoy and have fun during your stay here in the DC area. 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 question you may have during your stay here.

Have fun and enjoy the meeting.

Syed Tariq Shahab, MD
Chairman Publications
APPNA Secretary’s Message

Dear APPNA family,

Welcome to APPNA 37th Annual Summer meeting. Thanks to APPNA’s founding fathers and its subsequent leadership for building this vibrant and blooming family. APPNA has now become an indispensable part of our life. We are fortunate to have wonderful people in this family who are always enthusiastic, motivated and eagerly contributing to see it flourishing. We have excellent potential to grow and the new generation in APPNA is getting ready to write new success story. With the change in time, we also need to identify the needs of modern time and adapt. I strongly believe that APPNA has reached the crossroads where we must engage and make our presence feel to every American and Canadian instead of just Pakistani community, build coalition with all National Medical Organizations in the US and Canada and go Global to be part of an international community. The work on a Medical College in the US is already maturing and soon you will see progress on ground. APPNA initiative on Childhood Diabetes and obesity prevention program requires broad based support. While focusing on strengthening our external influences we also need to solidify our organizational structure and internal linkage with APPNA foundation. With vision and mission accompanying transparency, accountability and accessibility we can achieve a distinction that very few organizations can equal.

The weakness of APPNA has been the lack of a reasonable growth in its membership. We need to do some soul searching as to why the number of new members is mostly limited to seasonal birds brought in by candidates fighting election. If each member of APPNA adds one new member we will double our strength in no time.

We are having robust CME programs with eloquent speakers and we must expand their frequency, locations and specialties so as to increase member interaction and promote our expert physicians.

Newly renovated APPNA’s head office with technologically advanced equipment and modernized web is providing a platform for members to connect and create opportunities for jobs, social interactions and matrimonial.

APPNA this year is conducting an extensive three day youth empowerment conference for young physicians and college students, who are our future and we must invest as much in them as possible under a comprehensive plan.

The current leadership of APPNA is aware and alive to the problems and making all out efforts to address them but still there is a long way to go. If we keep marching to the right direction we will get there.

I would also like to thank those who dedicated their time to write articles and made other contributions for this magazine.

I wish you all a happy and healthy future. Enjoy the APPNA Annual Summer Meeting.

Thank You,

Warm Regards,

Dr. Asaf Riyaz Qadeer
APPNA Secretary 2014
Treasurer Report
Summer Convention 2014
by Shahid Rashid MD

Shahid Rashid, M.D., Treasurer

**YTD Income @ 6/30/14**

- Lifetime Membership Dues: $114,594.54
- Scholarship: $290,461.36
- General Fund Revenue: $130,128.52
- Meetings Revenue: $2,632,398.37
- CME Revenue: $177,768.22
- SWDR Revenue: $35,630.72

Total Income: $3,380,981.73

**YTD Expenses @ 6/30/14**

- Lifetime Membership Dues: $4,843.69
- Scholarship: $1,939.91
- General Fund Revenue: $190,912.03
- Meetings Revenue: $1,407,338.51
- CME Revenue: $9,996.39
- SWDR Revenue: $34,172.33

Total Expenses: $1,649,202.86

Net Profit @6/30/14: $1,731,778.87

Dear APPNA family,

It is a matter of personal pride and honor for me to present the APPNA 2014 treasurer report. I am humbled by the trust and confidence of the APPNA family members placed on me, in fulfilling my duties as APPNA Treasurer during this year.

I am glad to announce that 2014, thus far, has been a profitable year and we are hopeful that this financially positive trend will continue for the rest of the calendar year as well. By hard working designated APPNA teams, fiscal performance has been our hallmark and profits were procured in the arranged APPNA meetings. We are already in receipt of the funds for the planning of future 2014 and 2015 meeting sessions.

To smoothly perform the tax and other law abiding and constitutional processes, an accounting firm has been engaged to complete the taxes and required audit and we were able to negotiate the price so as to save APPNA a higher rate for these legal requisite issues.

As a testament to hard work of APPNA teams, fund raising has been successful for social welfare projects like the Fallen Heroes, Diabetes and Obesity projects. Monetary allocations have been arranged for the APPNA scholarship fund for the Nishtar, King Edward, Khyber, Fatima Jinnah and Sindh Alumni divisions. On an encouraging note, I am pleased to report a rise in annual and associate membership over last year and maintenance of lifetime membership as well.

All these achievements would not have been possible without your input and involvement. I want to extend my whole hearted thanks again for your support, confidence and passion for betterment of APPNA. I take pride in what I do for this great organization and I am sure that if we continue working together in the same spirit then sky is the limit and we can achieve great things for this organization.

I extend my best wishes for an exciting, educational and beneficial year for all APPNA family members.

Shahid Rashid MD
APPNA Treasurer
Dear Friends,

I am pleased to extend warm greetings to the members of the Association of Physicians of Pakistani Descent of North America as you gather together for your 37th Annual Meeting at the Gaylord National Hotel and Convention Center.

This event is an occasion to honor the strength of the mission that characterizes your organization. The programs and services you offer provide important resources to make a positive impact in humanitarian causes and to meet the needs of your physicians, families, and the community at large. I commend all those who work with your organization to help strengthen the community and improve the lives of others.

As many of you know, I helped create the Virginia Health Care Foundation, which has provided health care to more than 600,000 under-served Virginians, and SeniorNavigator.com, a referral network for older Virginians and their caregivers. I have supported comprehensive health care reform to achieve a competitive, cost-effective, and more efficient system. This effort primarily focuses on ensuring that all Americans have access to adequate health coverage, and the coverage must be affordable and based upon data-driven medical standards.

America’s diversity is a tremendous virtue. We are fortunate to have a strong and vibrant Pakistani community in the Commonwealth. The contributions of the Pakistani community have been extraordinarily valuable to the spirit and drive that make our Commonwealth and this nation great.

On this important occasion, I am very pleased to join with your families, friends and community in wishing you the very best for a fulfilling and successful convention.

Sincerely,

Mark R. Warner
MARK R. WARNER
United States Senator
August 16, 2014

Dear Friends:

As a Karachi-born member of the Congressional Pakistan Caucus, I am delighted to extend my warmest greetings to everyone attending the 37th Annual Convention of the Association of Physicians of Pakistani Descent of North America.

APPNA is a key organization in meeting the needs of its more than 15,000 member-physicians of Pakistani descent, their families and their communities. Its good work is well known: it has established free health clinics, increased screening for diabetes, and supported disaster relief efforts. Moreover, it encourages research into mental health, advocates for public health and awareness, and increases the opportunity for a healthy life for Pakistanis.

This Convention is also a wonderful opportunity to celebrate Pakistan’s Independence Day and the accomplishments of those who are of Pakistani descent. You have my best wishes for an enjoyable and productive gathering.

Sincerely,

Chris Van Hollen
Member of Congress
July 18, 2014

Dr. Asif M. Rehman
President
Association of Physicians of Pakistani Descent of North America

Dear Asif,

I want to thank you and your fellow Pakistani-American physicians for inviting me to attend your 37th Annual Summer Convention. I very much look forward to attending and spending time with you, your officers and members and especially fellow Hoosiers.

As a past Chairman of the Senate Foreign Relations Committee, I know you are playing an important role in bringing the people of Pakistan and the United States closer together. I care deeply about this alliance and am grateful for your efforts.

I look forward to seeing you and your colleagues.

Sincerely,

[Signature]

Richard G. Lugar
United States Senator (Ret.)

1717 Rhode Island Avenue, NW, Ninth Floor, Washington, D.C. 20036
+1 202-776-1595  www.thelugarcenter.org
COMMONWEALTH of VIRGINIA
Office of the Governor

July 23, 2014

Dear Friends:

I am pleased to extend a warm welcome to everyone attending the Association of Physicians of Pakistani-Descent (APPNA) Convention. This conference represents an impressive gathering of some of the most skilled physicians in the United States.

I commend APPNA for your work building bridges within communities, encouraging leadership, and empowering young physicians as part of your youth mentorship program. The innovation that young people bring when they enter the medical field is extremely important as the practice of medicine progresses. The work of the APPNA is critical in promoting public health and providing outstanding healthcare, both in the Commonwealth of Virginia and nationwide. I wish all attendees a happy Pakistan Day and a productive conference.

I send you my best wishes for a successful event.

Sincerely,

Terence R. McAuliffe

Patrick Henry Building • 311 E Broad Street • Richmond, Virginia 23219
(804) 786-1211 • TTY (800) 828-1120
www.governor.virginia.gov
A MESSAGE FROM GOVERNOR MARTIN O’MALLEY

Dear Friends:

Welcome to the 37th Annual Meeting of the Association of Physicians of Pakistani-Descent of North America.

Since its inception in 1976, your organization has been involved in a multitude of humanitarian and social activities across the country. Your dedication shows a great commitment to the fields of medical care, health education and humanitarian missions; and it illustrates a deep belief in the importance of human dignity—a belief that the people of Maryland share.

In Maryland, we believe in service, the dignity of every individual, and our responsibility to advance the common good. When we join behind causes greater than ourselves, we can overcome insurmountable odds. By coming together today to celebrate more than four decades of service and community support, we are honoring the strides these physicians and medical professionals have made to improve the quality of lives for many.

On behalf of the people of Maryland, thank you for your work and best wishes for a successful event.

Sincerely,

Governor
Dr. Asif M. Rehman  
Association of Physicians of Pakistani Descent of North America  
6414 South Cass Avenue  
Westmont, IL 60559  

Dear Dr. Asif Rehman:  

Thank you for the invitation to take part in the annual APPNA Summer Convention in National Harbor, Maryland in mid-August. Although I am unable to attend, I welcome the news that the Association of Physicians of Pakistani Descent of North America (APPNA) continues to actively engage its members and seek ways to connect with the community both in the United States and in Pakistan.  

All the best for future APPNA endeavors,  

Sincerely,  

Richard C. Olson
Welcome

Association of Physicians of Pakistani-Descent of North America
37th Annual Conference

July 25, 2014

As Mayor of the District of Columbia, it is my pleasure to welcome the Association of Physicians of Pakistani-Descent of North America to the Greater Washington, D.C. area on the occasion of your 37th Annual Conference.

This annual event provides an opportunity for each of you to discuss issues of concern in the medical field, as well as to facilitate greater relationships amongst physicians of Pakistani-descent in the United States. As you take this opportunity to reflect on your past accomplishments and discuss new ideas, I invite you to experience the beautiful monuments and museums of this great city, and to discover the diverse neighborhoods that make this community so unique.

On behalf of the residents of the District of Columbia, you have my best wishes for an educational and memorable event.

Vincent C. Gray
Mayor, District of Columbia
Message from APPNA Co-Chairs

Dear APPNA Members,

We would like to personally welcome each member to the 2014 APPNA Summer Convention. It’s an exciting time for APPNA as the organization is motivated and responsive AND OPEN TO NEW IDEAS. This year for the first time APPNA is celebrating Pakistan Independence Day during its Summer Convention. We have collaborated with Pakistan Embassy to celebrate our Independence Day.

The planning of Summer Convention started in December last year. We have had several meetings since then to bring the best and most organized program for you. The President himself visited from New York on several occasion and guided the summer host Committee. We have tried our best to rectify the short comings of the last convention.

Before we close, we would like to thank each of you for attending the convention and bringing your expertise to our gathering. You, as leaders and members, have the vision, the knowledge, the wherewithal and the experience to help us pave our way into the future. You are truly our greatest asset today and tomorrow, and we could not accomplish what without your support and leadership. Throughout this Convention, we ask you to stay engaged, keep us proactive and help us shape the future Conventions with your ideas.

Our personal respect and thanks goes out to all of you.

