Editor’s Message

Asalamoalakum,

Dear APPNA members, families and friends, I welcome you all to 40th Annual Summer Convention of APPNA in my city Orlando.

I am confident that you will enjoy this meeting as host committee under the leadership of Dr Aniq shaikh has put together a well balance program for members and their families. Ranging from world class entertainment with Rahat fateh Ali Khan and Atif Aslam to first class CME covering wide range of topics.

APPNA has been at the fore front when it comes to issues related to Pakistani community specially our young physicians, please find reports of APPNA’s diverse committees their vision and hard work in this publication and make sure to help and join these committees and support APPNA.

An event of this magnitude could not be possible without hard work and leadership of dedicated people from APPNA executive committee to its central office members like Tipu Ahmad, Jennifer Wojaznsk and Laiq Siddiqui. I like to thank our president Dr. Sajid Chaudhary, host committee chair Dr. Aniq Shaikh and Dr Rubina Inayat from communication committee for their trust in me.

I wish and hope that you enjoy this meeting and remember for years to come.

Sincerely,

Abid Rasool, MD
Chair, Summer Convention Publication

Host Committee

Aniq Shaikh, MD
Chair, Host Committee
Ashraf Choudhry, MD
Co-Chair Host Committee
Sajid Hofiez, MD
Co-Chair Host Committee

COMMITTEE
Food
Baby Sitting
Alliance
YPN
Registration
SAYA/CAPNA
Alumni Events
Entertainment
CME
Chapter night
Transportation
Booth/Stalls
Publication
Sports
APPNA Idol

Sajid Chaudhary, MD
President APPNA 2017
Shahid Usmani, MD
Advisor, Host Committee

CHAIR
Sajid Hofiez
Rihal Queesh
Mohsin Shaikh
Masummat Moos & Asamra Ahmad
Nawem Amin
Sadqah Jaffer & Selim Afzal
Rah Aba Afzal
Rubina Inayat
Hafiz Akram & Irshad Imami
Fasin Zadi
Nasim Ahmed
Setia Joachim
Abid Rasool
Asl Mirza & Ashar Choudhry
Faswad Ahmed
My dear friends and colleagues,

On behalf of the Host Committee, I would like to personally welcome you all to the 40th Annual APPNA Summer Convention 2017, being held at the Shingle Creek Resort in Orlando, Florida.

It had first appeared to be a daunting task, when I took up the position of the Chair Host Committee. However, with the tremendous support and encouragement from my entire team, it has become a great experience for me to cherish. Celebrating our culture and heritage in Central Florida is a great source of pride and gratification for us and our community.

Keeping in mind the difficult times that our nation and Muslim Ummah is facing in United States, the theme of our meeting is ‘Compassion and Civic Engagement through community service’. We have tried to incorporate programs during this event which would bring together, encourage and nurture interfaith groups and networks, while bringing a stronger positive image of Muslims to the nation and world at large. Our Keynote speaker Karen Armstrong, for the occasion, is a very well respected British author and commentator known for her books on comparative religion.

I have been extremely fortunate to spend the past year working with a team of very dedicated group of friends, who have volunteered many hours to make this event a delightful experience for you and your families. Under the guidance of our President, Dr. Sajid Chaudhary, we all have worked very hard to make it a memorable event, for years to come. During this convention, we have accomplished to bring together multiple events for your enjoyment, under one roof during this 5 day program – presenting a combination of great educational experience with CME lectures by very learned and talented experts of various specialties, social forums with world renowned speakers, showcasing multiple philanthropic projects of APPNA, extravagant selection of entertainers ranging from nationally televised stand-up comedians to internationally famous singers like Rahet Fateh Ali and Atif Aslam, Mushaira by many Pakistani, Canada-based and USA based poets, golf and cricket matches for our friends who enjoy outdoor activities, Universal Studio trip with SAYA, Pakistani and non-Pakistani cuisines, fashions show as well as our ever famous Bazar which attract hundreds of Pakistani vendors to bring their products. In addition, Orlando by itself offers many world class attractions which would make this trip a great family vacation for all ages.

At the end, every member of my team and I, along with the President, is looking forward to make your stay as comfortable and enjoyable, as possible.

Sincerely,

Aniq Shaikh, MD
Chair Host Committee APPNA Convention 2017

July 5, 2017

Greetings,

As Mayor of the City of Orlando, I would like to welcome you to the 40th Annual Summer Convention of the Association of Physicians of Pakistani Descent of North America.

Asian Pacific Americans play a pivotal role in today’s competitive society. Having more Asian Pacific professionals in key leadership positions in both the public and private sectors, as well as in the health industry, benefits our workplace and economy.

For those of you who are first time visitors to our community, you will soon discover that Orlando is rich with opportunities for recreation, cultural entertainment, educational resources and business enterprises. In addition, our Medical City located at Lake Nona has become an international hub for life sciences and biotechnology companies with collective annual revenues of more than $2.5 billion and more than 9,000 workers. You will also notice that when it comes to service, hospitality and health, Orlando is second to none.

Once again, thank you for visiting our community! I hope you enjoy your time here in the Orlando area and plan on visiting us again soon.

Sincerely,

Buddy Dyer
Mayor
President’s Message

Dear APPNA Family, Greetings!

It gives me immense pleasure to welcome APPNA members and their families at annual convention in my hometown. We are celebrating 40th year of APPNA. It is the time to rejoice and celebrate the 40 years of APPNA volunteers and members who have committed their time and energy for the progress of our great organization. The Convention will highlight the wonderful accomplishments of last 40 years and will promise new beginnings.

The dynamics of the world and local politics is changing rapidly and it is affecting our societies as well. The changing times urge us to adjust our focus as well. Our priorities need to accommodate the demand of the day and redirect our attention to our local communities and re-introduce ourselves as people of peace and compassion to our neighbours. We need to build a legacy in our adopted homeland which will enable us and our children to live with pride and confidence. APPNA is proactive to start the Food Pantry program with $25000 of matching grant to component societies who are undertaking APPNA’s charitable accomplishments and will provide monetary support to our projects. This is how APPNA was able to start the Food Pantry program with $25000 of matching grant to component societies who are undertaking this program in 5 states. I am proud of Drs. Habib Chotani and Rehan Khan who are spearheading this project, under the leadership of Dr. Babar Cheema, chair of Civic Engagement committee.

Similarly, Social Welfare Committee has started 2 new wonderful projects this year. The Cleft lip-palate Repair project and Corneal transplant project. Both of these projects underscore the dire need of healthcare services in Pakistan. To date 16 cleft lip surgeries were performed in Faisalabad while 2 are planned in Quetta. The corneal transplants are being done in Karachi, Lahore, Faisalabad and Peshawar and 38,000 dollars have been raised so far. To date, 112 corneas have been successfully transplanted in patients in Pakistan. Each cornea costs around 200. It is heartening to see the contributions made by APPNA members and selfless work of SWDRC volunteers resulting in gift of a beautiful smile and precious vision to the indigent in Pakistan. I congratulate Dr. Shahid Shaikh and his wonderful team on a job well done.

APPNA MERIT committee is making waves through its neurology and psychiatry education initiatives in Pakistan. The Child Psychiatry certification for adult psychiatrist in Pakistan will start on line in July. It will become a specialty-focused partnership between educators in US and Pakistan to enhance medical education and health care in Pakistan in next decade. MERIT hopes to add more specialties in future. I commend Chair, Dr. Shahid Rafique and his co chair, Waqar Aseem for their hard work.

This year has been hard for young doctors from Pakistan due to 28 J-1 denials. Heart wrenching news met with unremitting efforts of the Young physicians and Advocacy committees who have been working tirelessly to assist those young physicians. The Day on the Hill, Meeting with The State Department officials, Petition to the Secretary of State, obtaining legal help, highlighting the issue in the Media, contacts with US and Pakistani Ambassadors were some of the means that APPNA employed to rectify the refusals. Drs. Pirojsha and Shahzad Iqbal and their teams will continue their efforts until all physicians get their visa and, they have my complete support. I urge APPNA members to keep themselves informed and reach out to their legislators to advocate on behalf of the visa applicants. Together we can move the proverbial mountain and help the young physicians whose careers are online.

Often I am asked as to why APPNA spends a lot of money on events and entertainment why not just donate money to the poor. I tell them that it is not as simple as that. Fact is APPNA relies on the membership dues and revenues generated from its meetings to run the central office as well as conduct its charitable projects. Of course members donate but there are many projects which require additional funding. Our meetings attract a large number of people due to the entertainment programs and generate significant revenue which helps the organization financially. Just to give you an example, the sale of “preferred seats at Friday entertainment” this year will gave us $25000 plus to fund our food pantry program.

I would also like to thank Dr. Aniq Shaikh and all members of the host committee for their relentless hard work of past 6 months in putting together the summer convention. They have been a model of harmony and collaboration which is a rare find.

I thank you for your support and any suggestions from you are always appreciated. I am looking forward to working with you throughout this year and in the years ahead.

Sincerely,

Sajid Chaudhary, MD
President APPNA 2017

sajid_chaudhary@yahoo.com
As your President-elect, it is my utmost pleasure to welcome you all to the 40th Annual APPNA Convention in Orlando, Florida. I am confident that the Host Committee has gone above and beyond to make your stay as enjoyable as possible.

When I was asked to write a message for the Summer Journal, multiple different thoughts crossed my mind, but in the end, I decided that it would be best to communicate to you the number of issues that plague our organization today. My biggest request is for all of you to take a more active role in the functioning of the organization. When the members are involved, the leaders of the organization are held to a higher standard, and this will ensure that the leadership is functioning in accordance with the rules and bylaws of APPNA.

This brings me to my second point, which is to make sure that the Constitution and bylaws of APPNA are consistently implemented and executed. The founders and leaders of APPNA created these rules to ensure that all disputes and concerns are addressed within the APPNA arena. It is an injustice to the reputation of the organization to involve the court of law in resolving any issues a member of APPNA may have. The current leaders of APPNA have the responsibility of upholding these rules and ensuring that no member takes advantage of the system.

We also need to look at different modalities that will increase the stream of revenue for projects created by APPNA. We need to create partnerships among different organizations so that our combined efforts bring better results. To add onto this, we need the different projects by APPNA to be tangible and long-lasting. Since these projects cannot be completed in one year, CONTINUITY of these projects by future leadership is essential.

