



# APPNA

## 44th Annual Convention

June 30 - July 4, 2021  
Rosen Shingle Creek, Orlando, Florida

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*Transcending boundaries together*



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# APPNA 44th Annual Convention 2021

## June 30 - July 4, 2021 Orlando, Florida

### President's Message



Dear APPNA members

Assalamalaikum

It is indeed an honor and privilege to welcome the APPNA family to the APPNA 44th Annual Convention being held in the beautiful city of Orlando, Florida from June 30 – July 4, 2021. We are making sure that all our in-person meetings are following all state, county and CDC guidelines. This will indeed be a momentous occasion when we will be having our summer convention after two years. Being able to do an in-person convention after more than a year of the pandemic is a testament to the resilience of the medical and scientific community. We salute all the heroes, the frontline health care providers including physicians and nurses.

This year's convention carries the theme "Your Vision, our mission: Transcending boundaries together" and we are making sure that education, young physicians and philanthropy remains core of our organization. Convention program will consist of CME sessions, social forum, General Body and Council Meetings, Alumni Retreats and many other important events. Catching up with friends after a long break, great food and wonderful entertainment will be an icing on the cake. I owe a debt of gratitude to Drs. Aniq Shaikh, Sajid Chaudhary, Tahir Hussain, Tipu Ahmad, Laiq Siddiqui, Nicholas Suh and the host committee.

One of the key components of our charter this year is to enhance the scope and quality of our educational activities. First time ever, the CME program will be providing MOC points and another first is a medicine board review course. APPNA MERIT will strengthen its work on improving family medicine and nursing education in Pakistan as well as initiated education in research and also clinical excellence in Emergency medicine. We are working on an innovative idea to bring all educational endeavors of APPNA under one umbrella. Please stay tuned for more updates. I have always been passionate about mentoring our medical students and recent graduates. The Committee of Young Physicians has stepped up its efforts in this regard. Comprehensive electoral reforms were passed earlier this year on the recommendation of the Nomination and Election Committee, a decision that has received widespread praise from the membership. After almost forty years, a brand new bylaws document by the Constitution and Bylaws committee is being presented to the general body. If approved, this will mark the beginning of a new era in APPNA. Remarkable humanitarian work continues to be done under the auspices of the Social welfare committee and the COVID 19 taskforce. Increasing membership especially networking through new chapters, alumni associations and subspecialty networks is being done at light speed. After almost 45 years, APPNA will have representation from all four provinces of Pakistan with Bolan Medical College alumni forming their alumni association and becoming a full member of APPNA council. In my opinion, this completes APPNA. The Council has welcomed new chapters in Saskatchewan and Maryland. The Indiana/ Kentucky chapter is back in the Council as well. An Association of Gastroenterologists of Pakistani-descent are now an affiliate of APPNA. We are actively working on subspecialty affiliations with Pakistani descent Pathologists, Psychiatrists, Neurologists and Pulmonologists. The above are just a fraction of the work that the association and its various components are involved in and is by no means a comprehensive review. I thank all the volunteers, including the APPNA council, EC members, trustees, chairs and Committee members. I couldn't have done this without the support of my parents, my wife Fatima and my kids.

The Executive committee is looking forward to welcoming more than 1500 participants, including physicians, their family and friends, to attend the convention. We hope that this year's APPNA Convention will be a rewarding and memorable experience for all the attendees. God bless.

Long Live APPNA! Pakistan Paindabad!

Rizwan Khalid, MD, FACP, FACC, FSCAI, FHRS  
President



# APPNA 44th Annual Convention 2021

## June 30 - July 4, 2021 Orlando, Florida

### Editor's Message



Dear Fellow APPNA members,

Welcome to APPNA 44th Annual Summer Convention. Like every other year this year also host committee worked very hard to bring you a meeting which is full of fun and entertainment. Under the leadership of APPNA president Dr. Rizwan Khalid and Chair of host Committee Dr Aniq Shaikh this meeting was made possible despite a tough last year due to pandemic.

Host committee has made every effort to make this experience a memorable one. From thoughtfully arranged CME program to entertainment provided by top artists from the industry. Our guests will enjoy Pakistani cuisine prepared

by one of the best in food industry.

It was a pleasant experience to work with central executive committee and central office of APPNA, their support was indispensable and unconditional. I also like to thank Tahir Latif, chair publication committee for his support and Mr Laiq Siddiqui for all hard work and countless hours in putting this publication together.

I hope you all have a great time here in Orlando and enjoy hospitality of host committee.

I like to thank our host committee chair Dr Aniq Shaikh for providing help and guidance every step of the way and my fellow host committee members for their support.

Long live APPNA.

Abid Rasool, M.D.  
Editor

### HOST COMMITTEE

Dr. Aniq Shaikh - Chair

Dr. Azhar Chaudhary - Co-Chair/Inauguration

Ms. Sehba Joachim - Inauguration

Dr. Sajid Hafeez - Co-Chair/Food Chair;

Dr. Syed Arshad Hasan - Food

Dr. Sayed Tahir Hussain - Chair CME

Dr. Aamir Javaid - CME

Dr. Riffatt Qureshi - Chair Babysitting

Dr. Naeem Moon - Chair Registration

Dr. Musarat Moon - Chair YPN

Dr. Aamera Ahmed - YPN

Dr. Sadia Jadoon - Chair SAYA

Ms. Ayesha Imami - SAYA

Dr. Sajid Chaudhary - Advisor

Dr. Nasim Ahmed - Chair Transportation and Hospitality

Dr. Asif Mirza - Chair Sports

Dr. Tahira Qureshi - Chair Bazar

Dr. Farhat Ahmed - Bazar

Dr. Roh Afza Afridi - Chair Alumni

Dr. Saleem Afridi - Chair SAYA Debate

Dr. Shazia Zafar - Chair Chapter Night

Dr. Farhan Zaidi - Co chair Chapter Night

Dr. Irfan Imami - Chapter night

Dr. Naveen Darakshan - Chapter Night / Talent show

Dr. Abid Rasool - Chair Publication



# APPNA 44th Annual Convention 2021

## June 30 - July 4, 2021 Orlando, Florida

### Chair Host Committee Message



On behalf of the APPNA Convention Host Committee, I wish to welcome you all to the 44th APPNA Summer Convention 2021, being held at the beautiful Shingle Creek Resort in Orlando, Florida, from June 30 to July 4 2021. I am truly humbled by the overwhelming support extended to me by my friends, fellow colleagues and the community and would like to thank you all for your participation.

Due to the Pandemic, this past year has been the most challenging time for humanity and our thoughts and prayers are with those who have suffered and lost loved ones to this deadly virus. Now we take this opportunity to express gratitude for the lives and health of our dear ones and feel blessed in getting an opportunity to meet and spend some memorable times with our family and friends in Orlando. During the event, we however plan to strictly follow the CDC guidelines for the safety of our family and friends.

I have been very fortunate to spend the past few months working with a very dedicated group of friends, who have volunteered countless hours to make this event a delightful experience for you and your families. Under the expert guidance of our President, Dr Rizwan Khalid, this event has many features to make this an exceptional convention. During this event, we have accomplished a combination of great educational experience with CME, medical workshop and poster presentations, health care advocacy, social and charitable projects, camaraderie and networking. 12 hours of CME lectures with MOC credits and a board review course has been put together by a team of very learned and talented experts from various specialities. Top class entertainment will be presented by nationally and internationally acclaimed artists, famous stand-up comedians and singers. Our Mushaira will attract poets from Pakistani, Canada and USA. For our sports loving friends, golf and tennis matches have been arranged. The youth participation in activities for SAYA will be entertaining for our younger generation. Our participants will enjoy scrumptious Pakistani and continental cuisines prepared by top quality chefs. The ever famous Bazaar with more than 200 retail, non-retail and corporate booths, will showcase their businesses and display their products and services. There will be several programs for the young adults and young physicians, in areas of admission and career development. A panel of expert volunteers will conduct the popular YPN program. In addition, Orlando by itself has many other world class attractions which would make it a great family trip for all ages.

Celebrating our culture and heritage in central Florida has been a source of great pride and gratification for us and our community.

At the end, me and every member of my team, along with the President, is looking forward to making your stay as comfortable and relaxing as possible as we get together to meet our peers, colleagues, business associates, friends and family.

Sincerely,

Aniq Shaikh, MD  
Chair Host Committee, APPNA 44th Annual Convention



# APPNA 44th Annual Convention 2021

## June 30 - July 4, 2021 Orlando, Florida



June 14, 2021



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 Summer Convention. We are thrilled to once again be hosting your event.

The last several months have been incredibly difficult as the pandemic has impacted us all. I am grateful that our community is now able to safely host conventions like this.

Your event is set in one of the country's 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 and Dr. Phillips Center for the Performing Arts, plus our community's crown jewel, Lake Eola Park.

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

Sincerely,

Buddy Dyer  
Mayor

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#### OFFICE OF THE MAYOR

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# APPNA 44th Annual Convention 2021

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### President Elect's Message



I take great pride in welcoming all the attendees of APPNA 44th Annual Convention in beautiful sunny Orlando.

2021 so far has been a very productive year for APPNA as in an unprecedented move the APPNA council unanimously approved much needed new bylaws by 53 -0 vote. Constitution and bylaws Committee worked for over 15 months to come up this consensus document. The new bylaws are with the general body now for review, and final approval.

The salient features of the new bylaws are change of governance structure with merging board of trustees and Executive committee to form single board of directors. All ambiguities and confusions in the previous bylaws have been addressed and a new robust conflict resolution mechanism has been added which will ensure that internal conflicts are addressed and resolved within the organization. There has been a lot of emphasis on accountability and transparency in the new bylaws.

With wide availability of COVID-19 vaccination, the restrictions have been eased by the CDC and at State levels which has enabled APPNA to organize its summer convention after hiatus of one year.

The local Host committee has worked very hard to organize an excellent state of the art CME, social forums, youth sessions, entertainment, and delicious food. Please visit our vendors in the bazaar. APPNA convention provides a great opportunity to meet family and friends and enjoy the sunny Orlando to the fullest.

I wish you all healthy and prosperous remaining of the year.

Haroon Durrani  
President Elect 2021



# APPNA 44th Annual Convention 2021

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### Secretary's Message



It is my pleasure to welcome you all to the 44th Annual Summer Convention. *Salam, Khush Amded, Washaatke, Ji Aaya NooN, Pakhair Raghley, Bhali Kar Aaya!*

Last year was a strange year. The world was hit by the worse pandemic in living memory, social distancing became the new normal and fear gripped societies around the world. Many precious lives were lost. APPNA was not unaffected. The APPNA family lost many of its own and many more members mourned their dear ones.

For the first time since its founding, APPNA was unable to host its summer convention.

Even during all that gloom, APPNA continued to do its work.

APPNA is proud that its membership was at the forefront of dealing with the COVID-19 pandemic. Besides performing their professional duties, the membership also shined through its philanthropic work. The work of the Social Welfare & Disaster Relief Committee, the COVID-19 Taskforce, the Advocacy Committee and MERIT Committee are particularly praiseworthy.

Other committees, the constituent societies, the various Alumni and Chapters all stepped forward and helped the situation in unprecedented ways. APPNA stood tall during the worse of the pandemic.

As revenues were hit by the inability to host in-person meetings, expenses were reviewed and curtailed by approximately 50% as compared to previous years.

2020 was also a year where APPNA started on a new journey after the unfortunate bitterness of the preceding few years. The new journey is one of reconciliation and camaraderie. The Executive Committee of 2020 enjoyed an excellent working relationship. This continues with the EC of 2021. It has been most encouraging that the Council has been much more proactive with a keen interest in the affairs of the organization ensuring its continuing welfare.

