



TRANSFORMING VISION INTO REALITY

APPNA

42nd Annual Convention

July 3-7, 2019

Orlando, Florida





INVESTING IN PARTNERSHIPS



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APPNA 42nd Annual Convention 2019
July 3-7, 2019 Orlando, Florida

President's Message



Dear APPNA Members:

I am grateful to all the members of APPNA for giving me the opportunity to serve you as your President for 2019. During the campaign, I heard a clear demand from the membership to end all litigations, infighting and partisan politics within APPNA, promote financial transparency and accountability within APPNA, and assure compliance with our own constitution. These priorities were reaffirmed in a membership survey conducted earlier in the year.

I started my presidency with an effort to bring all sides to the table. I was able to convince the senior members of the Board of Trustees to drop the lawsuit and join the newly elected BOT members. We also settled some other lawsuits within APPNA leadership going on since last 2 years or so. However, I soon realized that the partisan politics runs deep and desire to control APPNA supersedes the organization's interest for some of our leaders. Instead of upholding the constitution, officers of the Executive Committee declared that they do not recognize the authority of the BOT or any of its committees. They defied all the democratic traditions by walking out from the Council meeting during the spring meeting in St. Louis, MO. Recently, a lawsuit was filed by the same EC officers against me and five other BOT members, in an effort to create roadblocks and prevent me from focusing on goals and priorities set by the membership. Intimidating threats are sent to the newly hired accountant to disrupt efforts to bring financial transparency within APPNA.

As a team, our main goal is to build institutions to cultivate and support innovation and research in the fields of science, mathematics, philosophy and liberal arts. We launched a project to build an APPNA Institute of Innovation and Research (AIIR) earlier this year with the aim to nurture the minds and talent in Pakistan to help them achieve their potential to benefit not only Pakistan but the humanity at large. As the leading organization of expatriate Pakistanis, we want APPNA to take the leadership role in establishing AIIR. We plan to develop a structure that is transparent and encourage financial and intellectual contributions from within and outside of APPNA. I believe there is a tremendous talent in Pakistan that fails to achieve its potential due to lack of resources. By creating AIIR, and with generous support from APPNA members, we hope to unleash this untapped potential to benefit our motherland.

I acknowledge and thank hard work of Chair Dr. Asif Mohiuddin and Host Committee.

I am thankful to all APPNA membership who stood by me in these hard times. I look forward to working with the membership and seeing you at the Summer APPNA 2019 meeting.

Sincerely,

Naseem Shekhani, MD
President APPNA 2019



Editor's Message



Dear Friends,

Assalamualaikum

It is my pleasure to welcome you all to APPNA 42nd annual convention in Orlando, Florida. The host committee has organized a wonderful program this year under the leadership of Dr. Asif Mohiuddin including CME by some of the best presenters in the country, delicious food and superb entertainment by first class artists like Shazia Mansoor, Ali Zafar and Ustad Rahat Fateh Ali Khan.

On behalf of Publication committee, I thank APPNA president Dr. Naseem A. Shekhani, host committee chair Dr Asif Mohiuddin, publication committee chair Dr. Shagufta Naqvi and Mr. Laiq Siddiqui for their help and guidance. I am sure you will

enjoy this meeting like previous APPNA meetings and conventions held in Orlando.

Long Live APPNA

Abid Rasool, MD
Chair, APPNA Host Publication Committee

Shagufta Naqvi, MD
Chair

Asaf Dar, MD
Editor Urdu

Shaheen Mian, MD
Co-Chair

Farrukh Malik, MD
Editor English

Hasan Ali Ahmed Habib, MD
Co-Chair

Shahid Yousuf, MD
Advisor

Intikhab Ahmad, MD

Shahzad Iqbal, MD

Wasiq Mirza, MD

Tanveer Imam, MD

Executive Committee 2019



Naseem A. Shekhani, MD
President



Lubna Naeem, MD
Secretary



Aftab Khan, MD
Treasurer



Naheed Usmani, MD
President Elect 2019

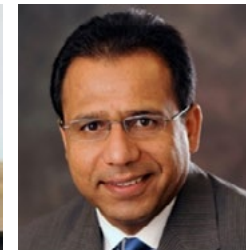


Iqbal Z. Hamid, MD
Immediate Past President

Board of Trustees



Farrukh Hashmi, MD
BOT Chair



Asif Rehman, MD
BOT Secretary



Riaz M. Chaudhry, MD



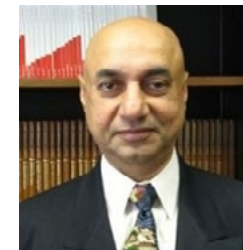
Rubina Inayat, MD



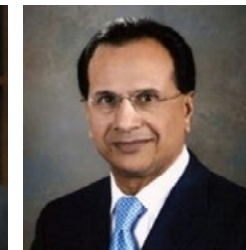
Qazi Kamal Haider, MD
Northeast/Canada Region
Newly Elected



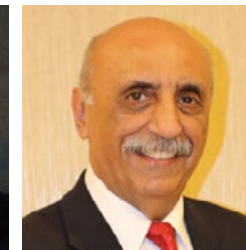
Hameed Peracha, MD
Southeast Region
Newly Elected



Dawood Nasir, MD
West/Southwest Region
Newly Elected



Manzoor Tariq, MD
Midwest Region
Newly Elected



Naseem Shekhani, MD
ExOfficio



G. Naheed Usmani, MD
ExOfficio



Iqbal Zafar Hamid, MD
ExOfficio

Dear APPNA attendees,

We are ecstatic to welcome you all to the APPNA 2019 Summer Convention.

We have planned an exciting couple days with entertainment, events and cannot wait to see you in Orlando!

APPNA Florida Chapter

Dr. Irfan Imami - President

Dr. Irfan Aslam - President elect

Dr. Farhan Zaidi - Secretary

Dr. Naveen Darakshan - Treasurer



Chair Host Committee Message



Dear APPNA family

As Chair of 2019 APPNA host committee it is my honor to warmly welcome you all to Orlando, "the city beautiful". Our local host committee has worked hard for many months under guidance of APPNA President Naseem Shekhani to bring you the best possible programs. From best CME speakers to top Pakistani Artists such as Rahat Fateh Ali Khan and Ali Zafar performing and from best Poets coming for this years Mushaira to the best Pakistani food caterers in US, we have it all for you to feast, learn and enjoy.

This year we have more than 270 vendors from all over the US and Pakistan to cater to your needs. Many top fashion designers, artists and other vendors are bringing their best products from clothes to jewelry to Art just for you.

Venue for our summer Convention is Hyatt Regency located on world famous International drive (I-drive) in Orlando. I-drive has many world famous attractions within walking distance from the hotel for your family to visit while you are busy with the APPNA meeting. These attractions include Orlando Eye, Madame Tussauds museum, Ripley's believe it or not, Wonder works and Andretti Karting to name a few places. Of course Disney world, Universal and Sea World are all within few miles from the hotel for the kids to visit.

The focus for this years meeting is empowering the youth and to invest our resources in research and innovation. APPNA has many brilliant minds and if we can harvest and promote a culture by involving great Pakistani Tech minds from the Silicone valley that rewards research and development specially in medical software and Biotechnology, our youth should be able to achieve many technological goals. We also have many forums and discussion topic throughout the meeting to help tackle issues we face in our professional lives.

We want to welcome all the Alumni and have encouraged class reunions and chapters to come together and promote friends to meet and have fun together. APPNA had a difficult year and we want to see comradeship and bonding during this meeting.

This convention could not be possible without the support of our Local Host committee who worked diligently to make it all possible and I thank each one of them for their help.

On behalf of all of us in the Host committee we welcome you to Orlando wish you all happy 4th of July. We hope you and your loved ones have a great time in Orlando.

Asif Mohiuddin, MD
Chair Host Committee
APPNA 42nd Annual Convention 2019



Host Committee



- Dr. Asif Mohiuddin
Chair APPNA 42nd Annual Convention
- Dr. Yousuf Bhaghani
Co-Chair Convention & Co-Chair Food Committee
- Dr. Nisar Quresh
Co-Chair Convention & Co-Chair Food Committee
- Dr. Humera Qamar
Co-Chair Convention & Chair CME
- Dr. Irfan Aslam - Chair Alumni
- Dr. Shahid Riaz - Chair Entertainment
- Dr. Asim Khan - Chair Sports Committee
- Dr. Naeem Moon - Chair Registration Committee
- Dr. Khurram Moin - Co-Chair CME
- Dr. Ayyaz Shah - Co-Chair CME
- Dr. Irfan Imami - Chair APPNA Chapter
- Dr. Abid Rasool - Chair Publication Committee
- Mrs. Ayesha Imami - Chair SAYA
- Dr. Mussarat Moon - Co-Chair YPN
- Dr. Ghazala Ejaz - Co-Chair YPN
- Dr. Nasir Gondal - Chair Mushaira Committee
- Mrs. Salma Bhaghani - Food Committee
- Mrs. Farheen Mohiuddin - Entertainment and Hospitality Committee
- Mrs. Sadaf Khan - Entertainment and Hospitality Committee
- Dr. Tabarak Qureshi - Entertainment Committee
- Mrs. Sabeen Irfan - Hospitality Committee
- Dr. Saima Qureshi - Hospitality Committee
- Dr. Asif Mirza - Sports Committee
- Dr. Riffat Qureshi - Baby Sitting Committee
- Dr. Farhan Zaidi - Publication Committee
- Dr. Khalid Maqsood - Youth and YPC Committee



July 1, 2019

Welcome! On behalf of the City of Orlando, it is my pleasure to welcome you to The City Beautiful for the Association of Physicians of Pakistani Descent of North America's 42nd Annual Summer Convention.

We're thrilled to be hosting an organization that is committed to compassionately serving others while promoting excellence in healthcare, research and education.

Your event is set in one of the country's fastest-growing and most dynamic cities. With a vibrant dining scene, first-rate hotels, diverse arts and cultural opportunities, endless shopping options and many outdoor activities, Orlando has so much to offer.

I invite you to explore our community during your visit. You probably know that Orlando is America's most-visited destination, but there is so much more.

We're proud that our city is diverse, inclusive and welcoming, which is reflected in our 10 Orlando Main Streets districts, which are filled with unique restaurants and shops. Downtown Orlando is experiencing an entertainment and sports renaissance thanks to venues like the Amway Center, Dr. Phillips Center for the Performing Arts, Camping World Stadium and Orlando City Soccer Stadium, plus our community's crown jewel, Lake Eola Park.

I hope you have a wonderful convention, but also take some time to discover the other half of Orlando!