Young physicians and women professionals should be encouraged to participate in the affairs of the organization, and this can be accomplished by giving them more leadership roles. Strengthening the structure and broadening the representation of the organization is vital to the future of APPNA.

We need to continue to project a positive image of our organization by utilizing paper, print and social media, and taking advantage of these resources to help APPNA reach its highest potential.

We need to change the misconception of APPNA being only a social club by diverting our energy to Education, Healthcare, Advocacy and Philanthropy. In this day and age of political mayhem, we all have to stand together and start participating in the mainstream political arena. We will have to support those who have the courage and will to stand tall and represent us.

Please help me create a culture of transparency and nonpartisanship among ourselves and help bring everyone together. We need to leave a legacy of excellence for our incoming future generations.

As far as all the routine activities of APPNA are concerned, rest assured that they are already in the final planning phase and will be brought to your knowledge, way in advance.

I look forward to working with you in 2018.

Iqbal Zafar Hamid, MD
President-elect 2017.

Dear APPNA members,
Assalam-alakum
It has been indeed a privilege serving as the secretary of APPNA for 2017. At the outset of the year a fruitful meeting was conducted on strategic planning in Orlando. Under the guidance of professional moderators, a spirited discussion was conducted among the participants to review the organization’s strengths and weaknesses. In addition, a productive council meeting was held in Philadelphia in March. The Executive Committee played a key role in working with the President, for planning efficient and productive general body and council meetings in Orlando. The Fall council meeting will be the last meeting of the year in USA, to be held in Cincinnati in October. We will be closing out the year with the Winter meeting in Lahore in December. All the members are encouraged to actively participate in these meetings. Please feel free to contact me for assistance in this regard.

As the secretary, I am assisting all the committee chairs in accomplishing their objectives and provide a bridge for smooth inter-committee coordination as well. The WebEx system is functioning well, and the committees are using it for conducting online meetings. The system allows minutes of all council meetings to be stored and accessed online.

The main goal is for all council meetings to be accessible online on our website for members’ review.

One of the significant challenges we have faced recently is widespread J1 visa denials for at least 32 Pakistani physicians who had already matched in US residency programs. With the assistance of the advocacy committee and the committee of young physicians, a multiprong approach was devised and acted upon. We hope that these efforts reach fruition and our young physicians can join their respective programs on time. I sincerely appreciate the support we have received from APPNA membership as well.

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

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

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

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

APPNA’s flagship projects in this respect are the clinics and food pantries that will be run by the local chapters. In conclusion, I request the membership to continue providing their guidance to engender a superior APPNA.

See you all in Orlando!

God bless
M. Rawan Khalid, MD
Secretary APPNA 2017
Dear APPNA Members,

Welcome to APPNA Summer Convention 2017 and I hope you are enjoying. We are well on track towards strengthening the APPNA as institution, the finance committee and I have worked hard to solidify this goal. Spring meeting APPNA Budget was presented and approved by the council some salient features are as below. Few resolutions were passed at the spring meeting and are worth mentioning:

1) Finance and Asset committee’s recommendation it was unanimously approved that 50% of APPNA Assets be moved in a large company and that after a year compare the performance of current management company Stephens (which have been managing APPNA assets for last few decades) with the new large company. This task has been given to APPNA BOT to assign and make distributions in accordance with the APPNA council resolution.

2) Money distribution from profits of Alumni meetings from summer convention: A formula to be evolved to give back due share to Alumni and President APPNA is working to resolve this matter.

3) We have had unique and unusual challenges this year. With the current Geo political situation that our community faces and APPNA is aggressively following up on all projects and fronts with fiscal responsibility.

4) I assure you I am working hard in my capacity towards APPNA’s financial wellbeing and financial Transparency.

5) Finally APPNA is currently in good financial health with profitable Eastern Europe and Alaska Trip, a profitable Spring Meeting and I anticipate record profit from summer convention.

Great Things Happen When all Work Together As A Team!

Sincerely,

M. Sohail Khan MD
Treasurer 2017

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Immediate Past President’s Message

Dear APPNA Family:

Please join me in congratulating the APPNA summer convention host committee on organizing a wonderful meeting. I along with you, look forward to a productive meeting, forwarding the agenda of APPNA.

While APPNA’s strength maybe the democratic elections and a new team with fresh ideas every year, this may also be our main weakness. We all have expressed our concerns about continuity of efforts and projects in APPNA. If every great new effort taken up each year was consolidated and strengthened by teams to follow, APPNA today may have had a lot more to show for its years of existence. Luckily the idea of continuity has started to take strength in at least some circles in APPNA and I do hope it becomes second nature for this organization – “Continuity does not rule our fresh approaches to fresh situations” (Dean Rusk).

We all remember the famous Steve Jobs quote “Great things in business are never done by one person. They’re done by a team of people.” Fortunately we have always had a great team of dedicated members who have given their time and talent whole heartedly to APPNA year after year. While we bring in fresh faces each year, we have to build mechanism to ensure involvement of those who initiated an idea and ensured its fruition. We also have to abandon the “one man” approach of leadership, if we would like to see the organization reach its full potential.

Generally this page is dedicated to counting the past years achievements. While the exhaustive list have been shared with all of you previously, I will recount some of the key efforts which I hope this and future years leadership will continue to strengthen. To mention just a few;

- College scholarships for Pakistani Descent students in need of financial support
- Limited term loans for Pakistani Medical Graduates writing licensure exams and residency applications in USA
- Scholarships (tuition) for deserving medical students in public medical schools in Pakistan
- Establishing and furtherting joint efforts with international organizations and private enterprises to further healthcare in Pakistan, such as the APPNA-USAID joint programs initiated last year.

In the same vein I hope the future leadership will continue to strengthen this year’s community effort – Involvement with Food Banks nationally.

The amount of monies which we sometimes spend on entertainment has always been a concern for me. I believe we have a wonderful entertainment program at our meetings without breaking the bank. The membership has expressed their concerns on numerous occasions and the council has deliberated upon it extensively. The onus always remains on each year’s leadership to ensure the same.

Wish you all a wonderful meeting and our families a fabulous time in Orlando.

Warm Regards,

Nasar Qureshi
Immediate Past President
NASEEM A. SHEKHANI - A LEGACY OF DEDICATED LEADERSHIP

With wholehearted humility, I declare my candidacy for President Elect APPNA, 2018. APPNA is the leading representative organization of physicians of Pakistani descent with an unmatched depth of its intellectual pool and an unrealized potential for excellence. Our strength lies in unification to identify clear objectives and putting the full force of the organization in endeavors to achieve successful outcomes. No longer can we stay divided to serve the interests of individual alumni or regions. Let us work together for the betterment of APPNA.

As ambassadors of Pakistan, we need to enhance the image of Pakistan with forward looking ideas and reject those that tarnish Pakistan’s image. If elected, my approach will be to listen to the membership and build consensus with a unified goal of improving the professional and personal lives of Pakistani-American community.

I hope my record of services and commitment to APPNA and Pakistan will earn me your trust and you will help me get elected to fulfill our common goals and aspirations.

Respectfully,
Naseem Azeem Shekhani, MD
Candidate for APPNA President Elect 2018

GOALS & VISION

- Strengthen APPNA Governance and Management
- Increase Young Physician participation, especially U.S. Graduates
- Building Institution within APPNA Not personalities
- Quality Continued Medical Education
- Increase Membership and Membership Values
- Improve support resources for young physicians
- Groom future leadership based on quality and not on alumni affiliation

Leadership is not about a title or a designation. It’s about impact, influence & inspiration. Impact involves getting results, influence is about spreading the passion you have for your work, and to inspire for a brighter future.
Advocacy Committee had multiple conf calls since the spring meeting. Originally we had planned to hold DAY ON THE HILL after summer meeting. We had also thought about collaborating with other civil liberty organizations to hold a combined meeting. The agenda was Muslim Ban and civil rights. However after March 15 match day once our matched residents started applying for visas at Islamabad and Karachi, it became alarmingly clear that many of them being refused not only B/1and B2 but J1. So in an emergency meeting of ADV COM it was decided to hold a DAY ON THE HILL on May 16

It was a short time but Alhamdulillah it was a very successful and productive day. (The details of the day have already been sent to you by YPC). About 40-50 members attended the meeting, we visited 15 congressional offices and 12 members of the congress and senate staff spoke at our luncheon meeting. Our main agenda was highlighting the J1 refusals and getting sponsorship for the Grad ACT.

Since our DOTH there has been an epidemic of J1 refusals, close to 25 as of this report. This is a very unfortunate situation and one that will not be resolved easily. I feel that it is not an official policy from the state department to refuse visas. That is some rogue councilor who has taken upon himself and gotten others convinced to refuse visas under section 214. Councilor can refuse visa under this law that the applicant will not return to the country of origin and his decision is final. (At present there is legislation in senate to revoke 214).

We have explained to the state department that no one J1 visa holder physician has ever disappeared and those who have stayed were are all legal. This is a hard fight.

So for this is what we have done:
1. Met with state department officials to explain and request that this trend should stop and the candidates given their visa without reapplying.
2. We are asking our representative to ask the state department to explain the reasons for this epidemic and reverse it and issue visas to our applicants.
3. We have circulated a petition to be signed by our members to be sent to secretary of state.
4. We have retained a lobbyist to facilitate our work at the congressional and state level.

WHAT CAN YOU ALL DO?
-Call your representative daily to ask them to get answers from the state dept and ask them to reverse the trend soon.
-Ask them to cosponsor the GRAD ACT.

Hopefully together we can achieve our goal as we did after 9/11 when we faced the same problem. Hopefully also by the time this report gets to you we may have made headways in this struggle.

Regards,
Abdul Rashid Piracha, MD, FACC
Chair Advocacy and Legislative Affairs Committee 2017
APPA President Dr Sajid Choudhary organized APPNA Civic Engagement Committee (ACEC) to further his 2017 focus on community outreach through service during these trying times. APPNA Civic Engagement Committee is promoting following initiatives:

1- National Food Pantry Project:
ACEC is planning to support at least one food pantry in each state by the end of 2017 with assistance of local APPNA Chapters and component societies. APPNA will match the funds generated by local communities to a certain degree as well. Drs Habib Chotani and Rehan Khan are leading this initiative ACEC members.