When I started in the EC first as a Treasurer in 2020 and now as Secretary in 2021, I had promised that my work and decisions would only be for the welfare of our organization and not be influenced by anything else. I had pledged that I'd remain free of cliques and cabals and build bridges instead. I am proud that my record shows that I have stood true to those promises.

I continue to believe that if we free ourselves of petty politics and groupings, APPNA will continue to be ascendant and achieve many more milestones. The largest professional organization of Pakistani diaspora anywhere in the world has a bright future so long as we stick together. In our unity lies our strength and in our solidarity our future.

The gloom of last year was yet another reminder that life is most unpredictable & fragile. So let us live our lives enjoying with our friends and family, helping those that may be less fortunate than us and forgetting and forgiving bitterness and squabbles of the past. Let this coming out of the pandemic be a new and better beginning for everyone.

Once again, enjoy the Annual APPNA Mela. Let this year's meeting be a celebration of resilience, our resilience as healthcare professionals, citizens, families, and individuals.

Regards,

Arshad Rehan  
Secretary 2021



# APPNA 44th Annual Convention 2021

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### Treasurer's Message



Dear APPNA members

It is my unique privilege and honor as Appna's treasurer to be presenting this report for the first half of 2021.

Ever since taking office on January 1 2021, I have been busy learning the finances of APPNA including its various accounts, wether operational or investment, including but not limited to component societies, Social Welfare Disaster Relief committee and the various other accounts. This learning process has been time consuming but very gratifying and educational for me.

I prepared and presented the first operational budget of 2021 encompassing the first six months, to the APPNA COUNCIL, on February 10th 2021 which was unanimously approved by the Council, a source of great personal satisfaction for me ( and a rare occurrence in Appna's history ). That budget is available on APPNA's password protected website for members' perusal.

I worked hard to revise the Financial Policy of APPNA with the Finance committee members' help, a momentous and long overdue task. This financial policy delineates the role of APPNA treasurer and other financial advisers in a very clear and concise manner. A provision was made in the financial policy to divert some of the surplus monies to an emergency fund for APPNA's operational expenses to be requested by the Treasurer and approved by the Council. Again that financial policy has been uploaded to APPNA's website in a prompt fashion.

APPNA's yearly operational expenses are typically dependent upon the money collected during APPNA's meetings and international trips, which in a typical year can be in the tune of \$300,000 to \$400,000.

2019 was a slow year for meetings' financial collections, for reasons which are beyond the scope of this report. 2020 was a complete washout for meetings' income because of the Covid Pandemic swallowing all the meetings and international trips. This left APPNA in a tight spot for the operational expenses only. Hence I devised a successful online E BAZAR and E CLASSIFIED for the APPNA website which will generate ongoing income for APPNA's operational expenses and also provide service to our members in which they can shop online and also post and pursue job openings and or sales of practices or medical equipment. This E bazaar is operational now and I would urge all of you to please avail of this wonderful opportunity and hence help APPNA also.

In addition to being on top of APPNA's finances , I have played the role of legislation and advocacy with the rest of the EC, in an extremely diligent and professional manner, always putting the interest of APPNA first . This included working cohesively with the CABL committee and the other EC members to help fine tune and pass the new CABL which passed by a unanimous vote by the APPNA council in another historic vote on June 1st 2021. This new CABL includes an anti Harassment clause encompassing in person or social media harassment.

Going forward I will be continuing to take my responsibilities very seriously to focus on APPNA's financial health , including budget accountability in a transparent fashion and keeping a tab on all expenses and income and keeping up with all legislative and day to day running of the organization in a professional and fair manner, free of all special interest groups.

Thank You and God bless APPNA

Humeraa Qamar, MD MPH FAAP  
Treasurer 2021



# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## Immediate Past President's Message



Dear APPNA Members,

I am so excited to finally meet so many friends at our upcoming in-person 2021 APPNA Summer Convention, Orlando. Thank fully the havoc of Covid19 in 2020 is finally receding and normalcy is slowly returning for us here in US.

In spite of all our challenges in 2020, it was a year marked by grace, collegiality and collaboration across the Executive Committee, APPNA committees, chapters, alumni and membership all working together in philanthropy and educational efforts. Much of the past rancor was left behind. One highlight of our collaborative efforts was the delivery of a new APPNA Constitution and By-laws for APPNA members to vote on this

summer. This fulfilled one of my promises that a comprehensive review process will be started which will not be bound to any president's term but would bring all APPNA leadership together to bring meaningful change in APPNA's governance acceptable to everyone, so we as an organization could move forward to focus on our organization's true north: philanthropy, education and advocacy. I extend my gratitude and thanks to Dr. Zia Moiz Ahmed as Chair CABL committee and all the respected members of this august committee who put in innumerable hours and hard work to come up with a consensus document in just 15 months.

I am also delighted to see that Dr. Rizwan Khalid, President APPNA 2021 has continued many of the initiatives and projects that were established or re-energized during my 2020 Presidency.

- The power team of Dr. Aisha Zafar, Chair SWDRC and Dr. Sajid Chaudhry, Chair APPNA Covid-19 Taskforce are continuing to help people affected in Pakistan, after an amazing \$1.1m. raised and spent on food aid and PPE in 2020 in US, Canada and Pakistan.
- APPNA MERIT under the leadership of Dr. Danish Bhatti continues to grow and deliver high impact education and training in key areas of medicine lacking in Pakistan. MERIT's heroic effort in 2020 on COVID19 medical management with daily teaching webinars between US/Canada and Pakistan made us all proud. This year the Family Medicine Initiatives are moving forward, building on the 2020 MERIT conference in Rawalpindi. MERIT committee has also added research methodology training for Pakistan.
- Advocacy committee continues it important role under Dr. Rashid Piracha's leadership. I am optimistic that we will see a repeat of 2020 when all 200+ residents from Pakistan successfully joined their residency programs despite Embassy closures. Vigorous APPNA advocacy with US Embassy, State Dept. and Pakistan government delivered that success.

As the Immediate Past President, I am fully supportive and very proud of our 2021 Executive Committee. Dr. Rizwan Khalid has been a sincere and focused leader. Dr. Haroon Durrani as President-Elect has been a voice of reason and brought APPNA Council together. Dr. Arshad Rehan as Secretary has brought humor and comradery to our meetings. Dr. Humeraa Qamar as Treasurer has worked hard, brought transparency and dedication to her very complicated job and we can count on her to steer APPNA finances in the right direction.

Wishing everyone attending the convention, a safe and fruitful trip.

Naheed Usmani, MD  
Immediate Past President APPNA



# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## Chair Board of Trustees Message



The BOT welcomes all the APPNA members to a safe return to in-person meetings and salutes all of the front-line health care heroes. We recognize your hard work and utter exhaustion over the past year. We are hoping and praying that all of you stay safe and healthy.

- Dr. Naseem A. Shekhani

In January, the BOT welcomed the newest member Dr. Naseem A. Shekhani to the APPNA Board of Trustees. Dr. Shekhani has a vast experience and a wealth of knowledge to the BOT. He served APPNA in numerous positions including Chapter and Alumni Presidents and for the past three years as President, President Elect and Immediate Past President.

- Ethnic and Grievance Committee 2021 was created to keep continuity few members from last year committee were kept and several new members were included to have broad spectrum of alumni and regional membership representation.

- Forensic Audit:

Forensic audit conducted in 2020 confirmed that there were several international wire payments executed during 2018 totaling \$125,000 made to various private companies in Pakistan. The wire payments were made under the direction of 2018 president of the APPNA but were neither presented nor approved by the APPNA Board of Trustees. The President APPNA 2018 did not seek or get an approval of these unbudgeted wire transfers from the BOT. This is a violation of the APPNA By-laws and a failure to follow the policies and procedures of APPNA.

The APPNA BOT is also concerned about the process that was followed in the purchase of equipment and vehicles in Pakistan due to an absence of any bidding or tender process and lack of transparency and failure to report these expenses in a timely manner by the then president of APPNA.

The matter was sent to the 2021 Ethics and Grievance committee for further investigation and follow up on the Forensic Audit. The BOT has requested the APPNA EC to facilitate the EGC and provide all the necessary help to resolve this issue.

- The new APPNA By Laws:

The APPNA BOT is pleased that a document of the new APPNA Bylaws has been approved by the APPNA Council and has been sent the general membership ahead of the APPNA General body meeting for review as required by our current CABL. The BOT welcomes the new Bylaws and is proud that it was the BOT that had asked for and initiated the process of new amendments last year.

- Election of officers 2021 BOT:

The election of the officers of 2021 BOT was held. The following were elected unanimously

- Chairman 2021 BOT: Dr. Riaz Masud Chaudhry.
- Secretary 2021 BOT: Dr. Hameed Peracha.

I want to thank APPNA membership for allowing me to serve as Chair BOT since Jan 2020 and this is the time to move on but I will continue to serve the organization the best I can.

I have my full support to incoming chair BOT Dr. Riaz Chaudhry, secretary Dr. Hamid Peracha and rest of the members.

Thank you and God bless APPNA

Dr. Asif Rehman.  
Chair Board of Trustees APPNA



# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## Advocacy at APPNA

After 9/11 APPNA noted that there were number of Pakistani physicians who were being denied J1-B1 and B2 visas.

In 2003, 154 Pakistani physicians were sponsored J1 visa by ECFMG .Out of those only 26% arrived on time to start their residencies.Only 79%made it to the united states after 6 months.This was significantly lower than other countries such as India and Philippines There were many who lost their residency spots due to prolonged delays in security clearance .B1 and B2 are hard to track.

In 2003 the then President[ Raana Akbar] created a task force to look into this issue which was later made into full committees[ YPC and Advocacy committee] by Dr Omar Atiq in 2004.

IN December of 2004 I met Ryan C Crocker USA ambassador to Pakistan in Islamabad.Late Dr Rubina Inayat and Adeel Butt were also present in that meeting.

In January of 2005 he wrote a letter to me explaining the procedure and his steps to facilitate the process.He also wrote that he was working to resolve any outstanding issues regarding the cases we mentioned in our meeting.

There are two components in visa processing,The first is the waiting time for appointments and the other the time it takes to get security advisory opinion[SAO] from Washington agencies for those applicants who require one.He told me that these applicants can appear at the consulate any working day for interview.He also said that these applicants are" flagged" in the department so they receive the most expeditious process possible. In Sep 2003 DR Raana Akbar arranged a day on the Hill.Dr Waheed Akbar was the team leader.This was then followed next year by Dr Omar Atiq with a very successful day on the Hill in 2004.Tradition established then has been followed by every president since then if the circumstances permit.

In 2014 during Asif Rehman presidency congresswoman Grace Young from NY sponsored a bill called GRAD ACT[Grant residency to additional DRs]. Since the beginning we have followed the same procedure.Every year APPNA contacts the visa officers at Islamabad and Karachi to facilitate visa interviews and contact state dept to point out cases that are delayed due to administrative process.This was established in 2005 with Director of public liaison officer at the state dept.

On our day on the hill we not only meet with congressional leaders but also with the state dept officials. This would require the state department to employ a specific officer during the months of March to June to expedite the J1 applications.

Our record shows that the success of our advocacy.In 2003 only 26% of our applicants got in time.In 2020 our 208 matched physicians all arrived on time. This in spite of the Covid and an unfriendly administration in the united states. APPNA has also been involved in issues of profiling and civil liberties in USA,social justice in Pakistan and physicians killing in Pakistan.This brief article just gave some details of our visa difficulties and our efforts to relieve them.



At the end it can be said that the path to achieving justice can be achieved through hard and persistent work.and our success in getting J1 applicants on time is a testimony to it. Our advocacy for young doctors is recognized by ECFMG and our social and welfare work by the state dept.

