

APPNA STRATEGY MEETING

January 31 - February 1, 2020 Philadelphia



A NEW VISION FOR A NEW YEAR



CITY OF PHILADELPHIA

OFFICE OF THE MAYOR
215 City Hall
Philadelphia, PA 19107
(215) 686-2181
FAX (215) 686-2180

JAMES F. KENNEY
MAYOR

January 31, 2020

Association of Physicians of Pakistani-descent of North America

Dear Friends:

As Mayor of Philadelphia, it is with great pleasure that I welcome you all to the 2020 Strategy Meeting hosted by the Association of Physicians of Pakistani-descent of North America. Please accept my best wishes for a successful meeting.

The Association of Physicians of Pakistani-descent of North America (APPNA) has over 3,500 members and is the largest organization of professional Pakistani Diaspora in North America. APPNA is also recognized as the second-largest International Medical Graduates (IMG) Association in the United States. APPNA continues to play an important role in the promotion of excellence in healthcare, research, education, and humanitarianism. APPNA's membership holds the common value of being role models for healthcare providers. I am incredibly honored to serve as Mayor of Philadelphia, a city in which its residents take immense pride in serving their communities. I have always believed that there is no greater pursuit in life than public service. In that spirit, the work APPNA does to provide free clinics in the United States and scholarships to those in need is truly commendable. I know APPNA will continue to promote excellence and leave many positive marks on society and the medical field.

Once again, I am happy to welcome all of you to this meeting and extend my best wishes for continued success.

Sincerely,

A handwritten signature in black ink that reads "James F. Kenney". The signature is written in a cursive style with a large, prominent "J" and "K".

James F. Kenney
Mayor



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Chair Publication Committee's Message



Dear friends and APPNA members,

Welcome to the winter 2020 strategy meeting. On behalf of the organizing committee, I welcome all of you to the City of Brotherly Love and the 1st capital of the United States, the great city of Philadelphia.

We are honored that we were chosen to host this meeting. Now we have the opportunity to show you how great the city of Philadelphia really is and what makes it so special besides its cheesesteaks and soft pretzels.

In these two days, we have packed a lot of fun and informative events such as alumni retreats, CMEs, and nightly entertainment.

On behalf of the host-committee, we thank the advertisers, exhibitors, and sponsors of the meeting. We also want to specially thank all the attendees who travel from many other states. With all your support we hope to make our 2020 strategic meeting a success.

Regards,

Junaid Chaudhry, DMD
Chair, Publication Committee

Design and Art Work by V4Ideas.

"The Thinker by Auguste Rodin" - Title Cover Photography by Dr. Nadeem Ahsan.





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Chair Host Committee Message



Dear Appna friends,

I have the distinct pleasure of welcoming you on behalf of the host committee to the historic city of Philadelphia. Hopefully we'll be able to show you over this weekend why the city has been affectionately nicknamed City of Brotherly Love and Sisterly Affection. We aim to warm your hearts in the peak of this winter season.

Philadelphia boasts of a lot of US firsts in its portfolio including the first capitol, the first medical school and hospital, the first library, the first zoo, the first stock exchange and so on. This is the first time that APPNA strategy meeting is being held in Philadelphia. APPNA-PUN, your local host chapter, feels truly honored to be given this opportunity.

The host committee has worked diligently to offer an engaging program to the attendees. The program includes several discussion forums which are relevant to APPNA's current affairs. We are hopeful that this meeting will jumpstart APPNA into a successful 2020 and APPNA will be back on its way of philanthropy, education and social activism.

I have been blessed to have APPNA-PUN past Presidents working as my advisors including Dr Sarwat Iqbal, Dr Haroon Durrani and Dr Ghazala Farooqui. They bring a wealth of experience to the table and have always been available whenever I needed any advice.

I am truly indebted to my Co-chair, Dr Imran Amir whose contribution has been exemplary in hosting this meeting.

CME committee has arranged a fantastic CME program with excellent speakers. The idea of Alumni Retreat which was born in Philadelphia during APPNA Spring meeting in 2017 has continued this year with 7 alumni having official retreats or informal meet and greet sessions during this meeting.