Sincerely,

Buddy Dyer
Mayor

OFFICE OF THE MAYOR
Orlando City Hall · 400 South Orange Avenue · Third Floor
PO Box 4990 · Orlando, FL 32802-4990
P 407.246.2221 · F 407.246.2842 · cityoforlando.net/mayor



President Elect's Message



Dear Members:
Welcome to Orlando. It is a tremendous tribute to APPNA's resilience that we are gathering for our 42nd Annual Convention!

I had set a number of goals to advance APPNA's mission as your President-Elect 2019. We have made progress on many of them, despite some trying times in APPNA.

Goals I had announced:

1. APPNA Women Leadership Development
2. Re-establish APPNA US/Canada Medical Graduates Section
3. Nurture APPNA Component Societies
4. Strengthen APPNA Educational Initiatives – MERIT, RESA
5. Develop APPNA's Youth Mentorship Programs

Accomplishments:

1. APPNA Women Leadership Development: We are working closely with WAPPNA (APPNA's Women Physicians organization) to encourage more APPNA female physicians to take on leadership roles in APPNA's overall management. 5 females have been elected APPNA's President over its 42 year, not commensurate with the approximately one-third of APPNA membership that is female. We need a better gender balance in APPNA's leadership, not just for fresh perspectives but also more professionalism in APPNA leadership discourse. We organized two highly regarded workshops for women leadership development:

- First workshop was facilitated by Dr. Atiya Khan in January at APPNA Strategic Retreat in Chicago and brought female physicians together to discuss leadership challenges and mentorship needs,
- Second workshop was led by Northeastern University leadership professor, Rick Arrowood, at APPNA Spring Meeting in St. Louis who used many fascinating interactive techniques to engage the attendees in leadership discussions. Many male doctors also joined these workshops to support this effort. We want to encourage all female physicians to become involved in leadership!

2. Re-establish APPNA US/Canada Medical Graduates Section: Thousands of Pakistani-descent US and Canadian physicians have graduated from or are enrolled in North American medical schools. They are our next generation and should be a key part of APPNA's future. I am delighted to report that at the APPNA Spring Meeting the APPNA Council approved the re-invigorated North American Medical Alumni (NAMA) section with new President Dr. Mujtaba Qazi, an NYU medical school graduate. The Section will be a platform for professional networking, advocacy, US and international medical missions, youth mentorship, social and entertainment activities geared specifically to our US/Canadian graduates. Please ask your friends and relatives who are US/Canada medical graduates to join NAMA and shape its initiatives!

3. Nurture APPNA Component Societies: We successfully approved our second Canadian APPNA chapter, in Alberta, with new President Dr. Tariq Awan, at APPNA Spring Council Meeting. Component societies are my responsibility as President-Elect and I am working on greater sharing of best practices and more standardization across our component societies and help train component society leaders for their role on APPNA Council.

4. Strengthen APPNA Educational Initiatives – MERIT, RESA: As Advisor for APPNA educational initiatives – RESA, APPNA Academic Physicians, MERIT, and Medical Corp, I am working on improved coordination and collaboration across these committees so they can deliver more effective educational programs for US and Pakistan learners. We are also working with Pakistan's Higher Education Commission (HEC) on some new initiatives for improving medical education, training and research in Pakistan.

5. Develop APPNA's Youth Mentorship Programs: We have a newly elected SAYA board for APPNA youth. I am looking forward to working with APPNA Chapters and SAYA to develop mentorship programs for our high school and college students to enter and succeed in healthcare fields.

APPNA has so much potential to increase its positive impact in US, Canada, Pakistan, and elsewhere. I will continue to work to bring more professionalism and inclusion in to APPNA's initiatives and with your help hopefully we will continue to make progress.

Thank you for your support and duas!

Naheed Usmani, MD
President-Elect APPNA 2019



Secretary's Message



Dear APPNA friends,

I have good news to share with you since APPNA Executive Committee has been lawfully granted as Board of Directors status, there have been two formal EC meetings led by Dr. Shekhani.

There have been burning issues of Governance and CABL which merit attention and an update consistent with the current physician organization standards. The consensus seems to build bridges through the power of service, compassion and pursue our purpose as defined in our mission statement.

The year started with a positive with an educational seminar promoting women leadership. It is a vital goal for our organization to continue to integrate women into the governance strata and to keep the issues of women and children and women empowerment in a favorable light so that no one is left behind.

The other highlight of the year is APPNA's collaboration with center of disease control to prevent multi drug resistant typhoid. This is an extensive educational program adopting food and waterborne preventive guidelines. These efforts were highly appreciated and recognized by CDC.

The Young Physician committee and Advocacy Committee have worked very hard holding multiple educational and training seminars with the leading Program Directors and ECFMG Directors helping the young Pakistani physicians to improve their likelihood to match and timely visa issuance.

To transform into a member driven organization we do have a career portal that offers members to post job openings including H1-J1 Job postings, Buying or selling practices, equipments and tools to improve practices such as EHR vendors

It's time we address the concerns of Pakistani Physicians such as challenges of keeping practices viable, corporate and insurance dominance and physician burnout.

We must stand for Pakistani Physician professionals

BOTTOM LINE:

There needs to be a paradigm shift:

More than 2/3 of our income comes from meeting revenue and 1/3 from members

There needs to be member driven provision of services to accomplish our mission of APPNA's growth, institutional memory and legacy

When our juniors see us spending more time promoting science, medicine and better health care delivery and that we care about their professional development issues, they will join us in flocks.

The size of our membership will drive our successes and that success is easy to sell.

Lubna Naeem, MD
APPNA Secretary 2019



Treasurer's Message



My Dear Appna members,

I pledge to perform the duties entrusted upon me, by the APPNA constitution and bylaws, to the best of my capabilities. I request you all to support me throughout this year as I fulfill these responsibilities.

Working together we will make Appna not only a place of learning and education but a place of friendship, fun, and enjoyment.

Treasurer:

18.5.1 The Treasurer shall be the manager of all recurring funds of the Association.

18.5.2 He/she shall be accountable, through the Council, to the Association.

18.5.3 He/she shall also discharge the following duties:

18.5.3.1 Collect all annual membership dues, assessments, donations and such monies as may be due to the Association.

18.5.3.2 Keep membership records and issue membership certificates.

18.5.3.3 He/she shall deposit all funds received in an approved depository and disburse them upon order of the Council.

18.5.4 He/she shall render a report to the Council reviewing the Association funds and imparting recommendations for the advancement of the Association's interest at each meeting of the Council.

18.5.5 He/she shall present the annual report at the annual general meeting of the Association. 18.5.7 He/she shall perform such other duties as are imposed upon him/her by the Constitution and Bylaws of the Association.

Best Regards

Aftab Khan, MD
APPNA Treasurer 2019



APPNA 42nd Annual Convention 2019

July 3-7, 2019 Orlando, Florida

Immediate Past President's Message



As your immediate Past President, I would like to welcome you all, to our Summer Convention in Orlando.

We all have to keep trying to work together, follow the rule of APPNA and not get carried away with unnecessary controversies that promotes divisiveness in the name of unity.

There has been a lot of chatter and misinformation being spread about the finances of 2018 over the past few months. I assure you that everything was done according to the norms of the organization. Our finances were managed by then Director of Operations, Jennifer Wozniak, our Book Keeper

Sehba and APPNA's Accountant. At the end of fiscal year, a yearly audit is done every year that is being completed for 2018 as we speak.

All the meetings in 2018 were done in collaboration with different Chapters and Alumnis. Strategy meeting to start the year in Miami, chaired by Dr. Saqib Masroor was a great success.

APPNA Spring meeting, chaired by Dr. Aftab Kahn was a great success.

Summer Convention in Dallas was chaired by Dr. Dawood Nasir and his team. APPNA Alliance lead by Hanadi Nadeem had 2500 people plus in their banquet. APPNA has never seen this kind of participation on Thursday.

Rest of Summer Convention saw Youth Convention, wonderful Social forum, philanthropic activity of supporting Smile again, and Tawatar, sold out Bazaar, great food by Dallas Palm and Sabri Nihari and a lot of camaraderie.

APPNA Fall meeting in Virginia was chaired by Dr. Tariq Shahab and was a great success.

Global Healthcare Summit was not only a winter meeting but a sincere effort to enhance the image of our organization through out Pakistan. The Summit chaired by Dr. Akhtar Hamidi, co- chaired by Dr. Zahid Asghar, Dr. Razi Mohammad, Dr. Ayesha Najib, Dr. Mozaffar Khan and Dr. Namirah Jamshed and supported by supported by KEMCAANA President Dr. Mian Ahmed Hasan And JSMUAANA President Dr. Mansoor Alam. I can not thank SIUT and Dr. Adeb Rizvi enough for all their help and support. KE, Doctor's Hospital, JSMU, Army Medical College participated in our quest to enhance the education among our colleagues in Pakistan.

APPNA international trips, chaired by Dr. Aftab Ahmed in 2018 were very well attended and successful.

APPNA Mobile Health Clinics in Pakistan has been a great success. APPNA donated 12 Mobile Health Clinics in Pakistan and one in Bangladesh on behalf of membership by the members.

APPNA Amendments were passed by majority of our general membership that increased the number of BOT to 11 and the election of new BOT by our esteemed membership.

APPNA is one and we all should continue to follow our CABL and work with mutual respect in mind. Golden days of APPNA are not that far. I wish our President Dr. Shekhani and his team, the best for this year.