Regards,  
Abdul Rashid Piracha, MD, FACC



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### Enhancing Medical Education in Pakistan through blended learning

APPNA MERIT (Medical Education, Research and Information and Technology Transfer) Committee founded in 2006 has been tasked to help improve its namesake targets in Pakistan through institutional collaborations, working with local societies and creating resources useful nationally. Since then we have grown to a 60+ member committee with specialty specific sub-committees running individual projects introducing modern methods of blended and online learning using Learning Management System educating over 5000 Pakistani Physicians in collaboration with 27+ institutions and various local societies. We have offered 150+ CME hours of education in 2020 and have already crossed 100 CME hours for 2021.

In our efforts for sustainable education through development of Enduring Material and short courses we have launched APPNA Academy ([appnaacademy.com](http://appnaacademy.com)) our online LMS system. We currently have 10 courses launched online including Fundamentals of Critical Care Nursing, Point of Care Ultrasound, Mini-Fellowship in Stroke, Mini-fellowship in Movement Disorders, Neurological Examination and Family Practice Rotation in Cardiology, Neurology, Pediatrics, Emergency Medicine and most recently Psychiatry. We intend to continue to grow our portfolio of courses over time.

The need for enhancing the primary care in Pakistan has been acutely recognized and we have focused on helping bridge the knowledge and skills gap in practicing General Practitioners in Pakistan through a one-year long course called APPNA MERIT Family Practice Specialty Rotations in collaboration with multiple partners. With our focus on Healthcare Research and Innovation in Pakistan this year we have started a Series of webinar to explore the landscape with top leadership and innovators from Pakistan including National Institute of Health, Higher Education Commission of Pakistan, Biotechnology and Artificial Intelligence etc.

Similarly we are running multiple other specialty topics webinar series. We completed a 50 webinar series on Covid last year and are currently running Webinars in Nephrology, Emergency Medicine, HIV and Critical Care Nursing. Many of these webinars are hosted on our YouTube channel that currently has 96 published videos so far with total of 18000+ views.

I am very thankful to our 400+ faculty of speakers and panelists from various sub-specialities that has helped us develop and present these programs. We invite you to join our efforts and collaborate with us and check us out on [appnamerit.com](http://appnamerit.com) and reach out to us on [appnamerit@gmail.com](mailto:appnamerit@gmail.com)



Danish Bhatti MD FAAN  
Chair APPNA MERIT 2021



# APPNA 44th Annual Convention 2021

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### BMCAANA

#### Bolan Medical College Alumni Association of North America



Dear fellow APPNA members and colleagues, AssalamoAlaikum!

It has been a personal honor and privilege to be a part of this outstanding organization, APPNA. The inception of Bolan Medical College as an active alumni with voting rights was a watershed moment for our college and our province. It was a memorable occasion on Saturday, April 10, 2021 during APPNA's spring meeting in Orlando. I am beholden to all my colleagues who rose up to the occasion and paid the membership dues on a very short notice to pass the threshold of the required numbers. We are particularly grateful to Dr Rizwan Khalid - APPNA's current president, Dr. Haroon Durrani - APPNA's president elect, Dr Arshad Rehan - APPNA's secretary and Dr Humeraa Qamar - APPNA's treasurer and many others for their unprecedented support.

We have had 2 very successful executive council meetings and one general body meeting so far. There has been a lot of energy from young physicians in our ranks and remarkable enthusiasm and sagacity from the senior colleagues. There may be an ostensible dearth of quantity, but we certainly are second to none in terms of quality.

We have already contributed to philanthropic work through APPNA for a food drive in poverty struck areas in Turbat, Baluchistan. We have identified Thalassemia project in Quetta and made a small contribution towards it this year and plan to expand on it in the future. We plan to have in-person meetings with Bolan Medical College principal and the vice chancellor of the University this summer to actively engage them along with the local leadership in order to have a robust collaboration in the fields of CME, scholarship programs, junior physicians /students mentoring etc. We would work on seeking their active participation in the APPNA's winter meeting that we are excited to host in Quetta on December 20, 2021. Dr. Rina Awan chairs the host committee and Dr. Tamour Tareen co-chairs that committee.

We are expecting a good participation of our members in the APPNA's summer meeting. We intend to finalize the formation of Finance/ Scholarship CME committee, Students /Junior Physician mentoring committee, Constitution and bylaws committee, Nomination and Election committee, Host committee, Alumni Tracking committee, Website, Publication and Communication committee, Annual BMCAANA Reunion committee, during the APPNA's summer meeting in Orlando. We also intend to formalize the Board of Advisors. They in turn would formalize the Ethics and Grievance Committee.

We realize that BMCAANA has a lot of catching up to do, but we are confident that with sheer dedication and diligence we will InshaAllah accomplish our goals. We are confident that we will continue to gather support from our colleagues in the parent organization with their vast experience with in APPNA.

Lastly, following somewhat fractious discussions within our ranks related to the proposed changes in the bylaws, my humble suggestion is that we should remember that disagreement and healthy dialogue are the beauty of democracy. Therefore, after the dust settles, regardless of the outcome, we all should strive to turn over a new leaf and work together as ONE cohesive team for our parent organization.

Our current senior leadership has sacrificed gazillion hours of their personal family time, amidst increasing demands from the current Health Care Delivery systems in their respective jobs, towards the betterment of this great organization. Together, we can advance APPNA that has peerless potential and is the sole representative of our beloved country, Pakistan, in the field of Medicine.

Thanks and regards,  
Khalid Alam MD, FACP, FACC  
President BMCAANA 2021



OUR  
PEOPLE  
OUR  
PAKISTAN

ہمارے  
لوگ

ہمارا پاکستان

YOUR AID CAN PROVIDE

*hope and relief*

TO ORPHANS AND THEIR FAMILIES IN PAKISTAN.

VISIT OUR BOOTH TO LEARN MORE ABOUT OUR WORK

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# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## FJMCAANA

### Fatima Jinah Medical College Alumni Association of North America



Alhamdulillah this year our alumni is more united and stronger than ever. I feel humbled to write all these achievements of our alumni in last few months.

We planned for few projects for our Ramadan fundraiser this year .

#### **TAKMIL Foundation in Pakistan**

We collaborated with TAKMIL Foundation in Pakistan and we are going to sponsor three schools in remote areas of Pakistan where there is no formal education available to children.

We are sponsoring three schools in

- Jamrud KPK
- Khuzdar , Balochistan
- Mir Pur Khas

#### **ICU Equipment for SGRH**

We raised funds for ICU equipment for SGRH and donated 30 thousand plus US dollars, Alhamdulillah we achieved our goal. This is our dream project which is accomplished with help and support of Allah ( SWT) and generous donations by our alumni. We are thankful to VC FJMU Professor Dr Aamir Zaman Khan who encouraged us and motivated us and do this fundraiser and with his help and support we have achieved this goal.

We have raised funds for new Nephrology unit at SGRH. One of our alumni in Pakistan has donated 50 million rupees for construction of this unit and we need 25 dialysis chairs and machines for this unit . Alhamdulillah with generous support of our alumni we were able to raise funds for three dialysis machines, one water treatment plant and two chairs. This unit will be ready in another six months and we are going to continue raising funds for more dialysis machines/ chairs, In Shaa Allah

#### **Eid gifts Rohingya orphans in collaboration with ICNA.**

We raised 5000 dollars in support of Rohingya orphans and this donation is matched by APPNA to a total of 7500 US dollars .We will be sending Eid gifts to 300 Rohingya orphans in collaboration with ICNA.

We sent 5000 dollars to AFJOG for their schools in Lahore and their vocational projects. We sent 10,000 dollars to student scholarships at FJMU this year .

#### **Educational Activities:**

FJMCAANA Health Channel

We started the FJMCAANA health channel in collaboration with FJMU and our alumni's YouTube channel in Pakistan. This is Free Online Medical Camp. We are providing weekly online sessions on different topics to provide health education/awareness to the general public in Pakistan.

March was the month of Adolescent Health April was the month of Cancer screening and prevention

May- June is the month of Mental Health Awareness.





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Our Alumni are participating activity with APPNA Merit Educational events in Pakistan.

We are participating as panelists in weekly Family Medicine teaching sessions every Saturday with APPNA merit.

FJ Alumni is participating in the APPNA merit HIV committee. Dr. Fizza Rafiq presented in an inaugural session on May 23rd.

- Dr. Saima Abbas will also be presenting in a live webinar with physicians in Pakistan on HIV awareness.
- Dr. Samina Hijab is the current President of the Chicago chapter. She is one of the past presidents of FJ alumni and she is also a member of the BOT of FJ Alumni. We are proud of all her achievements and accomplishments as President of the APPNA PPS chapter.
- Dr. Naheed Chaudhry, Immediate past president of APPNA Canada and treasurer of WAPPNA is playing a leading role.
- Dr. Shaheen Mian, General Secretary of WAPPNA is playing an active role in raising funds for Covid-19 vaccines for Yemen and Palestine.

We will continue to work on our projects IA with the support of Allah ( SWT) and our alumni.

## Obituary

Dr. Sarwat Iqbal had an illustrious career and has been a champion for women empowerment and development of South Asian youth. She came to this country and after establishing herself, she brought her extended family to the US. As her children got older she worked hard painstakingly to provide them the finest opportunity for higher education. Her dream was that one day her children will reach great heights and encouraged them to no end.

Dr Sarwat Iqbal is graduate of Fatima Jinnah Medical College. She joined APPNA almost 20 years ago and that's where all of us met her and formed a strong bond. She was very involved in various capacities there and founded WAPPNA, APPNAPUN and Dental APPNA chapter along with others. She was one of the past presidents of FJ Alumni .Her health was always pulling her away from her goals but she was unrelenting. Those of her friends and colleagues that know her will vouch for her ambitions.

This obituary is just a snapshot of her and will not do justice to her achievements.

She leaves behind her devoted husband Javed Iqbal, son Atif and daughters Ammarah and Zarah along with her siblings.

May she Rest In Peace and watch her children prosper through life from above.

Thank you,

Fizza Rafiq, MD  
President FJMCAANA

**APPNA MERIT HIV Awareness, Prevention, and Education Project in Pakistan**

**First Webinar with Inauguration**  
**HIV DISEASE: MYTH AND FACTS**

**Date & time:** Sunday May 23rd, 2021 at 8 PM Pakistan time (11:00 AM US Eastern Time)

**Guest Speakers**

- Dr. Naushen Hamid**  
Deputy Chief Secretary of Health and Family Welfare, National Institute of Health Services
- Dr. Faizal Sultan**  
Special Assistant to the Executive Director of National Health Services in Pakistan
- Prof. Dr. Timothy Flanigan**  
Professor of Emergent Diseases, University of Illinois at Chicago

**MOODERATOR:** Dr. Fizza Rafiq, MD, Co-Chair APPNA MERIT

**PRESENTER:** Dr. Saima Abbas, MD, MPH, MSc, Family Physician, Clinical Services, University of Guelph, Canada

**APPNA MERIT HIV COMMITTEE INTRODUCTION:** Dr. Fizza Rafiq, MD, MPH, MSc, Assistant Professor of Medicine (Research), West Medical School of Simon Fraser University

**PAKISTAN COLLABORATORS:** Dr. Saima Abbas, MD, MPH, MSc, Family Physician, Clinical Services, University of Guelph, Canada

**Registration Link:** <http://bit.ly/merit-hiv>

**In collaboration with:** [Logos of various organizations]







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JSMUAANA is also collaborating series of lectures on Genetics. These lecture series is hosted by the Pakistani Society of Medical Genetics in collaboration with Health Science University, Lahore and JSMJUANA. These lectures are free of

cost and no prior registration is required. It is worth to note that with our collaboration with PSMG we have already started our telehealth genetics clinics at NICH and South city hospital at no cost. We at present looking the feasibility of establishing Genetic Lab in Pakistan for the diagnosis of hereditary Genetics disorders.