The food committee has made superb choices which will appeal to your palate. The Friday night dinner will be an Afghani themed dinner followed by a Tribute to Mehdi Hassan by his son Kamran Mehdi Hassan. On Saturday you'll be treated to a sumptuous Pakistani cuisine followed by vibrant music by Jabar Abbas and Komal Malik.

I am thankful to all my wonderful committee members for their hardwork in making this a memorable meeting.

Vendor Committee:

Dr Mohammad Murtaza (Chair), Dr. Shehla Sarki, Dr Shazia Savul, Dr Masood Siddqui, Dr Umar Farooq.

Publication Committee:

Dr Junaid Chaudhry (Chair), Dr Ejaz Khan, Dr Wamiq Sultan, Dr. Ghazala Farooqui, Dr Sajjad Sabir.

City Liaison:

Dr Sujood Ahmad (Chair), Dr Saima Anis, Dr Shazia Savul



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Guest Liaison:

Dr Munaza Khan (Chair), Ms Annie Anjum, Ms Saima Bhutta

Hall Decoration:

Ms Fauzia Hussain (Chair), Dr Nimra Rana, Ms Tabinda Amir, Ms Maheen Durrani, Ms Nusrat Mohsin

CME Committee:

Dr Sajjad Savul (Chair), Dr Sammar Rasheed, Dr Amna Nabeel Khan, Dr Nayyar Iqbal, Dr Nadir Ahmed

Alumni Retreat Committee:

Dr Mohammad Arshad (Chair), Dr Abdul Sami Janjua, Dr Zaheer Chaudhry, Dr Jamal Mahmud

Food Committee:

Mr Azfar Kaleem (Chair), Mr Iqbal Haider, Dr Sohail Rana, Dr Sajjad Savul, Dr. Haroon Durrani

I am fortunate to be working with so many great friends and colleagues whose contribution to this meeting has been priceless.

Special thanks to all APPNA-PUN members and patrons whose participation has made all the difference in making this meeting successful.

And last but not the least, I am thankful to my lovely wife, Nusrat Mohsin, who has been by my side all the way through the planning and execution phase of this meeting.

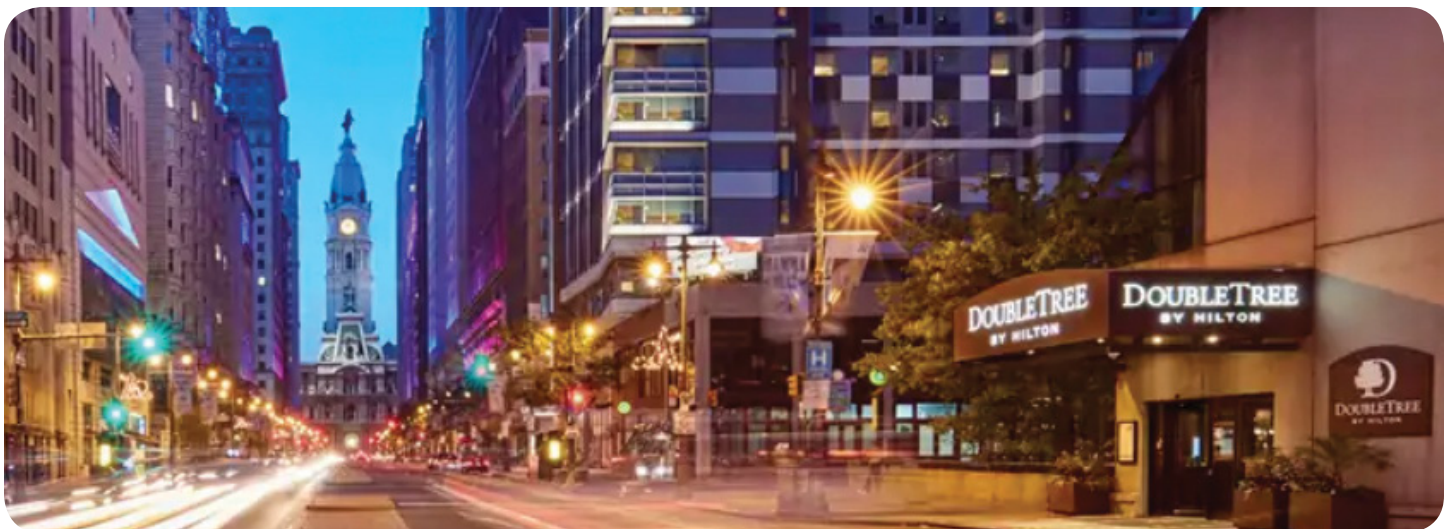
I hope you all have a wonderful time in Philadelphia. If there is anything we can do to make your trip more comfortable and enjoyable, please don't hesitate to ask me or any other member of the host committee.