Mohd. Akbar, MD
APPNA Co-Chair 2014

Talha Siddiqui, MD
APPNA Co-Chair 2014
APPNA HOST COMMITTEE 2014

Dr. Hameed Peracha
Dr. Mohammad Akbar
Dr. Talha Siddiqui
Dr. Syed Tariq Shahab

Dr. Rashid Nayyar
Dr. Haroon Durrani
Mr. Khalid Ali
Dr. Jawad Hasnain

Dr. Arshad Cheema
Dr. Reema Chaudri
Dr. Nisar Chaudhry
Dr. Samia Waseem

Dr. Saeed Zaidi
Dr. Mubarik Khan
Dr. Sohail Qarni
Dr. Tariq Mahmood
APPNA HOST COMMITTEE 2014

Dr. Hamid Qureshi

Dr. Habib Chotani

Dr. Amjad Riar

Dr. Samia Piracha

Dr. Naseem Khan

Dr. Tayyib Rana

Dr. Abdul Qadir

Dr. Umer Rahman

Dr. Mubashar Choudry

Dr. Shahid Rafiq

Dr. Tahir Sheikh

Dr. Shahnaz Qureshi

Mr. Laiq Siddiqui

Ms. Jennifer E. Wozniak

Mr. Tipu Ahmed

Dr. Ashfaq Anwar

Dr. Shabbar Hussain
<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hameed U. Piracha</td>
<td>Host Committee Chair</td>
<td>(703) 477-8265</td>
<td><a href="mailto:americaneyecare1@gmail.com">americaneyecare1@gmail.com</a></td>
</tr>
<tr>
<td>Talha Siddiqui</td>
<td>Co-Chair, Pakistan Day</td>
<td>(804) 832-3424</td>
<td><a href="mailto:talsid@hotmail.com">talsid@hotmail.com</a></td>
</tr>
<tr>
<td>Mohammad Akbar</td>
<td>Co-Chair, Transportation, Tour</td>
<td>(703) 470-7510</td>
<td><a href="mailto:makbar8468@gmail.com">makbar8468@gmail.com</a></td>
</tr>
<tr>
<td>Hamid Quraishi</td>
<td>APPNA Bazaar</td>
<td>(301) 592-7660</td>
<td></td>
</tr>
<tr>
<td>Shahnaz Quraishi</td>
<td>APPNA Bazaar</td>
<td>301) 529-7660</td>
<td><a href="mailto:drshahnazquraishi@gmail.com">drshahnazquraishi@gmail.com</a></td>
</tr>
<tr>
<td>Amjad Riar</td>
<td>APPNA Idol</td>
<td>(240) 388-1414</td>
<td><a href="mailto:drriar@gmail.com">drriar@gmail.com</a></td>
</tr>
<tr>
<td>Naseem Khan</td>
<td>Alumni Coordinator, Class Reunion / Alliance</td>
<td>(443)255-5555</td>
<td><a href="mailto:assist_all@yahoo.com">assist_all@yahoo.com</a></td>
</tr>
<tr>
<td>Rashid Nayyar</td>
<td>Alumni Coordinator, Registration</td>
<td>(703) 615-5465</td>
<td><a href="mailto:rnayar116@gmail.com">rnayar116@gmail.com</a></td>
</tr>
<tr>
<td>Tayyib Rana</td>
<td>Audio Visual, Prayer/ Interfaith, Security</td>
<td>(703) 626-3231</td>
<td><a href="mailto:tayyibrana@gmail.com">tayyibrana@gmail.com</a></td>
</tr>
<tr>
<td>Jawad Hasnain</td>
<td>CME</td>
<td>(410) 808-8883</td>
<td><a href="mailto:j.hasnain@hotmail.com">j.hasnain@hotmail.com</a></td>
</tr>
<tr>
<td>Samia Waseem</td>
<td>Chapter Night</td>
<td>(703) 759-3291</td>
<td><a href="mailto:samiawaseem@msn.com">samiawaseem@msn.com</a></td>
</tr>
<tr>
<td>Khalid Ali</td>
<td>Entertainment / Media / Security</td>
<td>(202) 271-3664</td>
<td><a href="mailto:Khalidalidemocrat@yahoo.com">Khalidalidemocrat@yahoo.com</a></td>
</tr>
<tr>
<td>Tariq Mahmood</td>
<td>Entertainment / Sports</td>
<td>(410) 409-5057</td>
<td><a href="mailto:tariq2@comcast.net">tariq2@comcast.net</a></td>
</tr>
<tr>
<td>Arshad Cheema</td>
<td>Food Court</td>
<td>(703) 579-7451</td>
<td><a href="mailto:apcheemamd@gmail.com">apcheemamd@gmail.com</a></td>
</tr>
<tr>
<td>Laiq Siddiqui</td>
<td>Information Technology</td>
<td>(647) 831-1829</td>
<td><a href="mailto:siddiquilaiq@hotmail.com">siddiquilaiq@hotmail.com</a></td>
</tr>
<tr>
<td>Jennifer E. Wozniak</td>
<td>APPNA Administrator</td>
<td>(630) 968-8585</td>
<td><a href="mailto:jwozniak@appna.org">jwozniak@appna.org</a></td>
</tr>
<tr>
<td>Ashfaq Anwar</td>
<td>Computer</td>
<td>(703) 839-2534</td>
<td><a href="mailto:ashfaq786@gmail.com">ashfaq786@gmail.com</a></td>
</tr>
<tr>
<td>Mubasher Choudry</td>
<td>Fund Raising</td>
<td>(240) 994-1217</td>
<td><a href="mailto:machoudry@yahoo.com">machoudry@yahoo.com</a></td>
</tr>
<tr>
<td>Sohail Qarni</td>
<td>Food / Mushaira</td>
<td>(410) 790-0373</td>
<td><a href="mailto:sohailqarni@hotmail.com">sohailqarni@hotmail.com</a></td>
</tr>
<tr>
<td>Ghazala Qazi</td>
<td>Mushaira</td>
<td>(301) 473-3926</td>
<td><a href="mailto:ghazala_kazi@yahoo.com">ghazala_kazi@yahoo.com</a></td>
</tr>
<tr>
<td>Saeed Zaidi</td>
<td>Mushaira</td>
<td>(301) 788-2367</td>
<td><a href="mailto:Saeedzaid99@yahoo.com">Saeedzaid99@yahoo.com</a></td>
</tr>
<tr>
<td>Tariq Shahab</td>
<td>Publication / Advertisement, Articles in Convention Magazine / APCNA</td>
<td>(301) 905-2955</td>
<td><a href="mailto:stshahab@gmail.com">stshahab@gmail.com</a></td>
</tr>
<tr>
<td>Nisar Chaudhry</td>
<td>Social Forum</td>
<td>(202) 320-0130</td>
<td><a href="mailto:nacpac46@hotmail.com">nacpac46@hotmail.com</a></td>
</tr>
<tr>
<td>Umer Rahman</td>
<td>Publication / Other</td>
<td>(703) 250-0883</td>
<td><a href="mailto:ufrahman@yahoo.com">ufrahman@yahoo.com</a></td>
</tr>
<tr>
<td>Shubur Hussain</td>
<td>Pakistan Day of Independence Celebration</td>
<td>(717) 261-6029</td>
<td><a href="mailto:shussain@chambersburgortho.com">shussain@chambersburgortho.com</a></td>
</tr>
<tr>
<td>Mubarak Khan</td>
<td>Registration</td>
<td>(571) 242-3164</td>
<td><a href="mailto:mubarak_khan1@yahoo.com">mubarak_khan1@yahoo.com</a></td>
</tr>
<tr>
<td>Tahir Shaikh</td>
<td>SAYA / CAPNA</td>
<td>(516) 528-3703</td>
<td><a href="mailto:tshaikh1@gmail.com">tshaikh1@gmail.com</a></td>
</tr>
<tr>
<td>Reema Chaudri</td>
<td>Volunteer / Publication</td>
<td>(202) 271-3664</td>
<td><a href="mailto:rchaudri@icloud.com">rchaudri@icloud.com</a></td>
</tr>
<tr>
<td>Habib Chotani</td>
<td>Youth Forum / Publication</td>
<td>(301) 605-4239</td>
<td><a href="mailto:docchotani@gmail.com">docchotani@gmail.com</a></td>
</tr>
<tr>
<td>Samia Piracha</td>
<td>Young Professional network / Baby Sitting</td>
<td>(412) 725-7140</td>
<td><a href="mailto:Samiapiracha@hotmail.com">Samiapiracha@hotmail.com</a></td>
</tr>
<tr>
<td>Tipu Ahmed</td>
<td>Event Manager</td>
<td>(317) 370-2561</td>
<td><a href="mailto:ahmadtipu@yahoo.com">ahmadtipu@yahoo.com</a></td>
</tr>
<tr>
<td>Haroon Durrani</td>
<td>Stage Management</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shahid Rafiq</td>
<td>CME</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Day to Day Events Schedule

## Tuesday, August 12

<table>
<thead>
<tr>
<th>Time</th>
<th>EVENT</th>
<th>Room Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 PM - 1:00 AM</td>
<td>Ghazal Nite</td>
<td>National Harbor 10</td>
</tr>
</tbody>
</table>

## Wednesday, August 13

<table>
<thead>
<tr>
<th>Time</th>
<th>EVENT</th>
<th>Room Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 PM - 8:00 PM</td>
<td>REGISTRATION</td>
<td>Potomac Reg. Counter/Desk</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Inauguration Ceremony</td>
<td>Cherry Blossom Foyer</td>
</tr>
<tr>
<td>9:00 PM</td>
<td>SAYA program</td>
<td>National Harbor - 13</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Chapter Night - and Entertainment</td>
<td>Cherry Blossom</td>
</tr>
<tr>
<td>1:00 PM - 5:00 PM</td>
<td>Exhibit Set-up; Move-in</td>
<td>Exhibit Hall A/B</td>
</tr>
<tr>
<td>1:00 PM - 5:00 PM</td>
<td>Exhibit Registration</td>
<td>Exhibit Reg - B</td>
</tr>
<tr>
<td>6:00 AM - 10:00 PM</td>
<td>Prayer Room</td>
<td>National Harbor - 10</td>
</tr>
</tbody>
</table>

## Thursday, August 14

<table>
<thead>
<tr>
<th>Time</th>
<th>EVENT</th>
<th>Room Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM - 8:00 PM</td>
<td>REGISTRATION</td>
<td>Convention Center Pre-Function</td>
</tr>
<tr>
<td>6:00 AM</td>
<td>Golf</td>
<td>Off-site</td>
</tr>
<tr>
<td>8:00 AM - 9:00 AM</td>
<td>CME Breakfast</td>
<td>Maryland - C/D-Roll in Back of room</td>
</tr>
<tr>
<td>9:30 AM - 3:00 PM</td>
<td>CME (Main session)</td>
<td>Maryland - C/D</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>CME Coffee Break</td>
<td>Maryland - C/D</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>CME Lunch</td>
<td>Maryland - C/D-Roll in Back of room</td>
</tr>
<tr>
<td>2:00 PM - 4:00 PM</td>
<td>Executive Council Meeting</td>
<td>National Harbor - 10/11</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Pakistan Independence Day Celebrations</td>
<td>Atrium</td>
</tr>
<tr>
<td>6:00 PM - 12:00 AM</td>
<td>Childcare</td>
<td>Chesapeake 1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>SAYA Program</td>
<td>National Harbor - 13</td>
</tr>
<tr>
<td>8:00 AM - 10:00 PM</td>
<td>Game Room</td>
<td>Magnolia 2 &amp; 3</td>
</tr>
<tr>
<td>9:00 AM - 6:00 PM</td>
<td>Exhibit Show</td>
<td>Exhibit Hall - A/B</td>
</tr>
<tr>
<td>9:00 AM - 6:00 PM</td>
<td>Exhibit Show Office</td>
<td>Exhinit Reg - B</td>
</tr>
<tr>
<td>9:00 AM - 6:00 PM</td>
<td>Food Court</td>
<td>Exhibit Hall - A/B</td>
</tr>
<tr>
<td>6:00 AM - 11:00 PM</td>
<td>Prayer Room</td>
<td>Chesapeake A/B/C</td>
</tr>
<tr>
<td>1:30 PM - 8:15 PM</td>
<td>Youth Forum</td>
<td>National Harbor - 4</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Sindh II - SMC Class of 1989-90 Re-union</td>
<td>National Harbor - 2</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>AKU Class of 1989 Re-union</td>
<td>National Harbor - 3</td>
</tr>
<tr>
<td>11:00 PM</td>
<td>Tumseeli Mushaira</td>
<td>Maryland - A</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Alliance Dinner, APPNA Idol &amp; Fashion Show Entertainment</td>
<td>Potomac - A/B</td>
</tr>
<tr>
<td>Time</td>
<td>EVENT</td>
<td>Room Name</td>
</tr>
<tr>
<td>-----------------</td>
<td>-----------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>7:00 AM - 8:00 PM</td>
<td>REGISTRATION</td>
<td>Convention Center Pre-Function</td>
</tr>
<tr>
<td>8:00 AM - 10:30 AM</td>
<td>CME (Main session) (No Lunch)</td>
<td>Maryland - C/D</td>
</tr>
<tr>
<td>7:00 AM - 8:00 AM</td>
<td>CME Breakfast</td>
<td>Maryland - C/D Roll in Back of room</td>
</tr>
<tr>
<td>10:30 AM - 12:30 PM</td>
<td>APPNA General Body Meeting</td>
<td>National Harbor - 10/11</td>
</tr>
<tr>
<td>8:00 AM - 10:00 PM</td>
<td>Game Room</td>
<td>Magnolia 2 &amp; 3</td>
</tr>
<tr>
<td>9:45 AM</td>
<td>Youth Forum (Depart for Capitol Hill)</td>
<td>National Harbor - 4</td>
</tr>
<tr>
<td>9:00 AM - 6:00 PM</td>
<td>Exhibit Show</td>
<td>Exhibit Hall - A/B</td>
</tr>
<tr>
<td>9:00 AM - 6:00 PM</td>
<td>Exhibit Show Office</td>
<td>Exhibit reg - B</td>
</tr>
<tr>
<td>6:00 AM - 11:00 PM</td>
<td>Prayer Room</td>
<td>Chesapeake A/B/C</td>
</tr>
<tr>
<td>2:00 PM - 4:00 PM</td>
<td>DOW Social Forum</td>
<td>National Harbor 10/11</td>
</tr>
<tr>
<td>2:00 PM - 4:00 PM</td>
<td>AICMC/Nishar Symposium on Peace &amp; Democracy in Pakistan</td>
<td>National Harbor - 2</td>
</tr>
<tr>
<td>10:00 AM - 5:00 PM</td>
<td>Film Festival</td>
<td>Chesapeake D-F</td>
</tr>
<tr>
<td>9:00 AM - 6:00 PM</td>
<td>KE GB Meeting</td>
<td>National Harbor - 5</td>
</tr>
<tr>
<td>1:00 PM - 2:00 PM</td>
<td>Friday Prayer - Jummah Khutba by Imam Magid</td>
<td>Potamac - C/D; 1-6</td>
</tr>
<tr>
<td>2:30 PM - 4:00 PM</td>
<td>WAPPNA</td>
<td>National Harbor - 7</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>SAYA Program</td>
<td>National Harbor 13</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>SAYA Band and DJ Nite</td>
<td>National Harbor 10/11</td>
</tr>
<tr>
<td>2:30 PM - 4:30 PM</td>
<td>MERIT</td>
<td>National Harbor - 9</td>
</tr>
<tr>
<td>6:00 PM - 1:00 AM</td>
<td>Childcare/Baby sitting</td>
<td>Chesapeake 1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>3:00 PM - 6:00 PM</td>
<td>PALA (Pakistani American Lawyers Association)</td>
<td>Chesapeake - G</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Alumni Dinners</td>
<td>Maryland - 4-6</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Aga Khan</td>
<td>Maryland - C</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Allama Iqbal</td>
<td>Maryland - A/B</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>DOW</td>
<td>National Harbor - 3</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Fatima Jinnah</td>
<td>Woodrow Wilson - B/C</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Khyber</td>
<td>Cherry Blossom</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Liaquat</td>
<td>Woodrow Wilson - D</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>NAMA</td>
<td>National Harbor - 6</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Nishtar</td>
<td>Maryland 1-3</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Punjab</td>
<td>National Harbor - 8</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Quaid-e-Azam</td>
<td>National Harbor - 12</td>
</tr>
</tbody>
</table>
# 37th Annual APPNA Summer Convention