2- Increasing awareness about drug abuse and addiction recovery
Due to epidemic of drug abuse and staggering death toll from drug overdoses, ACEC member Dr Maqsood Ahmad has put together a plan to involve APPNA chapters in increasing drug abuse awareness in their communities and to participate in addiction recovery programs.

3- Childhood Obesity education and breast cancer awareness
ACEC member Dr Lubna Naeem is leading this effort and is trying to expand to other communities.

4- Advanced directives and end of life discussion
ACEC has initiated this new project under the leadership of ACEC member Dr Lubna Naeem.

5- Free Dental Clinic in rural areas
ACEC member Dr Mohammad Arshad is spearheading this initiative and first free dental camp will be in Tennesesse.

6- Serving food at Homeless shelters
ACEC member Dr Tabassum Saeed has initiated this project in Seattle and is looking for partners in other communities.

7- Free medical services to inner city clinic
Drs Kazim and Jamil Mohsin is spearheading this initiative and has already started providing services in few communities in New Jersey and Texas.

8- Charter of Compassion
ACEC is planning to involve members to start compassionate movements in their communities by encouraging city governments and local corporation to sign charter of compassion.

During summer meeting, ACEC is arranging a roundtable discussion to further ponder on the different ways of highlighting contributions of APPNA members in their individual communities. ACEC hope that APPNA chapters and component societies will take ownership in above initiatives and will utilize these projects as tools to reach out to fellow citizens.

Respectfully submitted by,
Muhammad Babar Cheema
Chair Civic Engagement Committee
APPNA MERIT

Medical Education in Pakistan: APPNA MERIT vision for the next decade

Building on the success of the last decade, we have a vision to invigorate the training of physicians in the Pakistan. By coaching the physicians of tomorrow, we can bring about a change in how clinical care is delivered, how future generations will be trained and the way Research will be done in Pakistan. This can be achieved with specialty-based focus and collaborating with other APPNA initiatives and committees like RESA and specialty networks.

We would like to share our progress in charting out a road map for the future and how you can help. On behalf of MERIT we had a detailed visit to brainstorm our vision and find the right partners in health care leadership in Pakistan. Shahid Rafiq MD, Chair MERIT and Danish Bhatti MD, Co-Chair MERIT Neurology met with leadership of Pakistan Society of Neurology (PSN) at the annual Neurology conference in Lahore including Prof. Arsalan Ahmad, President of the society and many Executive council members. Discussions on collaborations in Neuroscience had a major focus on Education and training in Neurology. We reviewed the modern teaching methodology of blended learning - the hybrid model of interactive online distance learning and face-to-face teaching with a program of visiting faculty from USA under a curricular structure. We also explored observer/externship rotations of 3-6 months for the trainees from Pakistan with-in USA that can add highly valuable experience and enhance clinical care and research in Pakistan. These ideas were further explored in various settings including Neurology workshop in Benazir Bhutto hospital, Rawalpindi by Shahid Rafiq and 2-day teaching clinic on Movement disorders by Danish Bhatti in Shifa International Hospital, Islamabad. Another meeting took place in Pakistan Institute of Medical Science (PIMS) with the PSN leadership including president of Pakistan Stroke Society (PSS) and Head of Neurology at PIMS, Maha Bodshah.

This vision was shared with Leadership of Pakistan International Neuroscience Society (PINS) during the annual neurology meeting in Boston. APPNA MERIT will collaborate with the education committee of PINS on Neurology Education projects in Pakistan. As a first pilot project Danish Bhatti is working with PSN and Movement Disorder Society of Pakistan (MDSP) under their leadership in developing a Movement Disorder course for Neurology residents in Pakistan using Blended learning. This will be a national course, vetted and owned by PSN and MDSP under full direction of Movement Disorders Faculty in USA. This will be a pilot project to explore possibilities of similar educational programs not only in Neurology but other specialties for Pakistan and has a potential to change the face of education.

Drs. Shahid Rafiq and Danish Bhatti visit also held meetings with the Surgeon General/ DGMs General Asif Sukhera at armed forces medical services in Rawalpindi and learned that they have signed an MOU with university of Birmingham for similar collaborations outside neurology. They appreciated APPNA’s efforts and for reaching out to uplift for medical services in Pakistan. Our plan is to explore a similar MOU with APPNA MERIT program. Again a hybrid of digital distance learning and hands on training ideas were discussed and agreed upon. Dr. Shahid Rafiq had a follow-up meeting with assistant surgeon General/ DGMs Maj General Khawar Rahim, who agreed on visiting faculty program and promised to provide assistance to MERIT members in Rawalpindi region. In addition the IT facilitation for digital distance learning will be provided.

Shahid Rafiq visited the Neurology program in Army Medical College at Military Hospital with Brigadier Waqas Amin, MD of Neurology program and the Armed Forces Institute of Bone Marrow Transplant (AFIBMT) with Colonel Mehmehn Grill. In addition to the tour of facility, a meeting was held with the head of AFIBMT, General Asif Satti and Head of AFIP. This is the first and largest state of the art center in Pakistan. Col Mehmehn has had an opportunity of three months rotation in MD Anderson and feels that more options like these for her and other colleagues will help fine-tune this center of excellence. Again the common theme of hybrid model of distance learning through digital media and the hands on workshop emerged as the best cost effective strategy.

Among other efforts, we had a video conference meeting with College of Physicians and Surgeons of Pakistan (CPSP) leadership including Senior Vice President Dr. Khalid Gondal, Vice President Dr. Mehrood Ayaz and Council member Dr. Abrar Ashraf. We gained much insight into fellowships and training programs in Pakistan that could be an exploration down the road, however we require a lot of teamwork and strong close collaboration. We are also exploring Stroke education in Pakistan starting with building the coalition of interested and respective physicians and working with PSS. One aspect of this will be PSN collaboration to identify potential tertiary care centers to establish the Stroke Units. We also met with the Leadership of Higher Education Commission (HEC) of Pakistan and newly formed National University of Medical Sciences (NUMS). Both institutions have a very optimistic forward looking vision for the next decade and seem very excited to work with APPNA MERIT on Medical Education in Pakistan.

The Child Psychiatry certification for adult psychiatrist in Pakistan will start on-line in July under program director and APPNA MERIT co-chair, Waqar Azam MD. Neurology and child psychiatry are piloting what will become a specialty partnership between educators in US and Pakistan to enhance medical education and health care in Pakistan in next decade. We hope to soon bring in more specialties one by one over the next few years. While the weekly lecture on Monday morning in Pakistan will continue this year, it eventually will be replaced with more impactful specialty focused programs on-line.

APPNA MERIT is organizing a special symposium, “Spot light on Medical Education in Pakistan” with a panel of education Leaders from Pakistan including Gen Imran Majeed Vice chancellor of NUMS. We will be working closely with thought leaders to finalize the vision and direction of APPNA MERIT with special focus on sub-sympathy education initiatives for the next decade during APPNA summer convention in Orlando. We need and request your help and input. Please attend the MERIT symposium as detailed in the program. We welcome all specialty leaders to contact us so that the initial steps taken for Neurology and Child Psychiatry can be replicated and made even better with your input.

Shahid Rafiq, MD
Chair APPNA MERIT

The Resource & Development Committee

As an honored member and Co-Chair of the Resource & Development Committee, our focus has been on outreach and partnership worldwide.

Having a presence with the American Heart Association, with specific attention to the “Ladies in Red” movement, has helped develop further resources in educating the women of our nation on the signs and symptoms of heart disease, and the preventable measures they can take to save their lives.

The greatest honor this year has been partnering with the United Nations Children’s Fund. Formulating a plan to collaborate with this world-renowned organization has taken our efforts to the next level in resource development. This partnership is working through fundraising, advocacy and education to provide health care, immunizations, clean water and sanitation, nutrition, education, emergency relief and more. UNICEF and Patient Benefit Foundation will be hosting a fundraising event in honor of the late philanthropist, Roger Moore to further these efforts.

Thank you,
Mubashir Chaudhry, MD
Co-Chair The Resource & Development Committee
APPNA Long Range Planning Committee

The following are the members of the committee:
Dr. Mohammad Suleman Chair, Dr. Sajid Chaudhary, Dr. Iqbal Zafar Hamid, Dr. M. Nasar Qureshi, Dr. Abdul Rashid Piracha, Dr. Mahmood Alam and Dr. Imtiaz Arain.

This year the only meeting was held on April 6, 2017 at 8:30 pm at the request of the President to consider the contract between Houston Group and APPNA for the benefit of the APPNA members and the community at large. The meeting was successful in passing the resolution unanimously to proceed with implementation of the contract after cleared by the legal counsel. As stated the minutes were not recorded and were only written by the chair.

Meeting was called to order at 8:35 pm when quorum was present.

Dr. Sajid Chaudhary presented the MOU and the process it took to come to final document which was sent to LRPC for their consideration. This meeting was not recorded. He gave a detailed account of how the whole process got started and his visit to Houston with chair of the board of trustees Dr. Mufiz Chauhan. Both parties have shown interest in serving the Pakistani community and coordinating the efforts together. He also mentions Dr. Asal Riyaz Qadeer’s effort in coordinating the project. Main benefit to APPNA was financial help to carry out their social projects with the Houston Group getting access to the Pakistani physician with different products available for the benefit of the members.

Questions were raised in the meeting for LRPC’s involvement at this stage and APPNA members information given out to the Houston group. Dr. Nasar Qureshi agreed in principle with the concept and stated to have with the APPNA executive to discuss and implement the MOU. He questioned the process of approval and consideration by LRPC.

Dr. Imtiaz Arain also agreed in principle with concept and stated to have the executive committee to work on the project and make sure that all legal and other aspects are considered before signing the MOU.

Dr. Mahmood Alam and Dr. Rashid Piracha also echoed the same sentiments and agreed in principle with the concept and advised the president to proceed with the necessary steps to implement the MOU.

The motion was made by DR Nasar Qureshi to agree with the concept of the contents of the MOU with the Houston group and proceeding with the necessary steps for the implementation of Memorandum of Understanding. The motion was seconded by Dr. Mahmood Alam. After small discussion the motion was approved unanimously.