With our Food Pantry Program, we helped The ICNA Food Pantry Project in Houston, Tx. and collected \$18,000 in donations in collaboration with SWRC-APPNA. These funds were allocated for COVID relief in Houston, as well as Southern Winter Storm.

In March of this year, JSMUAANA achieved a momentous education milestone for Jinnah Sindh Medical University and APPNA Institute of Public Health. In collaboration with NextGenU Canada, JSMU is launched free online public health courses, which will disseminate awareness of public health in Pakistan. Any one from around the world can register for these courses through JSMU website.

JSMUAANA is actively cooperating with JSMU in expanding its Endowment Fund. JSMU Endowment fund is one of the biggest endowment fund of Universities in Pakistan, at present its worth is about 1 billion rupees.

JSMUAANA is holding its this year Annual Retreat in first week of November in Houston, Tx. There is lot of excitement among the families of JSMUAANA to have in person gathering after Pandemic.

JSMUAANA is looking forward for exciting and productive 2021. We are looking to expand our horizons where it is needed most with new projects in 2021.

Younus M. Ismail, MD  
President JSMUAANA 2021





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## KMCAANA

### Khyber Medical College Alumni Association of North America

Dear APPNA members,

On behalf of KMCAANA, I would like to thank and congratulate the current executive committee of APPNA for holding an in-person this 44th annual summer meeting as we slowly recover from the ravages of the Covid 19 pandemic.

Many of our Khyber Medical college alumni serving in Pakistan and around the world lost their lives while trying to save their patients. We grieve with their families and honor them for their dedication to their profession and their patients. They shall be remembered forever!

KMCAANA hosted a very successful APPNA winter meeting in Peshawar in December 2019. Kudos to the host committee co-chaired by Dr. Arshad Rehan and our local host committee chairs Dr. Zahid Awan and Dr. Aamir Ghafoor.

In lieu of an in-person meeting because of the Covid 19-pandemic, we had a very successful virtual summer meeting in July 2020. It was attended and addressed by the Dean of Khyber Medical College Professor Mahmud Aurangzeb as well.

Our alumni members remained engaged throughout the year and supported our many social and health care projects with great enthusiasm and passion.

In early 2020, Covid 19 pandemic hit Pakistan like the rest of the world. The surge was particularly devastating in Khyber Pakhtunkhwa with a mortality reaching 100% among patients requiring mechanical ventilation and critical care. Lack of adequately trained intensivists and subspecialists in the face of a new vicious, highly infectious viral disease with no specific treatment created an atmosphere of fear and helplessness everywhere.

KMCAANA teamed up with the critical care team at Lady Reading Hospital Peshawar, at this time of need. Our volunteer intensivists and nephrologists rounded virtually every night from May 2020 to the end of October 2020. Since November 2020, these rounds have continued on a twice a week basis.

On behalf of KMCAANA, I am profoundly grateful to all our intensivist and nephrologist volunteers (their names attached) as well as the local critical care team for their extraordinary selfless effort that helped saved many lives and improved the standards of critical care in general.

Our membership continues to support our Khyber Medical College student scholarship program and sponsored 46 students last year. We are well on our way to sponsoring 50 students for year 21-22, Inshallah. Our student scholarship endowment fund has grown and is valued at more than \$250,000.00 at this time Our membership donated toward more



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than 100 cornea transplants in the last one year as well as more than \$10,000 to support a food supply program at the height of lock down in the tribal areas for the first time ever.

We are pleased to announce two new social / health care delivery programs this year. In collaboration with the surgical department at Khyber Teaching Hospital under the leadership of Dr. Mah Munir, KMCAANA will sponsor a "stoma bank" which will provide colostomy bags and other accessories to needy patients free of charge. Additionally, KMCAANA will donate pacemakers to Hayatabad Medical Complex in collaboration with the Association of Pakistani descent Cardiologists in America (APCNA).

I would like to thank our membership and our executive committee, Secretary, Muhammad Taimoor, Treasurer, Sharif uz Zaman, immediate past President Humaira Ali for their support and effort to help organize and execute all our programs and projects.

Our profound gratitude to Dr. Aisha Zafar and Dr. Sajid Chaudhry as chairs of the APPNA SWDRS and Covid Task force, for their extraordinary efforts to send relief and PPE supplies to Khyber Pakhtunkhwa.

I am particularly thankful to Dr. Arshad Rehan, one of our past presidents and currently the secretary of APPNA for his energetic and steadfast support of all of KMCAANA activities.

Best Wishes,

Rashid Hanif, MD, FACC  
President KMCAANA

### Executive Council



Rashid Hanif, MD  
*President*



M. Taimoor Khan, MD  
*Secretary*



Sharif Uz Zaman Khan, MD  
*Treasurer*



Humaira Ali, MD  
*Immediate Past President*



# APPNA 44th Annual Convention 2021

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### CME Sessions - Thursday, July 1, 2021

TIME (EST)	TITLE	SPEAKER	SESSION CHAIR
	<b>THEME: Frame of Mind</b>		
8:00 – 8:30 AM	Pediatric Depression in Primary Care: Diagnosis to Treatment Mt Sinai / Harvard / Columbia / Rutgers / Nishtar	Muhammad Zeshan	Ehtsham Haq
8:30 – 9:00 AM	Opioid Use Disorder, Historical Perspective and Management NYU / Liaquat	Nauman Ashraf	U Alabama Birmingham / Allama Iqbal
9:00 – 09:40 AM	Brain Death & Organ Donation: Addressing Ethical Tensions Between Muslim Physician Attitudes & Islamic Rulings Weill-Cornell / MC Wisconsin / U of Rochester / U of Michigan	Aasim Padela	
09:40 – 10:25 AM	Malpractice - So you've been Sued for Medical Malpractice. Now what? The Potential Minefields, Fatal Errors and Recommended Strategies to Beat the Challenges. West Virginia U / Marshall / Royal College Ireland / Dow	Mohammed Ranavaya MD.JD.	
10:25 – 10:40 AM	<b>BREAK</b>		
	<b>THEME: Time to Scrub in</b>		
10:40 – 11:10 AM	Advances in Corneal Reconstruction and Stem Cell Deficiency MC Wisconsin / Stanford / Henry Ford / UCF-VA	Naazli Shaikh	Irfan Imami
11:10 - 11:35 AM	Interventional Radiology - Off the Beaten Path Case western / Monmouth MC / St George's U	Moin Hussain	Henry Ford / U of Florida / Chicago Medical school
11:35 – 12:05 PM	Everything you wanted to know about Back and Neck pain but were afraid to ask Johns Hopkins / Baylor / Vanderbilt / U of Cincinnati	Ferhan Asghar	
12:05 – 12:40 PM	Aortic Aneurysms - Screening and Advanced Therapeutics Cleveland Clinic / U of Florida / Medstar / Aga Khan	Javairiah Fatima	
12:40 – 1:15 PM	Are my Patients at Risk for Hereditary Cancers? HBOC (Hereditary Breast & Ovarian Cancer) and Lynch Syndrome Drexel	Parveen Vahora	
1:15 PM	<b>LUNCH</b>		

### CME Sessions - Friday, July 2, 2021

TIME (EST)	TITLE	SPEAKER	SESSION CHAIR
	<b>THEME: IM Board Review with Pearls and Updates for All</b>		
8:00 – 8:35 AM	Nephrology/Geriatics/Allergy/Dermatology/Neurology/Critical C U of Central Florida / Khyber	Hifsa Taj	Namirah Jamshed
8:35 – 9:10 AM	Pulmonary Marshall / King Edwards	Imran Khawaja	UTSouthwestern Aga Khan
9:10 – 9:45 AM	Rheumatology U of Central Florida / Punjab MC Rawalpindi	Maria Farooq	Khalid Alam
9:45 – 10:30 AM	Hematology and Oncology U of Florida / MC Georgia / Allama Iqbal MD Anderson / W Virginia U / MU South Carolina / Allama Iqbal	Asad Shaikh Asifa Malik	Henry Ford / Bolan Hifsa Taj
10:30 – 10:45 AM	<b>BREAK</b>		UCF / Khyber
	<b>THEME: IM Board Review with Pearls and Updates for All</b>		
10:45 – 11:20 AM	Infectious Diseases U Wisconsin - Madison / Aga Khan	Nasia Safdar	Rina Nazir Awan
11:20 – 11:55 AM	Gastroenterology Mayo Clinic / AdventHealth / Allama Iqbal	Virtual Muhammad Hasan	SUNY-Stony Brook / Bolan Minal Ahson
11:55 – 12:30 PM	Endocrine UT Southwestern/ Christ Hospital & U of Cincinnati / Aga Khan	Sadia Ali Virtual	U of South Florida / U Miami / London School of HTM
12:30 – 1:15 PM	Cardiovascular Diseases SLU / St George's U	Ammar Nasir Virtual	
1:15 PM	<b>JUMA Prayers and LUNCH</b>		



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### CME Sessions - Saturday, July 3, 2021

TIME (EST)	TITLE	SPEAKER	SESSION CHAIR
	<b>THEME: Shahbudin Rahimtoola Memorial Cardiovascular Symposium</b>		
8:00 - 8:25 AM	Advancements in Electrophysiology U Central Florida / U Miami / U of Iowa / Cleveland Clinic / Dow	Usman Siddiqui	Farhan Khawaja OrlandoHealth Albany MC / Mayo Clinic / Columbia
8:25 – 8:50 AM FEATURED	The 2018 AHA/ACC Cholesterol Guideline: Why South Asian Ethnicity is Considered a Risk Enhancer Now? U of Miami / Baylor / Texas Heart I / Aga Khan	Salim S. Virani Virtual	Ziad Ali CRF / St Francis / Mt Sinai / Columbia / Stanford / Sheffield
8:50 – 9:15AM	Heart Failure - What is New in Therapy? Washington U / Tufts / Loma Linda UC Riverside / Dow	Marriyam Moten	Ahmad Zeeshan AdventHealth U Maryland, UPenn Yale / Cleveland Clinic Rawalpindi MC
9:15 - 9:40 AM	Matters of the Heart - Options in Advanced Heart failure Houston Methodist / Weill-Cornell / Aga Khan	Mahwash Kassi	Sohail Khan Utah/LSU/Harvard Aga Khan
9:40- 10:00 AM	Advances in Structural Heart and Endovascular therapies Texas Tech/ MSU / Lenox Hill / U of Miami / Weill-Cornell / Tufts /Harvard / Dow	Mohammad Ansari	Zahid Amin AdventHealth / Northwestern / UCSF / U Minnesota / Bolan
10:00 - 10:25 AM	Prime Time: Coronary MDCTA U of British Columbia / Allama Iqbal	Faisal Khosa Virtual	
10:25 - 10:40 AM	<b>BREAK</b>		
	<b>THEME: Hot off the press (PLENARY)</b>		
10:40 - 10:55 AM	Medicine in the Throws of Art: The Doctor who Fell to Earth Shalamar MC / U Florida / U of Minnesota / Aga Khan	Usman T. Malik	Faisal Cheema HCA/Columbia/UF U Houston / Aga Khan
1055 - 1110 AM	Advancing Medical Education through the new Pakistan Medical Commission (Dean Aga Khan MC) Chair - Pakistan Medical Commission Academic Board / Harvard / Johns Hopkins / NY MC / Aga Khan	Adil Haider	
11:10 – 11:40 AM	Medical Marijuana - A New Reality SUNY-Buffalo / Colowell / U of Karachi - Baqai	Shiraz Farooq	
11:40 – 12:20 PM KEYNOTE	Answering Tough Questions in a Pandemic: Role of Consequentialist Research Emory / Johns Hopkins / Yale / Aga Khan	Saad Omer	
12:25 – 12:55 PM	Fear, Hype, and Reality of Artificial Intelligence Hyperfine / HOPPR / Higi / Johns Hopkins / Aga Khan	Khan Siddiqui	Aamir Javaid Duke, Washington Med Ctr / UCF Aga Khan
12:55 - 1:10 PM	Medical Tourism and a Durable Bond with the Homeland Pakistan Consulate General Houston Peshawar University	Abrar Hashmi	
1:10 - 1:15 PM	Concluding Remarks	Faisal Cheema	
1:15 PM	<b>LUNCH</b>		

This activity is being certified for ABIM MOC. Learners will have the ability to claim MOC credit(s).