## Friday, August 15

<table>
<thead>
<tr>
<th>Time</th>
<th>EVENT</th>
<th>Room Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Rawalpindi</td>
<td>National Harbor - 2</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Sindh</td>
<td>Woodrow Wilson - A</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Carribean</td>
<td>National Harbor - 6</td>
</tr>
<tr>
<td>6:00 PM - 10:00 PM</td>
<td>Dental</td>
<td>National Harbor - 7</td>
</tr>
<tr>
<td>10:00 PM - 2:00 AM</td>
<td>Entertainment Night</td>
<td>Potomac Ballroom</td>
</tr>
<tr>
<td>10:00 PM - 3:00 AM</td>
<td>Mushaira: (Poetry)</td>
<td>Maryland - D</td>
</tr>
</tbody>
</table>

## Saturday, August 16

<table>
<thead>
<tr>
<th>Time</th>
<th>EVENT</th>
<th>Room Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM - 5:00 PM</td>
<td>REGISTRATION</td>
<td>Convention Center Pre-Function</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>UPF</td>
<td>National Harbor - 3</td>
</tr>
<tr>
<td>8:00 AM - 9:30 AM</td>
<td>CME Breakfast</td>
<td>Maryland - C/D-Roll in Back of room</td>
</tr>
<tr>
<td>9:30 AM - 1:30 PM</td>
<td>CME (Main session)</td>
<td>Maryland - C/D</td>
</tr>
<tr>
<td>11:25 AM</td>
<td>CME Coffee Break</td>
<td>Maryland - C/D-Roll in Back of room</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>CME Lunch</td>
<td>Maryland - A</td>
</tr>
<tr>
<td>12:00 PM - 1:00 PM</td>
<td>Candidate Debate</td>
<td>National Harbor - 10/11</td>
</tr>
<tr>
<td>1:00 PM - 3:00 PM</td>
<td>APPNA Social Forum</td>
<td>National Harbor - 10/11</td>
</tr>
<tr>
<td>10:00 AM - 4:30 PM</td>
<td>Youth Forum</td>
<td>National Harbor - 4</td>
</tr>
<tr>
<td>8:00 AM - 10:00 PM</td>
<td>Game Room</td>
<td>Magnolia 2 &amp; 3</td>
</tr>
<tr>
<td>9:00 AM - 6:00 PM</td>
<td>Exhibit Show</td>
<td>Exhibit Hall - A/B</td>
</tr>
<tr>
<td>9:00 AM - 6:00 PM</td>
<td>Exhibit Show Office</td>
<td>Exhibit Reg. B</td>
</tr>
<tr>
<td>9:00 AM - 6:00 PM</td>
<td>Food Court</td>
<td>Exhibit Hall - A/B</td>
</tr>
<tr>
<td>6:00 AM - 11:00 PM</td>
<td>Prayer Room</td>
<td>Chesapeake A/B/C</td>
</tr>
<tr>
<td>9:00 AM - 11:00 AM</td>
<td>Rawalpindi Mentoring Session</td>
<td>National harbor - 5</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>SAYA program</td>
<td>National Harbor - 13</td>
</tr>
<tr>
<td>3:00 PM - 4:30 PM</td>
<td>YPC (Young Physicians Coaching)</td>
<td>National Harbor - 8</td>
</tr>
<tr>
<td>10:00 AM - 6:00 PM</td>
<td>Film Festival</td>
<td>Chesapeake D-F</td>
</tr>
<tr>
<td>12:00 PM - 2:00 PM</td>
<td>Pak-Pac</td>
<td>Maryland - 1-3</td>
</tr>
<tr>
<td>12:00 PM - 2:00 PM</td>
<td>OBAT Helpers Presentation</td>
<td>National Harbor - 5</td>
</tr>
<tr>
<td>12:00 PM - 2:00 PM</td>
<td>AIMC Class of 2002 Reunion</td>
<td>Maryland 4-5</td>
</tr>
<tr>
<td>12:00 PM - 2:00 PM</td>
<td>SMC Class of 1989 Reunion</td>
<td>National Harbor - 14</td>
</tr>
<tr>
<td>1:00 PM - 4:00 PM</td>
<td>KE Reunion - Class of 1970</td>
<td>National Harbor - 15</td>
</tr>
<tr>
<td>12:00 PM - 2:00 PM</td>
<td>APCNA</td>
<td>National Harbor - 2</td>
</tr>
<tr>
<td>12:00 PM - 2:30 PM</td>
<td>Dental APPNA</td>
<td>National Harbor 12</td>
</tr>
<tr>
<td>8:00 PM - 9:00 PM</td>
<td>Prayer area</td>
<td>Potomac Foyer towards River</td>
</tr>
</tbody>
</table>
## Saturday, August 16

<table>
<thead>
<tr>
<th>Time</th>
<th>EVENT</th>
<th>Room Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM - 2:00 PM</td>
<td>Pulmonary</td>
<td>Chesapeake - I</td>
</tr>
<tr>
<td>12:00 PM - 2:00 PM</td>
<td>Psychiatry</td>
<td>Chesapeake - H</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Abdelian GB Meeting</td>
<td>National Harbor 3</td>
</tr>
<tr>
<td>6:00 PM - 1:00 AM</td>
<td>Childcare/Baby sitting</td>
<td>Chesapeake 1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>CAPPNA DJ Night</td>
<td>Maryland - C/D</td>
</tr>
<tr>
<td>12:00 PM - 10:30 PM</td>
<td>YPN (Young Professionals Network)</td>
<td>Maryland - B</td>
</tr>
<tr>
<td>3:00 PM - 4:00 PM</td>
<td>Rise for Pakistan</td>
<td>National Harbor 7</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>PALA (Pakistani American Lawyers Association)</td>
<td>Chesapeake - G</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>APPNA Banquet Dinner &amp; Entertainment</td>
<td>Potomac Ballroom</td>
</tr>
</tbody>
</table>

## Sunday, August 17

<table>
<thead>
<tr>
<th>Time</th>
<th>EVENT</th>
<th>Room Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 AM</td>
<td>KE Class of 1969</td>
<td>National harbor - 7</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>DNA Health</td>
<td>National Harbor 6</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>YPN</td>
<td>Maryland - B</td>
</tr>
<tr>
<td>9:00 AM - 2:00 PM</td>
<td>Exhibit Show (Move-out till 5:00 PM)</td>
<td>Exhibit Hall - A/B</td>
</tr>
<tr>
<td>9:00 AM - 2:00 PM</td>
<td>Exhibit Show Office</td>
<td>Exhibit Reg. B</td>
</tr>
<tr>
<td>9:00 AM - 1:00 PM</td>
<td>Food Court (Halwa Puri)</td>
<td>Exhibit Hall - A/B</td>
</tr>
</tbody>
</table>
Welcome to the Symposium for Peace in South Asia. I feel distinctively honored that Dr. Asif Rehman, President of APPNA, assigned me the responsibility to chair and moderate this symposium. I am thankful to Dr Abdul Jabar, Chairman Committee for Social Forum for his help and support in organizing this event. I am also grateful to alumni of Nishtar and Allama Iqbal Medical College for their support and cooperation. I believe that these kinds of symposiums and seminars provide us with an opportunity to exchange perception and ideas. It also helps us to sharpen our skills to navigate through unchartered waters and equip us with the tools to have a better understanding of security issues, so that the future generation can live peacefully.

Thanks,

Dr. Nisar A. Chaudhry
Chairperson and Moderator

General Michael V. Hayden has previously worked as Director of the Central Intelligence Agency (2006 - 2009), First Principal Deputy Director of National Intelligence (2005 - 2006), and Director of the National Security Agency. As Director of the Central Intelligence Agency, General Hayden was responsible for the overseeing the collection of information concerning plans, intentions, capabilities of America’s adversaries; producing timely analysis for decision markers; and conducting covert operations to thwart terrorist and other enemies of the US. Before becoming the Director of the CIA, General Hayden served as the country’s first Principal Deputy Director of the National Intelligence Agency, Director of the Joint Command and Control Warfare Center, Director of the National Security Agency and Chief of the Central Security Service.
Ambassador Thomas R. Pickering had a sterling career in the Foreign Service stretching for over half a century. He retired as US Under Secretary of State for Political Affairs, where he had served from 1977 to 2001. Prior to that, he was briefly the president of the Eurasia Foundation, a Washington based organization that makes small grants and loans in the states of the former Soviet Union. Pickering holds the personal rank of Career Ambassador, the highest in the US Foreign Service. 111 a diplomatic career spanning five decades, he was the US Ambassador to the Russian Federation, India, Israel, El Salvador, Nigeria, and the Hashemite Kingdom of Jordan. Pickering also served on assignments in Zanzibar and Dar es Salaam, Tanzania. From 1989 to 1992, he was the Ambassador and Representative to the United Nations in New York. He was awarded an honorary doctor-in-laws degree from Bowdoin College, and has received similar honors from 12 other universities. In 1983 and 1986, Pickering won the Distinguished Presidential Award and in 1996, the Department of State’s highest award- the Distinguished Service Award. He is a member of the International Institute of Strategic Studies and the Council on Foreign Relations.

He is the President of The All Jammu and Kashmir Muslim Conference. Since 2002, he has been unanimously been elected as the President of the party. He has been elected as the member of Legislative Assembly of Azad State of Jammu and Kashmir five times since 1990. He was elected as Prime Minister of Azad Government of the State of Jammu and Kashmir; and held this office from 2006 to 2009. He was reelected as Prime Minister for the post as well. He has served as Chairman Youth and Students Wing and later on as Chief Organizer of the party. He introduced the concept of grass root in political participation. As Chief Organizer of All Jammu and Kashmir Muslim Conference, it expanded the party platform for minorities and non-Muslims for the first time in the State.

Jonathan Pratt is the Director of the Office of Pakistan Affairs at the Department of State. Prior to this assignment, he was the Political Counselor at Embassy Islamabad from 2010 to 2013. Previous assignments include Brazzaville, Republic of Congo as Deputy Chief of Mission from 2009-2010; Khartoum, Sudan as Political and Economic Chief from 2007-2008; Luanda, Angola as Management Officer from 2005-2007; Amman, Jordan as General Services Officer from 2003-2005; and Kinshasa, DRC as Political Officer from 2000-2002. He began his career with the State Department in 1998 as a Presidential Management Fellow in the International Organizations Bureau. Jonathan was a Peace Corps Volunteer in Guinea-Bissau from 1994-1996 and served with Teach for America in Watts, Los Angeles from 1992-1994. He received an M.A. in International Relations from U.C. San Diego in 1998 and B.A. with Honors from Wesleyan University in 1992. He is the recipient of the 2013 Clement Dunn Award for Excellence, the 2009 Director General’s Reporting Award, three Superior Honor Awards, and two Meritorious Honor Awards. Jonathan was born Bethesda, Maryland and grew up in Andover, Massachusetts.

Dr. Nisar Chaudhry is a life member of APPNA and a pioneer in opening up lines of communications with mainstream America and subscribes in the area of US-Pakistan relations. He works with think tanks, legislative arm of the US Government, State Department, and NSC, for the interests and image of Pakistan and contributes for enduring friendship between these great nations. He has been on radio, TV channels, both in Pakistan and US, and also gives lectures at Foreign Service Institute at State Department, where Foreign Service officers are prepared. For his services in the area of US-Pakistan relations, the Pakistani Government awarded him Tamga-e-Imtiaz. He is the President and Founder of the Pakistan American League and former President of the Pakistani American Congress from 2001 to 2003. Served in Executive Council of APPNA for multiple times, chairing various committees several times, as Treasurer in the Center, and seven times regional counselor in the central body. Before that he served as Secretary and President of the Washington local chapter. At present, he is serving as the Chairman of Board of Management of Allama Iqbal Medical College and Jinnah Hospital in Lahore.

Rodney Jones, President of Policy Architect International, will also join this panel.
SOCIAL FORUM PARTICIPANTS

Hussain Haqqani
Former Pakistan Ambassador to USA

Hassan Nisar
Anchor, Columnist & Political Analyst

Sohail Warraich
Anchor, Columnist & Political Analyst

Haroon ur Rasheed
Columnist & Political Analyst

Faysal Aziz Khan
Bureau Chief, GEO Karachi

“With Best Compliments to all attending APPNA Convention 2014.”