Iqbal Zafar Hamid, MD
Immediate Past President APPNA

Complete Revenue Cycle Management



ASCEND BPO SERVICES
HELPING PHYSICIANS
FOCUS ON PATIENTS

YOU PRACTICE MEDICINE, WE DO YOUR BILLING

Credentialing & Enrollments	Preauthorization Management	CMS Qualified MIPS Registry	MIPS Consultancy	Dedicated Patient Helpline
Patient Calling (Outbound)	New Provider Setup	Paper Claims Submission	Charge Entry and Claim Submission	Patient Demographic Entry
Claim Follow-up and Resubmission	Email and Phone Appointment Reminders	Patient Statements and Processing	Remittance & Payment Posting	Fee Schedule Management



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APPNA
42nd Annual Convention
July 3-7, 2019 Orlando, Florida

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M. Rizwan Khalid

M.D., F.A.C.P., F.A.C.C., F.S.C.A.I., F. H.R.S.
Associate Prof of Cardiology, KCUMB, Joplin, MO
AKU Alumnus – Class of 1999



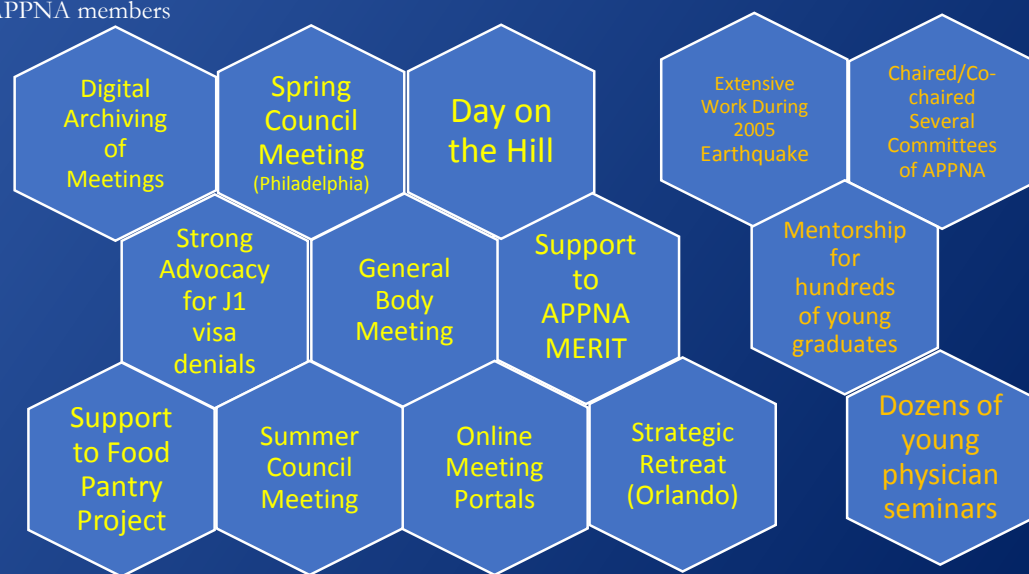
Candidate for APPNA President-Elect 2020

Leading with Sincerity,
Integrity and Vision

As PRESIDENT, APPNA, my AIMS will be:

- To work on making APPNA truly a **professional** organization.
- Make decisions on **merit and merit alone**.
- To improve the **academic** footprint of APPNA and emphasize on **better educational programs** for our membership including board review courses.
- To attract **young leaders** into APPNA including parallel programs for North American medical graduates.
- Further **community involvement** projects in the United States.
- **Empowering** the Treasurer, Secretary, President-elect and Regional Chapters (**Devolution of power**).
- **Guaranteeing Continuity** of policies from one year to the next and improved governance.
- Nominating at least one **woman leader** in every APPNA committee (Chair, Co-chair or Advisor).
- **Strong voice** in the Executive committee for Young Physicians, Social Welfare and Disaster Relief in the US and Pakistan, Research and Education and Advocacy for Pakistani Americans and Pakistani Physicians
- **Early Career Attendings:** To develop programs and guidance for early career attendings (less than 15 years in practice), who now constitute a significant part of Pakistani Physicians in the United States.
- **Enhancing Telemedicine portal** for providing free medical treatment to patients across Pakistan by APPNA members

Accomplishments as
Secretary APPNA 2017



Past Accomplishments

www.RizwanKhalid.com
rizwan_khalid@yahoo.com
Cell: (203) 892-5140

RESPECT, UNITY & PROVEN TRACK RECORD

M. Sohail Khan MD

For President Elect 2020



Democracy is our BEST HOPE

ACCOMPLISHED ALREADY

- ✓ **2014 Built PPS APPNA House Chicago** which has already helped thousands Fully paid off with interest thus building more than **half a million dollars in assets** for PPS APPNA Illinois in a few years
- ✓ **APPNA & PPS & Alumni Externship program** - Thousands have Rotated through
- ✓ **APPNA Registration System** for housing and Externship
- ✓ **Established APPNA Institute of Clinical Research Training (AICRT)** Courses with faculty from Rush & Northwestern University
- ✓ **APPNA Merit** regular lectures.
- ✓ I Voluntarily Conducted **Clinical Skills Training Classes** every Tuesday since 2014
- ✓ **APPNA & DOGANA Electronic Balloting** and APPNA Electoral Reforms
- ✓ **APPNA Asset Redistribution and Reallocation** approval to a Large Cap Company - APPNA Finance Committee
- ✓ **Co-chaired membership committee 2013 largest increase in membership** in APPNA's History i.e. 1/3rd of current APPNA membership
- ✓ Innumerable very successful **profitable Retreats and events** to help our charitable works
- ✓ Started **first ever International Trips** with CME from Chapter
- ✓ **DOGANA 2011 Compilation** of accounts with **Internal & external audits** of previous 7 years with book keeping
- ✓ Started **DOGANA Scholarship Fund**
- ✓ **DOGANA Office Renovation**
- ✓ Conducted **International Meetings** on Spinal Cord Injury & Disorder & Cardiology Conferences
- ✓ **New DOGANA Web Portal**
- ✓ **Rebuilt ORs** at Civil Hospital Karachi
- ✓ **Joplin MO Tornado Disaster** – Built **Biology lab** at high school 2011
- ✓ **Renovated Arag Auditorium** at DMC with 2 way live conferencing ability from anywhere
- ✓ Extremely Successful fundraisers for **Indus Hospital in Chicago x 2 more then \$600K**
- ✓ Established 2013 **Patients Welfare Association Endowment** from \$100K today is >\$300K
- ✓ **Pakistan earth quake relief** fund raising and sent teams through HDF
- ✓ **Houston Floods** visited and volunteered
- ✓ **Tornado relief in Byron Illinois** with 5000 trees planted
- ✓ Supports : **Shaukat Khanum Hospital** since 1996, **Kohi Goot Hospital, HDF, NHF, NKLI, TCF, SUIT**

These are just some highlights See Resume for much more

- **APPNA SECRETARY 2018**
- **APPNA TREASURER 2017**
- **APPNA ILLINOIS PPS PRESIDENT 2014**
- **APPNA DOW ALUMNI PRESIDENT 2011**
- **ILLINOIS STATE MEDICAL SOCIETY – COUNTY PRESIDENT, SECRETARY & TREASURER 1997-2006**
- **APPNA DOW ALUMNI SECRETARY 1999-2000**
- **APPNA DOW ALUMNI TREASURER 1998-1999**

TO ACCOMPLISH

- Empower young physicians to take leadership of APPNA
- Expand APPNA Educational Programs with positive revenues
- Transform APPNA free clinics under a network with full time services
- Reimbursement of appropriate amounts of profits to Alumni and Chapters from Summer Convention
- Healthy & transparent finances of APPNA & it's Chapters, Alumni with Audits & Compilation of all of their Accounts will be a priority for me
- All issues resolved on a majority vote



"Building Bridges through the Power of Service and Compassion"

Lubna Naeem M.D.

For APPNA President Elect 2020

A proven leader with...

Vision
Integrity
Compassion
Knowledge

Physician Advocate for
Responsible Use of Expertise
and Influence to Advance
Wellbeing of Communities

*"I am eager to serve the members of this great
medical organization and ask for your support."*
- Lubna Naeem, M.D.

 www.facebook.com/lubsakki1

Haroon Durrani, MD

Candidate for Secretary APPNA 2020



APPNA FIRST

Bringing Everyone together for a
transparent and inclusive APPNA

Services to APPNA:

- Chair APPNA winter meeting 2014
- Chair APPNA Spring meeting 2017
- Chair International meeting 2017
- Chair Membership Committee 2011

- I have served as a member of many Committees including:
- SWDR Committee 2011, Ethics and Grievance Committee 2015, Finance Committee 2009, International meeting organizing committee 2014, Host committee for summer conventions 2014, 2015, 2017.
- Co Chair Election and Nomination Committee 2014, Advisor International Meeting Committee 2019.
- Host /MC Summer Meeting Saturday night banquet 2017.
- **Services to Nishtar Alumni Association of North America (NANA)**
- Treasurer. 2007, Secretary 2008, President Elect 2009,
- President 2010, Member Board of Trustees NANA 2012 to 2016,
- Member Project evaluation Committee 2011 to 2019.
- **Services to APPNA PUN A Delaware Valley chapter of APPNA. (Founding member)**
- President Elect 2014 and 2015, President 2016 and 2017.
- Currently, Member Board of Trustees APPNA PUN and, Chair Award Recognition Committee.
- Served as a member of several other Committees including E and G Committee.
- **Community Services**
- Martin Luther King Junior Freedom Medal awarded by Camden County Freeholders in 2012 for outstanding Community services. Community services recognition by Cherry Hill Mayor Chuck Kahn. Founding Member and Vice President Tamarind Society (Tamarindlive.com)
- Member Board of Trustees Muslim Federation of South Jersey MFSJ 2016-2018.
- I have worked as a foot soldier & Community leader bringing people together. Advocating and promoting our young generation and women to take leading role in our Communities as well as APPNA. Worked locally with food Pantries and helped organize free clinics on a regular basis.