**Total 15 CME Hours Credit.**



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### Event Schedule

Venue: Rosen Shingle Creek, Orlando, Florida

#### Wednesday, June 30, 2021

Time	EVENT	ROOM NAME
8:00 PM - 11:59 PM	Prayer Room	Gatlin Ballroom E
3:00 PM - 10:00 PM	Registration	Gatlin Foyer - Gatlin 1 Reg
6:00 PM	Inauguration Ceremony	Rotanda
7:00 PM	Chapter Night	Gatlin Ballroom - B
9:00 PM - 1:00 AM	Late Night Concession Stand	Gatlin Foyer

#### Thursday, July 1, 2021

Time	EVENT	ROOM NAME
6:00 AM - 11:00 PM	Prayer Room	Gatlin Ballroom E
10:00 AM - 6:00 PM	Bazaar	Sebastian Ballroom
7:00 AM - 10:00 PM	Registration (Lunch time 1pm-3pm)	Gatlin Foyer - Gatlin 1 Reg
8:00 AM - 1:15 PM	CME	Gatlin Ballroom B
10:25 AM	CME Coffee Break	Gatlin Ballroom B
11:00 AM - 5:00 PM	Consular Services by Cnsulate of Pakistan	Wekiwa 3
12:00 PM - 5:00 PM	Food Court	Sebastian Ballroom
2:00 PM - 11:00 PM	SAYA / Youth Program	Suwannee - 15
2:30 PM - 4:30 PM	Council Meeting	Gatlin Ballroom B
7:00 PM	Folk Night - Dinner	Gatlin Ballroom - C
9:00 PM	Folk night Entertainment	Gatlin Ballroom - C
10:30 PM	Mushaira / Poetry	Gatlin Ballroom A -1/2
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Gatlin Foyer

#### Friday, July 2, 2021

Time	EVENT	ROOM NAME
6:00 AM - 2:00 AM	Prayer Room	Gatlin Ballroom E
7:00 AM	Golf	Shingle Creek Golf Club
7:00 AM - 10:00 PM	Registration (Lunch time 1pm - 3pm)	Gatlin Foyer- Gatlin 1 Reg
7:00 AM - 8:00 AM	CME Breakfast	Gatlin Ballroom B
8:00 AM - 1:15 PM	CME	Gatlin Ballroom B



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### Event Schedule

Venue: Rosen Shingle Creek, Orlando, Florida

#### Friday, July 2, 2021

Time	EVENT	ROOM NAME
9:00 AM - 6:00 PM	Bazaar	Sebastian Ballroom
10:30 AM	CME Coffee Break	Gatlin Ballroom B
11:00 AM	Youth Basketball Tournament	Hotel Basket Ball Courts
1:15 PM	CME Lunch	Gatlin Ballroom B
11:00 AM - 11:59 PM	SAYA / Youth program	Suwanne 15
11:00 AM - 6:00 PM	Food Court	Sebastian Ballroom
11:00 AM - 5:00 PM	Consular Services by Cnsulate of Pakistan	Wekiwa 3
1:30 PM - 2:00 PM	Jumaa Prayer	Gatlin Ballroom - E
2:00 PM - 4:00 PM	Social Forum - Mukalma with Javed Ahmad Ghamidi	Gatlin Ballroom B
3:00 PM	Past Presidents HiTea	Suwannee 19
3:00 PM - 5:00 PM	Tennis Tourney	Hotel Tennis Courts
5:00 PM - 7:00 PM	YPN - Young Professionals Network	Wekiwa 6
6:00 PM - 1:00 AM	Childcare/Baby sitting	Suwannee 11/12/13/14
<b>Alumni Dinners</b>		
6:00 PM - 9:00 PM	Aga Khan	Panzacola Ballroom - F1-2
6:00 PM - 9:00 PM	Allama Iqbal	Panzacola Ballroom - F 3-4
6:00 PM - 9:00 PM	Bolan	Suwannee 18
6:00 PM - 9:00 PM	Carribean / NAMA	Suwannee 17
6:00 PM - 9:00 PM	Dental	St, John's 25
6:00 PM - 9:00 PM	DOW	Panzacola Ballroom - H 1-2
6:00 PM - 9:00 PM	Fatima Jinnah	St. John's 26-27
6:00 PM - 9:00 PM	Jinnah Sindh	Panzacola Ballroom - H 3-4
6:00 PM - 9:00 PM	Khyber	Butler
6:00 PM - 9:00 PM	King Edward	Panzacola Ballroom - G
6:00 PM - 9:00 PM	Liaquat	St. John's 28
6:00 PM - 9:00 PM	Nishtar	Conway
6:00 PM - 9:00 PM	Punjab	St. John's 24
6:00 PM - 9:00 PM	Quaid-e-Azam	St. John's 22-23
6:00 PM - 9:00 PM	Rawalpindi	Sandlake
10:00 PM	Entertainment	Gatlin Ballroom B-C-D
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Gatlin Foyer

*Event schedule continue on next page.....*



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### Event Schedule

Venue: Rosen Shingle Creek, Orlando, Florida

#### Saturday, July 3, 2021

Time	EVENT	ROOM NAME
6:00 AM - 2:00 AM	Prayer Room	Gatlin Ballroom E
7:00 AM - 8:00 AM	MERIT	Gatlin Ballroom - B
7:00 AM - 8:00 AM	CME Breakfast	Gatlin Ballroom - B
7:00 AM - 10:00 PM	Registration (Lunch time 1pm - 3pm)	Gatlin Foyer - Gatlin 1 Reg
8:00 AM - 1:15 PM	CME	Gatlin Ballroom - B
9:00 AM - 6:00 PM	Bazaar	Sebastian Ballroom
9:55 AM	CME Coffee Break	Gatlin Ballroom - B
11:00 AM	Youth Volleyball Tournament	Hotel Volleyball Courts
11:00 AM - 5:00 PM	Consular Services by Cnsulate of Pakistan	Wekiwa 3
12:00 PM -5:00 PM	Concession Stands / Food Court	Sebastian Ballroom
12:00 PM - 2:00 PM	APCNA Meeting	Panzacola Ballroom H 1-2
10:00 AM - 11:00 PM	YPN - Young Professionals Network	Panzacola Ballroom H 3-4
10:30 AM	YPN Coffee Break	Panzacola Ballroom H 3-4
12:30 PM	YPN Lunch	Panzacola Ballroom H 3-4
1:30 PM - 2:15 PM	MERIT	Gatlin Ballroom B
7:00 PM	YPN Dinner & Entertainment	Panzacola Ballroom H 3-4
11:00 AM - 5:00 PM	SAYA / Youth Program	Suwannee 15
6:00 PM	SAYA dinner & Entertainment	Suwannee 15
2:30 PM - 3:30 PM	APPNA General Body Meeting	Gatlin Ballroom A 1/2
3:30 PM - 4:30 PM	APPNA Baithak (Lets talk about Suicide)	Gatlin Ballroom A 1/2
6:00 PM - 1:00 AM	Childcare/Baby sitting	Suwannee 11/12/13/14
7:00 PM	APPNA Banquet & Entertainment	Gatlin Ballroom B-C-D
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Gatlin Foyer

#### Sunday, July 4, 2021

Time	EVENT	ROOM NAME
8:00 AM - 12:00 PM	Bazaar	Sebastian Ballroom
9:00 AM - 1:00 PM	Halwa Puri Nashta	Sebastian Ballroom
9:00 AM - 11:00 AM	YPN	Panzacola Ballroom H 3-4

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**Our heartfelt condolences go out to all of  
the physicians, healthcare workers, and  
families who have lost loved ones during  
this pandemic.**

# Lab Test

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**Thank you, APPNA, for organizing this event.**



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## NAMA

### North American Medical Alumni Association of Pakistani Descent



The North American Medical Alumni (NAMA) of the Association of Physicians of Pakistani Descent of North America (APPNA) is a not-for-profit, non-political, educational, humanitarian, and charitable organization. We bring into one compact organization the eligible graduates of Pakistani descent of medical schools in the United States and Canada.

The COVID-19 pandemic has brought significant challenges and opportunities to health care providers, patients, government agencies, and NGOs. Like all of you and your families, NAMA has also been significantly impacted by COVID-19. We have not been able to hold the live, in-person networking events at the APPNA National meetings. Nevertheless, NAMA members have been at the forefront of patient and charity care and projects in both North America and Pakistan.

The pause in social interactions mandated by COVID-19 permitted the NAMA EC to consolidate our infrastructure. As such, we have:

1. Recertified NAMA as an APPNA Component Society for 2021
2. Applied for Articles of Incorporation and (independent) 501c3 IRS status
3. Augmented our database of members and potential members
4. Updated the NAMA-Caribbean Facebook group (<https://www.facebook.com/groups/2132416253702504>)
5. Launched the NAMA website <https://www.appnanama.org/>

We encourage North American medical school students and graduates to register on the [appnanama.org](https://www.appnanama.org) website so that you can receive our program updates and learn about other NAMA members from your medical school, town, or specialty.

At the APPNA 44th Annual Convention 2021, NAMA will play a significant role in the CME as both Session Chairs and Presenters.

#### Session Chairs:

1. Dr. Irfan Imami, Chicago Medical School
2. Dr. Minal Ahson, U. of Miami School of Medicine
3. Dr. Farhan Khawaja, Albany Medical College

#### Presenters:

1. Dr. Aasim Padela, Weill Cornell Medical College
2. Dr. Naazli Shaikh, Medical College of Wisconsin
3. Dr. Ferhan Asghar, Baylor School of Medicine
4. Dr. Parveen Vahora, Drexler U. School of Medicine

The NAMA Alumni Dinner on Friday July 2nd will be broadcast via Zoom for those who could not attend the Summer Meeting in person. We will discuss our experiences in the past year and the inequities of medical services to at-risk populations during the COVID-19 pandemic.

We will also be hosting a hybrid in-person + Zoom Symposium Beyond the Bubble

on Saturday July 3rd from 4:00 pm to 6:00 pm EST. Topics will include Leadership in Administration and Pharma, NAMA projects in 2021 and 2022, among others. For a full listing of NAMA presentations at the 2021 Summer Meeting and to register for the hybrid Friday Alumni Dinner and Saturday Beyond the Bubble programs, please visit <https://www.appnanama.org/>.

We look forward to a safe and productive 2021 Annual Convention. Congratulations to the 2021 Host Committee and APPNA EC for providing us the opportunity to enjoy and benefit from this "new normal" together.

Sincerely,

Mujtaba A. Qazi, MD  
NAMA 2021 President  
On behalf of the NAMA 2021 EC



# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## NANA

### Nishtar Alumni Association of North America



Nishtar Alumni of North America (NANA) appreciates the Host Committee for providing an opportunity to write this report in preparation for the meeting at Orlando, FL. For this year, we are actively working on several fronts. One of our flagship projects this year is the renovation of all operation theaters at Nishtar Medical University, Multan. NANA has raised funds to contribute towards the equipment costs for over 30 operating rooms, whereas NANA members or US-based Nishtarians pledged the construction of 18 operating rooms. Moreover, NANA has raised 45,000 USD to expand the endoscopy suites at Nishtar Medical University. It will be pivotal in improving patient care and training at Nishtar Medical University.