Dr. Talha Siddiqui
9001 Digges Road
Suite 104
Manassas, VA 20110
Tel: 804-832-3424
## 2014 Exhibitors List by Booth Number

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Product / Company Category</th>
<th>Booth #</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZAINAB CHOTTANI</td>
<td>Clothing</td>
<td>103</td>
</tr>
<tr>
<td>MARIA KHAN</td>
<td>Clothing &amp; Jewelry</td>
<td>105</td>
</tr>
<tr>
<td>Cityscape Real Estate</td>
<td>Real Estate</td>
<td>106</td>
</tr>
<tr>
<td>vistana enterprize</td>
<td>Jeweler</td>
<td>107</td>
</tr>
<tr>
<td>Haute Couture</td>
<td>Clothing</td>
<td>110</td>
</tr>
<tr>
<td>Sash &amp; Co.</td>
<td>Clothing</td>
<td>111</td>
</tr>
<tr>
<td>Investology</td>
<td>Financial / Insurance Services</td>
<td>113</td>
</tr>
<tr>
<td>Alvena</td>
<td>Clothing</td>
<td>115</td>
</tr>
<tr>
<td>Armoire</td>
<td>Clothing</td>
<td>117</td>
</tr>
<tr>
<td>Maryam Faysal Jamshaid</td>
<td>Clothing</td>
<td>118</td>
</tr>
<tr>
<td>Gthreads inc</td>
<td>Clothing</td>
<td>119</td>
</tr>
<tr>
<td>ZARUFA Collections</td>
<td>Clothing &amp; Jewelry</td>
<td>122</td>
</tr>
<tr>
<td>Bano’s Enterprises</td>
<td>Clothing &amp; Jewelry</td>
<td>123</td>
</tr>
<tr>
<td>Reenas by Mavra Z</td>
<td>Clothing</td>
<td>129</td>
</tr>
<tr>
<td>KunAlia</td>
<td>Clothing</td>
<td>137</td>
</tr>
<tr>
<td>Aneela Jawad Khan</td>
<td>Clothing</td>
<td>201</td>
</tr>
<tr>
<td>Advanced Realty Answers, LLC</td>
<td>Real Estate Investing</td>
<td>202</td>
</tr>
<tr>
<td>Hasan lataliar</td>
<td>Clothing</td>
<td>203</td>
</tr>
<tr>
<td>Faiza’s Collection by abdul rehman export enterprises</td>
<td>Clothing &amp; Jewelry</td>
<td>205</td>
</tr>
<tr>
<td>Zahra Saleem Inc</td>
<td>Jeweler</td>
<td>206</td>
</tr>
<tr>
<td>Heritage S</td>
<td>Clothing</td>
<td>207</td>
</tr>
<tr>
<td>shazia ahmer</td>
<td>Clothing</td>
<td>210</td>
</tr>
<tr>
<td>Mehrunisa Masud</td>
<td>Clothing</td>
<td>211</td>
</tr>
<tr>
<td>Z’s Fashion Jewelry &amp; Clothing</td>
<td>clothing and jewelry</td>
<td>212</td>
</tr>
<tr>
<td>Bagga’s Fashion</td>
<td>Clothing</td>
<td>213</td>
</tr>
<tr>
<td>Mariamz Collection</td>
<td>clothing and jewelry</td>
<td>214</td>
</tr>
<tr>
<td>Aaliyans by Standard Industries</td>
<td>Clothing</td>
<td>215</td>
</tr>
<tr>
<td>Ridhi</td>
<td>Clothing &amp; Jewelry</td>
<td>216</td>
</tr>
<tr>
<td>Tania’s Collection</td>
<td>Clothing</td>
<td>217</td>
</tr>
<tr>
<td>Sophia</td>
<td>Clothing &amp; Jewelry</td>
<td>218</td>
</tr>
<tr>
<td>Madiha’s Atelier</td>
<td>Clothing &amp; Jewelry</td>
<td>219</td>
</tr>
<tr>
<td>NKC- Narijs Kamran Collection</td>
<td>Clothing &amp; Jewelry</td>
<td>222</td>
</tr>
<tr>
<td>EXCEPTION LINE</td>
<td>Clothing</td>
<td>225</td>
</tr>
<tr>
<td>Zubash Gems</td>
<td>Jeweler</td>
<td>227</td>
</tr>
<tr>
<td>Unique Gifts</td>
<td>Clothing</td>
<td>228</td>
</tr>
<tr>
<td>Majmua The art Gallery</td>
<td>Art and Handcrafts</td>
<td>229</td>
</tr>
<tr>
<td>zahra saeed</td>
<td>Clothing</td>
<td>231</td>
</tr>
<tr>
<td>Carats &amp; Cents</td>
<td>Jeweler</td>
<td>235</td>
</tr>
<tr>
<td>Meer designer</td>
<td>Clothing &amp; Jewelry</td>
<td>236</td>
</tr>
<tr>
<td>Neety Singh Jewelry</td>
<td>Jeweler</td>
<td>300</td>
</tr>
<tr>
<td>Rehana’s Creations</td>
<td>Clothing</td>
<td>302</td>
</tr>
<tr>
<td>Rashida Dalal of Karachi</td>
<td>Clothing</td>
<td>303</td>
</tr>
<tr>
<td>Ahsan Khan Clothing</td>
<td>Clothing &amp; Jewelry</td>
<td>310</td>
</tr>
<tr>
<td>Sania Maskatiya</td>
<td>Clothing</td>
<td>311</td>
</tr>
<tr>
<td>Samads carpet</td>
<td>Hand-knotted carpets.</td>
<td>312</td>
</tr>
<tr>
<td>SmthBro Surgico Inc.</td>
<td>medical &amp; surgical instruments</td>
<td>313</td>
</tr>
<tr>
<td>CITREEN</td>
<td>Clothing</td>
<td>314</td>
</tr>
<tr>
<td>Iselect Collection</td>
<td>Clothing</td>
<td>315</td>
</tr>
<tr>
<td>A.R.Designers</td>
<td>Jeweler</td>
<td>317</td>
</tr>
<tr>
<td>ZAVAR</td>
<td>Jeweler</td>
<td>319</td>
</tr>
<tr>
<td>Block Seven</td>
<td>Clothing</td>
<td>324</td>
</tr>
</tbody>
</table>
## 2014 Exhibitors List by Booth Number

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Product / Company Category</th>
<th>Booth #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heartbeat International Foundation</td>
<td>Not for Profit</td>
<td>326</td>
</tr>
<tr>
<td>AZRA’S BOUTIQUE</td>
<td>Clothing &amp; Jewelry</td>
<td>327</td>
</tr>
<tr>
<td>Federation of State Med Boards</td>
<td>Not for Profit</td>
<td>328</td>
</tr>
<tr>
<td>Sehar Ali Studios</td>
<td>Clothing</td>
<td>329</td>
</tr>
<tr>
<td>Al-Huda School</td>
<td>Not for Profit</td>
<td>330</td>
</tr>
<tr>
<td>Anaa</td>
<td>Clothing</td>
<td>334</td>
</tr>
<tr>
<td>The Education Enrichment Foundation</td>
<td>Not for Profit</td>
<td>337</td>
</tr>
<tr>
<td>Reveti Jewels Inc</td>
<td>Jeweler</td>
<td>401</td>
</tr>
<tr>
<td>Aliyas Designs</td>
<td>Clothing &amp; Jewelry</td>
<td>402</td>
</tr>
<tr>
<td>PIA</td>
<td>Clothing</td>
<td>404</td>
</tr>
<tr>
<td>Miraya</td>
<td>Clothing</td>
<td>406</td>
</tr>
<tr>
<td>Transcure, LLC</td>
<td>Medical Billing Services</td>
<td>410</td>
</tr>
<tr>
<td>Arch Global Advisors</td>
<td>Financial / Insurance Services</td>
<td>411</td>
</tr>
<tr>
<td>Craft Clothing and jewelry</td>
<td>Clothing &amp; Jewelry</td>
<td>412</td>
</tr>
<tr>
<td>LaDivaLLC</td>
<td>Jeweler</td>
<td>413</td>
</tr>
<tr>
<td>shabnam Zahid</td>
<td>Clothing</td>
<td>414</td>
</tr>
<tr>
<td>shabnam Zahid</td>
<td>Clothing</td>
<td>416</td>
</tr>
<tr>
<td>Rabias</td>
<td>Clothing</td>
<td>418</td>
</tr>
<tr>
<td>Bareeka</td>
<td>Clothing</td>
<td>422</td>
</tr>
<tr>
<td>Ambreen Collection</td>
<td>Clothing</td>
<td>423</td>
</tr>
<tr>
<td>Saima’s Collection</td>
<td>Clothing</td>
<td>425</td>
</tr>
<tr>
<td>Aarna Jewels</td>
<td>Jeweler</td>
<td>427</td>
</tr>
<tr>
<td>Laila (pvt) Ltd</td>
<td>Clothing</td>
<td>428</td>
</tr>
<tr>
<td>Divine Accents</td>
<td>Jeweler</td>
<td>429</td>
</tr>
<tr>
<td>SONAR</td>
<td>Clothing &amp; Jewelry</td>
<td>430</td>
</tr>
<tr>
<td>Rangoli by Huma</td>
<td>Clothing &amp; Jewelry</td>
<td>431</td>
</tr>
<tr>
<td>DUHS HEALTH &amp; EDUCATION FOUNDATION, NFP</td>
<td></td>
<td>436</td>
</tr>
<tr>
<td>Aman Foundation</td>
<td>Not for Profit</td>
<td>437</td>
</tr>
<tr>
<td>Reveti Jewels Inc</td>
<td>Jeweler</td>
<td>500</td>
</tr>
<tr>
<td>Samreen’s Closet</td>
<td>Clothing</td>
<td>502</td>
</tr>
<tr>
<td>EGO</td>
<td>Clothing</td>
<td>503</td>
</tr>
<tr>
<td>Alhamdrends Trends</td>
<td>Clothing</td>
<td>510</td>
</tr>
<tr>
<td>regal jewels</td>
<td>Jeweler</td>
<td>511</td>
</tr>
<tr>
<td>Mediha’s</td>
<td>Clothing</td>
<td>512</td>
</tr>
<tr>
<td>style council</td>
<td>Clothing</td>
<td>513</td>
</tr>
<tr>
<td>Mehnaz Design Studio</td>
<td>Clothing</td>
<td>514</td>
</tr>
<tr>
<td>ToayFay</td>
<td>Clothing</td>
<td>516</td>
</tr>
<tr>
<td>Mona Garments</td>
<td>Clothing</td>
<td>519</td>
</tr>
<tr>
<td>Aga Khan University</td>
<td>Not for Profit</td>
<td>522</td>
</tr>
<tr>
<td>Colours by Azra Ajaz</td>
<td>Clothing</td>
<td>524</td>
</tr>
<tr>
<td>The Citizen Foundation USA - Washington DC</td>
<td>Not for Profit</td>
<td>526</td>
</tr>
<tr>
<td>- painting(Thar life,suffism)</td>
<td></td>
<td>527</td>
</tr>
<tr>
<td>Woodlinx Inc</td>
<td>Clothing &amp; Jewelry</td>
<td>529</td>
</tr>
<tr>
<td>ICNA Relief USA</td>
<td>Not for Profit</td>
<td>531</td>
</tr>
<tr>
<td>NutraBee</td>
<td>Honey &amp; Honey products</td>
<td>534</td>
</tr>
<tr>
<td>Seema Fashions</td>
<td>Clothing &amp; Jewelry</td>
<td>537</td>
</tr>
<tr>
<td>Neemar</td>
<td>Jeweler</td>
<td>600</td>
</tr>
<tr>
<td>First Developers</td>
<td>Real Estate Developers</td>
<td>601</td>
</tr>
<tr>
<td>Zaytuna Institute</td>
<td>Not for Profit</td>
<td>602</td>
</tr>
<tr>
<td>OBAT Helpers</td>
<td>Not for Profit</td>
<td>603</td>
</tr>
</tbody>
</table>
### 2014 Exhibitors List by Booth Number