Stay well ! Come back and see us again soon !

God bless !

Jamil Mohsin, MD

Chair, APPNA Strategy Meeting 2020





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Host Chairs



Jamil Mohsin, MD
Chair



Imran Amir, MD
Co-Chair

Advisors



Sarwat Iqbal, MD
Advisor

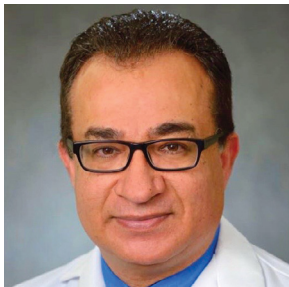


Haroon Durrani, MD
Advisor



Ghazala Farooqui, MD
Advisor

Committee Chairs



Sajjad Savul, MD
Chair, CME



Munaza Khan, MD
Chair, Guest Liaison



Fauzia Hussain
Chair, Hall Decoration



Junaid Chaudhry, DMD
Chair, Publication



Mohammad Murtaza, MD
Chair, Vendors



Sujood Ahmed, MD
Chair, City Liaison



Azfar Kaleem
Chair, Food



Mohammad Arshad, DMD
Chair, Alumni Retreat

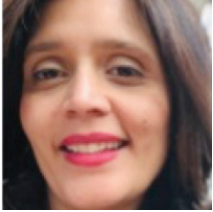


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Host Committee Members



Amna Nabeel, MD
CME



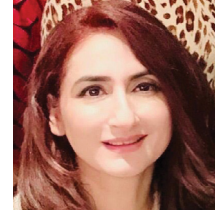
Nayyar Iqbal, MD
CME



Nadir Ahmed, MD
CME



Sammar Rasheed, MD
CME



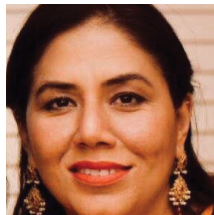
Saima Bhutta
Guest Liaison



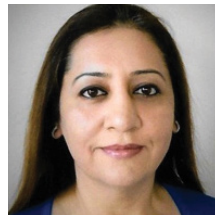
Annie Anjum
Guest Liaison



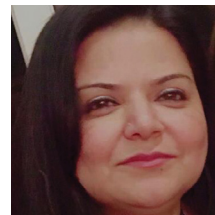
Nusrat Mohsin
Hall Decoration



Maheen Durrani
Hall Decoration



Nimra Rana, MD
Hall Decoration



Tabinda Amir
Hall Decoration



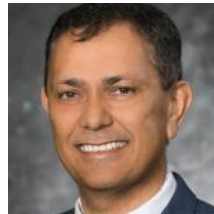
Ghazala Farooqui, MD
Publication



Wamiq Sultan, MD
Publilation



Sajjad Sabir, MD
Publication



Ejaz Khan, MD
Publication



Masood Siddiqui, MD
Vendors



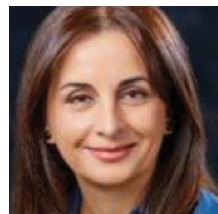
Shehla Siddiqui, MD
Vendors



Umar Farooq, MD
Vendors



Dr. Saima Anis
City Liaison



Shazia Svul, MD
City Liaison



Sohail Rana, MD
Food



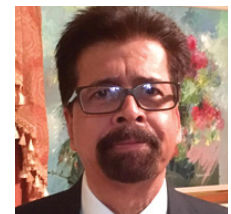
Haroon Durrani, MD
Food



Sajjad Savul, MD
Food



Iqbal Haider
Food



Abdul Sami Janjua, DMD
Alumni Retreat



Jamal Mahmud, MD
Alumni Retreat



Zaheer Chaudhry, DMD
Alumni Retreat



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President's Message



Dear APPNA Members,

Welcome to the APPNA Strategy Meeting 2020, in Philadelphia, the city of brotherly love. We want to start the year on a very positive note and have an ambitious goal for this meeting. Let's all meet and create unanimity, respect and tolerance. This has to be done with the core of our heart, and with sincerity.