APPNA Medical Corps

1. New Concept: Home First

Volunteer organizations exist that allow healthcare workers to volunteer their time and services abroad, however, there is a need for these programs in the United States. Home First is a new volunteering concept highlighting health need in rural areas of the United States. Upon extensive research, including web-search from online data sets and phone calls to Rural Health Departments, we have defined medically underserved counties in several states who have low health scores. After traveling to these communities and identifying local areas of highest need, we will set up temporary clinics. Doctors and other health care workers within each state will be contacted and given the opportunity to donate their time and services to organizations of clinics in these rural areas.

Home First Timeline:
- August 2017 - Travel to counties in Mississippi, Louisiana, Arkansas, and California to collect data. Interview locals, as well as visit Rural Health Departments.
- Fall 2017 - Contact local Physicians and Health Care workers in designated communities who are interested in volunteering their time and/or services. Host first clinic sometime in Fall.

2. Possible trip to Nepal in Fall to follow up on our previous efforts and host a free medical camp in collaboration with Pakistan embassy and Rotary Club of Kathmandu.

Author: Dr. Babar Rao and Catherine Reilly

Adhoc Committee for Liaison w/ Other Professional Organization

With the first half of the year underway it has been a true pleasure and honor serving on the 2017 APPNA committees. As the Adhoc Committee for Liaison w/ Other Professional Organization, Chair there have been a multitude of outreach efforts on our behalf. In mirroring our mission of helping those in need, a partnership has been initiated with the president of the Pakistan Medical and Dental Council, Professor Dr. Shabbir Ahmed Lari. This movements sole purpose is to increase availability and affordability for their patients.

We have also formulated a plan to help 58 blind female students that attend Kinnaird College Women’s University in Lahore through the resources made available to us by the American Foundation for the Blind. The focus of the AFB is to increase awareness and accessibility, and partnering with APPNA has done just that.

A robust relationship has been rooted in the Patient Benefit Foundation where they provide surgeries for patients in dire need, but being un insured and/or underinsured has left them unable to afford the surgical care they deserve. This often leaves them in a life-threatening emergency before surgery will be approved. PBF ensures that doesn’t have to be the patients’ reality any longer.

Due to the outreach we have formulated with the United Nations Children’s Fund, they are ready to partner and collaborate by registering with the United Nations as soon as APPNA leadership gives permission to do so.

Discussions are underway with Southwest Airlines and United Airlines to collaborate with APPNA for discounted rates for physician travelers due to the great work we are doing worldwide.

Thank you,
Mubashir Chaudhry, MD
Chair Adhoc Committee for Liaison w/ Other Professional Organization

Author: Dr. Babar Rao and Catherine Reilly
APPNA National Health Care Day

APPNA National Health Care Day 2017 Committee arranged teleconference Wednesday March 1, 2017, conducted face to face discussion during APPNA international trips, phone calls and e-mail communications with APPNA community.

The participants discussed the ideas, suggestions and recommendations along with their experiences how to make this event a success. Recommendations like media coverage, communications to APPNA community, food festival/fall activities, cricket games/sports, invitation to local/national congressmen/senators/mayors were among many topics discussed. Almost all of the attendees agreed to hold health fair in their communities and list of some of them (more to add soon) is as below:

- Saema Mirza, MD - Birmingham, Alabama
- Sohail Sarwar, MD - North Carolina
- Saad Usmani, MD - Charlotte, North Carolina
- Kamran Khan, MD - Las Vegas, Nevada
- Umar Farooq, MD - Pennsylvania
- Raza Khan, MD - Canton, Ohio
- Rawan Naseem, MD - New York
- Lubna Naeem, MD - Texas
- Tabassam Saeed, MD - Seattle, Washington
- Asher Niazi, MD - Georgia
- Rawan Khalid, MD - Kansas/Missouri
- Taseem Chaudhry, MD - Augusta, Georgia
- Kazim Husain, MD - Brownsville, Texas
- Danish, MD - St. Louis
- Hiba Haider, MD - Heartland Chapter - Kansas
- Adnan Naseer, MD - Memphis, TN
- Bushra Dar, MD - Minneapolis, MN
- Iftikhar Husain, MD - Tulsa, OK

Discussion and brief presentation in Croatia/Bosnia International Trip April 2017 generated interest of the participants to hold such events nationwide. Similar discussion will be held during APPNA Alaska Cruise trip July-August 2017 and face to face individual discussions during summer convention in Orlando, Florida. NHCD committee invites all APPNA community members nationwide to join on Saturday, October 7, 2017 to hold APPNA National Health Care Day. Remember 2017 is APPNA’s 40th anniversary as well.

Feel free to contact Chair NHCD Ehtsham Haq at Ehtshamh@yahoo.com or 205 613 7013 for any questions or guidance throughout the country.

Ehtsham Haq, MD
Chair, NHCD 2017

APPNA Nomination and Election Committee

NEC had its first teleconference in April. Nomination papers of the candidates were discussed and the final list was made available to the members. NEC will follow the election code of conduct and enforce it by the letter and spirit.

APPNA is paying a lot of money to conduct the electronic election. NEC decided to ask for new bids. News bids found a company with significant savings. NEC unanimously decided to present that bid to the EC for approval to select this company.

NEC will meet all the candidates during the summer convention and will emphasize to the members and the candidates to follow the election code of conduct. Any violation will result in a fine or disqualification.

NEC will hold the Election debate for APPNA 2017 Election on Saturday July 8 at the summer meeting.

Farooq A. Mirza, MD
Chairman, N&E Committee (NEC)
APPNA Office Management Committee

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

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

Meetings: APPNA office has worked on and has completed the Strategic Planning Meeting held on January 28, 2017 in collaboration with APPNA Florida Chapter in Orlando Florida, International meeting to Croatia and Bosnia from April 7-16, 2017. Spring meeting held March 24-26 2017 in Philadelphia, PA. Office is currently working on the upcoming Summer convention which will be held from July 5-9, 2017 Orlando Florida, the Alaska Cruise taking place from July 27- August 4, 2017 and the Fall meeting taking place from October 26-29 in Cincinnati, OH. The APPNA office facilitates payments, contract reviews, meeting set-up, publication and registration and answers all questions from the membership and meeting-committees related to the meetings. Office staff also attends the spring, summer and fall meetings to work on site.

Financials: APPNA office continues to work with accounting firm of Scanlon and Leo. Accountant Michael Kelsey; works with APPNA Treasurer and APPNA staff to complete the financial obligations of the state and federal government. Office continues to work with the outside auditing firm,(under a multi-year contract which began in 2016), of Ostrow, Reisin, Berk & Abrams (ORBA) to complete the tax filing and required audit for APPNA and APPNA Foundation. The audit was being worked on at press time under the IRS approved filing extension. APPNA continues to facilitate the reporting and transfer of funds received for the donated projects of 2017 and works with all of the affected committees to ensure the funds are sent properly as designated by the donors. APPNA also works with Hank Bashore of Stephens, Inc. Private Client Group to invest the lifetime, alumni scholarship and continuing medical education (CME) funds.

CME:APPNA was formerly accredited though the ACCME - The Accreditation Council for Continuing Medical Education. The current certification did expire and APPNA is in the process of reaccreditation for another multiple-year standing. APPNA is currently accredited through a partnership with Amedco and will continue to do so for all meetings where CME hours are offered until and unless the current status changes.

Respectfully submitted,
Samina Hijab, MD,
Chair Office Management Committee 2017

Co-Chair:
Amin Nadeem, MD
Advisor:
Imtiaz Arain, MD
Members:
Hasina Javed, MD
Rahat Sheikh, MD
Irfan Mirza, MD
Maleeha Ahsan, MD

APPNA Scholarship Committee

APPNA Scholarship Endowment Program

Dear Friends and Colleagues,

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

These funds are being invested in the dedicated APPNA Scholarship Endowment Account with sub-accounts for each alumni, according to the APPNA Finance Committee Guidelines. The investment is being managed by Stephens Inc., a member of New York Stock Exchange, under the close supervision of Hank Bashore who has been diligently managing APPNA Accounts for over 25 years. The total value of funds in the APPNA Scholarship Endowment Accounts with Stephens are $2,257,318.63 as of May 31, 2017.

The following is a breakdown of total funds as of May 31, 2017:

- Nishtar Medical College: $1,066,120.24
- King Edward Medical University: $543,184.86
- Jinnah Sindh Medical University: $211,631.81
- Quaid-I-Azam Medical College: $155,331.55
- Rawalpindi Medical College: $136,061.23
- Fatima Jinnah Medical College: $90,044.75
- Khyber Medical College: $134,560.62
- Bolan Medical College: $20,383.57
- Total Funds Invested: $2,257,318.63

As you can see below we sent the second distribution to the respective Alumni to award the scholarships to the deserving students at participating medical colleges in October of 2016.

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

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

The Scholarship Program is ongoing. All donations are TAX DEDUCTIBLE. Please visit www.appna.org to donate online or to download and print the pledge form to make your payment by check or credit card.

Respectfully Submitted,

M. Masood Akbar, M.D.
Chair - Scholarship Committee

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

APPNA Scholarship Endowment Program

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Respectfully Submitted,

M. Masood Akbar, M.D.
Chair - Scholarship Committee

Ghulam Qadir, M.D.
Co-Chair - Scholarship Committee
APPNA Committee on Young Physicians (CYP)

This year’s CYP has sixteen members including chair (Dr. Iqbal) and co-chairs (Drs. Aized, Faheem, Khan, and Nadeem). CYP has laid out multiple projects for this year. One or more CYP members are leading each project. Dr. Faheem led ‘Residency Match Assistance’ project. A list of unmatched residency programs from 2011-2016 was compiled and posted on our website. A team of CYP members remained active during the match week from March 13-17, 2017. Dr. Khan is organizing “Young Physicians Coaching Teleconferences” on monthly basis. So far, five teleconferences have been held. A speaker was invited during each teleconference, followed by question-answer session. Dr. Faheem posted summary of each teleconference on our Facebook page.