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Product / Company Category</th>
<th>Booth #</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIMPIY</td>
<td>Clothing</td>
<td>604</td>
</tr>
<tr>
<td>Signature Diamonds</td>
<td>Jewelry</td>
<td>605</td>
</tr>
<tr>
<td>kundan fashions</td>
<td>Clothing &amp; Jewelry</td>
<td>606</td>
</tr>
<tr>
<td>Braahtii by Huma Nassr</td>
<td>Clothing &amp; Jewelry</td>
<td>612</td>
</tr>
<tr>
<td>Lernodele</td>
<td>Clothing</td>
<td>615</td>
</tr>
<tr>
<td>Heavenly Regalia</td>
<td>Clothing &amp; Jewelry</td>
<td>617</td>
</tr>
<tr>
<td>Samreen’s Closet</td>
<td>Jewelry</td>
<td>618</td>
</tr>
<tr>
<td>Dhaagay &amp; Precious</td>
<td>Clothing &amp; Jewelry</td>
<td>619</td>
</tr>
<tr>
<td>Prestige Retail Inc</td>
<td>Clothing &amp; Jewelry</td>
<td>623</td>
</tr>
<tr>
<td>Ayesha Yousaf</td>
<td>Clothing</td>
<td>624</td>
</tr>
<tr>
<td>KHAN MENTORS</td>
<td>EDUCATION</td>
<td>625</td>
</tr>
<tr>
<td>Laila’s Art</td>
<td>Clothing</td>
<td>626</td>
</tr>
<tr>
<td>Shiza Hassan</td>
<td>Clothing &amp; Jewelry</td>
<td>627</td>
</tr>
<tr>
<td>First Women Fashions</td>
<td>Clothing &amp; Jewelry</td>
<td>629</td>
</tr>
<tr>
<td>Tayashe Jewels</td>
<td>Jewelry and clothing</td>
<td>631</td>
</tr>
<tr>
<td>SAGAR GEMS AND JEWELLERS</td>
<td>Jeweler</td>
<td>634</td>
</tr>
<tr>
<td>Royal Arts and Crafts of Kashmir</td>
<td>Crafts / Antiques</td>
<td>635</td>
</tr>
<tr>
<td>Asma and Fatima’s Collections</td>
<td>Clothing &amp; Jewelry</td>
<td>636</td>
</tr>
<tr>
<td>vic kashmir</td>
<td>Crafts / Antiques</td>
<td>637</td>
</tr>
<tr>
<td>Arya Esha Inc</td>
<td>Jewelry</td>
<td>700</td>
</tr>
<tr>
<td>SAIRA SHAKIRA</td>
<td>Clothing</td>
<td>704</td>
</tr>
<tr>
<td>Aisha’s Matrimonial Service</td>
<td>Services</td>
<td>705</td>
</tr>
<tr>
<td>Shafaq House of Jewelery</td>
<td>Jeweler</td>
<td>707</td>
</tr>
<tr>
<td>Anabellas Collection</td>
<td>Clothing &amp; Jewelry</td>
<td>711</td>
</tr>
<tr>
<td>Nadia Chhotani</td>
<td>Clothing &amp; Jewelry</td>
<td>713</td>
</tr>
<tr>
<td>Rangoli by Huma</td>
<td>Clothing &amp; Jewelry</td>
<td>715</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Product / Company Category</th>
<th>Booth #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ram Creations</td>
<td>Jeweler</td>
<td>716</td>
</tr>
<tr>
<td>T-Shirt Studio/Kaathi</td>
<td>Crafts / Antiques</td>
<td>718</td>
</tr>
<tr>
<td>KRPDEV ARTS &amp; CRAFTS</td>
<td>Arts, Crafts, Clothing &amp; Jewelry</td>
<td>722</td>
</tr>
<tr>
<td>Kamal Beverly Hills</td>
<td>Clothing &amp; Jewelry</td>
<td>723</td>
</tr>
<tr>
<td>Divulge by Aisha Motiwala</td>
<td>Clothing</td>
<td>724</td>
</tr>
<tr>
<td>SS designer</td>
<td>Clothing &amp; Jewelry</td>
<td>726</td>
</tr>
<tr>
<td>Eye For Art</td>
<td>Art Gallery</td>
<td>727</td>
</tr>
<tr>
<td>noorani.inc</td>
<td>Clothing &amp; Jewelry</td>
<td>728</td>
</tr>
<tr>
<td>sai art gallery</td>
<td>Clothing &amp; Jewelry</td>
<td>729</td>
</tr>
<tr>
<td>Tabassum’s Collection</td>
<td>Clothing &amp; Jewelry</td>
<td>730</td>
</tr>
<tr>
<td>Attorney Ismail Laher</td>
<td>Legal</td>
<td>731</td>
</tr>
<tr>
<td>Ambrina’s</td>
<td>Clothing</td>
<td>734</td>
</tr>
<tr>
<td>MASSEY GROUP WEALTH MANAGEMENT LLC</td>
<td>Financial / Insurance Services</td>
<td>735</td>
</tr>
<tr>
<td>Zeba’s Jewels</td>
<td>Clothing &amp; Jewelry</td>
<td>736</td>
</tr>
<tr>
<td>Arts &amp; Antiques</td>
<td>Crafts / Antiques</td>
<td>737</td>
</tr>
<tr>
<td>ARTIZARA INC</td>
<td>Clothing &amp; Jewelry</td>
<td>101, 200</td>
</tr>
<tr>
<td>LABELS Lahore/ SHEHLA</td>
<td>Clothing</td>
<td>102, 100</td>
</tr>
<tr>
<td>Jiya Designs</td>
<td>Clothing</td>
<td>131, 230</td>
</tr>
<tr>
<td>Allure Treasures</td>
<td>Jeweler</td>
<td>135, 234</td>
</tr>
<tr>
<td>Guzel</td>
<td>Clothing</td>
<td>136, 134</td>
</tr>
<tr>
<td>Kitab House Inc</td>
<td>Islamic Books</td>
<td>237, 336</td>
</tr>
<tr>
<td>Minha Hasan Designer</td>
<td>Clothing</td>
<td>301, 400</td>
</tr>
<tr>
<td>Sameen Kasuri</td>
<td>Clothing</td>
<td>306, 304</td>
</tr>
<tr>
<td>sapna creations</td>
<td>Jeweler</td>
<td>307, 305</td>
</tr>
<tr>
<td>Jewelry By Madhu</td>
<td>Jeweler</td>
<td>318, 316</td>
</tr>
<tr>
<td>EMBELLISHED BY SADAF AMIR</td>
<td>Clothing</td>
<td>322, 518</td>
</tr>
</tbody>
</table>
## 2014 Exhibitors List by Booth Number

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Product / Company Category</th>
<th>Booth #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soundview Broadcasting</td>
<td>Media Broadcasting</td>
<td>325, 323</td>
</tr>
<tr>
<td>uzma collection llc</td>
<td>Clothing &amp; Jewelry</td>
<td>335, 434</td>
</tr>
<tr>
<td>MIRAGE COLLECTION</td>
<td>Clothing &amp; Jewelry</td>
<td>419, 417</td>
</tr>
<tr>
<td>Najma Syed</td>
<td>Clothing</td>
<td>426, 424</td>
</tr>
<tr>
<td>Goal</td>
<td>Clothing</td>
<td>435, 224</td>
</tr>
<tr>
<td>yasmin inc</td>
<td>Clothing &amp; Jewelry</td>
<td>506, 504</td>
</tr>
<tr>
<td>teyjas jewellers R,l inc</td>
<td>Jeweler</td>
<td>507, 505</td>
</tr>
<tr>
<td>Uzma Jawad Couture</td>
<td>Clothing</td>
<td>517, 515</td>
</tr>
<tr>
<td>Woodlinx Inc</td>
<td>Clothing &amp; Jewelry</td>
<td>525, 523</td>
</tr>
<tr>
<td>ummah relief International</td>
<td>Not for Profit</td>
<td>530, 528</td>
</tr>
<tr>
<td>ZOQ Art Gallery</td>
<td>clothing and art</td>
<td>610, 501</td>
</tr>
<tr>
<td>Islamic Relief USA</td>
<td>Not for Profit</td>
<td>611, 710</td>
</tr>
<tr>
<td>Shamim Bhatti</td>
<td>Clothing</td>
<td>616, 614</td>
</tr>
<tr>
<td>American Specialty Pharmacy</td>
<td>Pharmaceutical / Biomedical</td>
<td>703, 701</td>
</tr>
<tr>
<td>Avanee Jewels</td>
<td>Jeweler</td>
<td>714, 712</td>
</tr>
<tr>
<td>Asfa Zahid &amp; Shaiyanne Malik / Safar Couture</td>
<td>Clothing &amp; Jewelry</td>
<td>719, 717</td>
</tr>
<tr>
<td>McLean Furniture</td>
<td>Furniture</td>
<td>743, 745</td>
</tr>
<tr>
<td>Sej and Su’s Collection</td>
<td>Jeweler</td>
<td>116, 114, 112</td>
</tr>
<tr>
<td>Fab by Amirah</td>
<td>Clothing, jewelry</td>
<td>127, 226, 125</td>
</tr>
<tr>
<td>Glitterati World</td>
<td>Clothing &amp; Jewelry</td>
<td>128, 126, 124</td>
</tr>
<tr>
<td>Rizraf</td>
<td>Clothing &amp; Jewelry</td>
<td>407, 405, 403</td>
</tr>
<tr>
<td>The Misk Shoppe</td>
<td>Perfumes and Jewellery</td>
<td>535, 630, 104</td>
</tr>
<tr>
<td>Andor Labs LLC</td>
<td>Pharmaceutical / Biomedical</td>
<td>Maryland Foyer</td>
</tr>
</tbody>
</table>

---

**“Welcome to the Nation’s Capital for APPNA 37th Annual Convention and Independence Day of Pakistan celebration.”**

Mohammad Akbar, MD and Staff
Appna Mushaira 2014

Poets Participating:

Naseer Turabi
Manzar Bhopali
Poplar Marhati
Iqbal Ashhar
Taqi Abidi
Naseem Syed
Gopi Chand Narang
Sabiha Sabah
Khalid Jan
Abdul Rehman
Baqar Zaidi
Abdullah Abdullah

August 15, 2014, start at 10 Pm

Dr. Taghi Abedi (Canada)
Mushaira Pages

Sabiha Saba (New York)

Moosum ne moosum ki jibi sehar kaha ya
Jab kaha jab ney jibi sehar kaha ya
Chand aur saaron ke ehtasab zahur baane
Kia jab ne kahin kahin ke awal baane
Mojm sae awaki ke behsol se sahen
Jabein khelo ka moosum se sanal baatein
Mojm sae zameen e hisbat meraj kair
Ehri khajed e tajmah alam batein

©UrduPoint.com
All rights reserved

Tajammul Ehsan, MD Neurocare
Board certified Neurologist
Over 30 years experience
Practice in Fairfax and Herndon, Virginia
703-787-7638
Mushaira Pages

Nasim Syed (Canada)

Naseer Turabi (Pakistan)

be nasab aawaz ka mat dejeyo hargiz jawab

AGENDA

- Enhanced membership benefits including membership card
- Financial affinity program
- Election & campaign reform
- Involvement of younger physicians with incentives

Chair APPNA Convention Orlando 2013
Co-Chair Summer Meeting Orlando 2007
President APPNA South Florida Chapter 2007-2008
President SMCAANA

IQBAL ZAFAR HAMID, MD
For APPNA Treasurer 2015

Washington, DC
August 13-17, 2014
Mushaira Pages

Iqbal Ashar (India)

Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

Dhakkan ke wali ne mujhe godhi me khilaya
Sauda ke qaseedo ne mera husn badhaya
Hai meer ki azmat ke mujhe chalna seekhaya
Main daag ke aagan me khili ban ke chameli

Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

Ghalib ne bulandi ka saaf mujhko seekhaya
Hali ne muravvrat ka sabak yaad dilaya
Iqbaal ne aaina_e_haq mujhko dikhaya
Momeen ne sajayee mere khwabo ki haveli

Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

Hai zauk ki azmat ke diye mujhko sahare
Chakbast ki ulfat ne mere khwab saware
Fani ne sajayee meri palko pe sitare
Akbar ne rachayee meri berang hatheli

Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

Q mujhko banate ho tassub ka nishana
Maine to kabhi khud ko musalmaa.N nahi mana
Dekha tha kabhi maine bhi khusiyo ka zamana
Apne hi watan me hu magar aaj akayli

Urdu hai mera naam main khusro ki paheli
Main meer ki humraaz hu ghalib ki saheli

-IQBAL ASHAR-

Manzar Bhopali (India)

“Welcome to APPNA Convention 2014”
From the Staff and Doctors at
THE HEART INSTITUTE
6400 Arlington Blvd. Suite 930,
Falls Church, VA 22042
Ph: 703-532-1700;
Fax: 703-532-7803
www.tariqshahab.com

S. Tariq Shahab, MD.
Director

We specialize in:
• High risk Angioplasty & Stenting
• High Blood Pressure
• High Cholesterol
• Peripheral Vascular Diseases
• Carotid Artery Stenting

August 13-17, 2014
Washington, DC
Dr Khalid Javaid Jan hails from Lahore. A graduate from Rawalpindi Medical College, he was involved in anti dictatorial struggle from his years of student ship. It is reflected in his poetry. He has authored 20 books including five collections of poetry. He articulates passionately against oppression and discrimination. His famous poem Haan main Baghi hoon is attached.

His poetry books are:

آؤ مجہے مصلوب کرو
میر باغی ہوں
زندہ میر کوئی دیوانہ
عشق سلامت
اس شہر سنگ میں
جان انتخاب

---

"With Best Compliments To All attending APPNA Convention 2014"

Tariq Mahmood, MD
19 Ridge Road Westminster Street, MD 21157
Ph: 410-848-5450
Fax: 410-848-5451
PHOTO GALLERY

PRESIDENTIAL DEBATE AT THE DOGANA RETREAT
courtesy Rashid Nayyer

DOW RETREAT
courtesy Talha Siddiqui
PHOTO GALLERY

KE RETREAT 2014 in FORT LAUDERALE, FLORIDA
courtesy Ayesha Najib
PHOTO GALLERY

SMC RETREAT 2014 in ATLANTA, GEORGIA
courtesy Yaseen Abu Baker
PHOTO GALLERY

APPNA MICHIGAN CHAPTER MEETING
courtesy Kashif Qureshi
PHOTO GALLERY

APPNA DMV CHAPTER SPRING MEETING, 2014
courtesy Samia Waseem
PHOTO GALLERY

NISHTAR MEDICAL COLLEGE ALUMNI RETREAT
courtesy Kamran Rao

August 13-17, 2014

Washington, DC
PHOTO GALLERY

APPNA CHICAGO CHAPTER (PPS) 2014
courtesy Sohail Khan

PPS Team 2014 at Work
PHOTO GALLERY

APPNA INTERNATIONAL TRIP TO MIDDLE EAST
courtesy Asif Rehman
THE APPNA CHILDHOOD OBESITY & DIABETES AWARENESS CAMPAIGN

As many of you know, obesity has become the leading cause for several common diseases, such as diabetes, high blood pressure, high cholesterol just to name a few. Recent estimates say that one in three children in the United States are obese or overweight before their fifth birthday. Unfortunately, obese children are more likely to become obese adults.

As members of the APPNA community, we need to recognize the dire need to bring awareness to these diseases and their impact on our own health and the health of our members of our communities. With this in mind, APPNA has organized a national campaign focusing on Childhood Obesity & Diabetes Awareness.