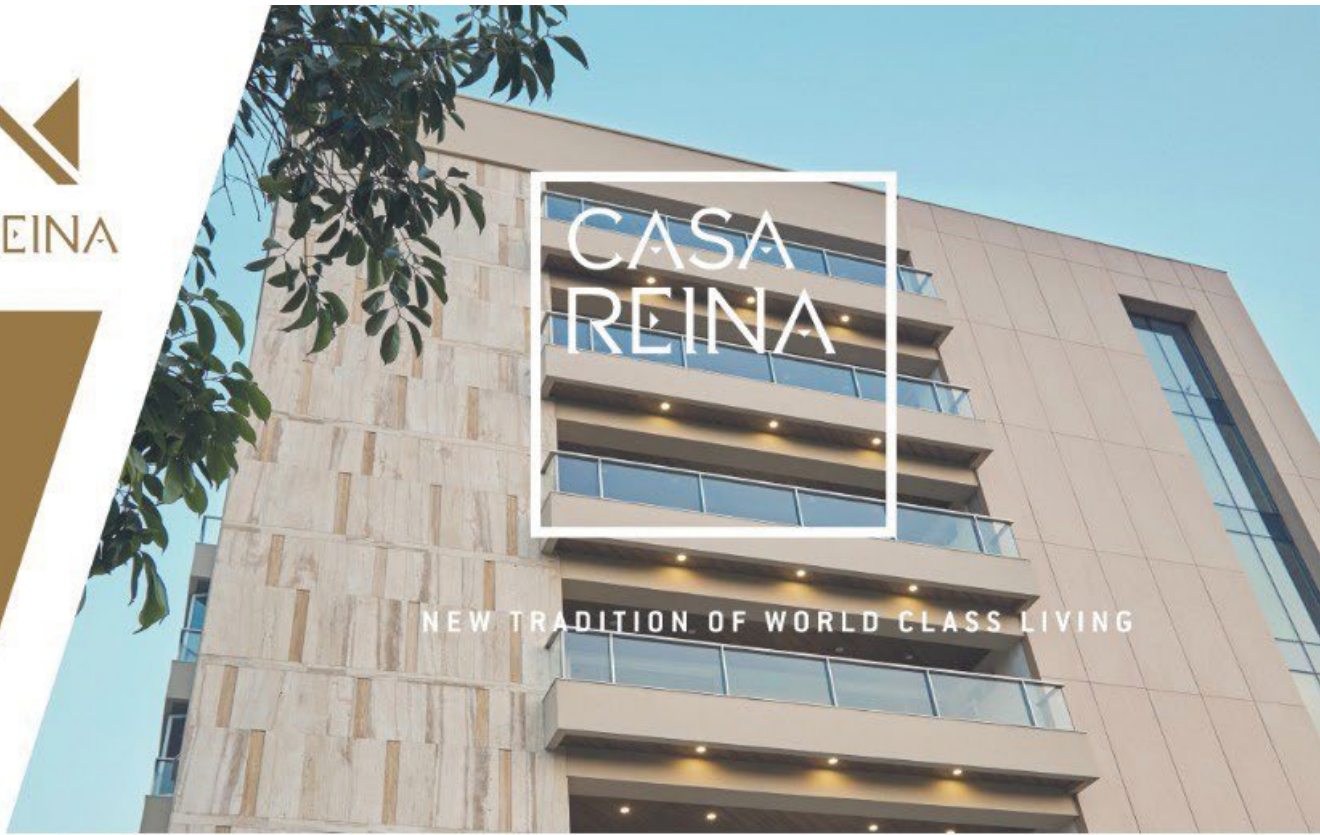
AFTAB KHAN, MD

For APPNA Secretary 2020

"Working together we will make APPNA not only a Financially Vibrant Organization but a Place of Learning, Education, Friendship and Entertainment. Where members will be proud of APPNA and APPNA will be proud of them."

Aftab Khan, MD

- **KEMCOLIAN**
- **Treasurer APPNA 2019**
- **Chair, APPNA Finance Committee**
- **Member, APPNA Finance Committee**
- **Member**
APPNA Young Physicians Committee
- **Member**
APPNA Medical Corp Committee
- **Member**
APPNA Medical School Committee
- **Member, Telemedicine Committee**
- **Chair, Kemmcanna Annual Retreat**
- **Chair**
APPNA Office Management Committee
- **Chair, Appna Electives Committee**
- **Chair**
APPNA Strategic and Planning meeting
- **Chair, Appna Spring Meeting**
- **PPS President**
- **President, Abdalian Association of North America**
- **Board of Trustees PPS**
- **Board member APPNA Clinic**
- **Co-Founder " E- APPNA"**
- **Co-Founder**
Foreign Medical Graduates & APPNA Doctors Self Scheduling, Electives & Research Program
- **Volunteer Physician of the year Pakistani Physician Society**
- **Volunteer Physician of the year APPNA**
- **Completed More than 500 hours of Volunteer work in APPNA Clinic**



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A personal approach to investing

Irshad R. Sheikh, MBA, AAMS®

First Vice President - Investment Officer, Fundamental Choice Portfolio Manager



Background and Experience

For over a decade, Irshad has helped clients address their financial concerns and develop sound strategies by focusing on each individual's specific needs. He has over 20 years' experience as a successful business leader with an MBA - Public Accounting / Finance degree, leading to a Director of Finance position with a \$ 15 Billion company. With extensive experience throughout major shifts in the markets, he has dedicated his career to delivering the personalized investment planning services that his clients and their families deserve. He works with individuals, businesses focusing on their retirement plans, and Institutional Endowment Plans & Trusts. He also specializes in designing a suitable tax-deferred* retirement plans to maximize tax savings for physicians and small to mid size business organizations. * Wells Fargo Advisors is not a legal or tax advisor

Focus

Irshad provides comprehensive wealth management and investment planning processes to help his clients achieve their specific goals. As a First Vice President - Investment Officer and Fundamental Choice Portfolio Manager, Irshad manages risk in clients' portfolios with active tactical money management strategies including Social Responsibility portfolios. He works with each client in developing their financial plan.

Educational Background and Certifications

Irshad earned his B.S degree in Finance

and MBA in Public Accounting from St. John's University, New York and holds Series 7, 63 and 65 registrations, as well as the Accredited Asset Management Specialist (AAMS) designation from the College of Financial Planning.

Prior Corporate Experience

In 2006 Irshad joined A.G Edwards as a Financial Advisor in the Town & Country Office in St. Louis, MO. Before entering the financial services industry, Irshad worked for more than 20 years in Accounting and Finance with a Fortune 100 Company. He worked the last 8 years with May/Macy's as the Director of Finance where he managed assets in excess of \$1 billion.

Away from work

Irshad likes to play Golf and Racquetball and spends free time with his wife, Farrah, a Clinical Research specialist in Ophthalmology. They enjoy travel and volunteer work.. Their son Raheel is MD and is doing his residency in Anesthesiology and their daughter Zofi, is studying to become a Psychologist.

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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.

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 30 years. As you can see, we have had significant appreciation while we have distributed funds to the participating Medical School Alumni to benefit the needy students for past 3 years.

Following is a breakdown of Funds as of April 30, 2019:

Medical College	Initial investment	Funds Distributed	Current Account Value
Nishtar Medical College:	\$ 920,690.00	\$ 75,000.00	\$ 1,161,430.41
King Edward Medical University:	\$ 472,647.00	\$ 38,000.00	\$ 586,439.35
Jinnah Sindh Medical University:	\$ 182,376.00	\$ 16,600.00	\$ 230,083.44
Quaid-I-Azam Medical College:	\$ 128,300.00	\$ 9,700.00	\$ 170,928.24
Rawalpindi Medical College:	\$ 112,800.00	\$ 7,200.00	\$ 150,102.06
Fatima Jinnah Medical College:	\$ 79,330.00	\$ 5,350.00	\$ 98,703.15
Khyber Medical College:	\$ 28,063.00	\$ 2,450.00	\$ 38,711.18
Bolan Medical College:	\$ 20,000.00	\$ 0.00	\$ 22,892.01
Totals:	\$ 1,944,206.00	\$ 154,300.00	\$ 2,459,289.84

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

The Scholarship Program is ongoing. All donations are TAX DEDUCTIBLE. These scholarships are distributed to the deserving medical students at various medical colleges in Pakistan. This is the best way to donate your Zakat funds. 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 2019

TRANSFORMING VISION INTO REALITY

APPNA NATIONAL HEALTH CARE DAY SATURDAY, OCTOBER 12, 2019

NATIONWIDE IN COLLABORATION WITH APPNA
CHAPTER/ALUMNI PRESIDENTS AND MEMBERS

FOR FURTHER INFORMATION PLEASE CONTACT:

SOHAIL QARNI, MD
CHAIR, NATIONAL HEALTH CARE DAY 2019
SOHAILQARNI@HOTMAIL.COM

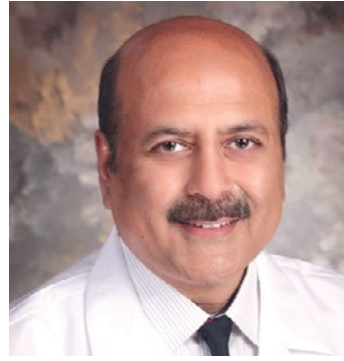
Ehtsham Haq, MD
ADVISOR, NATIONAL HEALTH CARE DAY 2019
EHTSHAMH@YAHOO.COM

NASEEM SHEKHANI, MD
PRESIDENT APPNA 2019

- ✦ Nationwide eblast to APPNA membership
- ✦ Teleconference arranged before APPNA Summer Convention
- ✦ Communication with Chapter and Alumni Presidents
- ✦ Encouragement to non-appna volunteers to be involved
- ✦ Visit www.appna.org NHCD 2016 for details a
- ✦ Contact Chair Sohail Qarni, MD for any questions at sohail.qarni@hotmail.com or Ehtsham Haq, MD at Ehtshamh@yahoo.com



APPNA Inaugural International Trip to South Korea & Japan



This year APPNA International meeting Organization Committee organized its inaugural trip to Seoul, South Korea and Tokyo, Osaka in Japan. It was one of the largest group for APPNA trip which comprised of 190 people in 5 buses. It was truly a fun filled trip to Far East. Group enjoyed the culture, food, sites and hospitality of both South Korean and Japanese people. Tokyo and Seoul in particular were amazing cities to visit. Highlight of Tokyo was the Neon lights display at night and Cherry Blossoms during the day. In Seoul visiting DMZ and peeking into North Korea was an amazing site.

It was challenging to organize the logistics of not only the entire trip in general but daily schedule in particular. People from all ages enthusiastically showed up on time for long days of fun filled activities and sightseeing. Committee members worked very hard to put it all together.

It is evident by ongoing messages on What's App bus groups that people made new friends and enjoyed the company of old friends.

By the time you will be reading this the committee would have been back from ICC Cricket World cup tour in UK.

Fall trip is planned for Turkey from 13th - 22nd September. Hope to see you on the trip.

Committee member are:

Advisor Dr. Haroon Durani, Co chairs Drs Adnan Zaidi and Sohail Qarni, Chair CME Dr. Azfar Malik, Co Chair CME Dr. Faiqa Qureshi.

Members are Drs Ehtesham Haq, Nadeem Haque and Nighat Qadri.

Respectfully Submitted

Nadeem Ahmed MD
Chair, International Meeting Organization Committee 2019
Ross University School of Medicine 1985.