A “Visa Issues Task Force” has been formulated under Dr. Iqbal. A ‘multi-prong approach’ has adopted mount pressure at the administrative, legislative, and media levels. Each task is taken care of by 1-2 CYP members. An online data collection system has been created at www.appnna.org under ‘visa issues helpline’. The work is being done in daily collaboration with Advocacy and Legislative Affairs Committee. Below is an outline of the approved tasks:

- Constant communication with State Department Visa Representative since January of this year;
- Petition created by Dr. Naveed and signed by 1,755 APPNA members. It was sent to Secretary of State and State Department visa officials;
- Letters of support have been requested from Congressmen in different states with the help of APPNA members;
- ECFMG, and U.S. Embassy in Pakistan have been contacted;
- The program directors are being contacted (after permission) so as to buy more time for the young physicians;
- Media support has been obtained by editing articles (Dr. Majeed) about this issue in Pakistani English newspapers as well as U.S. Media;
- A NYC based expert immigration attorney; concentrating in J-1 and B1/B2 visa refusal, held two different webinars. Individual questions were answered;
- We have raised donations for “911 visa interview preparation” to supplement experienced, immigration attorneys for their free-of-cost assistance to those young physicians with denials;
- Visa updates are being posted few times a week on CYP Facebook page;
- The entire CYP team is working on volunteer basis without any funding from APPNA.

Two different CYP seminars are being planned during APPNA Summer convention July 5-9th, 2017 in Orlando, Florida. Dr. Latif will lead the research seminar. It will include oral and poster presentations. Program directors are being contacted (after permission) so as to buy more time for the young physicians. The program directors are being contacted (after permission) so as to buy more time for the young physicians. The program directors are being contacted (after permission) so as to buy more time for the young physicians. The program directors are being contacted (after permission) so as to buy more time for the young physicians.

Dr. A. Khan leads the online web-based system for observorships, externships, and research. Drs. Malik and Iqbal monitor APPNA NY house. Our Facebook page is very active with over 7,000 members. Different CYP members are managing it. CYP Website: (www.cyponline.net) will be reviewed by Dr. T. Khan.

Sincerely,
Shahzad Iqbal, MD
Chair, CYP 2017

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

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

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

To get more involved in civic engagement, please reach out to the HOPE committee at: mariunruha@gmail.com or nurmeraqamasar@aol.com

Marium Husain, MD, MPH
## EVENT SCHEDULE

**Wednesday, July 5 - Sunday, July 9, 2017**

Please download the APPNA App from Apple iOS and Google Play Store.

### WEDNESDAY, JULY 5, 2017

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>ROOM NAME</th>
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<tbody>
<tr>
<td>1:00 PM - 6:00 PM</td>
<td>Exhibitors Move-in</td>
<td>Gatlin CDE</td>
</tr>
<tr>
<td>1:00 PM - 7:00 PM</td>
<td>Exhibit Registration</td>
<td>Gatlin 2 Registration</td>
</tr>
<tr>
<td>3:00 PM - 10:00 PM</td>
<td>Registration</td>
<td>Gatlin 1 Registration</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Inauguration Ceremony</td>
<td>Rotunda</td>
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<tr>
<td>7:00 PM</td>
<td>Chapter Night - APPNA Idol &amp; Ghazal Night</td>
<td>Gatlin B</td>
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<tr>
<td>6:00 AM - 11:00 PM</td>
<td>Prayer Room</td>
<td>Suwanee 20/21</td>
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<tr>
<td>9:00 PM - 1:00 AM</td>
<td>Late Night Food Concession Stands</td>
<td>Gatlin Foyer</td>
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### THURSDAY, JULY 6, 2017

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<tr>
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<th>EVENT</th>
<th>ROOM NAME</th>
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<tbody>
<tr>
<td>6:00 AM - 11:00 PM</td>
<td>Prayer Room</td>
<td>Suwanee 20/21</td>
</tr>
<tr>
<td>7:00 AM - 9:00 AM</td>
<td>CME Breakfast</td>
<td>Gatlin B</td>
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<tr>
<td>7:00 AM - 9:00 AM</td>
<td>DOW Class of 1992 Re-Union</td>
<td>Gatlin B</td>
</tr>
<tr>
<td>7:30 AM - 11:30 AM</td>
<td>CME</td>
<td>Gatlin B</td>
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<tr>
<td>8:00 AM - 8:00 AM</td>
<td>Exhibit Show Office</td>
<td>Wekiwa 10</td>
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<tr>
<td>9:00 AM - 5:00 PM</td>
<td>Bazaar</td>
<td>CME Coffee Break</td>
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<tr>
<td>10:30 AM</td>
<td>CME Lunch</td>
<td>Gatlin B</td>
</tr>
<tr>
<td>11:00 AM - 5:00 PM</td>
<td>Pakistani Consulate Convention Office</td>
<td>Wekiwa 10</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>MERIT (Spotlight on Medical Education in Pakistan)</td>
<td>Gatlin B</td>
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<tr>
<td>12:00 PM</td>
<td>Council Meeting</td>
<td>Gatlin B</td>
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<tr>
<td>2:00 PM - 5:00 PM</td>
<td>Youth Debate (Civil/Human rights of minorities)</td>
<td>Wekiwa 3/4/5</td>
</tr>
<tr>
<td>6:00 PM - 1:00 AM</td>
<td>Childcare</td>
<td>Suwanee 13/14</td>
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<tr>
<td>6:30 PM</td>
<td>Alliance Meeting &amp; Dinner Program</td>
<td>Sebastian Ballroom</td>
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<tr>
<td>9:30 PM</td>
<td>Alliance Fashion Show B</td>
<td>Sebastian Ballroom</td>
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<tr>
<td>10:00 PM</td>
<td>Stand-up Comedy by Moe Amer</td>
<td>Gatlin B</td>
</tr>
<tr>
<td>10:00 PM - 1:00 AM</td>
<td>Late Night Food Concession Stands</td>
<td>Gatlin Foyer</td>
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### Cultural Diversity: Why we should respect other cultures:

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

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

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

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

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

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

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### APPNA 40TH ANNUAL CONVENTION 2017

**SUNDAY, JULY 9, 2017**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>ROOM NAME</th>
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<tr>
<td>8:00 AM - 1:00 PM</td>
<td>Zaytuna Breakfast</td>
<td>Gatlin A 1/2</td>
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<tr>
<td>8:00 AM - 11:00 AM</td>
<td>Brunch ( Halwa - Puri)</td>
<td>Gatlin CDE</td>
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<tr>
<td>8:00 AM - 12:00 PM</td>
<td>Bazaar</td>
<td>Gatlin CDE</td>
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<tr>
<td>8:00 AM - 12:00 PM</td>
<td>Food Court</td>
<td>Gatlin CDE</td>
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### SATURDAY, JULY 8, 2017

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<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>ROOM NAME</th>
</tr>
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<tbody>
<tr>
<td>6:00 AM - 11:00 PM</td>
<td>Prayer Room</td>
<td>Suwannee 20/21</td>
</tr>
<tr>
<td>7:00 AM - 10:00 PM</td>
<td>Registration</td>
<td>Gatlin 1 Registration</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>CME Breakfast</td>
<td>Gatlin B</td>
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<tr>
<td>8:00 AM - 11:45 AM</td>
<td>CME</td>
<td>Gatlin B</td>
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<tr>
<td>8:00 AM - 12:30 PM</td>
<td>UFF Breakfast Presentation</td>
<td>Penzacola F</td>
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<tr>
<td>8:00 AM - 7:00 PM</td>
<td>Exhibit Show Office</td>
<td>Gatlin 2 Registration</td>
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<tr>
<td>8:30 AM</td>
<td>Dental APPNA Breakfast</td>
<td>Suwannee 11/12</td>
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<tr>
<td>8:30 AM - 2:00 PM</td>
<td>Dental APPNA CE Meeting</td>
<td>Suwannee 11/12</td>
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<tr>
<td>8:30 PM</td>
<td>Prayer area ( Maghrib)</td>
<td>Sebastian Foyer</td>
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<tr>
<td>9:00 AM - 6:00 PM</td>
<td>Bazaar</td>
<td>Gatlin CDE</td>
</tr>
<tr>
<td>9:00 AM - 10:30 AM</td>
<td>Specialty Networks Meeting</td>
<td>Wekiwa 9</td>
</tr>
<tr>
<td>9:00 AM - 5:00 PM</td>
<td>Pakistani Consulate Convention Office</td>
<td>Wekiwa 10</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>Kissimmee, FL - A Showcase</td>
<td>Wekiwa 8</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>Khyber GB Meeting</td>
<td>Gatlin A3</td>
</tr>
<tr>
<td>10:00 AM - 11:30 AM</td>
<td>2018 in the making …… A new beginning</td>
<td>Gatlin A4</td>
</tr>
<tr>
<td>10:30 AM - 12:30 PM</td>
<td>APPNA Pediatrics Meeting</td>
<td>Wekiwa 9</td>
</tr>
<tr>
<td>10:15 AM</td>
<td>APPNA CE meeting</td>
<td>Gatlin B</td>
</tr>
<tr>
<td>11:00 AM - 1:00 PM</td>
<td>PALA (Pakistani American Lawyers Association)</td>
<td>Wekiwa 11/12</td>
</tr>
<tr>
<td>11:00 AM - 2:00 PM</td>
<td>Saya Program</td>
<td>Wekiwa 3/4/5</td>
</tr>
<tr>
<td>11:00 AM - 5:00 PM</td>
<td>Food Court</td>
<td>Gatlin CDE</td>
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<tr>
<td>12:00 PM</td>
<td>Dental APPNA Lunch</td>
<td>Suwannee 11/12</td>
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<tr>
<td>12:00 PM - 2:00 PM</td>
<td>CYP. Research Seminar</td>
<td>Gatlin A1</td>
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<tr>
<td>12:00 PM - 1:30 PM</td>
<td>APPNA Heartland Chapter Seminar on Islamic Loans</td>
<td>Wekiwa 7</td>
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<tr>
<td>12:00 PM - 2:00 PM</td>
<td>Hematology - Oncology Chapter Meeting</td>
<td>Wekiwa 2</td>
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<tr>
<td>12:00 PM - 1:30 PM</td>
<td>APPNA Lunch meeting</td>
<td>Gatlin A2</td>
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<tr>
<td>12:00 PM - 1:30 PM</td>
<td>KEMCAANA Class of 70' reunion</td>
<td>Gatlin A3</td>
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<tr>
<td>12:30 PM - 2:00 PM</td>
<td>APPNA's Compassionate Journey</td>
<td>Wekiwa 1</td>
</tr>
<tr>
<td>2:00 PM - 3:00 PM</td>
<td>Emgage - Power through participation</td>
<td>Wekiwa 7</td>
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<tr>
<td>2:00 PM - 4:00 PM</td>
<td>APPNA General Body Meeting</td>
<td>Gatlin B</td>
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<tr>
<td>4:00 PM - 5:00 PM</td>
<td>Candidates’ Debate</td>
<td>Gatlin B</td>
</tr>
<tr>
<td>6:00 PM - 1:00 AM</td>
<td>Childcare/Baby sitting</td>
<td>Suwannee 11/12/13/14</td>
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<tr>
<td>6:00 PM</td>
<td>APPNA Banquet Dinner &amp; Entertainment</td>
<td>Sebastian Ballroom</td>
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<tr>
<td>8:00 PM - 12:00 AM</td>
<td>CAPRNA Di Night</td>
<td>Gatlin B</td>
</tr>
<tr>
<td>10:00 PM - 1:00 AM</td>
<td>Late Night Food Concession Stands</td>
<td>Sebastian Foyer</td>
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</tbody>
</table>
It is my distinct privilege to be serving as the President of our alumni association for 2017 and I welcome all Iqbalians to the APPNA Summer Convention. This is a special year for AIMCAANA as we will be celebrating our 20th Anniversary. The theme of this year’s AIMCAANA agenda has been inclusivity of the membership, improving collaborations with APPNA projects/committees and further our commitment to projects at our alma mater.