Nishtar Research Council, a key committee for 2021, is working on building research infrastructure around scholarly activities at Nishtar Medical University under the leadership of Dr. Irbaz Bin Riaz and Dr. Muhammad Zeshan. NANA has established a loan program to finance the needs of incoming residency applicants by providing interest-free loans. NANA has established a scholarship program in collaboration with APPNA under the leadership of Dr. Ghulam Qadir, helping many Nishtarians. Our young physicians' committee is working towards providing mentorship to residency applicants.

As a President and Member of NANA EC 2021, I wanted to acknowledge the efforts of our selfless and dedicated physicians like Dr. Ahmad Saeed Khan and Iftikhar Khan, and leaders like Dr. Haroon Durrani - President-Elect APPNA 2021, who make us proud every day.

Sadiq Naveed, MD  
President NANA

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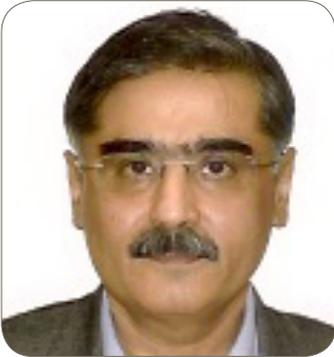
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# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## APPNA Alberta Chapter



In these unprecedented times, Alhamdulillah, APPNA Alberta Chapter played its significant role locally and abroad. There were series of webinars, multiple fundraisers, cultural and social networking and much more.

- Series of webinars (Mental health, Pharmacist and COVID-19, COVID-19 update).
- Weekly bulletins by Wasim Khan
- Multiple video messages include EID greetings, remembering frontline workers and plane crash victims in Pakistan, and racial injustice.

Along with APPNA Alberta hikes, next APPNA Health Day theme was living through COVID-19 pandemic, then year-end with season of giving and helping local charities (Donated \$30,000 to Food bank Edmonton, Alberta).

- **March 2021:** 2nd Health Symposium (Benefits of fasting and common chronic conditions & Reflections of happiness and purpose of living). Event graced by CG Janbaz Khan Vancouver.
- **April 2021:** Ramadan Fundraiser APPNA Alberta raised \$80,000.00 and donated to local Muslim charity IFFSA.

### Upcoming Events:

- APPNA hikes summer 2021 (families get together in beautiful Rockies of Alberta).
- APPNA Health Day Oct 2021
- Season of giving Dec 2021 (helping local charities)

### OUTSTANDING ACHIEVEMENTS:

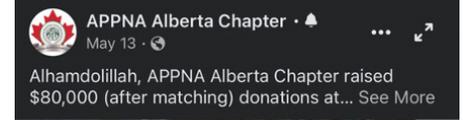
- APPNA Alberta chapter received **HONOURABLE MENTION AWARD 2020**
- **APPNA WESTERN CANADIAN** drive leading and facilitating new chapters (Saskatchewan, Manitoba and British Columbia) Lead Dr Ashfaq Shuaib.

APPNA Alberta chapter achievements dedicated to its membership, local community, Executive committee( Tariq, Ashfaq, Sameena and Saad), board of directors (Hussam, Kamran, Yasmin, Khurshid and Muzaffar). Special advisory Dr. Hussam Bawa.

Further mentioning, Zarqa, Nusrat, Hatim, Ali Tausif, Amir and Dania.

Please visit and like "APPNA Alberta Chapter" Facebook page, courtesy videos messages Dr Saad Yasin (Treasurer and Media lead)

Tariq Awan MD, CCFP, FCFP  
President APPNA Alberta Chapter



TRIBE

BY



NICKIE NINA



[www.nickienina.com.pk](http://www.nickienina.com.pk)



# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## APPNA Maryland Chapter



I am Haroon Burhanullah, M.D. It is a great honor and privilege to be President of APPNA Maryland chapter.

Maryland chapter. In March 2020, the world turned on a dime and we were forced to face great hardships and rise to extreme challenges. I, as President of Maryland chapter worked with my executive committee and thought we should connect with the communities even more than before as people were distraught and were clueless as we were, how to protect them from the virus. We provided the best we had, in helping the community.

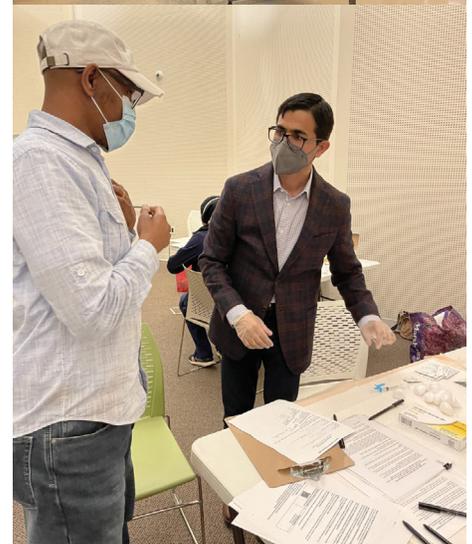
During the last year we improved our membership significantly from 11 lifetime members to 31 APPNA and Maryland. Besides we have 45 Maryland chapter lifetime members.

During COVID- 19 we served the community, by educating them about the COVID- 19, helped front line members with personal protective equipment and encouraged them by providing food as a token of appreciation of front-line healthcare workers. We distributed N-95 masks to grocery store workers and primary care physician's office when N 95 was not readily available. We distributed food to our hospital front line workers and Emergency room staff at Johns Hopkins Hospital and Shady Grove hospital. Moreover, we educated individually and in public meetings about importance of hand hygiene and masks.

When vaccine was available our physicians went above and beyond and did zoom seminars educating the public about vaccine efficacy, reassured them that benefits far outweigh the risks and also partnered with mosques and religious organization in educating about vaccine safety.

Finally, we also participated and arranged several vaccine clinics to vaccinate the Maryland community.

Dr. Burhanullah, MD  
President APPNA Maryland Chapter



# Glimpses from APPNA Spring Meeting April 9-11, 2021 Orlando, Florida



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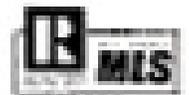
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# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## APPNA DMV Chapter



APPNA-DMV is a very vibrant chapter that strives to serve our communities in both the USA and Pakistan. We are proud that our members have excelled at contributing to health care and social welfare projects and have kept up this tradition of excellence throughout the COVID-19 pandemic, as well. Here is a summary of our activities for 2020 and 2021:

### **Addressing health care needs and raising health awareness in the USA:**

Our chapter coordinated with central APPNA and distributed PPE to multiple hospitals at the beginning of the pandemic when the need was the greatest for frontline workers, and it was much appreciated by hospital leaders and staff. We also provided free COVID-19 testing for patients in northern Virginia in 2020.

This year, our chapter has been involved in providing COVID-19 vaccinations. Two events have been held at Adam Center to vaccinate more than 1100 people. In addition, our chapter participated in smaller vaccination events for 200-300 people in collaboration with Adam Center as well as Make Space.

Moreover, our chapter has worked to help address critical blood shortages by holding a blood drive in 2020, an event that was very successful. We plan to organize another such event this year.

Our chapter worked hard to provide critical health-related education to our members. Moreover, these members worked with ICNA Relief to provide basic health related education and information to the public at health fairs.

And lastly, our chapter also worked to fulfill a need for bone marrow registry for South Asian Communities and held an event to help address it.

### **Addressing the needs of the communities we serve:**

The chapter worked to address critical shortages in the communities we serve in this difficult time. Multiple food distribution/hot meal distribution events were held every month in 2020 and into this year.

Moreover, homeless people were provided sleeping bags through multiple events held in Washington, DC. These events were held to address this critical need in cold weather.

Due to the pandemic, education hardships have multiplied in underserved communities. To help address this need, laptop distribution was coordinated with Thurgood Marshall High School in Washington, DC to provide all students with laptops.



# APPNA 44th Annual Convention 2021

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Lastly, upon learning that the Nissa Shelter in Baltimore was in dire need to a bathroom upgrade, this need was addressed by the chapter free of cost to the shelter.

### **Partnering with other organizations to make a difference:**

We partnered with multiple organization during the pandemic including ICNA Relief, ACP (Washington DC Chapter), Make Space, FEED organization and ACTS (for food distributions). Our food distribution took place in coordination with multiple mosques and churches, as well.

### **Working to address needs in Pakistan:**

To support our beloved Pakistan, we contributed towards flood relief for Karachi in 2020. We also contributed towards the Oxygen project for Pakistan to honor late Dr. Rubina Inayat.

Our chapter has held food distributions in Pakistan in collaboration with central APPNA this year. This was achieved with the help of Khana Ghar in Karachi and CDRS in Islamabad.

Moreover, our chapter partnered with reputable organizations in Pakistan this year for multiple projects: our chapter raised \$28,517 dollars to help support a village in Pakistan adopted by HDF (Human Development Fund), and we hosted a Zoom fundraiser for SIUT (Sindh Institute of Urology and Transplantation) and raised \$86,000 dollars, where we were honored by the presence of Dr. Adeeb Rizvi for this event.

### **Recognition for the APPNA DMV chapter:**

ACP Washington DC Chapter Governor Dr. Shmuel Shoham was very appreciative of our work. Congressman Anthony Brown attended our event, where our chapter provided a check of \$10,000 to the United Communities Against Poverty organization.

Our laptop distribution event was attended by Councilman White, who represented the Washington DC Mayor's Office.

ICNA Relief held a dinner and gave shields to our doctors in recognition of their outstanding contributions to our communities.

Nadra Khan, MD  
President APPNA DMC Chapter



# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## APPNA Minnesota Chapter



MAAP (Mn association of Pakistani physician) -Mn chapter Covid pandemic has created lot of stress last year and it has changed a lot of things how we all look at life but at the same time we all have learned some good lessons from Covid as well It was sad to loose some APPNA members to covid and millions of other lives in USA and in Pakistan , but at the same it motivated all APPNA chapters / membership to contribute in a positive way to give back to the community here in USA and back home in Pakistan.

I was honored to be part of SWRD commette 2020 /2021 and also part of great "covid task force" this year Mn chapter Raised money for for food pantry project and with APPNA match , that money was given to local food shelve here in twin cities Mn SMIC (South Metro Islamic Center) and NWICC ( north west Islamic community center ) in partnership with Mn chapter , arranged 2 food distributions to 100+ families serving over 10,000 pounds of food.

Another food distribution was arranged through HDF ( human development foundation ) to remote areas of Pakistan.

MAPP raised funds for "APPNA shoes " project and collected \$1500 ( and after APPNA donor match \$3000 ) Was be sent to Pakistan for shoe distribution in 3 different cities to needy children.

MAPP raised funds to donate 21 ICU beds which were donate to 3 charitable hospital in Karachi.

In Conjunction with HDF some funds were also contributed to the Therparker water project.

Proud to be part of APPNA vision and mission.

Bushra Dar, MD  
President MAPP (Minnesota chapter)



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# APPNA 44th Annual Convention 2021

## June 30 - July 4, 2021 Orlando, Florida

### APPNE Chapter

#### Association of Pakistani Physicians of New England



#### Covid Screening & Vaccination Campaign:

APPNE collaborated with Worcester Islamic Center and hosted free Covid testing clinic on February 5th, 2021. We also collaborated with WIC and the City of Worcester and helped organize free covid vaccination clinic on March 24th, 2021 where over 300 people were successfully vaccinated against Covid-19. Second dose of vaccine will be administered at the same location on April 21st.

APPNE collaborated with Worcester Islamic Center (WIC) and the City of Worcester and helped organize 2 free mobile covid vaccination clinics on May 1st and May 10th, 2021 at WIC, Worcester, MA. APPNE Physicians continue to

promote Covid vaccination to help improve vaccination rates in the community and bring an end to this pandemic.