APPNA Inaugural International Trip to South Korea & Japan





Event Schedule

Venue: Hyatt Regency, International Drive, Orlando

Wednesday, July 3, 2019:

6:00 AM - 11:59 PM	Prayer Room	Celebration 1/2
9:00 AM - 5:00 PM	Exhibition Move In	Orlando/Plaza/Florida
3:00 PM - 10:00 PM	Registration	Registration Desk
5:00 PM - 1:00 AM	Late Night Concession Stand	Regency Foyer
6:00 PM - 7:00 PM	Inauguration Ceremony	Regency Foyer
7:00 PM	Chapter Night Program	Regency UV

Thursday, July 4, 2019:

6:00 AM - 2:00 AM	Prayer Room	Celebration 1/2
7:00 AM - 8:30 AM	CME Breakfast	Regency UV
8:00 AM - 1:00 PM	CME	Regency UV
9:00 AM - 6:00 PM	Bazaar	Orlando/ Plaza / Florida
9:00 AM - 7:00 PM	APPNA Arts, Literary & Social Festival 2019	Celebration 9/10
9:00 AM - 7:00 PM	APPNA Arts, Literary & Social Festival 2019	Celebration 7/8
11:00 AM - 6:00 PM	Food Courts at Orlando; Regency Express; Regency Foyer	
12:00 PM - 1:00 PM	Childhood Depression Seminar	Blue Spring
1:00 PM - 2:00 PM	ZT Corpora- Auto Dealership	Blue Spring
	Investment Seminar	
1:00 PM	CME Lunch	Regency T
2:00 PM - 3:00 PM	MERIT	Regency UV
2:00 PM - 8:00 PM	SAYA / Youth Program	Bayhill 21/22
2:00 PM - 8:00 PM	SAYA / Youth Program	Bayhill 23/24
2:30 PM - 4:30 PM	Council Meeting	Regency UV
6:00 PM - 1:00 AM	Childcare	Challenger 38-42
6:00 PM	Alliance Dinner; Fashion Show & Entertainment	Regency Ballroom
9:00 PM	Alliance Fashion Show & Entertainment	Regency Ballroom
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Regency Foyer
10:00 PM	Painting Exhibition & Literally- Reception	Celebration 9/10
10:30 PM	Mushaira	Windermere - X



Event Schedule

Venue: Hyatt Regency, International Drive, Orlando

Friday, July 5, 2019:

6:00 AM - 11:00 PM	Prayer Room	Celebration 1/2
7:00 AM	Golf (Meet in the lobby)	Waldorf Astoria Golf Club
7:00 AM - 1:00 PM	Registration	Registration Desk
7:00 AM - 8:30 AM	CME Breakfast	Regency UV
8:00 AM - 12:00 PM	CME	Regency UV
8:00 AM - 11:00 AM	Workshop on Dermatology	Rainbow Spring
9:00 AM - 6:00 PM	Bazaar	Orlando/Plaza/Florida
9:00 AM - 10:00 AM	ZT Corporate - Auto Dealership	
	Investment Seminar	Blue Spring
9:00 AM - 5 :00 PM	SAYA / Youth program	Bayhill 21/22
9:00 AM - 5 :00 PM	SAYA / Youth program	Bayhill 23/24
9:45 AM - 10:30 AM	CME Coffee Break	Regency UV
10:00 AM - 1:00 PM	Alliance Work Shop - No Fun Being Ordinary	Coral Springs
10:00 AM - 6:00 PM	Food Courts at Orlando; Regency Express; Regency Foyer	Regency Foyer
10:00 AM - 7:00 PM	APPNA Arts, Literary & Social Festival 2019	Celebration 9/10
10:00 AM - 7:00 PM	APPNA Arts, Literary & Social Festival 2019	Celebration 7/8
11:00 AM - 1:00 PM	Improving Governance in APPNA: Issues & Solutions	Regency T
11:30 AM - 1:00 PM	JSMU General Body Meeting	Silver Springs
11:30 AM - 1:00 PM	Nishtar General Body Meeting	Rainbow Springs
11:30 AM - 1:00 PM	Khyber General Body Meeting	Blue Springs
11:30 AM - 1:00 PM	KEMCAANA GB Meeting	Barrel Spring
11:30 AM - 1:00 PM	DOGANA GB Meeting	Manatee Spring
12:30 PM -1:30 PM	CME Lunch	Regency UV
1:15 PM - 2:00 PM	Jumaa Prayer	Windermere -YZ
2:30 PM - 4:00 PM	Social Forum	Regency T
3:00 PM - 10:00 PM	Registration	Registration Desk
3:00 PM - 5:00 PM	Tennis Tournay	Hotel Tennis Courts
3:30 PM - 5:00 PM	WAPPNA Program	Silver Spring
5:00 PM - 10:00 PM	OPEN Conference	Bayhill 17/18
8:00 PM	OPEN Dinner	Bay Hill 19/20



Event Schedule

Venue: Hyatt Regency, International Drive, Orlando

Friday, July 5, 2019:

6:00 PM - 1:00 AM	Childcare/Baby sitting	Challenger 38-42
Alumni Dinners		
5:00 PM - 9:00 PM	Aga Khan	Manatee Spring
6:00 PM - 9:00 PM	DOW	Regency UV
6:00 PM - 9:00 PM	Jinnah Sindh	Windermere W
6:00 PM - 9:00 PM	Rawalpindi	Regency T
6:00 PM - 9:00 PM	SAYA	Bayhill 21/22
6:00 PM - 9:00 PM	Fatima Jinnah	Celebration 12/13
6:00 PM - 9:00 PM	Khyber	Windermere Z
6:00 PM - 9:00 PM	Punjab	Celebration 5
6:00 PM - 9:00 PM	Dental	Celebration 6
6:00 PM - 9:00 PM	Nishtar	Barrel Spring
6:00 PM - 9:00 PM	Allama Iqbal	Windermere Y
6:00 PM - 9:00 PM	Caribbean / NAMA	Coral Spring
6:00 PM - 9:00 PM	Liaquat	Celebration 16
6:00 PM - 9:00 PM	King Edward	Windermere X
6:00 PM - 9:00 PM	Quaid-e-Azam	Rock Spring
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Regency Foyer
10:00 PM	Entertainment	Regency Ballroom

Saturday, July 6, 2019:

6:00 AM - 1:00 AM	Prayer Room	Celebration 1/2
7:00 AM - 8:30 AM	CME Breakfast	Regency UV
7:00 AM - 1:00 PM	Registration	Registration Desk
8:00 AM	Cricket Tournery	Meet in the lobby
8:00 AM - 11:00 AM	CME	Regency UV
8:00 AM - 10:00 PM	OPEN Conference	Bayhill 17/18
8:00 AM	OPEN Breakfast	Bay Hill 19/20
8:30: AM 2:00 PM	Dental APPNA CE Meeting	Celebration 5/6
9:00 AM - 6:00 PM	Bazaar	Orlando/Plaza/Florida
9:45: AM - 10:30 AM	CME Coffee Break	Regency UV
9:00 AM - 2:00 PM	Young Physicians Seminar (YPC)	Manatee Spring



Event Schedule

Venue: Hyatt Regency, International Drive, Orlando

Saturday, July 6, 2019:

10:00 AM - 7:00 PM	APPNA Arts, Literary & Social Festival 2019	Celebration 9/10
10:00 AM - 7:00 PM	APPNA Arts, Literary & Social Festival 2019	Celebration 7/8
10:00 PM - 4:00 PM	YPN - Young Professionals Network	Windermere Y
11:00 AM - 1:00 PM	Alliance General Body Meeting	Rainbow Springs
11:00 AM - 12:00 PM	ZT Corporate - Auto Dealership Investment Seminar	Blue Spring
11:00 AM - 5:00 PM	Food Courts at Orlando/Regency Express;	Regency Foyer
11:00 AM - 12:00 AM	SAYA / Youth Program	Bayhill 21/22
11:30 AM - 1:30 PM	APCNA meeting	Barrel Spring
11:30 AM -2:00 PM	Alliance General Body meeting	Celebration 15
11:30 AM -2:00 PM	APPNA Peds	Coral Spring
12:30 PM - 2:00 PM	APPNA - ICNA Mobile Clinic Workshop	Blue Spring
12:30 PM - 2:30 PM	Kaliyaan Puppet Show	Windermere X
1:00 PM	OPEN Lunch	Bay Hill 19/20
1:00 PM - 12:00 AM	SAYA / Youth Program	Bayhill 23/24
2:30 PM - 4:00 PM	APPNA General Body Meeting	Windermere X
3:00 PM - 10:00 PM	Registration	Registration Desk
3:00 PM - 5:00 PM	Tennis Tournery	Hotel Tennis Courts
5:00 PM	OPEN Receptioin	Bay Hill 19/20
4:00 PM - 5:00 PM	Candidates' Debate	Windermere X
6:00 PM - 1:00 AM	Childcare/Baby sitting	Challenger 38-42
6:00 PM	APPNA Banquet & Entertainment	Regency Ballroom
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Regency Foyer

Sunday, July 7, 2019:

8:00 AM - 12:00 PM	Bazaar	Orlando/Plaza/Florida
8:00 AM - 1:30 PM	OPEN Conference	Bayhill 17/18
8:30 AM	OPEN Brunch	Bayhill 19/20
9:00 AM - 1:00 PM	Food Court (Halwa Puri)	Orlando / Regency Foyer
10:00 AM - 12:00 PM	Traditional Pakistani Breakfast sponsored by SOHO Properites	Manatee Spring



WAPPNA - A Decade and counting.... Women Association of Physicians of Pakistani Descent of North America

WAPPNA stands for women physicians of APPNA. It is a unique organization founded with the mission of promoting professional development of women physicians/leaders and enhance the socioeconomic progression of the most vulnerable citizens in society, women and children.

WAPPNA has its own unique charter, mission statement, constitution and executive council. It is a 501c3 organization. It is a secular organization which encourages all women physicians to congregate under one banner. Along with its core purpose WAPPNA organizes its annual meeting to coincide with the APPNA annual meetings in the summer. Various social, medical and economic issues are brought to the forefront so that we can draw attention to the issues that face the world at large. Prominent public speakers and experts are invited to our annual meeting to speak on their expertise. WAPPNA comprises of motivated working professional women physicians who are dedicated to the core values which WAPPNA stands for. Our vision is to encourage participation of women physicians to get involved and learn to be leaders in the society. Thus enabling us to increase membership within WAPPNA and help us make a difference in the lives of impoverished women and children. To this end we have undertaken many educational and social welfare projects in Pakistan and the US which will be outlined below.

The Executive Council of WAPPNA is elected for a 2 year term. It is our intent to highlight issues which pertain to women and children and provide education to our audience. The first step towards remediation is creating awareness. As we celebrate WAPPNA's inception 10 years ago we would like to highlight its accomplishments.

1. WAPPNA was able to provide relief to the people of afflicted areas which paralyzed Pakistan in 2010.
2. Due to the grave water shortage in Sind WAPPNA partnered with a local non profit to provide clean water supply by investing in locally designed technology.
3. WAPPNA contributed towards the restoration of 10 houses which were destroyed due to natural disasters in Punjab. Water supply was restored to humans and animals of areas that were devoid of it by constructing a well.
4. We donated towards the establishment of a computer lab in a primary school in Punjab which was run by the locals. Teachers were hired to educate the children on laptops.
5. WAPPNA sponsored the Asian Human Rights Commission Report highlighting the atrocities committed on women and children during the war on terrorism.
6. Scholarships were awarded to deserving students to pursue degrees in Medicine and Pharmacy programs in Pakistan
7. Members of WAPPNA's executive council participated in Amnesty International and Human Watch. These are non profit organizations dedicated to the preservation of human rights and draw attention to human rights abuses and campaign for compliance with international law.