Just as in previous years, we are committed to ongoing, successful programs such as the Jinna-Medical College Alumni Association of North America

We have also revamped our website to make it more user-friendly. Current AIMCAANA members will be able to create their online profiles and pay dues online. Iqbalians who are interested in joining AIMCAANA would be able to do so using the online portal. Any donations via the website will generate an automated email with details about the donation. We will also be helping our membership organize their landmark anniversary celebrations as part of this movement.

We will be starting an immigration fee support scheme for young Iqbalians seeking graduate medical education (GME) in the US. We are also expanding the IQBAL loan scheme, by increasing number of recipients. We will be establishing an annual AIMCAANA Research Award for Iqbalians in US residencies and fellowships that will help bolster their academic careers.

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Yours sincerely,
Saad Z. Usmani, MD FACP
President AIMCAANA 2017
Email: saadzu@yahoo.com or saad.usmani@carolinashrealthcare.org

I am honored and humbled to serve as the president of the FJ Alumni Association for 2017. I am committed to leading the Alumni Association to another level. I would also like to thank our predecessors who have guided this association and made great strides in organizing FJMCAA.

The previous Executive Council members have made impressive progress; membership has grown, our tax-exempt status has been reinstated to 501(c)(3) status which allows our holdings to be tax-free, a website and Facebook page has been established and we have started contributing towards the APPNA scholarship fund.

FJMCAA is a relatively small association with a limited number of active members. As we look towards the future, the new Executive Council will continue working towards the goals set forth by our predecessors. We will continue working on improving our membership, defining a clear mission for our alumni body, and becoming more organized in the USA. We also hope to collaborate further with FJMU and APPNA on its various platforms.

Our other major objectives are to continue increasing the endowment funds and contributing to APPNA scholarship funds which we started in 2014 with $20,000 donation. Our Alumni have donated $4000 this year. With this money, we are able to support other charitable projects. We have been directly contributing and supporting our Fatima Jinnah Medical University’s needy students every year. We have contributed $7000 for year 2017. We have supported the WAPNA, SWDR and Rise for Equality by donations as much as our funds allowed us. This year we have also set aside $3000 to support Hepatitis treatment program and other community programs in Pakistan through AFJOG (Association of Fatima Jinnah old graduates).

I take pride to share that last year we honored Dr. Zeenat Anwar and her team for their incredible and continued commitment in the project of Human Development and donated $3500 as direct fund raising for that cause.

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

Best Regards,
Shagufta Jabeen
President FJMCAA
KMCAANA

Khyber Medical College Alumni Association of North America

Khyber Medical College Alumni Association of North America (KMCAANA) is one of the oldest alumni component of APPNA. It represents the graduates of Khyber Medical college in North America. Khyber Medical college is located in the historical city of Peshawar, the capital of Khyber Pukhtunkhwa. Khyber Medical College was established in 1954 with its first class graduating in 1960.

Khyber Medical College graduates have served in different fields of medicine all over the world and are known for their contribution to the society as physician leaders. Graduates of Khyber Medical College were among the founders of APPNA. Many of our graduates have served at the highest levels in APPNA and are credited with pioneering land mark APPNA initiatives. KMCAANA has provided the largest platform of activities for KMC graduates in North America over the last several decades. Following is a snap shot of some of the recent activities. Our engagement with Khyber Medical College (KMC) administration and faculty has continued and has become stronger with time.

KMCAANA also represents graduates of Ayub Medical College, Abbottabad, KPK, who are currently practicing in USA.

Our ongoing KMC and completed KMCAANA projects include:

- We now support 22 deserving KMC students for an annual scholarship of Rs. 45,000 each.
- Establishment of an $80,000 endowment fund. The dividends to be used solely for sponsoring need based scholarships at KMC.
- KMCAANA has an additional $30,000 as an endowment fund with APPNA. Dividends from this fund shall support two KMC students.
- A well-equipped BLS (Basic Life Support) and first aid lab was established at KMC benefiting medical students, faculty and other first responders including police and ambulance staff.
- BLS certificate is now mandated for all 4th year medical students at KMC and all house officers at the attached Khyber Teaching Hospital as a result of KMCAANA initiative.
- Additional equipment (4 new Mannequins) for the BLS lab were donated to the lab in 2016.
- Young Khyberian Physicians: Our young Khyberian Committee is busy guiding our KMC graduates during their search for clinical observer-ships and residency application process.
- KMC alumni sponsored a Qaz Haq Obama program for KMC graduates in need of financial help while waiting to start their residency training. Two KMC graduates have been sponsored so far.
- In coordination with APPNA SWORDC, members of KMCAANA are actively sponsoring a cornea transplant program. So far for 14 high quality corneas have been sent from USA to Peshawar and successfully transplanted.
- KMCAANA members are also actively involved in supporting the APPNA “Muskay” (cleft palate and lip repair) project in Peshawar. Our goal is to sponsor 20 such surgeries during the next 3 months.
- ACPNA funded pacemaker bank at Lady Reading Hospital, Peshawar, providing free pacemakers to deserving patients.
- The Khyber Medical College-University of Toledo visiting professor program sponsors one KMC faculty member to work in research for three months at the University of Toledo.
- With Dr. S. Amjad Hussain’s personal efforts, a University of Toledo- KMC alliance has been created whereby 2 KMC medical students perform clinical electives at the University of Toledo during Summer months.
- Establishment of KMCAANA office at KMC and appointment of a KMCAANA representative in KMC.

Our future Goals:

- Raise another $100,000.00 from our donors for the Khyber-APPNA scholarship endowment fund. This will go a long way to support our scholarship program.
- To increase our need based student scholarships to 25 each year.
- Obtain AHA accreditation for the BLS lab at KMC.
- Add ACLS capabilities to the BLS lab.
- Develop a working relationship with Khyber Teaching hospital academic program.
- Establishment of visiting professor lecture and video conferencing lectures series.
- A Khyber Medical College retreat in 2018.

Continuing our strong bond with Central APPNA, many of our alumni are serving on several APPNA committees. Our friendship and teamwork with other chapters and alumni associations continue to grow. KMCAANA thanks our APPNA friends who have always come forward with open arms to support our projects.

Respectfully submitted,

Humaira Ali, MD
President KMCAANA
KMC 1988, Family Practice
Toronto, Canada

Rashid Hanif, MD
Secretary
KMC 1985 Gastroenterology
Hagerstown, MD

Dr. Tufail Ijaz, MD
Treasurer
KMC 1985, Endocrinology
Columbus, Ohio

Sajjad Savul, MD
Immediate Past President
KMC 1988, Occupational Medicine
Philadelphia, PA

Members subcommittees:

- Ejaz Khan, MD KMC, 1992, Cardiology
- Shakil Ahmad, MD KMC, 1981, Anesthesiology
- Abdali Jan, MD, KMC, 1994, Int. Medicine
- Adnan Seljuki, MD, KMC, 1990 Int. Medicine
- Saimur Anwar MD, KMC 1986, GynOb
- Muhammad Tamur , MD, KMC 2008, Neurology

NANA

Nishtar Medical College Alumni Association of North America

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

Half of the funds are being raised by honorable people of Multan area. We are buying C-ARM for GI department for ERCP.

We are buying Video Bronchoscope and Pleuroscope for Pulmonary Department.

We are making an IT room for students, physicians to connect them with the Modern Universities so they can observe Modern technology and patient care from the best institutions of the World.

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We are making an IT room for students, physicians to connect them with the Modern Universities so they can observe Modern technology and patient care from the best institutions of the World.

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

Respectfully submitted,

Muhammad Javed Iqbal
President NANA
Liaquat University of Medical and Health Sciences Alumni Association of North America

LIAQUAT ALUMNI COMMUNITY AND SOCIAL WELFARE SERVICES

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

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

The 2005 earthquake in Pakistan was one of the worst natural disasters to hit our homeland. Liaquat Alumni members played a pivotal role in ongoing relief efforts. Drs. Murtaza and Afzal Arain provided on ground services during the earthquake relief efforts. Dr. Abdul Majeed was the main organizer for fundraising under the New York chapter, which helped to raise close to $300,000. With these donations, Mansehra Rehab Center was adopted and funded for close to three years where the earthquake victims were rehabilitated.