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

APPNA has modeled our campaign after the 5-2-1-0 program:

- 5 servings of Fruits or Veggies each day
- 2 hours of screen time (television, computers, phones, etc.) daily
- 1 hour or more of physical activity
- 0 no more sugary drinks! More water and low-fat 1% milk

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

Thank You to each of the esteemed members of our South Texas APPNA chapter & special guests for supporting our campaign and attending the inaugural dinner. Among those in attendance: Dr. & Mrs. Sheikh, Dr. Ali, Dr. Abe Rodriguez (Medical Director for the BHS Physicians Network), Dr. Thakur (AAPI member), Dr. Kumar (AAPI member), Dr. Munir, Dr. Fahim, Dr. Latif, Dr. Hands (Director of Thyroid & Endocrine Center of South Texas), Dr. Muhammad Naem, Dr. Lubna Naem (National coordinator of COAC), Dr. Salman, Kathy Moore, Mariah Hands, Dr. Akhiar Hussain, and others.
Hassan Foundation, is a unique nonprofit, charitable organization, with no administrative cost. Hassan Foundation’s concept is that of a conduit, connecting generosity of donors to the needs of poor people, facing a diverse variety of challenges. We end up getting involved in various projects, outside the realm of clean water, without losing sight of our main objectives.

Most of our funds, and energy is consumed in water projects, as a result, 650 water projects have been completed in all 4 provinces, of Pakistan, since 2007. Keeping in line with our conduit concept, and diversity in desires of donors, we do get involved in various non-water projects.

Our clean, and safe drinking water projects include Hand pumps, Power wells, gravity dependent water supply, water storage tanks, and power pump enhanced, water supply line, connecting as many as 3 villages, to the only one available source of clean drinkable water.

Our Non water projects are all for Zakat eligible people, including care for Orphans, education, (computerizing high schools, and scholarships for qualifying professional college bound students) besides blood drives, disaster relief, construction of homes for flood victims, and a Pacemaker bank.

Hassan Foundation supports a soup kitchen in Detroit, and usually just before Christmas providing warm jackets, socks, and hoodies to Detroit’s homeless is one of our most heartwarming projects.

Mukhtar A Khan
Chairperson, Hassan Foundation

25779 Kelly Rd, Roseville MI, 48066
CREATING THE TEHZIBUL AKHLAQ TRUST

The Tehzibul Akhlaq Trust (TAT) was established in September 1960 by Lahore based alumni of Aligarh Muslim University (Aligs), in partnership with local philanthropists. The Aligs realised that after the creation of Pakistan, the mission for education for the socio-economic development of Muslims, started by the great educational reformer Sir Syed Ahmed Khan, needed to be continued.

Together they formed a Trust which would further this mission for quality, affordable education that focused on academic achievements as well as character building and a sense of civic responsibility. This Trust, in honour of Sir Syed Ahmed Khan’s journal for the welfare and development of Muslims of the sub continent, was called “Tehzibul Akhlaq Trust”.

TAT SCHOOLS

At present, TAT runs two schools in the region of Lahore, and has recently started a college of computer science. Each educational institution functions autonomously but under the TAT mandate. Great emphasis is placed on personality development through sports and co curricular activities.

**Aligarh Public School Gulberg** was established in September 1965 and presently has over 900 students enrolled. The school, based in Gulberg, Lahore, provides education from nursery to Grade 12.

**Aligarh Public School Manga** was started in September 1966 and is a large campus located in Manga, a rural area at a distance of 38 km from Lahore. The school, also providing education up to Grade 12, has a variety of features including hostel accommodation for boys and extensive sports grounds. Vocational training and technical diploma classes are also in the pipeline for capacity building of the local, rural community.

**Sir Syed College of Computer Science (SCOCS)** is a project envisioned due to the rising need for higher education in Pakistan. It has been realised only recently with classes starting from September 2014. While starting with classes of Bachelors of Science (Honours) in Computer Science, TAT envisages that...
the college will expand under its academic leadership to encompass more dynamic study programs.

The BSc. Computer Science classes are being offered with the affiliation of the prestigious University of Engineering & Technology, Lahore. The degree is recognised by the Higher Education Commission of Pakistan and the Pakistan Engineering Council.

**TAT USA**

A few years ago when expatriate Aligs and their associates visited the TAT institutions in Lahore and viewed the need for further expansion of educational activity, particularly in the rural area, they volunteered to form TAT USA. This was registered in July 2013 in Maryland USA and tax exemption granted by IRS in December 2013.

**TAT FUTURE**

- To address local needs, TAT has planned several long term projects including:
  - Establishment of a higher secondary school for girls in DHA Lahore on donated land
  - Establishment of Aligarh Institute of Technology (AIT) at Manga
  - Construction of Auditorium, Residential Blocks for teachers and employees at Manga

While TAT schools run on a self sustainable, no profit-no loss basis, all development projects at TAT schools and colleges have been funded through generosity of various donors.

**For more information, or to donate contact:**

Mr. G. A. Sabri, President TAT  
Email: ga.sabri@gmail.com  
Phone: +92.321.517.1949

Mr. Rizwan Siddiqi, President TAT USA  
rasiddiqi@gmail.com  
Phone: +1.410.570.1938

www.tehzibulakhlaqtrust.org

TAT USA is a Non-profit Public Charity registered in Maryland, USA and is tax exempt under IRS 501C(3). All donations are taxdeductible. Tax Exempt ID # 46-6858145

---

**“With Best Compliments to All attendees of APPNA Summer Convention 2014”**

Mashood Qadri, MD  
Desert Kidney Associates  
612 W Baseline Rd, Mesa, AZ 85210

Jashnay Azadi Mubarak
EMPOWERING WOMEN: THE PROGRESS CONTINUES

- Pregnant woman stoned and killed along with her unborn baby by her own father and brothers, right in front of the High Court in Pakistan.
- 300 Nigerian girls kidnapped. No news of where they are.
- Gang-rape an epidemic in India.
- Women forced to have their pregnancy aborted if the fetus happens to be a girl.

All of you must have heard these stories and hundreds more like these as soon as you put on the T.V. or radio or pick up a newspaper. The tradition of neglecting, abusing, raping, burning alive and killing women is centuries long. Things are getting better in the educated and developed nations; however, denial of women’s basic human rights is persistent and widespread.

I would like to commend the editors of the APPNA Journal for choosing women empowerment and feminism as the theme for the 2014 edition of the APPNA Journal.

I would also like to give a big applaud to APPNA for standing out as one of the organizations that has done a lot to “empower” its women members. If you just look at the last few years in the history of APPNA you will find women like Durdana Gillani, Rana Akbar, Zeenat Anwar, Shahnaz Khan, Saima Zafar and others, many of whom got to the top of the leadership in APPNA. In addition, APPNA has presented life achievement awards to very deserving women like Dr. Azra Raza.

Human Development Foundation (HDF) that also started from the APPNA platform followed the footsteps of APPNA, kept its traditions, and equally deserves the merit for not only empowering the women of HDF here in U.S. but even in their projects in Pakistan.

Let me give you a few examples:

1. HDF has enrolled more girls in our Schools than boys the ratio of Girls to Boys is 55/45 in elementary schools. The secondary schools are just for girls.

2. HDF provides health services to all women who are pregnant in our project areas. This includes prenatal care at their homes, Tetanus immunization to all women of reproductive age, Safe deliveries (by trained birth attendants) and post natal care. These services have been provided to 84,500 women from Mardan, to Islamabad, Swat, Lahore, Rahim Yar khan, Zohb (Baluchistan), Bugna in Azad Kashmir, Karachi kachi abadis and Tandoo Mohammad Khan.

3. HDF has given Microloans to over 2,700 women to start their own businesses, so they can support their families and they all have done it successfully.

4. HDF has provided vocational training, including tailoring, embroidery, computer skills, poultry, and beautician courses to over 6,700 women.

Women in HDF are so empowered that one of them, Rukhsana Parveen Khokar, wrote to me on facebook just a few days before our D.C. Fund raiser event and said, “Dear Madam, I am sitting in Marriot, Lahore, waiting for a team to come and give me training to work at USAID. Ma’am, I want to attend your event in D.C. so I can tell people that HDF transforms lives. It has transformed my life. I graduated from HDF School in Rahim Yar Khan and now I have finished my masters and am working with USAID. I want to thank you personally for helping me change my life for the better. Now mothers give my example to their daughters. I hope one day I will help some people like this. Thank you HDF.”
You can imagine how it made the HDF team feel. We showed her interview on video during our event in D.C.

This is what we want. This is how it should be. We have set an example now let us- APPNA and HDF continue the struggle, the trend, the movement, the force and the positive thinking, so we never again have to listen to or watch or read the news as we did recently (see above).

“Aey subha mere des main tu aa ke rahe gi
Rokain ge tujhe shab ke tarafdaar kahan tak”
(Habib Jalib)

Atiya Khan M.D. (KE graduate of 1968)
Chairperson HDF BOD

Apna Ghar is the only agency that deals with issues facing the elderly southeast Asian population.

Contact us at 248.325.9028

AMERICAN EYE CARE CENTER
DR. HAMEED PERACHA, MD
(Board Certified Ophthalmologist)

MARYLAND
8630 FENTON ST # 900
SILVER SPRING, MD 20910
PHONE # (301)589-7474
FAX # (301)589-7159

VIRGINIA
3400 PAYNE ST # 200
FALLS CHURCH, VA 22041
PHONE# (703)820-0804
FAX# (703)820-0806

Design and planning
In collaboration with our clients, we provide architecture, engineering, and construction management solutions for healthcare facilities. Please call us for your next medical project.

masa design group
703-865-0646
info@masadesigngroup.com
This year we celebrate the ten years of APCNA. While, without a doubt, APCNA has accomplished a lot during this time, we must move forward for the next ten years and beyond. From the strength of solid foundations and organizational processes to implement them, we embark on more challenging and far reaching projects.

Common goal shared by dedicated people is the essential ingredient for any organization. The mission of the organization becomes the driving force and people unite around it. When people unite, the resources, the talent, and the ideas become available. This thus translates into renewed enthusiasm, dedication, and hard work as the organization becomes stronger with time. What started as a small group of individuals in New Orleans in 2004, has grown into a decent size organization.

The solid foundation of an organization rests on its dedicated members and leadership. Solidifying the organizational set up according to its constitution and mission statement becomes fundamental.

Objective evaluation of the projects, its outcome and intended results will be paramount in judging our performance. Our organization will be compared with other professional societies such as American College of Cardiology and American Heart Association. Our members are excelling in their respective professional careers and leading many major institutions throughout the country. Lets bring them within the folds of APCNA for collective work and sharing their talent & expertise to make this organization a model professional organization.

I invite you to learn about APCNA at www.apcna.net where we highlight the work done in the past ten years. I hope you will take a look at the work we have done so far and will decide to get involved in APCNA. If you are a physician related to cardiovascular specialty and are not a member of APCNA, this is the time to become member. For all our non-physician friends we ask their support in anyway they can to help needy patients in Pakistan through our various projects.

Khurram Moin, MD, FACC
President APCNA
Dedicated to transforming lives through education and empowerment, Indianapolis based 501(c)3 OBAT Helpers, is the only U.S. based group that serves the 300,000 stranded Pakistanis who are living in makeshift camps throughout Bangladesh since the 1971 India-Pakistan war.

More than three generations are living in a single 8 ft. x 10 ft. spaces. These forgotten people continue to suffer in abject poverty with no access to basic amenities, and severe lack of education. Working tirelessly to turn this situation around, OBAT Helpers has been instrumental in providing opportunities of growth and transformation to this community since 2004; starting by providing assistance in just one camp. In 2014, OBAT Helpers celebrates ten years of empowerment through community development as it serves more than 30 camps through 6 different cities in Bangladesh.

**OBAT PROJECTS**

**EDUCATION & TRAINING:** OBAT operates more than 50 educational and training programs: including seven schools, 25 preschools, Education for Working Children programs, 4 tutoring centers, 2 sewing training centers.

**SELF-EMPOWERMENT:** Over 1,600 families have been empowered through our micro-finance program.

**HEALTH:** Over 10,000 people are assisted annually through two health care facilities, one mobile clinic, and a cataract surgery program that serves 500 cataract patients a year.

**INFRASTRUCTURE DEVELOPMENT & FAMILY ASSISTANCE:** OBAT provides financial assistance to the sick, elderly and the widows in the camp communities.

**RAMADAN FOOD DISTRIBUTION:** Thousands of families have been helped through our Ramadan Food Distribution and Qurbani Meat Distribution Programs.

In the last ten years, OBAT Helpers has had impactful and important plans to empower these forgotten people. These people have the drive, the passion, the desire to achieve; all they need are the right resources and opportunities to achieve and actualize their dreams. With your help, OBAT has been able to empower thousands of individuals in one decade. In ten years, countless people have transformed their lives and become empowered. In just one decade, the society is now on its way to evolving and positively transforming. Imagine what can happen in another decade?

For more information, please visit [www.obathelpers.org](http://www.obathelpers.org) or call 317-203-0603.
In a country where there is 1 doctor for every 1,206 people, 1 bed for every 1,665 patients and the government’s expenditure is of a total of Rs.560 on a person’s health, the situation seems grim. With 60 percent people living under the poverty line and numerous people dying of diseases that could be treated, there is a huge fraction of people losing their lives in Pakistan because they could not afford quality healthcare. Yes, we do have hospitals but quality medical treatment is way beyond the reach of a common man.

In such circumstances there are individuals and organizations working to provide basic health facilities to the marginalized fraction of our society. The Indus Hospital is one such organization too that came into being with the efforts of a group of doctors and philanthropists. Established in 2007, The Indus Hospital is a 150-bedded multi-specialty hospital providing Quality Healthcare, absolutely Free of Cost to our less privileged brethren.

Located in the densely populated area of Korangi, The Indus Hospital is one of its kind facility with its paperless and entirely computerized environment, high quality services, free of cost treatment; there is no other facility in the country that is catering to an array of diseases and is solely running on the Zakat and Donations of the well-wishers and philanthropists.