8. WAPPNA collaborated with APPNA to organize the first Youth Conference in New York in 2010. The purpose was to create a platform for the youth.

9. WAPPNA members participated in a delegation which comprised of Pakistani American professionals to meet with the members of the US Senate who were involved in policy making and developing Pak-American relations.

10. WAPPNA provided financial support to Julian Center which is a shelter for abused women in Indianapolis, IN.

11. WAPPNA was involved for several years in the housing project in Michigan aimed at providing temporary housing to Pakistani female doctors who were visiting from Pakistan to take their exams and apply for residency positions. The project was championed by a local physician and WAPPNA donated towards a bus for transportation of these doctors.

12. The Razia Zohra Memorial Institute was founded in Jhang by WAPPNA to enable the local girls to learn sewing and embroidery in order to empower them to help their families financially.

13. WAPPNA members joined the march on International Womens Day in Washington DC in 2009.

14. APPNA organized a team of doctors and volunteers to provide medical aid and relief to the Rohingya refugees residing in Bangladesh. The medical mission collaborated with a local non profit and the doctors were able to provide medical services to the impoverished and abused Rohingya refugees. Since then APPNA has collaborated with an organization called OBAT Helpers to run the medical clinic in Bangladesh.

15. Prominent Pakistani American professionals and dignitaries have been invited to the annual WAPPNA meetings to discuss various topics as part of the theme of the meeting. These discussions have been well received by the audience

16. WAPPNA held its first Leadership Retreat in 2019 to introduce leadership development and wellness opportunity for women physicians. Further meetings will take place on these topics in the near future.

WAPPNA hopes to continue its work in various fields and requests women physicians to explore the opportunity to join WAPPNA so that they can be a part of this very fulfilling mission.

Shaheen Mian MD
Secretary
WAPPNA 2019-2020
Past President WAPPNA 2011-2012
Founding member of WAPPNA 2009



DOW Graduates Association of North America



It is my honor to lead the most vibrant Alumni of Pakistani Physicians which represents the largest university of Pakistan, DUHS.

My team DOGANA is committed to bring a positive change among our fellow Dowites as well as our fellow APPNA friends where we should be respectful to each other, become more inclusive, resolve our differences and stand united for a common goal of improving healthcare delivery system in Pakistan and develop a sense of ownership and commitment.

Our theme this year is 'Believe and Empower Our Next Generation' as our future relies on our young generation who are also our future leaders and caretakers. We must keep them engaged with our communities as well as build a sense of pride and trust

in them to carry on our legacy.

I would like to share different DOGANA programs:

1-DOGANA YPC-This year we have a wonderful team of young Dowites who are working with senior Dowites to help Young Physicians and students from DUHS. We had a very comprehensive Young Physicians Webinar during Spring Retreat in Dallas this year which covered topics like what to expect and do during residency training, Jobs after residency-Private versus Academia, Fellowship, Alternate Career Pathways. We also want to share the APPNA externship pool to better serve the needs of Young Physicians. We provide guidance for resume building, Interview season preparation guide including how to dress, interact and present yourself as the best candidate. Please follow our Facebook page 'DOGANA Externship program'. We conduct a YPC program during our winter meeting at Dow Medical College which is always well attended.

2-DOGANA Loan Program-DOGANA Loan Program is an initiative to help the young deserving Dowites who are aspiring to practice in USA but are facing financial hardships which might affect their career. Their is an internal criteria for application and approval of loan which is returnable once a residency position is secured.

3-DOGANA SWDR Program-Our Social Welfare and Disaster Relief committee is working on raising funds to be ready for any emergent situation. We are also making a list of volunteers ready to offer services during any emergent medical relief need. The committee is also working on collaboration with Civil Hospital and Child Life organization to work together. We have an MOU to work with OBAT helpers as well.

4-DOGANA E-Doctors-This is an initiative to bring the women physician force back to work from home. As we know due to family related issues a lot of women physicians do not pursue their career. Through this program they are offered training so they are up to date in their knowledge with a certificate program. Then they are connected to remote areas through telemedicine.

5-DOGANA and DICE-DICE is Distinguished, Innovation, Collaboration and Entrepreneurship a Not for profit organization, working with DUHS and DOGANA to start a post graduate training program PGY-I, PGY-II,PGYIII in Civil Hospital. Also working on forming a system like Joint Commission to establish an independent body to inspect hospitals, make policy and procedures for patient safety and improve patient care.

6-DOGANA Visiting Faculty Program- Our program is working with DUHS to promote and assist in training young physicians as well as facilitating their short term training in USA so they can go back and use those skills for the patients in their communities.

7-DOGANA Medical Internship with Child Life Association-DOGANA is working with Child Life association for summer and winter internships for our children who are interested in pursuing career in medicine. Volunteering opportunities are also available for physicians.



8-DOGANA and DUHS projects-We are passionate about helping our mother institution grow with time as a due process. As there is a strong need to have a Genomic Laboratory which can allow students to learn various aspects of the field as well as provide genetic testing, gene therapy, second generation sequencing etc. to the patient population. We are closely working with the DUHS administration to help develop a state of the art Genomic Laboratory.

9-DOGANA Youth Network-This is an initiative to provide a platform to our children so they can build a sense of sisterhood and brotherhood and develop long lasting friendship. This also provides them a support system as well as allows them to empower each other no matter what career path they follow!

10-DOGANA Art and Culture Program-DOGANA Art program is an initiative to promote Art and show case our culture and talent to the communities here! The Art show includes work by DOGANA family in all media and exhibited during Spring Retreat. This year's Art Show was beautifully organized and displayed. Our theme was 'Hamara Pakistan " which truly show cased our culture from Truck Art to Dolls to Dhaba as well as highlighted our legends like Late Edhi and Dr. Adeeb Rizvi.

11-DOGANA Social Forum -Social Forum is a Dow tradition, we take pride in bringing social issues for discussion both from Pakistan and locally during our Spring and Summer meetings. This year during Spring Retreat our topic was "How to deal with Child Bullying". It was very well presented with a very productive discussion on the topic by a team of Psychiatrist, Counselor, Teacher, Police Officer and Children who were victim of such abuse. It's a social issue that we must address and be vigilant about!

We are collaborating Summer Meeting's Social Forum with APPNA. Our topic is 'US-Pakistan relations'. Our goal is to empower the relationship with strong participation by our members to facilitate the road to economic recovery and showing a positive face of Pakistan to the world.

12-DOGANA Service Awards Honoring our Late Professors-This year DOGANA started Service Awards not only to acknowledge the services of alumni but the community members from Karachi. At the same time these awards were dedicated to our Late Professors to honor their contribution in our success. The Community service awards were presented to Khana Ghar and Karachi Street School for their selfless contribution to the needy people of the community.

13-DOGANA Winter Meeting-We will have our winter meeting in collaboration with APPNA winter meeting at Dow main campus in Karachi. This will be the beginning of 75th anniversary celebrations of Dow Medical College. We are very excited for a very productive program.

14-DOGANA Publication-This year our DOGANA magazine was very special with articles presented by our youth, research abstracts and Urdu section with beautiful poetry.

15-DOGANA Spring Meeting-Our Spring meeting in Dallas was a big success with alumni participation from all over US/Canada as well as from UK and Pakistan. The Pro VC and Principal of Dow International who is also a Dow graduate was our chief guest. We had a beautiful program with excellent CME/BLS/ACLS/PALS workshops, Forum on "Women Physicians and the Challenges they face", YPC program, Social Forum, Art Show, Fashion Show, Youth program, Music, Mushaira, Discussions, Fun, Food and Class Reunions. We had great media projection. I am truly thankful to the APPNA members who attended our program.

Together we Dowites are more united than ever, standing strong with our common goal of serving our alma mater, building bridges among our APPNA community, as well as working towards improving healthcare for all and training young physicians with latest technology so they are better equipped to serve Pakistan. Let's all join hands and expand our vision and continue to work towards building strong communities around us! Best regards!

Mamoona Shaikh-Ahmad MD
President DOGANA 2019



Khyber Medical College Alumni Association of North America

Assalamualaykum

Dear fellow Khyberians,

A very warm welcome to all of you to KMCAANA and APPNA's 42 and annual summer meeting here in Orlando. On behalf of KMCAANA, we congratulate Dr. Naseem Shekhani and the local host committee for organizing this very successful meeting.

We would like to use this opportunity to review the past year and share our vision for the rest of the year with you.

2018/2019 in review

Meetings:

We held KMCAANA's first ever retreat in Chicago in April with a total attendance of about one hundred with Professor Siraj Uddin Ahmad as our special guest. The class of 1981 also held a reunion of their class in USA at the same time. This was the biggest get-together of Khyberians in USA outside a summer meeting.

Our summer meeting in Dallas was very well attended with about 120 members and their spouses. The hall mark of the meeting was the presence of Professors Alaf Khan and Lala Rukh. The class of 1998 had a mini reunion at Dallas as well.

Social work and disaster relief

The kid with the mask.

Our biggest challenge came in the summer of 2018, when we were asked by the father of Talha Ali, one of the survivors of the APS terror attack to help with his maxillofacial reconstruction surgery in USA. It was one of the biggest fund drives that KMCAANA had ever undertaken. Alhamadulliah, with your help we were able to meet this challenge. We are thankful to Dr. Faisal Qureshi of Cleveland for donating his time, expertise and facilities to Talha Ali's surgical care.

KMC student need based scholarships.

We increased our support to 50 students for 2019 up from 38 in 2108.

Corneal transplants and Cleft repairs.

We teamed up with the APPNA's cornea transplant and the Muskan programs and have contributed to 203 corneal transplants and about 20 cleft repairs in different hospitals in Peshawar.

Health Care initiatives

Intensive care unit Lady Reading Hospital KMCAANA helped organized and sent several intensivists over a period of one year to help run the medical ICU at Lady Reading Hospital Peshawar starting November 2107. Preliminary data showed that the mortality rate decreased by 14% since the start of this effort. As a result of this initiative, a very successful first ever international critical care conference was held in November 2018 Peshawar with five of our volunteers attending as faculty.

Anesthesia

KMCAANA arranged a workshop in regional anesthesia at LRH in December 2018 with the help from APPNA's sister organization SAPNA..



KMCAANA Web site and Logo

The KMCAANA web site www.khyberalumni.org launched in late 2017. It is now added as a link on the Khyber Medical College official website. <http://www.kmc.edu.pk/index.php>
Our new logo will be unveiled at this meeting Inshallah.

Our Future Programs.