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

In 2015, Liaquat Alumni President Dr. Abdul Majeed, with the help of Dr. Khalid Memon and many others, started the Clean Sweet Water Project for the drought-affected Tharparkar area of Sindh. We were able to raise over $120,000 under SWDRC with the help of Dr. Aisha Zafar. These donations were used to provide clean, sweet drinking water to thousands of needy people in this region on a long-term basis. This work included laying down an 8-kilometer water pipeline and constructing 3 underground water storage tanks, each with a capacity of 10,000 gallons, all in remote areas of Thar. Nearly 7,000 people are benefiting from this project, which was inaugurated on December 22, 2015 by Dr. Mubasher Rana (President of APPNA), Dr. Abdul Majeed and Dr. Amjad Aaz, a Liaquat physician practicing in Hyderabad. This project also included installing 50 water pumps in different villages, mainly in Taulka Diplo (District Mithi) where the underground water is undrinkable.

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

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

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

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

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

We are working on launching our website soon.

May Allah SWT shower His blessings upon our generous donors. Ameen.
President RMCANNA
Shahid Randhawa, MD
chairs of two APPNA committees.

8- A number of RMC graduates are serving APPNA in different committees. Dr. Babar Rao and Dr. Shahid Rafiq are
7- RMCANNA visiting faculty program helps in mentorship programs for students and in initiating research projects.
6- Scholarship fund created last year is being distributed to deserving students at Rawalpindi medical college.
5- RMCANNA recently started live video lectures from United States directly to Rawalpindi medical university. A series
4- It has been decided to open a RMCANNA house in United States to help new Physicians coming from Pakistan.
3- IDRF/RMCOF school at Darya Khan is running successfully for many years. It is recently upgraded to high school.
2- Dialysis center at Holy Family hospital Rawalpindi has 10 dialysis machines which provides upto 35 dialysis daily, 7
days a week at no cost.
1- First ever burn center in teaching hospitals of Rawalpindi was established by RMCOF and RMCANNA. This burn center is treating hundreds of patients annually. This center is recently approved for post graduate FCPS training.

RMCANNA
Rawalpindi Medical University Alumni in North America

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[81x198]President RMCANNA
[81x210]Shahid Randhawa, MD
[81x234]chairs of two APPNA committees.
[81x246]8- A number of RMC graduates are serving APPNA in different committees. Dr. Babar Rao and Dr. Shahid Rafiq are
[81x270]7- RMCANNA visiting faculty program helps in mentorship programs for students and in initiating research projects.
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American healthcare will suffer from fewer visas for foreign-born doctors

By Abdul Rashid Piracha,
OPINION CONTRIBUTOR - 05/10/17 06:40 PM EDT

Each March, over 6,000 foreign medical students are matched with residency programs in Congressional districts across our nation. Hospital administrators and program directors depend upon these young doctors to fill the residency spots not matched by American graduates.

Starting each July, these newly minted physicians arrive on J1 or H1B visas. They begin residency program alongside American medical graduates. Most often, these residents immediately begin treating patients in underserved areas after they have finished their residency training.

In some instances, a resident might match in an inner-city training program at an institution overwhelmed with patients lacking preventative care and basic health literacy. These doctors will go anywhere and serve. They are committed to the health and well-being of their patients. Personally, I served as a cardiologist for over 40 years in a small city in Mercer County, West Virginia. When I arrived, there was no cardiologist in the county, within a 50-mile radius and I was the only cardiologist in the area for more than 10 years before others arrived. I would typically work more than 18 hours a day, seeing about 150 patients a week for years on end.

These young physicians, just like me, are citizen ambassadors. Their patients are exposed to the best and brightest minds from allied nations. Their proud families learn from the nightly phone calls they make back home just how unique America is. Perhaps more importantly, these young physicians serve a critical need as our nation braces for a major physician shortage. If current retirements continue and patient populations grow, our nation will need to find upward of 90,000 new physicians by 2025. In coming years, patients will be faced with either longer wait times or receiving care from doctors with a mediocre academic pedigree. Naturally, neither option is inviting. Foreign medical graduates – the best of their accredited foreign medical schools – are an important part of this future planning.

Approximately, 25 percent of all physicians across our country were trained overseas. Each year, Pakistan is one of the top five countries supplying its best medical minds to fill this gap and serving American patients in medically underserved areas. There are more than 12,000 licensed and practicing physicians who are graduates of Pakistan’s medical schools, for example. As these promising medical students are preparing for their final exams, they have traveled to American consulates across Pakistan for their visa interview. Sitting across from Consular Officers, they discuss their schooling, their dreams, their finances and their family tree. They present letters from American hospital administrators requesting that they start their residency programs the first week of July.

However, many of the current crop of medical students are now being denied visas at a rate we have never seen. This neither serves them nor the American patients that need care.

When I immigrated to the United States to begin my internal medicine and cardiology residency, I reflected nightly in my first year on the Hippocratic Oath. As Congress evaluates the budget of the State Department and the future of the Affordable Care Act, they must remember the basic principal of the Oath – do no harm. Congress should not forget the critical role foreign medical graduates play in serving American patients. Congress must, therefore, do all it can to ensure that visas for these doctors continue well into the future, for their sake and ours. This is the true essence of America, a country we are proud to both serve and call home.

Abdul Rashid Piracha is a past President of the Association of Pakistani Physicians of North America (APPNA) and was also the Chairman of its Board of Trustees. APPNA is the largest and oldest Pakistani American organization. Piracha is a recently retired cardiologist and immigrated to the United States in 1966. Source- http://thehill.com/blogs/pundits-blog/healthcare/332804-american-healthcare-will-suffer-from-fewer-visas-for-foreign
The common refrain to be overheard readily from the attendees at the culmination of the APPNA Spring Meeting in Philadelphia this year was that this was the best APPNA meeting they had ever attended. "A new standard has been set," noted one APPNA veteran. "Best CME session ever," pronounced another. What led to the success of the meeting is multifactorial. Of course the lovely host city, Philadelphia, the birthplace of the nation, with its rich history played a role. The only World Heritage City in the United States lived up well to its reputation of charm and hospitality -- despite the political turmoil of the time.

To set the tone, the president of the host chapter and chair of the organizing committee, Dr. Haroon Durrani noted in his speech while addressing the dignitaries in attendance; "As responsible citizens of the United States of America, we must unite to protect our constitution even as we tend to our other civic responsibilities such as supporting our educational and medical institutions. To broaden our standing in the larger community our philanthropy and general uplift efforts have to be for all Americans and not specifically geared towards Muslims. Also, it is my fervent hope that we can nurture our children such that our voices can be amplified through their participation in such fields of endeavor as journalism, entertainment and the arts. Let’s compete for positions in our local governments, let’s pursue careers in law to advocate against injustice. And let APPNA, which is one of the largest ethnic medical societies in the country, lead the way towards responsible advocacy. Because together we can, and we will, make a difference as we earnestly set about rescuing our country from the forces of darkness that have become so insistent of late. At APPNA, while many of our members come from faiths other than Islam, the majority of our members are Muslim. And in these troubling times we are having to contend with not one but two massively disturbing trends. On the one hand we find that our peaceful religion has been hijacked by petro-dollar funded Saudi-inspired fanatics, and on the other, we have the current Republican administration piling insult upon egregious insult -- upon endless injury. It is for this reason that we have turned to our legislators in the fervent hope that they will take steps to put a stop to our scapegoating and the criminal curtailment of our civil rights."

While the more pressing issues at hand were given adequate addressal, the Spring Meeting also saw the hosting of an outstanding CME session featuring eminent speakers from the Philadelphia region’s world-class academic institutions. There was a well-attended and stimulating Social Forum on Women’s Empowerment. And the banquets on Friday and Saturday evenings were skillfully organized and wonderfully entertaining, complete with a Pakistani village scene, sumptuous feasts, live concerts, and of course, much dancing.

This was the first time an APPNA meeting was held in Philadelphia and it was quite the honor for APPNAPUN, the Delaware Valley Chapter of APPNA, to be asked to host. Its volunteers and officers performed their tasks manfully and with tasteful aplomb. And we are proud to have pulled off one of the most memorable APPNA meetings - ever. We look forward to seeing you all again in Philly soon.

Syed Nadeem Ahsan, MD
Chairman, 2017 Spring Meeting Publication Committee

Haroon Durrani, MD
Chair Spring Meeting 2017, Philadelphia
We had a great beginning of our term as the executive committee of APPNA-Alabama chapter. Our objectives this year are to have the spring and fall meetings, another successful health fair, and to cooperate and coordinate with central APPNA and other organizations in Alabama such as Birmingham Islamic society, AAPI, Allgehr association and CAIR to prevent duplication of efforts. We also support the committee that organizes the two Eid parties in Alabama.

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

We are very proud of our free clinic called the Hoover Red Crescent that runs every Sunday mainly through the efforts of Dr. Talha Malik, Dr. Zakir Khan and Mrs. Tanveer Patel. We also encourage youth participation and volunteering at the clinic and the health fair. We have already started planning the health fair which will be held this October with free screening, flu shots, consultation with doctors and we will especially try to reach out to patients without health coverage. Another important effort we will try to make is to meet local politicians and invite them to the health fair and future meetings given the current political environment. We try to get media coverage for the health fair. This will hopefully create a positive image of Pakistani Muslims and this is not only important for all of us but more so for the future of our children.

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

Saema Mirza, MD FACC
President APPNA Alabama Chapter

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

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

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

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

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

We are planning more programs in the future.

Thanking you.

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

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Email: malihashaikh@gmail.com
It gives me great pleasure to report the activities of our chapter for 2016-17. APPNA-GC is entering the 10th year of its existence. In the last few years we have seen a prolific growth in the physician community in Greater Cincinnati & suburbs, Dayton and communities from adjoining Kentucky and Indiana. Keeping up with this growth the APPNA-GC chapter has reinvigorated recently and is becoming an integral part of the community.

Our major accomplishment for the year include:

• Continuing the tradition of organizing an annual Mushaira in collaboration with the Aligarh alumni association. The successful Mushaira was held in November 2016 featuring prominent poets from India, Pakistan, and Denmark.

• We participated in the APPNA National Health Day by collaborating with local Muslim organization to organize health day and administered free flu shots provided by APPNA to our community members. We are all set to repeat the event on October 8th, 2017.

• The chapter has launched its first APPNA-GC Facebook page and website at www.appnagc.com.