Let's all plan APPNA's projects for the year:

1. Pakistan Initiatives: Improving Health, Medical Education and Training

I am passionate about APPNA's health and educational initiatives in Pakistan, having served as APPNA MERIT's founding chair for its first 5 years. I had wide-ranging discussions with healthcare leaders in Pakistan on their latest healthcare priorities and also brainstormed with leaders of current APPNA initiatives. Based on these discussions we can do a lot in 2020:

- **Family Practice Residency** – help establish in all major teaching institutions across Pakistan. To inaugurate this initiative APPNA MERIT is launching its first annual conference at Rawalpindi Medical College in collaboration of Higher Education Commission and Federal Ministry of Health on March 7-8th 2020
- **Nursing Shortage**– help grow capacity from 10K to the needed 100K by getting placement of Pakistani nurses for graduate nursing programs, so they help teach in Pakistan. Here we will need to develop the program in partnership with USAID, HEC and Federal Ministry of Health
- **HIV, Hepatitis C, Polio, Addiction Medicine** – build on educational and transfer-of- expertise efforts
- **Cornea Transplant** – support and grow.
- **MERIT Visiting Faculty Programs** – strengthen in multiple specialties
- **Stroke Units and Intensive Care Training** – support and grow
- **Clean Water Projects** – support and grow
- **Clean Sanitation Program for Girls** – so girls don't drop out of school at puberty
- **Medical Missions, Mobile Health Units, etc.** – immediate support is needed for earthquake relief in Puerto Rico.

Please join in the discussions at the Retreat to shape these worthy projects and suggest names, ideas from your chapter/ alumnus for these and other programs.

2. US/Canada Initiatives: Mentorship, Advocacy, Philanthropy, Free Clinics, Scholarships

Let us strengthen collaboration between APPNA's US/Canada chapters and Committees to share best practices and multiply our impact at the local level. I also want to involve more US/Canada medical graduates in APPNA and mentor our next generation. For US/Canada:

- **North American Medical Alumni Section** – strengthen, grow, involve medical students as a subgroup
- **Mentorship for US/Canada High Schoolers, Undergrads** – develop in chapters and in APPNA Alliance
- **APPNA Scholarships in US/Canada Medical Schools** – initiate with chapters
- **Advocacy and Civic Engagement** – strengthen at chapter level
- **Free Clinics, Pantry, Mobile Health Units, National Healthcare Day** – support, grow

We will discuss these US/Canada initiatives at the Retreat. APPNA needs us all to work together and enlist activists and ideas for maximizing our impact in US/Canada.

3. APPNA Legislative and Administrative Initiatives:

- **CABL:** As 2020 Executive Committee we are committed to bringing APPNA to a harmonious place and that can only be achieved when we all work together and through our differences. We will develop a broad-based committee of senior APPNA members, and members from different CABL committees to work with a constitutional expert of not for profit organizations to come up with proposed amendments to APPNA CABL. In every APPNA meeting, there will be a town hall where membership voice will be heard with the legislative experts.
- **Council:** Develop best practices and standardization across all our component societies.
- **Chapters:** Improve coordination and support for initiatives like food pantry, national health care day, free clinics, youth mentorship programs and APPNA scholarships in US/Canadian medical school

Please Join us to shape these ideas for implementation in 2020 with round-table discussions to re-focus on our mission and service initiatives that the vast majority of our membership cares about.

I look forward to working with you all.

Naheed Usmani, MD
President APPNA 2020



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Immediate Past President's Message



Dear APPNA members:

It was a great honor and privilege to be the President of APPNA for the year 2019, this certainly would not have been possible without the support of our fellow members.