APPNA Winter 2019 meeting in Peshawar

Our most exciting event for this year is scheduled for December 27,28 and 29, 2019 at Khyber Medical college Peshawar. We will be hosting part of the APPNA winter 2019 meeting which is coming to Peshawar after 15 years. The 3-day program will include CME, hands on workshops, dinners and sightseeing tours, Inshallah. Please mark your calendars for your vacation/visit to Pakistan in that week.

Dr. Arshad Rehan is the chair of the host committee for the winter 2019 Peshawar meeting.

Social work programs

We will continue to support need based student scholarships at KMC. We have already achieved our goal this year. We will continue our drive to send corneas for transplantation in Peshawar and KP.

Critical care support in Khyber Pakhtunkhwa

In our next phase, we intend to support a diploma program in Critical care at LRH. A formal application by the Dean LRH has already been forwarded to the Khyber Medical University.

Neurology

Dr. Mohammad Taimoor , who is also the chair of the APPNA Young Physicians Committee (YPC) on behalf of KMCAANA is working with the APPNA MERIT committee to establish a center of excellence in neurology at LRH

Thanks, and congratulations to the members of our executive committee Drs. Mohammad Taimoor, Humaira Ali, Sharifuzzman and Sajjad Savul for their perseverance and strong work to make things happen. I would also like to thank members of our social work committee for their commitment to our social welfare causes. Above all, we would like to thank the membership and our predecessors at KMCAANA for founding and nurturing our alumni in North America.

Best Regards

Executive Council



Rashid Hanif, MD
President 2018



M. Taimoor Khan, MD
Secretary



Sharif Uz Zaman Khan, MD
Treasurer



Humaira Ali, MD
Immediate Past President



Fatima Jinnah Medical College Alumni Association of North America



I am honored to serve as the president of FJ Alumni association for 2019. FJMCAANA is very unique because it is the only entirely female association. Our alumni's previous council members have worked very hard over the years. Although our alumni membership has grown, we still have long ways to go. Our mission for this year is to encourage more members to pay for annual or lifetime membership.

I encourage all members to participate in different APPNA projects and committees.

In previous years, our alumni donated an e-library to our FJMU. This year, we have been able to donate \$8,000 for our scholarship committee at FJMU. These scholarships are given to deserving medical students. We have also donated \$6,000 to AFJOG (Association of Fatima Jinnah Old Graduates) to support treatment programs like hepatitis in Lahore.

Our most important upcoming project for this year is to collect funds for the new Mother and Child Hospital which will be constructed in Sir Ganga Ram Hospital in Lahore. Depending on the amount of funds we are able to raise, our goal is support one room in the new hospital building.

As the president of FJMCAANA 2019-2020, I plan to work sincerely with our executive committee and members to start an educational symposium on an annual basis at our alma matter. I visited Pakistan in 2018 and gave two talks, one on a Cystic Fibrosis update and another on Career Counseling for obtaining residency in the United States. These were well received by the medical students, post graduates, and faculty.

This year, I would like to take six to eight members and organize a symposium in FJMU, Lahore, Pakistan. I appreciate the continued support of the executive council and the members of this alumni.

Yours sincerely,

Nighat F Mehdi, MD, FAAP FCCP
FJMCAANA 2019 President
Nighatfmehti@gmail.com



Nishtar Medical College Alumni



I am humbled and extremely excited to be the president of Nishtar Alumni. January is always a new beginning. This is an dynamic time to be involved with the Alumni. As the world get more complicated with every passing day, we get involved with our families and work. And we have lost touch to those outside the close circle. Alumni can help you to stay connected to those friends and faculty, that taught you and guide you to our libraries.

2018 was dynamic year, we have finished 3 projects last, Neonatal unit, Pulmonary unit and Cath lab. In 2019 we are gearing up to take the project of upgrading the Nishtar Hospital Operation Rooms.

Please join us at one of the many events scheduled for coming year. I also invite you to join us in shaping the future of NANA. At the same time I would challenge you to think of the ways you can give back to Nishtar to whatever degree you are comfortable. And I do not mean just monetarily, thought that is of always welcome. There are many ways, from career and academic mentoring to volunteering time.

I would like to extend a welcome to our new member of the Executive Committee, Dr. Khoshnood Ahmed, who will be our treasurer for 2019.

I would like to thank personally and on behalf of NANA, our past President Dr. Najeeb Rehman, who did a very wonderful job in representing us. I would also like to thank my executive team and NANA advisors for their help to guide us. Thanks to Dr. Hamid Mukhtar for keeping our website maintained and running, I appreciate his work.

Please stay connected and I look forward to making this a fantastic and productive year for all of us. God Bless you all.

Saeed Anwar, MD, FRCS
President
Nishtar Medical College Alumni Association of North America



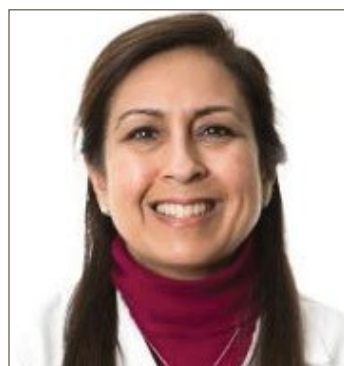
APPNA Alabama Chapter



- New Alabama Chapter Executive Committee started January 1, 2019
- First time in Alabama history US graduate from UAB School of Medicine elected as secretary to strengthen APPNA initiative to involve US graduates
- Worked with SWDRC Chair Dr. Aftab for Alabama Tornado Relief donations
- Arranged fundraising dinner for RCCA Free Clinic supported by APPNA
- Alabama Chapter by replacing Alabama Chapter spring meeting
- Alabama Chapter President actively involved with International APPNA meetings and National Health Care Day successes

Treasurer Secretary President
 Salahuddin Farooqui, MD Aadia Rana, MD Ehtsham Haq, MD

APPNA New England Chapter



APPNE and Glucose Trial. We are monetarily supporting a longitudinal program for the treatment of Diabetes in Pakistan. 2019-2020. Glucose Trial is a solution bringing care to the patient via an innovative technologies network.

APPNE CPR (BLS) project. This course was offered at Boston Medical Center and three of our members became instructors and will hold camps across communities.

APPNE Influenza Vaccination Project. We held two successful clinics in New Hampshire and two in Massachusetts. We plan on expanding this program this year in other communities across RI, CT and VT.

APPNE and Lowell Community Health center. Three of our members have contributed innumerable hours to the center, this is an ongoing project.

APPNE Allied Health Services have teamed up with the Amal Home less Center in Boston to provide culturally sensitive counseling.

APPNE participated in Soup kitchen at the Elliot Presbyterian Church in Lowell, Ma.

APPNE is committed to a BP and Diabetes screening initiative during spring and summer 2019.

Asimah Qayyum, MD
President APPNE 2018-2020



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APPNA Alberta Chapter



Assalamualaikum,

APPNA Alberta Chapter is a new chapter founded on Feb 14, 2019 in Calgary, Alberta Canada. Our inauguration was on June 23, 2019. We were honoured by Dr. Mubashir Rana ex- president APPNA 2015 as our keynote speaker. Allhamdulillah, we had a very successful kick off program.

APPNA Alberta Chapter is a forum for all Pakistani Canadian physicians with equal opportunities. With the guidance of our senior physicians and the talent and energy of our junior physicians, we will continue to strive for excellence Insha Allah.

IT IS JUST THE BEGINNING!

Our core committee included: Dr. Hussam Bawa, Dr. A Q Kamran, Dr. Yasmin Majeed, Dr. Sameena Bajwa, and Dr. Saad Yasin.

We are proud to be part of APPNA family.

Dr. Tariq Awan, MD, CCFP, FCFP
President APPNA Alberta Chapter



APPNA-PUN Chapter



APPNA-PUN is a vibrant APPNA chapter in Delaware Valley encompassing South Jersey, Delaware and Southeastern Pennsylvania. Our chapter has made huge progress in bringing together scores of physicians in the tristate area during its short existence since 2014.

Our chapter had a productive first half of the year. The year started with a General Body meeting at the residence of APPNA-PUN President 2019, Dr. Jamil Mohsin on Saturday January 19th, 2019. The meeting was attended by more than 100 members and their spouses. APPNA-PUN Executive Committee officers presented their reports. The president laid out the outline of chapter activities for 2019. The meeting involved presentations by Cherry Hill Free Clinic

(a local free clinic) and Muslim Serve (a local food pantry). APPNA-PUN is working on collaborating with both these entities to pursue our goal of community service in our local neighborhoods. The meeting was attended by APPNA President Elect, Dr. Naheed Usmani who briefed the attendees about various APPNA activities. The meeting was followed by dinner and music.

Our second big event was a music night on Saturday April 6th which was a fund raiser for the chapter's scholarship fund. This was held at Dr. Mohsin's residence. The audience were treated to enchanting melodies by Sadia Malik in a Tribute to Madam Noor Jahan. We were able to raise over \$1000 for the scholarship fund. As I write this report, the preparations are in full swing for 6th annual picnic scheduled for Sunday June 23rd. It promises to be a fun filled event under the splendid guidance of the event chair, Dr Imran Amir with Hawaiian theme and sumptuous food. This is a sold out event with more than 200 people in attendance.

We have an active Book Club headed by Dr. Junaid Chaudhry which meets bimonthly. The Book Club Committee has chosen its books carefully to offer varied topics for discussion. The Book Club's meetings have so far included "Being Mortal" by Dr. Atul Gawande, "A Case of Exploding Mangoes" by Mohammad Hanif and "Educated" by Tara Westover.

APPNA-PUN held its first biannual Community Skin Cancer Screening on May 17th. The second event will be held in Fall of 2019. We will be holding a free clinic as part of APPNA National Health Care day on Saturday, October 12th, 2019. APPNA-PUN President Elect, Dr. Mohammad Arshad represented the chapter at APPNA Day on the Hill along with other chapter members.

We are blessed to have a dedicated Executive Council and very supportive membership which keeps the chapter thriving. Besides the activities outlined above, APPNA-PUN members continue to actively participate in local philanthropic, charitable, social awareness and community service events, both individually and collectively. Please visit AppnaPun.org and "like" APPNAPUN Facebook page to remain abreast of our activities.

Respectfully submitted

Jamil Mohsin
APPNA-PUN President 2019

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APPNA Virginia Chapter



APPNA-VA is pleased to report that the first half of 2019 year has been an incredible and exciting experience for our members and local community. Besides general body meetings, APPNA-VA organized multiple charity events including:

- a spectacular basketball game for Al Madina School
- a thrilling and entertaining cricket game for the local Daily Planet Charity
- a dedicated and committed 10k run by APPNA physicians
- a cardiology symposium for the Pakistan pacemaker bank followed by a musical evening.
- a daily Breaking bread for the homeless program during the month of Ramadan

- hosting International Medical Students

Our first APPNA general body meeting was held on January 7th, 2019, where the 2019 agenda for planning activities of all types were presented and agreed upon. These events included educational, sports, charity, and health related programs. Plaques were awarded to 2018 EC.