#### Free Public Interest Webinars:

As in-person gatherings remain restricted due to the pandemic, APPNE hosted free public interest webinars to improve the health education in our community.

Our first webinar titled "All you need to know about Covid-19 Vaccines" was hosted on Feb4th, 2021. Our expert panelist included Dr. Richard Ellison, Professor of Medicine, UMass Memorial Medical Center, Dr. Matilde Castiel, Commissioner Health & Human Services, City of Worcester, MA, Dr. Fozia Qamar, Infectious Disease, UMass Memorial Medical Center & John Rocchio, Senior Director - CVS Health & Member MA Governor's Covid-19 Vaccine Advisory Group. The webinar was moderated by, Dr. Yousaf A. Shaikh, Assistant Professor of Medicine, University of Massachusetts Medical School, Worcester, MA.

Our second webinar titled "Impact of Pandemic on Children's Mental Health" was hosted on March 6th, 2021. The expert panelists included Noreen Shaffi, LMHC, Health Psychologist, Nardone Medical Associates, RI, Dr. Riffat Sharif, General Psychiatrist, Assistant Prof. UMass Medical School, MA, Dr. Sadaf Ali, Adult/Geriatric Psychiatrist, Assistant Prof. Brown University, RI, Dr. Perveen Rathore, Adult/Adolescent Psychiatrist, HRI Hospital, MA & Dr. Zafar Naqvi, Psychiatrist/Addiction/Psychoanalyst, Harvard Medical School, MA. The webinar was moderated by Dr. Saud Javed, Assistant Professor of Medicine, UMass Medical School.

Our Third webinar was on Fasting & the Human Body on April 11th, 2021.

The panelists were

- Saleem Khanani, MD, Hematologist/Oncologist, Heywood Hospital
- Naaznin Lokhandwala, MD, Endocrinologist, Steward Health
- Khadija Chaudrey, MD, Gastroenterologist, Lahey Clinic
- Beth S. Cronin, RD, Dietician, Steward Diabetes Care Program

The event was moderated by:

- Muzzamal Habib, MD, Boston Vein Care.



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Our fourth webinar was on Sleep Well webinar on the importance of proper sleep on May 23rd, 2021 The panelists are:

- Khurshid A. Khurshid, MD, Psychiatry & Sleep Medicine, University of Massachusetts Medical School
- Salma Batool-Anwar, MD, MPH, Pulmonary, Critical Care & Sleep Medicine, Harvard Medical School

The event will be moderated by:

- Qaiser Khan, MD, MPH, Spectrum Health Systems

Fundraiser for Portable Ventilators:

APPNE collaborated with Pakistan Association of Greater Boston (PAGB) and supported the fundraiser to send portable ventilators to Punjab Emergency Rescue 1122 service. Over \$20,000 were collected and 8 portable ventilators were donated to the Rescue 1122 service in Lahore on March 25th, 2021. These ventilators will help save lives for many years to come.

Fundraiser for NICH:

APPNE is raising funds to buy medical equipment for Medical Semi-ICU at National Institute of Child Health (NICH), Karachi, Pakistan, a 500 bed premier tertiary care pediatric hospital that provides free of cost care to children. Our goal is to collect \$13000 to buy infusion pumps, patient monitors, drip stands and accessories. APPNE is pretty close to reaching its goal. Tax deductible donation can be made at the website: <https://appne.org/donations/nich-medical-equipment-fund/>

APPNA MERIT HIV Webinar Series:

Pakistan witnessed outbreak of HIV cases in the children in 2019 leading to significant increase in HIV disease burden in Pakistan. APPNE is financially supporting 7 webinar series to be launched by APPNA MERIT program from May 23rd to help educate Pakistani Physicians and Students about HIV.

1. HIV awareness, prevention, and Education project in Pakistan was held on May 23
2. HIV testing, Stigma, patient-provider communication, and HIV care Cascade was held on May 30th. Speaker- Dr. Fozia Qamar, MD. Panelists : Dr. Asma Nasim, Dr. Joseph Metmowlee Garland and Dr. Sofia Furqan. Moderated by Dr. Saud Javed
3. Next in the series is "HIV Clinical presentations and Treatment Options " is scheduled on June 6th.

Blood Donation Drive:

Covid pandemic has caused critical shortage of blood and blood products around the country due to cancellation of many blood drives. APPNE collaborated with American Red Cross and Islamic Center of Boston, Wayland and hosted a blood donation drive on May 29th, 2021. 37 units of blood were collected.

National Institute of Child Health (NICH) Medical Equipment Fundraiser:

APPNE continues to collect donations to buy Medical Equipment for National Institute of Child Health (NICH), Karachi, Pakistan. We have collected over \$1100 with a goal of \$13000.

Please go to the website <https://appne.org/donations/nich-medical-equipment-fund> to make a donation for this worthy cause.

APPNE Annual Picnic

Scheduled for June 19 2021 . APPNE board is hosting picnic for paid members and donors as a token of appreciation.

Yousaf A. Shaikh, MD  
President APPNE

Safana Mushtaq, MD  
Secretary APPNE 2020-2022



# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## PPS-IL Chapter Pakistani-Descent Physicians Society, Illinois



As President of the Illinois chapter of the Pakistani Physicians Society (PPS), I am humbled and honored to present an updated report on our organization's efforts. Since January 1st, we have accomplished a lot with the help of our active members and partners.

PPS is one of the largest societies and chapters of Association of Physicians of Pakistani Descent of North (APPNA). Our goals are to provide free and accessible healthcare and education, support charitable projects, and promote advocacy and philanthropy.

Our Chapter conducted Hybrid Elections for the PPS President Elect 2021. Ballots were sent through emails and results were announced in a timely manner.

**PPS STRATEGIC MEETING:** for the sake of planning for the year was held on Jan 10th, 2021. Meeting was well attended by members and Past PPS presidents. Various committees were announced and the budget for the year was also presented.

**APPNA STRATEGIC MEETING:** On Jan 30th, 2021 was successfully held at the APPNA office in Westmont, IL. APPNA members & PPS Host committee members attended the meeting. All CDC guidelines were followed, restricting attendance to only registered members. Breakfast, lunch and dinner were arranged for the guests. The PPS host committee invited APPNA members to a dinner on Saturday evening to conclude the event.

**PPS/ICNA RELIEF TELEHEALTH INAUGURATION:** The APPNA President and members were invited to the telehealth inauguration conducted by APPNA president Dr. Rizwan Khalid on January 31st. This Telehealth service is currently serving the indigent population of the greater Chicago area for 16-20 hours a week, free of charge and irrespective of race, creed, class, religion or ethnicity. A PA/MA has been hired to assist with the day to day operations. Volunteer physicians are providing consultations, while labs and radiology services are provided at a nominal cost.

**PPS MONTHLY MEETINGS:** Four monthly meetings have been conducted to keep the society members updated about the progress of society. This year, the meeting attendance is high as so far all meetings have been held virtually over zoom to create easier accessibility. Past PPS presidents are actively involved in different committees of the society.

**PPS HOUSE CONDO RENOVATED:** PPS House is a valuable asset of our society, helping to house the international students from Pakistan as they pursue their higher medical education. The condo building has been fully renovated with the help of fundraising. Renovations were completed by March. The house taxes have also been reduced as appeals were filed through the state attorney. Students from Pakistan have started coming back and have started to occupy the house.

**PPS/CMS/IDPH COVID VACCINATION PROGRAM:** PPS has collaborated with Chicago Medical Society and IDPH and has started COVID vaccination drives at different sites. PPS Physicians and young members and kids of physicians have been part of these programs and have volunteered tremendous hours. In particular, the Islamic Foundation Villa Park Covid Vaccination was a huge success helping to vaccinate over 1000+ community members. The need and success of the program has led to the start up of COVID vaccination drives at the local government level. PPS has created a COVID-19 Task Force including staff from different organizations who have collaborated with PPS. Lake County, Dupage County as well as Chicago city Community has been so far served from this program extensively. The PPS community has benefited from this program and has received a lot of appreciation. Elderly population was vaccinated with priority and dignity with a lot of volunteer help and easy accessibility to the vaccination site. PPS community services were appreciated and acknowledged by Urdu Pakistan News.

**PPS/INTERNATIONAL CME SEMINAR:** PPS and Fatima Jinnah Medical University (FJMU) Alumni members hosted FJMUA Educational seminar. CME lecture on neonatal invasive ventilation for the pediatric population was delivered by Dr Samina Hijab.



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**PPS/CIOGC RAMADAN PLANNING:** PPS collaborated with the Council of Islamic Organizations of Greater Chicago, to assist with Ramadan planning on Feb 28th. COVID-19 Guidelines were established with the help of Islamic scholars & community leaders.

**PPS CAREER COUNSELLING SEMINAR:** A Career Counselling seminar, hosted by PPS, was held at the national and international level on April 4th 2021. The seminar targeted those who wanted to pursue a medical career in the US, including Nursing, Medical School, Physician's assistant, Research scholar, etc. Professionals were invited from different fields to serve on a panel to answer participant questions and to discuss different medical career paths. The event was very well attended and appreciated.

**APPNA SPRING MEETING:** PPS Chapter Report was presented at the APPNA Spring meeting which was held on April 9-10th 2021, at Orlando Florida.

**PPS ANNUAL RAMADAN FUNDRAISER:** On April 17th, A fundraiser was hosted by PPS at the Signature Banquets event hall. Fundraiser was a huge success, and was very well attended by past PPS presidents and seniors. The community generously donated and therefore helped to support PPS projects, most of which are Zakat eligible.

**CHARITABLE PROJECTS AND DONATIONS:** PPS has donated to numerous charitable projects. PPS/APPNA & CDRS Partnership in Covid-19 Pandemic, has helped in providing Ramadan family food packs in Pakistan. 112 pairs of new Eid shoes distribution to kids at village Mirza Virkan district, was done. PPS donated \$2,000 for the Ramadan food drive to assist with food distribution in Pakistan. As part of the Punjab food distribution efforts, 60 families in Sheikhpura received months of ration grocery supply. An additional \$2,000 was donated for the ICNA Relief food pantry to help serve the refugee population in Chicago. PPS has also donated \$500 for Oxygen Cylinders to support the fight against COVID in Pakistan. PPS also recently donated \$1,000 to the tumbling team headed by Jesse White Secretary of State.

**NATIONAL WOMEN'S HEALTH WEEK SEMINAR:** May 17th 2021, The seminar was hosted by the PPS Alliance team, focused on women's health, and a raffle was held at the end.

**PUNJAB GOVERNOR, MR. CHAUDHRY MUHAMMAD SARWAR:** May 28th, 2021, an event was held at the Consulate General of Pakistan in Illinois. Pakistani State Punjab, Governor Chaudhry Muhammad Sarwar, visited Chicago and met with community leaders and businessmen. Chaudhry Muhammad Sarwar is the current and 33rd Governor of Punjab. During his visit he had met with US Officials in numerous meetings, and conferences were held in his honor. PPS was represented by President PPS 2021, Dr. Samina Hijab, with other dignitaries who were also present at the meeting held at the Consulate of Illinois. Governor of Punjab and his delegate were briefed about the PPS activities and community services at different levels which were highly appreciated.