Since its inception, The Indus Hospital has benefited more than 1.8 million patients with an average of treating 40,000 patients per month. The hospital houses nearly all medical facilities like Cardiothoracic, General Surgery or Trauma, Urology, Orthopedics, Ophthalmology, ENT, Plastic Surgery, Pediatric Surgery, Dialysis and Emergency. It also has a well-established Infectious Diseases Control Clinic treating diseases like TB, Rabies, HIV etc. The hospital even has its own research department known as the Indus Hospital Research Center (IHRC) and a Centralized Blood Bank – Indus Hospital Blood Center (IHBC).

With the quality of services provided at the hospital, it becomes inevitable that there are more people who want to be tended at the facility than the center can actually accommodate.

Vision 2024: In realization, it was decided to increase the capacity from a humble 150 bed to 1,500-bedded, with five-times the number of current OPDs. This will happen in Three phases over the period of 10 years and would be including more facilities like Neurology, Dentistry and Gynecology which are currently not available due to space limitations.

Phase : 1  150 - 600 beds Along with Indus University of Health Sciences to be completed by 2017
Phase : 2  600 - 1,000 beds to be completed by 2020
Phase : 3  1000 - 1500 beds to be completed by 2024
Currently, running at a monthly operational cost of around PKR 80 million, it is going to get ten times more with expansion. The hospital functions completely on Zakat, Donations and Sadaqat from its supporters who share the Indus vision of serving humanity at large. Quality Healthcare is everyone’s right and we need to make it available to all. So let us all get together and vow to make it a better place for all the citizens of our country.

To contribute your share, log onto www.indushospital.org.pk
Phone: 0092-21-111-111-88
Email: crd@indushospital.org.pk

“Our Best Compliments to all attending APPNA Convention 2014.”

Best Wishes,

Dr. Nasir Rasheed
8700 Sudley Road
Manassas, VA 20110
APPNA-related Pakistani Woman is honored by the International Organization with a Distinguished Award for bringing the concept of psychiatric rehabilitation in Pakistan.

The Psychiatric Rehabilitation Association (PRA) in their Annual Meeting held in Baltimore last month awarded the John Beard Award to Mrs. Shaheen Sultan Ahmed. The presentation read:

Shaheen, in terms of the Beard Award, we are honored and privileged as an Association to present the 2014 John Beard Award to you. Your commitment to psychiatric rehabilitation and recovery has been long, and included working to influence services both here as well as internationally. Now more than ever, we are focused on building international and culturally diverse relationships with people throughout the world; you have been a champion in this area. Your work has not only facilitated partnerships here in the United States, but also in Pakistan and other locations that set the tone for future collaboration for our workforce, as well as others interested in supporting and expanding recovery worldwide.

We are grateful for your support of PRA/PRF and look forward to the ways that your lifelong commitment to our field continue to grow and develop.

Mrs. Ahmed founded a non-profit organization, Caravan of Life in USA (COL), and COL, Pakistan Trust, whose sole purpose is to gather the latest technology and research in psychiatric rehabilitation in the United States and make it available to similar organizations in Pakistan. Taking advantage of modern video-conferencing and online distance learning programs, Mrs. Ahmed mobilized renowned professors at the Rutgers University to develop and deliver courses for the Karavan-Hayat (KEH) staff at no cost to KEH or the trainees; the first ten trainees graduated in November, 2009. COL’s innovative methods for building capacity in this field were recognized at the Annual Meetings of International Institutes of Psychiatric Rehabilitation (ISPR) held in Bangalore, India, in 2009, in Boston, USA in 2012 and in Baltimore, USA in 2014. Impressed by the course results, the Aga Khan and Shifa Universities in Karachi are now themselves looking into availing of similar long-distance training opportunities from COL.

COL has recently set up The Recovery House, in Karachi. It is envisioned to be a center of excellence, to be followed by a series of such centers of psychiatric rehabilitation across Pakistan. The Recovery House is designed to provide residential care facilities and day treatment programs at its premises in DHA, Karachi.

Mrs. Ahmed’s concept is borne of an abiding belief that Pakistanis are capable of anything they put their mind to, especially if given access to top specialists and cutting-edge practice, concept and facilities will indeed open a new frontier in this field for poor, suffering Pakistanis.
Realizing the fact that Public health, especially preventive medical care, is extremely important for a country with limited resources like Pakistan where more people die from preventable medical problems than from most other causes, last year, we took the challenge of initiating and inaugurating the APPNA Institute of Public Health. The Institute started its operation on December 26th 2013 under JSMU and within its premises with unwavering support of the Vice Chancellor Prof. Tariq Rafi. Also Prof. Lubna Rafi a PhD in Public Health has been hired as its Dean and Ms. Nayyab Azizi as its Project Director.

In the last seven months there had been tremendous progress in AIPH. In January, AIPH leadership met with WHO officials in Islamabad and both parties are working on a highly meaningful and robust relationship. The WHO officials acknowledged the fact that the Institute is emerging as a good training ground for all aspects of public health. After a cordial meeting in December 2013 between US Ambassador to Pakistan Mr. Olsen, Chief of USAID to Pakistan, VC Prof. Rafi and President APPNA 2013 Dr. Javed Suleman (Me), many follow up meetings and phone discussion took place with USAID Islamabad officials and the concept note for USAID was developed and circulated. USAID staying within its policies has extended its full support to AIPH. A team of Health and Nutrition Development Society (HANDS) visited AIPH in March 2014 and signed a five year MoU with AIPH. Dr. Sumera Haque, Senior Director Practice Operations, George Washington University MFA/ Sibley Physician Group visited the Institute and pledged her support to the Dean and the Project Director. Dr. Asma Jameel Saddiq, member APPNA shared her desire to be involved in an action research project for Autism in children and collaborate with AIPH and AMAN Foundation with WB funding support. Skype meeting and written communication took place with Ms. Riffat, Chughtai, to discuss collaboration with School of Public Health at University of Pittsburgh. Dr. Hamid Jafiri, WHO officer now employed by CDC, a world leader in eradicating Polio, also pledged his full support for the Public Health Institute. Prof. Dr. Anjum Noor, Public Health faculty from UK, visited the Institute and offered his services in voluntary teaching and developing the academic curriculum.

In April 2014 the vacant faculty seats of the APPNA Institute of Public Health were filled with hiring of two lecturers and an Assistant Professor. A productive meeting with Health Foundation and Hepatitis Awareness Initiative of Institute of Public Health was held. MoU draft and vaccination modalities were discussed and dates and details for the sessions with faculty and students were decided. AIPH team had a productive meeting with Prof. A. G. BILLO, Representatives of United Nation Office for Coordination and Humanitarian Assistance (UNHCR). AIPH fully participated and partnered in a seminar on “Management of Medical Emergencies in Karachi”. Beside these multiple seminars and public awareness programs were conducted by AIPH team and some were on live TV telecast. This year in June, positions for MPH and MS in Public Health, were offered by the Institute, and the academic session to start in August 2014. The curriculum is developed in consultation with international experts in Public Health.

Indeed this APPNA Project is of historical significance and is a shining example of our contributions to our country of birth, Pakistan. It has the potential of saving thousands of lives for decades to come. The continued success of the endeavor however depends upon the support, commitment and participation of the future APPNA leadership and members.

Javed Suleman, MD, FACC
APPNA SUMMER MEETING 2014
DAY 2: PAK INDEPENDENCE DAY & ALLIANCE NIGHT
Arya Esha
A Trillion Jewelry Company
Est. 2001
Texas | Florida | Canada | India
www.aryaesha.com
Visit Us At Booth 700

- Physician-Owned Company -
- Founded By Jewelers With 40 Yrs Combined Experience -
- Managed By Fulbright Scholar And Attorney -
- Percent Of Revenue Donated To Medical Charity -
- All Pieces Designed In The USA -
- Gemological Institute Of America Trained Designer -
- Member Of RapNet® Diamond Trading Network -
- EGL-Certified And Appraised Jewelry -
- Stylish Designs, Top Quality Stones, Wholesale Prices -
(December Umrah 8 Nights)

- IAD Departure From Dec 19 - Dec 28
- JFK & LAX Departure From Dec 20 - Dec 29
4 Nights in Movenpick Hotel (5 Stars) Madinah.
4 Nights in Fairmont Hotel (5 Stars) Makkah.

Starting at $2845 Per Person

- IAD Departure From Dec 26 - Jan 04
- JFK & LAX Departure From Dec 27 - Jan 05
4 Nights in Movenpick Hotel (5 Stars) Madinah.
4 Nights in Fairmont Hotel (5 Stars) Makkah.

Starting at $2670 Per Person

Services Included
* Saudia airlines direct non stop flight.
* Ground transfer by DST private buses (JED/MED/MAK/JED).
* Sightseeing in Madinah and Makkah.
* Complimentary Ihram for Males.
* Complimentary Prayer Rug for Females.
* 24 hour Dar El Salam staff assistance.

Package options available with tours to Istanbul, Dubai & Jerusalem
For any custom packages or different hotel accommodations
Please contact our offices

New York - Florida - Texas - California - Toronto
212-725-2022  954-834-5006  281-679-9333  310-641-4255  905-212-9990

Please visit us at booth No. 613
www.darelsalam.com | 866.327.7252
Abe’s Transportation welcomes the 37th Annual Summer APPNA Meeting to Washington, DC!

Ground Transportation Provider since 1996. Our high quality service serves groups of all sizes. Our fleet includes: Sedans, SUVs, Limousines, Vans, and buses.

Please call to reserve at 202-518-0333 or email us at reservation@abetrans.com. Please mention APPNA for special offer.

What do flowers and women’s breasts have in common?

They all have different densities.

Talk to your patients about breast tissue density. It could make a lifesaving difference.

How many of the female patients you see have dense breasts? Truth is about 4 out of 10 women. Having dense breasts can increase a woman’s risk of breast cancer. We all know that early detection is critical to improved outcomes for our patients. That’s why we’re excited to share our news, as we add a key tool in our early detection tool kit.

Fairfax Radiological Consultants is the first imaging center in the nation to offer the GE Invenio™ for automated breast ultrasound screenings (ABUS). This creates an important opportunity to better serve the needs of women in our community who have dense breasts.

- ABUS is pain free and is an ultrasound, so there is no radiation component
- ABUS can find approximately one-third more cancers in women with dense breasts
- ABUS is an adjunct to a screening mammogram

First in the nation. Fairfax Radiological Consultants is proud to be the site for the nation’s first GE Invenio™ ABUS—a critical tool in the diagnosis of cancer in women with dense breasts.

pickfairfax.com
We dream of a Pakistan where every child must attend school, where basic health care is for all, where clean water is not a luxury, where communities are vibrant and self-sustaining. Let us realize that dream together!

Join HDF’s fight against extreme poverty in Pakistan, donate generously at www.HDF.com.

HDF is a registered 501(c)(3) not for profit organization with TIN 31-4104940. Your donations are tax deductible.
Fatima Group is one of the most reputed business entities in Pakistan, manufacturing and marketing a strong diverse portfolio of products and services, comprising of Fertilizer, Textile, Sugar, Energy, mining and trading.

Hospital Director/CEO

Fatima Group in collaboration with Workers Welfare Fund (WWF), ministry of Labour and Manpower, Government of Pakistan, is setting-up a 200 bed hospital at Multan to benefit approx. 35 million people in 14 districts of Southern Punjab.

Mukhtar A. Sheikh Memorial welfare Hospital will be a 200 bedded health facility spread over an area of 270000 Sq. This hospital will provide both outdoor as well as indoor patient facilities, capable of handling all types of emergencies.

We are looking for committed candidate for position of Hospital Director

Job Summary:

- Responsible for all matters relating to the operation of the hospital.
- Responsible for strategic planning and implementation of programs that provide the building blocks in the development of a health care system.
- Responsible to develop the hospital’s management organization.
- Ensure that all hospital units are working towards meeting their missions, goals and strategies, in accordance with the mission and policies set by their respective Boards.

Job Specification:

Advanced degree in health care administration such as MHA, having MBBS as prerequisite.
Minimum of 15-20 year experience of progressing responsibility in major teaching healthcare institutions

Chief Psychiatrist & Administrator

Mukhtar A. Sheikh Trust under the umbrella of Fatima Group is establishing a hospital for Psychiatric patients in Multan. Mental Health is an area which desperately requires immediate attention of all of us. Besides lack of resources, funds and recognition of the problems in this field, there is also a dire need for experts to come forward to cater the needs of this neglected population of the society.

Fatima Group’s vision is to build a state of the art health facility in Multan with specialized set-up for mental health concerns. In reality, a welfare facility for economically deprived people of Multan and its’ vicinity.

We are looking for committed candidate for position of Chief Psychiatrist & Administrator.

Job Summary:

- Responsible for day-to-day operations of the facility, including budgeting, staffing, business management, and related staff, as well as coordinating the administration of the clinical aspects of the Hospital.
- Organizes and directs the overall program of clinical activities and therapy.
- Directs and coordinates medical activities and activities related to patient care
- Plans, organizes, directs, and controls the work activities of the Hospital.
- Directs the revision of rules, regulations, and procedures to meet changes in law or policy.
- Selects and assigns staff; identifies staff development needs and ensures that training is obtained.
- Plans medical and psychiatric programs
- Investigates and studies new developments in medical treatment and techniques; adapts them to the specific needs of the facility.
- Carries out liaison activities with other community agencies
- Develops new policies involving clinical methods and practices

Job Specification:

MBBS with American Board in Psychiatry OR Member of Royal College OR FCPS (Psychiatry)
Minimum 8 years post fellowship experience.