March 3rd, 2019: APPNA-VA organized a charity physician basketball tournament for Al Madina School. The event was both entertaining and exciting. The tournament also successfully generated \$8,000 in charity that was presented to the Al- Madina School by APPNA.

Later that month, Dr. Baseer Ahmed from the VA Eye Institute represented APPNA-VA at the Conference for the Armed Forces Institute of Ophthalmology in Pakistan.

March 16th, 2019: APPNA-VA organized another charity cricket event, that raised \$1,000 for the local Daily Planet. A thrilling and electrifying game was played between Richmond Hawks and INOVA Gladiators physician's cricket team.

March 21st, 2019: APPNA-VA's 2nd general body meeting was held. Physicians and Muslim health professionals of Virginia Commonwealth University, including medical, dental, nursing, and pharmaceutical students attended the meeting.

On the morning of April 13th, 2019 members participated in the Monument 10K Run, wearing the APPNA shirts with the US and Pakistani flags.



APPNA Virginia in collaboration with APCNA hosted Cardiovascular Symposium 2019 in Richmond, Virginia, with the night of Entertainment and Charitable giving for Pakistan's First pacemaker Bank. Singer Haider Ali, and comedian Faisal Qazi entertained the audience.

Special guests included:

- Maj Gen (Rtd) Khalid Aslam Pro Vice Chancellor NUMS University, Pakistan
- Mr. Rizawan Saeed Sheikh, deputy chief of Mission, Embassy of Pakistan, Washington D.C.
- Mr. Jamil Ahmaed, Director of intergovernmental affairs, United Nations Environment

During the month of Ramadan, families of APPNA-VA were able to sponsor daily dinners for the homeless under the Breaking Bread Program.

APPNA-VA was also able to provide medical rotations for students this year from:

- Khyber Medical College, Pakistan
- Rawalpindi Medical College, Pakistan
- Lady Harding's Medical College, India

Our future agenda continues to be strong and robust as we strive to maintain the prestige and grandeur of APPNA-VA.

Sincerely,

Attique Samdani, MD
President APPNA-VA 2019

President elect: Muhammad Rais, MD

General Secretary: Munazza Anis, MD

Treasurer: Ahmed Shahab-Uddin, MD





APPNA 42nd Annual Convention 2019

July 3-7, 2019 Orlando, Florida

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 In 71,
 some departed in tears, some with fears
 some with cheers,
 Now we meet again all those dears.
 Have a joy ride to your past.
 Time flew away fast
 But we met again at last.
 Remember those college days,
 of fun and joy, happy and coy.
 Look at the boy, slim and smart
 handsome good looking and sweet at heart.
 Making excuses to talk
 to girls as they walk
 In and out of the class
 Calling nick names as they pass
 Exchanging notes with each other
 From their so called brother.
 One day my daughter said to me
 Mum all your class fellows have no hair you see.
 Those who have some grey hair look so old.
 "But they used to be handsome & bold. "I told
 Kids do not know that old is gold.
 Graceful & experienced men & women.
 We are all so sober now
 Time made us so responsible How?
 good memories brought us here
 With our lam lashker there.
 We'll have hysterectomies & mastectomies
 By pass operations & prostectomies
 Some with have arthritis or senile degeneration
 Osteoporosis or cataract operation .
 We'll all have new hearing aids.
 A new set of teeth & different hair shades
 But (Inshaullah)we'll all be still alive
 We know how to survive
 And meet our friends dear
 On Golden Jubilee without fear.

Written by Dr Shahnaz Hameed Mian



Saleem Sheikh,
 MBA, BROKER
 CAL DRE #01739622

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جیسے ہی نیت کیلئے کھڑی ہوئی
یاد آیا بندیا ہے چولہے پر پڑی ہوئی
موبائل فون مسلسل بجے جا رہا ہے
ناجانے کیا ضروری پیغام آ رہا ہے
گھنٹی بجی ہے دروازہ بھی کھٹکھٹایا ہے
شاید کوئی نیا پارسل آیا ہے
بجلی کا بل بھی کل دینا ہے
دوپٹہ بھی رنگریز سے لینا ہے
یاد آیا پارٹی پر بھی جانا ہے
ابھی کپڑے بھی استری کرانا ہے
بچوں نے مچا رکھا ہے الگ ہنگامہ
ادوہورا ہے ابھی وہ ٹی وی کا ڈرامہ
یا رب سن لے میری دعا
میری نمازیں قبول فرما
دے اس شیطان سے مجھکو پناہ
تیری ہو جاؤں دل سے سدا

Poem on Namaz written by Dr. Shahnaz Hamid Mian



دیار وطن

دل نہیں،،،،، ریاست کا
بھروسہ نہیں، سیاست کا
جان سے گزر گئے ناتوان
منظر تھا،،،،، قیامت کا
رنگ دکھاگئی آشفته سری
اپنی مٹی سے، رفاقت کا
سر بلند رہے،،، اہل جفاء
سر نگوں ہوا، عدالت کا
ظلم سے، تو کفر بہلاء
دعویٰ تجھے شفاعت کا
چارہ گر، دے خیر کی خبر
نہ جام بھر،،، عداوت کا
شاد ہوں میرے ہم وطن
بوکام، دنیا کی امامت کا

Dedicated to Dr Ali Haider (1962-2013).
Professor of Ophthalmology.
King Edward Medical College. Lahore.



APPNA 42nd Annual Convention 2019

July 3-7, 2019 Orlando, Florida



غزل

-عبد-

فائدہ کیا ہے بھلا آپ کے سرمائے کا
کس کو اس در سے ملا ایک بھی کپ چائے کا
آپ کھاپی کے بڑے چین سے سونے لیکن
بچہ بے تاب رہا بھوک سے، ہمسائے کا
مفلسی کیسی بلا ہے کہ مری دنیا میں
حال انساں سے کہیں اچھا ہے چو پائے کا
اس نے کل شدت جذبات میں کیا کیا نہ کہا
ہم تھے خاموش، لحاظ ہوتا ہے گھر آئے کا

غزل

-عبد-

کئی برسوں، باندا زحمت بات کی ان سے
نہ جانے کیوں نہ ہو پائی مکمل دوستی ان سے
عمل بس ایک ہی باقی تھا "اظہار تہنا" کا
اسی میں ہو گئی غفلت، کبھی ہم سے کبھی ان سے
کسی کی بددعا تھی یا مری تقدیر تھی کیا تھا
کے معلوم کس باعث، رہے ہم اجنبی ان سے
خدا جانے ہوئے آباد وہ، کس شہر میں جا کر
قدم کس کے طے ان سے، نظر کس کی ملی ان سے
نجانے کس لیے گاہے تنہا دل میں اٹھتی ہے
کبھی ان سے ملیں، پوچھیں مزاج زندگی ان سے

--

غزل

(عبدالرحمن عابد)

آنکھوں میں اتر، دل کے در پیچے میں قدم رکھ
"کچھ تو مرے پندار محبت کا بھرم رکھ"
تو بھی کبھی کھڑکی سے مجھے دیکھ لیا کر
ہمت نہیں ناگوں میں نگاہوں میں تو دم رکھ
کل کر نہیں مل سکتی تو خوابوں میں چلی آ
لازم ہے، کسی طور تعلق تو بہم رکھ
مانا کہ ہے بچپن سے تجھے جھوٹ کی عادت
کہہ جھوٹ مگر جھوٹ کی مقدار تو کم رکھ
میں بھی ہوں بڑی دیر سے اب نرم طبیعت
اب تو بھی وہ پہلا سا، نہ انداز تم رکھ
اس بات پہ خوش ہوں کہ میں ہوں وعدے پہ قائم
تم نے بھی قسم کھائی تھی، اب پاس قسم رکھ
لگتا ہے کہ تم پیار کی دلدل میں پھنسے ہو
اے عبد سنبھل، اُس کے سنبھلنے کا نہ غم رکھ

غزل

-عبد-

جنت کبھی بعوض عبادت نہیں ملی۔ یہ زندگی برائے تجارت نہیں ملی
دولت جسے ملی اُسے راحت نہیں ملی۔ ہر شے سبھی کو حسب ضرورت نہیں ملی
گھر شہر شہر ہم نے بنا بھی لیے تو کیا۔ جب مادرِ وطن میں سکونت نہیں ملی
اک عمر ہم نے کاٹ دی، دولت سمیٹتے۔ دولت سے کام لینے کی فرصت نہیں ملی
سنا ہوں پُر تپاک سی دعوت تھی اُن کے ہاں۔ بیار ہم بھی تھے مگر دعوت نہیں ملی
اے عبد، زندگی تو محبت کا نام ہے
ہیں بد نصیب جن کو یہ نعت نہیں ملی

Dear APPNA family

Assalamo Alaikum,

Warm Welcome to 42nd annual convention of APPNA at Orlando Florida.

Establishing an endowment fund is great way of investing in future of our Organization.

The fund was created with the intent to:

- Give back to community to help the needy.
- Recognition of our philanthropic efforts in healthcare.
- Keep the tradition of giving back alive in new and future members.

The endeavor of APPNA foundation is to create and encourage social responsibility in the Pakistani American

Physicians community to participate in Health, Education and Healthcare related projects for the needy. APPNA Foundation is involved in philanthropic goals as well as social well-being to include charitable, educational, health care, victims of disasters/conflicts, and other such like activities serving the public interest and common good. We are also committed to enhance expertise of medical students and physicians of Pakistani origin. To that effect the APPNA Foundation board of trustee has recently donated \$50K to APPNA to commit to scholarship funds and other Physician related welfare & educational projects.

We are working passionately to successfully establish enough of an endowment so that APPNA's activities can be sustained by its dividends and at the same time, APPNA can dream of long-term projects. At his time we not only need sponsors for scholarship funds but we will also welcome endowment by any APPNA member to partner with us for any charitable or special development projects.

All funds raised under APPNA foundation will help continue our charitable and educational programs. We need your generous support and depend on your philanthropic spirit. We will shortly be holding a fund raising Gala in Houston on September 28, 2019 and you all are my honoured guest, please join us with your friends & family.

As Exective Director, APPNA Foundation, I urge you to support and donate generously to APPNA Foundation.

Sincerely,

Asaf Qadeer, MD
Executive Director APPNA Foundation
Chair AAPNA Adhoc Committe
Secretary APPNA 2014



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