**PPS MEMORIAL DAY PICNIC:** May 30th, to give back to the community PPS arranged a picnic at Oakbrook Park. PPS had a fun filled event that was well attended by almost 200 PPS members with families. His excellency, Mr. Jesse White- Secretary of State-, joined us with his whole team of tumblers. The Tumblers' show was a hit, an entertainment full of thrill and enthusiasm for both adults and kids. Mr Jesse White addressed the PPS Picnic attendees, and expressed his joy for being part of the PPS event. A memorial day cake cutting was also done on site with Pakistan and USA national anthems ceremoniously playing in the background. Pakistan Consulate General, Mr Tariq Kareem and his wife- Mrs. Kareem- were also part of the event with their daughter. Mr Karim addressed the PPS community and reassured the consulate's full support for PPS. He admired all the efforts put in for a very successful and entertaining picnic. Extremely delicious food was catered by Anmol Restaurant, including a live on-site BBQ which provided freshly made kebabs and other delicacies for all guest attendees. A DJ and Dohl's performance on site created an atmosphere of positive emotions and happiness. Games were also played-by both the adults and kids- which were enjoyed by all with small prizes distributed to all the winners.

**PPS/ICNA/APPNA RELIEF MOBILE HEALTH CLINIC:** On June 5th, The PPS members visited the ICNA/Relief Office and Glendale Heights food pantry, where food distribution took place as drive through. PPS in collaboration with ICNA/Relief is starting the APPNA mobile clinic health screening and COVID Vaccination program. Additionally, a COVID Clinic was set up to vaccinate those who had not yet been vaccinated. A women's shelter home was also visited. PPS will continue to support all the upcoming ICNA/Relief campaigns as well as mobile clinic health screening and vaccination programs.

Sincerely,

Samina Hijab, MD  
President PPS-IL Chapter, 2021



Shazia Zafar, MD  
President

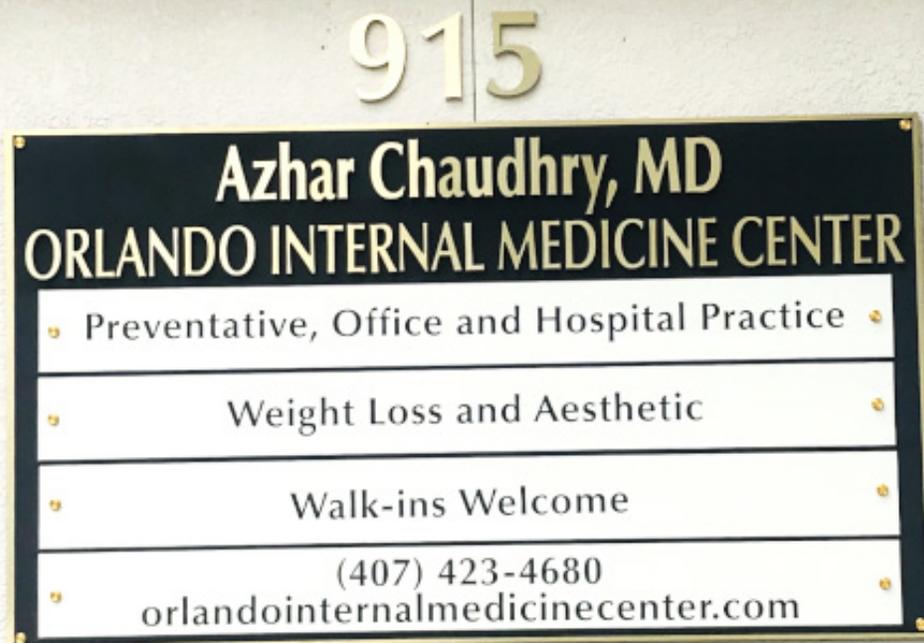
Shehzad Khan, MD  
Secretary

Mahreen Siddiqui, MD  
Treasurer

Zafar Hamid, MD  
Executive Director



**APPNA South Florida Chapter**  
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SUMMER CONVENTION  
IN ORLANDO.

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DR IRFAN ASLAM - PRESIDENT ELECT  
DR IRFAN IMAMI - IMMEDIATE PAST RESIDENT  
DR NAVEEN DARAKSHAN - SECRETARY  
DR MOHAMMED MASOOM QURESHI - TREASURER



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## FINANCIAL PLANNING & WEALTH MANAGEMENT



*Sleep Well at Night*

If you would like to have a review of your investment plan and portfolio,  
Please call Paul Murphy at (352) 304-8979  
or email [pmurphy@calton.com](mailto:pmurphy@calton.com)

Registered Investment  
Advising

Tax Savings Planning

401K Management

Estate Planning Concepts

Insurance

Fixed Income

Strategic Trading

ETF's

Mutual Funds

Securities Brokerage

1031 Exchanges





# APPNA 44th Annual Convention 2021 June 30 - July 4, 2021 Orlando, Florida

## غزل

جاوید اکبر

چوٹ پر چوٹ کھائی ہے ہم نے  
پھر بھی محفل سجائی ہے ہم نے  
نظروں پر اندھیرا چھایا تھا  
ایک بجلی گرائی ہے ہم نے  
مدتوں بعد اشک نکلا ہے  
آج اپنی سنائی ہے ہم نے  
ایک پتہ کہیں سے ٹوٹا ہے  
ایک چادر بچھائی ہے ہم نے  
اس نے اپنی انا بچائی ہے  
اور محبت بچائی ہے ہم نے  
ٹوٹے رشتوں کو پھر سے جوڑ دیا  
اک غزل ایسی گائی ہے ہم نے  
اپنی دنیا اجاڑ کر جاوید  
اس کی دنیا بسائی ہے ہم نے

## غزل

ڈاکٹر سید انوار احمد

تمہارے بعد وفا میں تلاش کیسے کریں  
وہ بانگن، وہ ادائیں تلاش کیسے کریں

مہک تو پھیلنے کو بے قرار ہے لیکن  
وفا کے پھول ہوائیں تلاش کیسے کریں

حسین شباب کے لمحے جو ہم سے روٹھ گئے  
کہاں سے ڈھونڈھ کے لائیں، تلاش کیسے کریں

اُسی مکان میں، بچپن کو ڈھونڈنے کے لئے  
کبھی جو لوٹ بھی جائیں، تلاش کیسے کریں

جو ہم کو چھوڑ کے نکلے سُر اِغ منزل میں  
وہ دے رہے ہیں صدائیں ”تلاش کیسے کریں؟“

اُفق کے پار خوشی کا خزانہ ہو شاید  
اُفق کے پار تو جائیں، تلاش کیسے کریں



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## اک جنگل

کہتے ہیں راہزن مجھے تُو روک لے زباں  
تقدیر میں ہے درج تُو نے لُٹنا ہے یہاں  
تیری کہانی بھی وہی جو پچھلوں کا بیاں  
چپ چاپ اب میں لکھ رہا بالکل نئی کتھا  
جنگل میں کیا ہے راستہ یہ بیچ دار سا

پیہم عذاب میں یہاں روحیں پھنسی ہوئیں  
ہر خامشی کی چھاپ میں چینیں دبی ہوئیں  
اور ساعتیں ہیں وقت کی بالکل تھی ہوئیں  
آسب میں ہوں میں کسی لاعلم گر پڑا  
جنگل میں کیا ہے راستہ یہ بیچ دار سا

حل ہر معنے کا یہاں اک اور معنا ہے  
جنگل میں بجتے ڈھول کا کیوں شور اُٹھتا ہے  
منزل ہے کوئی پا گیا یا بھینٹ چڑھتا ہے  
ہر ایک راز ہے یہاں پوشیدہ ہی رہا  
جنگل میں کیا ہے راستہ یہ بیچ دار سا

منزل تلاشتے ہوئے ہم چلتے ہی رہے  
ناکامیوں سے پر کوئی یاں کیسے بچ سکے  
جب داؤدِ خم اور گرہ گیر رہ ملے  
ہے اختیار کیا مجھے بس چلنے کے سوا  
جنگل میں کیا ہے راستہ یہ بیچ دار سا

ہر اک اثر کا وہ سب اک ڈھونڈتا پڑا  
ہے کب کا حاتی گھومتا بس گول گول سا

یوں کب کا ہوں میں گھومتا بس گول گول سا  
یاں وہم عقل پر کبھی کا بازی لے گیا  
اور تیرگی نے روشنی کو ہے جکڑ رکھا  
اب جھاڑ کر نکالا ہے دن ایک گرد اٹا  
جنگل میں کیا ہے راستہ یہ بیچ دار سا

اس راستے کی کاٹ سے دنیا بٹی بٹی  
دن لیر لیر اور ہر اک شب کٹی پھٹی  
دل دھچی دھچی ہو گیا وحشت نہیں بئی  
اب سوچتا ہوں ڈھونڈ لوں رستہ کوئی نیا  
جنگل میں کیا ہے راستہ یہ بیچ دار سا

ہیں مہتمم یہ کہہ رہے ہے صبح ہو گئی  
گہری مگر ہے دھند جو ہرگز نہیں چھٹی  
چادر دبیز سی ہے مرے حال پر پڑی  
کتنے ہی پردوں کے تلے ہوں میں دبا ہوا  
جنگل میں کیا ہے راستہ یہ بیچ دار سا

نا پاندار راہ پہ نا پاندار ہم  
دیکھے قدم قدم چھپے ہیں کتنے ہی ستم  
دلزل زمین میں دھنسنے یاں ان گنت ہیں غم  
تھی ابتدا جہاں پہ وہیں پر ہے انتہا  
جنگل میں کیا ہے راستہ یہ بیچ دار سا

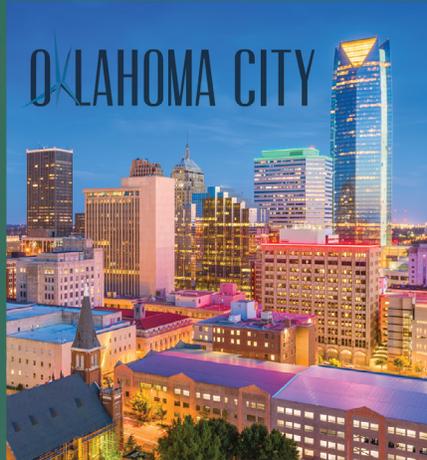
علیٰ حماد حاتمى  
ستمبر ۲۰۲۰

SAVE THE DATES

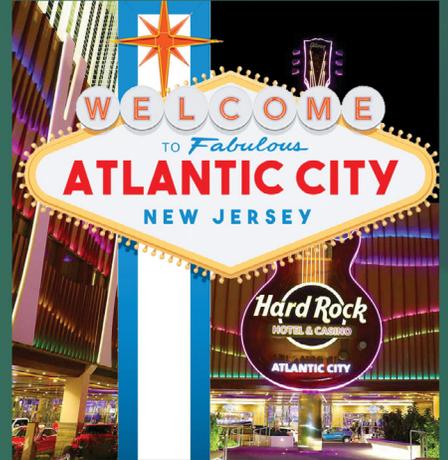
# APPNA EVENTS 2022



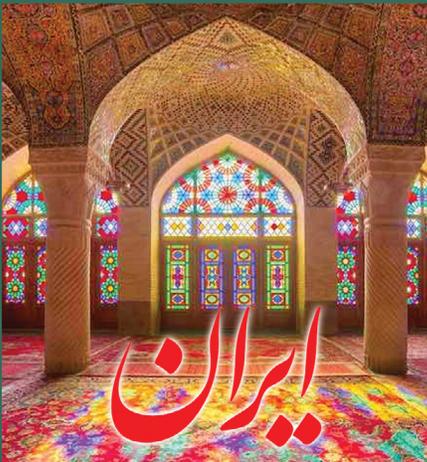
APPNA Strategic Meeting  
Cruise  
January 26-30, 2022



APPNA Spring Meeting  
Oklahoma, OK  
March 24-27, 2022



APPNA Convention 2022  
Atlantic City, NJ  
July 14 -18, 2022



APPNA International Meeting  
Iran  
September 8-18, 2022



APPNA Fall Meeting  
New York, NY  
October 20-23, 2022



APPNA Winter Meeting  
Pakistan  
December 21-25, 2022

INFORMATION COMING SOON!

[www.appna.org](http://www.appna.org)