My goal from the very start was to end all litigations and bring financial transparency in APPNA. As we are aware that as APPNA settled cases but unfortunately last year our 4 EC members did not follow internal mechanism and chose to litigate which has taken a lot of resources. On Financial transparency, the process was stopped also by four members. Similarly, our project of APPNA Institute of Innovation and Research was also stalled.

I am especially proud of the work done by over 2500 cornea donations program under the supervision of Dr. Fawad Zafar and ongoing clean water project. First time in the history of APPNA, we had Arts and Literary Festival.

APPNA's delegation met Prime Minister Imran Khan on December 2019 at APPNA Peshawar Winter meeting and APPNA to be represented as an INSTITUTION at a governmental level and not on an individual basis. APPNA will be involved not only in Pakistan Healthcare Task Force but also will be part of Pakistan Medical Commission and represent as an institution.

Once again, I want to remind myself and membership to STAY POSITIVE!! I would like to assure all newly elected officers that I will support every and any good cause coming out of APPNA in this year. We need to work in a cohesive manner and be a good representative for the rest of the world. I was elected to work on membership demands which were mainly to end all litigations, improve financial transparency, amendments of bylaws, and continue to do this. I did not bow down to the pressure group and if I have to do this again, I will not change any of my stances.

Once again, I like to thank membership with whom nothing is possible. We have a better day ahead for our organization. APPNA remains to be a progressive organization.

Sincerely,

Naseem A. Shekhani, MD
Immediate Past President APPNA 2020



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President Elect's Message



Fellow APPNA members,

Assalam alaikum

It is a distinct privilege to be elected by the General Membership to serve as APPNA's President elect this year and President for the year 2021. I applaud all the members that participated in our democratic traditions and especially those that believed in me and supported me in my electoral endeavors including my family, friends and colleagues. I owe you a debt of gratitude.

Friends, our association is going through a very difficult phase and faces a lot of challenges. Let me assure you that my team and I are working tirelessly to resolve all issues.

One of the most important challenges we faced were the two ongoing lawsuits. APPNA legal expenses in 2017-2019, amounted to around \$530,000. Over \$450,000 was spent in 2018 and 2019. However, in 2019 alone, we spend an astronomical \$315,000 on legal fees. Our financial situation was bleak, to say the least. APPNA had to borrow \$70,000 from lifetime dues to pay our office staff (at the end of 2019) and took a line of credit/loan of \$250,000 to pay for the outstanding legal fees (again, at the end of 2019). It was very clear to us that this financial bleeding cannot continue. Also, during my election campaign, the general membership had clearly showed their disdain for lawsuits. The APPNA council majority was also in favor of prompt resolution of these lawsuits. You will be very pleased to hear that as of January 15, 2020, APPNA settled the "Dr. Bari vs APPNA" case without any admission of guilt on part of APPNA. Hopefully, on January 24, 2020, the "TRO" case will also be settled between APPNA and the defendants. That will end a dark chapter in the history of our organization. APPNA will limit its interaction with all law firms and minimize our spending this year. Also, the process for access to legal channels by APPNA officers is already streamlined.

It is also very clear to the Executive Committee (EC) that the APPNA's Constitution and Bylaws (CABL) has numerous ambiguities and contradictions. There is an urgent need for a complete revamping of our CABL. The proposed CABL should be in compliance with the Illinois and Federal laws governing not-for-profit organizations, address governance models, highlight electoral reforms, and create robust internal conflict resolution mechanisms which strongly discourage and minimize the culture of litigation. A CABL taskforce of senior past presidents of APPNA has already started working on some the issues mentioned above. A CABL Committee will also start its work soon.

One of my goals is to make APPNA a professional organization. In which the EC (statutory Board of Directors) should have policies and procedures in place to govern itself. I believe in devolution of power, which in my opinion will improve efficiency. There should be delegation of responsibility within the Board as well. This process has already been initiated.

Transparency and financial accountability are cornerstones of any not-for-profit professional association. We believe in timely audits, transparent accounting, and providing access to members to EC meeting minutes and quarterly financial statements. This has already been approved.