How to Apply:
Interested candidates should send their detail resume to recruitment@fatima-group.com.

Contact details:
Head of Talent and Service Delivery – Human Resource Division
Jinnah Medical and Dental College has established a 150 bed hospital as its Department of Cardiology, Cardiothoracic Surgery and ancillary departments at Shaheed-e-Millat Road Karachi. Medicare Heart Hospital is expected to provide services from September, 2014. We are a not-for-profit Trust hospital. Positions are available for full time specialists on salary & fee sharing basis.

**INTERVENTIONAL CARDIOLOGIST & CARDIOTHORACIC SURGEON**

Apply at hrmhh@jmc.edu.pk
Contact: +92 34931886-9 ext: 223 Fax: +92 34938035

Details available at: www.hospital.jmc.edu.pk
Congratulations

Asif Rehman, MD
Associate Director of Interventional Cardiology
on your success as 2014 President of the Association of Physicians of Pakistani Descent of North America

On Behalf of The Board of Directors, Administration and Medical Staff

SOUTH NASSAU COMMUNITIES HOSPITAL
www.southnassau.org
Tehzibul Akhlaq Trust

"Quality, accessible education for individual growth, socio-economic development and nation building"

Based in Pakistan, Tehzibul Akhlaq Trust (TAT) is currently running two schools and a college for Computer Science in the region of Lahore. In 2013 TAT USA was established as a Non profit organisation to promote this vision in USA.

To find out more or to donate

Mr. Rizwan Ahmed Siddiqi
President TAT USA
5410 Josie Court, Ellicott City, MD 21043, USA
Email: rasiddiqi@gmail.com | Phone: +1.410.570.1938

Bank of America
344 Montrose Av. Laurel. M.D. 20707
Name of account: TAT USA, Inc.
Account no: 4469-3077-4384, Routing no: 0520-01633

TAT USA is a Non-profit Public Charity registered in Maryland, USA and is tax exempt under IRS 501C(3). All donations are tax deductible, ID # 46-6858145

CHOOSING A LAWYER IS A BIG DECISION

: Attorney Ismail Laher

Our Lawyers Defend Doctors Nationwide
We assist and Defend Health Care Providers with issues regarding: JPICS, RACS, Stark, Compliance, MACS, OSHA & MEDICARE Audits, HHS, HIPPA, ERP’s, Mergers, Buyouts and more. Please Call For Free Case Analysis.

Our Lawyers Handle Serious Cases
Litigation, Contracts, Arbitrations; Mediations; Dispute; Compliance; Audits, Investigations; Case Assessments, Negotiations, Agreements and more.

We Practice In Many Areas
We file cases on a contingent fee basis. We conduct Initial Reviews of Major Accident, Serious Injuries, Religious & Workplace Discrimination and Criminal cases. We counsel on Immigration Court & Visa issues, Fraud against Taxpayer Cases, Child Custody & Divorce cases; Corporate & Business Transactional matters; Health Care Law Issues; Regulatory Agency Compliance Audits; Real Estate & Mortgage Issues. We provide Independent Counsel Reviews, General Counsel Services and more.

Washington, DC Attorney Ismail Laher • 202.596.7863
O: 202.298.8750 Ext. 163

Mr. Laher is with Liles Parker, PLLC. He is a Harvard and Georgetown University graduate and a former Jones Day lawyer.

Mr. Laher has handled many cases over the years and always acts in their best interests. He always does what is best for his clients. Ms. Laher will help you or try to find you an attorney who can.

Please visit www.Laher.com for our office locations, articles, emails, free newsletter signups and more.

WE OFFER COST EFFECTIVE, AGGRESSIVE & QUALITY REPRESENTATION
www.LilesParker.com “Your Success is Our Success!”

Our attorneys are licensed in: DC, MD, VA, TX, LA and many more
ISLAMIC RELIEF USA

YOU ARE THE HEART OF IRUSA

VISIT OUR BOOTH AT THE BAZAAR

SPONSOR AN ORPHAN

VISIT US ONLINE: IRUSA.ORG
“THE BEST INVESTMENT ON EARTH IS EARTH”

REAL ESTATE INVESTMENT PAKISTAN

We’re experts in SALES, PURCHASE & PROPERTY MANAGEMENT of residential/commercial real estate in PAKISTAN. Our team has the know-how to find exactly what you’re looking for in Pakistan as we have offices in Islamabad, Lahore & Karachi.

FOR REAL ESTATE INVESTMENT OPPORTUNITIES IN PAKISTAN MEET US AT:

APPNA 37th Annual Convention
13th-17th August, 2014
National Harbor, Washington DC

If you’re working abroad and thinking about buying property in PAKISTAN, give us a call.

UAN: (+92-51)111-111-077
CELL UAN: (03) 111-111-077

Email: Info@vertexinternational.pk
Website: www.vertexinternational.pk
Put Your Zakat, Sadaqat and Donations to work in the right place.

www.icnarelief.org  office@icnarelief.org
87-91 144 Street     Jamaica | NY 11435
(866) 354-0102

Women's Shelters | Hunger Prevention | Disaster Relief
Muslim Family Services | Back to School Giveaways
From our family to yours, Sabri Nihari is the one and only Pakistani restaurant serving a wide range of interesting and authentic Pakistani food.

Visit us at
2500 W Devon Ave
Chicago, Illinois 60659

773-465-3272
info@sabrinihari.com
www.sabrinihari.com
facebook.com/SabriNihari
A PLEASURE TODAY
A TREASURE FOREVER

Reveti
PEARLS — SOLITAIRES — RARE JEWELRY
(650) 387-4911
www.reveti.com
Let's set up your Minglrr profile!

Step One

Connect, Chat and Mingle with people of your similar cultural background and faith.

Download on the App Store

www.Minglrr.com
Dear Friends, Assalamo-Alaikum:

Congratulations on becoming a voting member of APPNA. The election process makes APPNA a strong democratic institution. I have demonstrated my ability to lead with a capacity for sustained hard work and continued commitment over the years. It is important to make an informed decision before you exercise your right to vote.

<table>
<thead>
<tr>
<th>Services to APPNA:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• APPNA Secretary 2014</td>
</tr>
<tr>
<td>• APPNA President South Texas Chapter</td>
</tr>
<tr>
<td>• Chairman Governing Board APPNA South Texas Chapter Houston Texas</td>
</tr>
<tr>
<td>• APPNA Chairman Host Committee Houston summer meeting. Under my leadership a memorable meeting with a profit of $220 thousand dollars. Not many can claim this in the 37 years history of APPNA</td>
</tr>
<tr>
<td>• APPNA Co-chair leadership and development committee</td>
</tr>
<tr>
<td>• APPNA Member International Committee</td>
</tr>
<tr>
<td>• APPNA Member Finance Committee</td>
</tr>
<tr>
<td>• Lifetime Member of APPNA</td>
</tr>
<tr>
<td>• Lifetime Member King Edward Medical College</td>
</tr>
<tr>
<td>• Lifetime member of IMANA</td>
</tr>
<tr>
<td>• APPNA Musharria Participant Compiled and published five books on Urdu and Punjabi poetry and literature</td>
</tr>
<tr>
<td>• Member Board of Trustee Zindagi Trust USA (Shahzad Roy Charity). Help fund raise to educate underprivileged children of Pakistan</td>
</tr>
<tr>
<td>• Extensive Management experience and President Doctor’s Hospital Tidwell Houston, Texas, a 110 bed acute care facility</td>
</tr>
</tbody>
</table>

Vision For APPNA:

• Think Big! APPNA Medical College in USA and Pakistan. If we have the resolve we can do it!
• APPNA Foundation for robust long range strategic planning for APPNA for next 10 years and effective fundraising for development of charitable and educational projects of APPNA
• Comprehensive election reform
• All APPNA component Societies to have their own 501(c)(3) status
• Empower APPNA Woman Physicians by appointing them as Committee Chairs and involving them in Education and Welfare Programs
• Focus on issues of Civil Liberties and Constitutional Rights.
• Empower local chapters, get their nominees instead of friends to head committees, to engage in active networking, community development and develop future APPNA Leadership.
• Increase membership over four thousand participants by introducing incentives and an aggressive membership drive.
• Organize APPNA sports events for physicians
• APPNA House in Texas

For Young Physicians:

• Advocacy with Law makers to establish Fast Track Visa process for Pakistani physicians
• Annual National Convention for Young Physician and residency program directors in America
• Integrate young physicians by providing them support, mentorship and affordable APPNA house in United States of America
• Create a single platform as web for better opportunities for residency program, clinical observershhip and matrimonial potentiality
Thank You
for your
confidence & support
for yesteryear, this year
& for years to come.

Shahid Rashid
M.D.

I strongly believe in
rising through the ranks
& servant leadership.

Member of APPNA since 1992
APPNA Treasurer 2014
APPNA Secretary 2015
(unopposed candidate)
Founding member of South
Central Texas APPNA Chapter
Chair, Co-Chair & Member
of various committees of APPNA

I pledge to continue to serve
the great organization of APPNA

SHAHID RASHID MD
FORMAN CHRISTIAN COLLEGE
Announcing The Opening Of The Mercy Health Center At Our Lahore Campus
Serving 7,000 Students, Faculty and Staff
The new infirmary, supported by medical and counseling staff and supplemented by student-led emergency response teams allows us to model the FC College commitment to Serve One Another.
We also rejoice in seeing this same commitment to service carried out through the work of many Old Formanites and friends of FC College who are APPNA physicians. Thank you!

Visit us at www.formanfriends.org/alumni to find out how to be involved in the rebirth of FC College
Find us on Facebook.com/FriendsOfFormanChristianCollege

Pakistan's most celebrated jewelry designer
Designing 22K Gold & Diamond jewels for over 30 years

Please visit our stall at APPNA: Booth # 707

Flagship Store: 10Q Gulberg II, Lahore  shafaq@shafaqhabib.com  facebook/Shafaq1981  shafaqhabib.com
A Full Range of Financial Products & Services

Education Funding Strategies
529, ESA, UGMA

Retirement Planning
IRA, ROTH, SEP, SIMPLE,
401K, 403, 457, 412l

Estate Analysis/Conservation*
Strategies*

Investments

Financial Need Analysis
Short & Long Term Strategies

Wealth Accumulation
Strategies*

Insurance
Life & Health, Disability Income, Long Term Care

Business*
Business Products & Services

Executive Bonus / Benefits

Group Benefits

We will provide a Financial Needs Analysis for you and your family or
your business at no cost or obligation

Omar Saeed, LUTCF
Special Needs Planner
Financial Services Representative
Registered Representative
Presidents Conference
Leaders Conference
Million Dollar Round Table (MDRT) member
National Association of Insurance and
Financial Advisors (NAIFA) member

3700 W. Sam Houston Parkway S.
Suite 400
Houston, TX 77042

281.413.7819 Cell
713.577.1117 Office
713.577.1115 fax

MY VISION
TO BUILD FINANCIAL FREEDOM FOR EVERYONE

* We will work with you and your tax and legal advisers to help you select the most appropriate product solution to suit your specific
needs and circumstances. Some health insurance products offered by unaffiliated insurers through the Enterprise General
Insurance Agency Inc., (EGA) 300 Davidson Avenue Somerset, NJ 08873-4175. Metropolitan Life Insurance Company (MLIC),
New York, NY 10166. Securities products and investment advisory services offered by MetLife Securities, Inc. (MSI) (member
FINRA/SIPC), and a registered investment advisor. MLIC, MSI and the EGA are MetLife Companies. L0411316048/exp1114[TX]
DAWOOD NASIR M.D.
APPNA TREASURER 2015

Together Shaping The Future

Vote!

www.dawoodnasir.com
www.facebook.com/dawoodnasirmd
Save for your child’s education doesn’t have to be complicated.

A Saturna Capital Education Savings Account (ESA) can help. An ESA is a tax-exempt trust created for the sole purpose of paying for qualified education expenses, including:

- Tuition (public, private, or religious)
- Room and board
- Transportation
- Books and supplies
- Computers

You choose where your contributions (upto $2,000 per beneficiary per year) are invested: Saturna’s halal Amana Mutual Funds, or a universe of equities, accessible through Saturna’s self-directed brokerage.

Call us today and find out if an Education Savings Account is right for you.
Are you searching for a Financial Advisor?

Are you unhappy with your current advisor?
Are your accounts receiving the service they deserve?
Are you struggling to manage your portfolio on your own?
Has your portfolio not lived up to your expectations?

Experience the Wells Fargo Advisors difference. If you are looking for a Financial Advisor that stands apart from the crowd, come and see what makes us different. We offer comprehensive investment advice, a broad range of investment choices and dedicated personal service.

Irshad R. Sheikh, MBA, AAMS®
Financial Advisor
Fundamental Choice Portfolio Manager
14567 North Outer Forty Drive • Chesterfield, MO 63017
Office: 636-530-6111 • Cell: 314-604-0822
lrshad.sheikh@wfadvisors.com
McLean Furniture Gallery has been serving the Home and Corporate needs of the Washington Metropolitan Area since 1984.

Specializing in The Finest Furniture, Lighting, Accessories, Window Treatments, Rugs and Wall-Coverings, McLean Furniture ships to destinations throughout the U.S.

703-280-8210
8500 Lee Highway, Fairfax, VA
Please preview our offerings at www.mcleanfurniture.com
APPNA
18th International Meeting
Australia & New Zealand
with ICC Cricket World Cup, 2015
February 10-22, 2015

Includes 2 Matches:
Pakistan V India (Adelaide) &
Pakistan V West Indies (Christchurch)

Tickets for World Cup Cricket Matches are Limited
Confirmations will be on First Reserve - First Serve Basis