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

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

• Enthusiastic planning is already underway to host the APPNA fall meeting in Cincinnati in October 2017. Dozens of volunteer members are already working on different aspects of meeting planning. Regular planning meeting are currently ongoing.

Tahir Latif MBBS, MBA, FACP  Muhammad Aslam MD
President APPNA GC 2017  Immediate Past President

Shehzad Saeed MD  Anwer Siddiqui MD
Secretary APPNA GC 2017  Treasurer APPNA GC 2017

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

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

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

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

Bushra Dar, MD
President APPNA Minnesota Chapter

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

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

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

Respectfully Submitted,
Yousaf A. Shaikh, MD
Secretary APPNE 2016-2018
APPNA North Texas Chapter

As I have mentioned in my last report that we were planning to have our chapter meeting in spring. We had a very successful chapter meeting on April 28th at Park Plaza Tower that was well attended by the membership. Ali Haider was the musical guest and everybody had a good time. We also did a membership drive during our meeting. We are planning to continue with our membership drive during the month of Ramadan as well. Our EC has started working on making arrangement for APPNA healthcare day this fall.

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

APPNA Virginia Chapter

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

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

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

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

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

Khalid Matin, MD, FACP
President Virginia Chapter

APPNA-PUN Chapter

Introduction:
APPNAPUN, a Delaware Valley chapter was established on March 29, 2014 when its founding fathers recognized the necessity of integrating physicians of Pakistani descent carrying common goals and ideology from this geographic location. Our chapter encompasses members from Eastern Pennsylvania, Upstate Delaware and Southern New Jersey. Under the zealous leadership of Dr. Sarwat Iqbal (Past President) and Dr. Hanoor Durrani (President), APPNA PUN is growing stronger and has accomplished several goals in a short time.

Our Mission:
Compassion, commitment, and collaboration are the key fundamentals of APPNAPUN philosophy. With pride we consecrate our efforts to surpass in academics, philanthropy, youth initiative projects, and community development while promoting camaraderie within our ranks.

APPNAPUN Activities:
Meetings:
General Body Meetings and Retreats are held on regular rotating basis to delineate goals, assess the progress of our committees, members, associates and volunteers.

Social Events:
APPNAPUN has successfully hosted four summer picnics and three banquets since its establishment. Our picnics are famous for sumptuous food with on-site tandoor, kite flying, cricket, games, and youth performances. Our banquets are embellished with professional elegance to celebrate our yearly achievement in style. We always get sold out ahead of time.

APPNAPUN team was proud to host The 2017 APPNA Spring Meeting in Philadelphia. Details of this magnificent and unique meeting can be read in the Spring Meeting Report.

Philanthropic Association:
APPNA PUN physicians and youth volunteered in charity clinics in Trinidad in September, 2016. APPNA PUN held free clinics in Philadelphia in collaboration with APPNA.

APPNA PUN volunteers are involved in a local Soup Kitchen

Youth Involvement:
APPNAPUN is destined to groom our children into educated, empathetic and multitalented professionals. APPNAPUN holds regular book club for our young readers. Our children actively participate in charitable projects. Our young- sters run the show of all our social events. The highlights must have been sensed in the Spring Meeting that we hosted in Philadelphia. A Youth Social Forum was organized with Mr. Khizr Khan where our youth discussed their rights and concerns as a US citizen.

Upcoming Undertakings:
1) Charity Mission Clinic Trip to Trinidad in September, 2017
2) Charity Clinic in Virginia in Collaboration with APPNA in September, 2017
3) Forum: Social and ethical issues with teenagers.
4) Ongoing Soup Kitchen and Book Club activities.

Hanoor Durrani, MD
President APPNA-PUN Chapter

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Hanoor Durrani, MD
President APPNA-PUN Chapter

APPNA-PUN Chapter
APPNA Heartland Chapter

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

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

Aims and Objectives for the year 2017:
1. In synchronization with National APPNA’s theme of this year “Civic Engagement through Community Service” APPNA Heartland Executive Council 2017 plans to continue existing efforts on a larger and collaborative platform through APPNA Heartland.

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

2. Our annual Health Fair is scheduled on September 33 rd, in collaboration with Mercy and Truth Clinic in Kansas City, KS. We have maintained a great collaboration where Mercy and Truth Clinic offers us their space, shares variety of medical equipment, basic lab tests.

APPNA Heartland Executive council this year will plan to start facilitating a health fair twice a year and plan to participate as a coordinator with APPNA National Health Care Day 2017.

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

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

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

5. We had our first Annual APPNA Heartland Dinner and Meeting on April 15, 2017. Details and pictures available on appnahart- land.org.

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

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

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

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

The Citizen Foundation
The Citizens Foundation, USA (TCF-USA) funds the construction and operation of primary and secondary schools for underprivileged children in Pakistan. TCF has won international acclaim for its education program and management excellence. From 5 schools in Karachi in 1995, TCF has expanded to 1,040 school units with 165,000 students in 109 towns and cities across Pakistan. TCF-USA is a professionally managed, tax exempt non-profit organization with a network of Chapters across the United States. The Kansas Chap- ter, has a presence in Kansas City and Wichita. APPNA community members are spearheading efforts in the Kansas City metro area to mobilize the community for fund raising efforts. The Chapters achievements include a school in Karachi in memory of three universally admired members of the Kansas City community who died in a tragic plane crash. The “Ali, Maria and Tausif Campus” is providing a valuable education to children in the impoverished Toiser Town community. http://www.tcfusa.org/

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

AJ Magazine
It is “Abdurr Rabb Jabeen” a is quality entertainment magazine which will be simultaneously published from USA and Pakistan. This magazine is the brainchild of Mahabbeen Zoidi, who is a Kansas City Resident and a Pakistani born US Citizen. She is the founder and chief editor of the magazine. This magazine will bring the latest news, trends and social events happening in the community in the US and Pakistan.

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

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

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

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

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

Mentorship Program
In order to nurture the love of medicine in the next generation, an APPNA Heartland physician has been instrumental in devising a mentorship program for high school and college students at the Providence Hospital. International students from Pakistan and India have been beneficiaries of this program as well. APPNA Heartland makes financial contribution to offset the cost of their lodging. This program is quite popular and several student rotating through this program have gone on to match in various residency programs in the United States. Interested students can send their request to askhain44@hearlink.net or hibba.haidar@gmail.com

Hibba Haider, MD
President Heartland Chapter
The World Health Organization is now one step closer to their goal of eliminating Malaria by 2040. There are still many challenges that must be addressed if the disease is to be completely eradicated in the coming decades. A new vaccine known as Mosquirix is being actively involved in developing this new vaccine. While we wait for the final results of the trial of the vaccine, we can see the potential of this vaccine in reducing the number of cases of Malaria.

On the eve of World Malaria Day on April 25th the World Health Organization announced that it will be starting to test a new Anti-Malaria vaccine for the field 3 trials in Kenya, Ghana, and Malawi. The Bill and Melinda Gates foundation has been actively involved in developing this new vaccine known as Mosquirix. While we wait for the final results of the trial of the vaccine, there are still many challenges that must be addressed if the disease is to be completely eradicated in the coming decades.

The World Health Organization is now one step closer to their goal of eliminating Malaria by 2040.

Syed Irfan Zaidi M.D. FACP
Which Dr. Khan

It is nice to be a doctor, son
But a doctor’s dad
That feeling is just extraordinary
I don’t know how to describe it.

I remember on your sixth birthday, son
You asked me, “Dad, in the hospital
When they page, ‘Dr. Khan,’
How would we know who they are calling for,
You or me?”

I wonder if you remember, son
My response to your question was
“When you become a doctor,
We will figure out a way how to deal with it.”

God has his own ways, son
How he resolves our problems
You have been telling me,
Psychiatry is not your choice.

Whatsoever path you choose, son
Whatever specialty you pick up,
I know, you would do the best.
Best of luck for all your endeavors.

As soon as my grandchildren saw me,
They ran toward me, giving me big hugs.
They asked me to look at their drawings.
Which had covered a big part of the driveway
They were so anxious for me to guess what they had drawn
And would start laughing if I couldn’t guess accurately.
Then one by one, they explained all the drawings to me.

I looked at the drawings very carefully
And listened to their details patiently.
They looked so proud of their artwork.
That day, before they went back to their home,
They instructed me not to erase any one of those drawings.
The way they wanted a promise from me, I thought,
I would have to put it in writing and get it notarized.

A couple of weeks later when they came back to visit us,
They were so angry at me, not realizing,
That rain had wiped everything away that they had created.
After they calmed down, they said to me,
“Grandpa, don’t worry, we’ll draw more pictures
And here is the chalk for you, you can draw with us too.”
Together we had a lot of fun.

Saleem A. Khan, MD
We welcome you all to this year's APPNA Summer Convention in Orlando Florida.

We are excited to present to you this year's Excellent CMEs with world class speakers.

Hope you and your family will have an awesome time during your stay here in beautiful Orlando.

Co-Chair
Irfan Aslam, MD

Co-Chair
Irfan Imami, MD
خودکلامی

اے دنیا، تیرے باتوں سے مانتا ہوں میں مطلب ہو، اگر ہو تو، اگر ہو تو۔ میں میں نہیں رہگزر ہے تیرے باتوں سے آشنا۔

منا عجل نے کہا، تیرے سراب میں اور حقائق و مجزے کے درمیان ہے میں چلے خواہش لیے، تیرگی سے جا لگتا ہے قضاو قدرت کے بیچ، رومنا بہت ہے میں پاہے سبھ سبھ میں بھی بنگا اس کبھی کوئی بھی جواب نہ ہو چاہیں ہے منہاں سے مانتا ہو ہے میں سبھ باہر ہے تیرے باتوں سے آشنا۔

خدا نہیں ہے بیس، بیس پانی کی خواہشات ابتدی، مان جا اخد نہیں بیس، بیس بندگان خدا بہت ہے میں بھی۔
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Oppotunities increase when you help others win. A little win for a partner is a little win for you.

ZT Wealth’s partnership with APPNA seeks to strengthen their connection with the Pakistani community through educational support, charitable giving, and participating in medical projects across North America and Pakistan.

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ZT Wealth is a full-service wealth management firm that provides specialized financial solutions through traditional and alternative investments in healthcare, automotive, quick service restaurants, and private equity.