I will also emphasize that my campaign promises were not just "promises for the campaign", they are guiding principles that I will adhere to and try my utmost to fulfill, Inshallah. I will request your counsel and partnership. In the end, let me mention that I only safeguard APPNA's interest, first and foremost. Many times, bold and pragmatic decisions must be taken. I assure you that I will not shy away from taking tough decisions in the future as well. I strongly believe that there is no issue that cannot be solved; we need the solemn desire to solve it. A bright future awaits APPNA, Inshallah.

Long live APPNA, Long live Pakistan!

With gratitude and prayers

M. Rizwan Khalid, MD
President Elect 2020



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Secretary's Message



Dear APPNA Family,

I am very happy to communicate with you in my capacity as secretary of APPNA 2020 as I have the pleasure and privilege of bringing some very good news. APPNA EC is dedicated to bring an end to all litigations and I am pleased to tell you that the first step in that direction was to settle the Legal case of Bari vs APPNA after it has been in court for nearly 15 months and bled APPNA's financial resources heavily. As you may know, APPNA spent close to \$315,000 in litigation fee alone in 2019 . Now that the case is settled, we can focus our energy on cohesive work to revamp APPNA's constitution & bylaws and bring it in line with State of IL laws for non profit organizations. By the time you will get this message all litigations will have been settled and APPNA will be able to tread a path of better governance, transparency and accountability. We the members of EC bound by the TRO to work as a board of directors and take decisions by a majority of vote therefore the dynamics have changed. However, we are hopeful that it will bring more harmony and strength to our official proceedings and APPNA will thrive as a result.

From now on in the spirit of transparency, all minutes of the Council, EC/BOD, minutes and committee report an quarterly financial statements will be published on APPNA's website under a password protected member's area so that you can keep yourself apprised of important issues and projects. This should help us as well as we will benefit from your feedback and suggestions.

As secretary APPNA, it is my fiduciary duty to keep the members informed about everything with respect to the meetings and projects and I will continue to do so at the best of my ability and discretion. Please do not hesitate to contact me if there are any concerns or suggestions. I look forward to hearing from you.

Warm regards,

Haroon Durrani, MD
Secretary APPNA 2020





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Treasurer's Message



It is an honor to serve as the APPNA treasurer for this year.

To say that APPNA is at a critical juncture in its history would be an understatement.

We can keep arguing about the recent past or we can have a new beginning for the organization. There have been setbacks but if we learn from our mistakes and chart a new and positive course, it will be the best outcome for APPNA yet.

APPNA is too precious an organization to fail. The largest and most influential professional organization of Pakistani diaspora anywhere in the world must continue to prosper, not flounder.

APPNA has a glorious past and it must have a bright future. Let us say no to petty differences and groupings within the organization.

As the Treasurer and member of the Executive Committee, I give you my word to have only the best interest of the organization at heart and not be part of any grouping or cabal.

I look forward to your help and guidance in discharging my duties as member of the EC of APPNA.

Warm Regards,

Arshad Rehan, MD
Treasurer APPNA 2020





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APPNA BOT endorses the new Governance structures:



Dear APPNA members,

On Jan 15, 2020, APPNA signed a landmark settlement agreement in the Bari vs APPNA case after a lengthy and costly legal battle over the passing of the 2018 APPNA amendments to its Bylaws. APPNA agreed to abolish the 2018 amendments including the reporting clauses, which was a source of discontent among majority of APPNA members. APPNA is now being governed by the APPNA Constitution and Bylaws last revised in 2014.

The APPNA BOT had reservations about the 2018 amendments for the potential of abuse and overreach. We felt that reporting our members to the FBI and State Boards without proper defense or procedure was a recipe for disaster and our members deserved better. However, we endorsed and accepted the part of 2018 amendments whereby the BOT was expanded and was elected by the general membership. We worked with the new elected members of the BOT and every effort was made to accommodate them.

Now that the 2018 Amendments have been reversed, the old structure of BOT has been restored until the time that a new Constitution for APPNA is adopted, a process which may take a year. The current BOT will continue to play its role as an overseer and its fiduciary oversight for audit and unbudgeted items.

The APPNA BOT welcomes and fully endorses the new Governance structure of the EC as "Board of Directors." This was mandated by the TRO and as our agreement with APPNA. Over half a million dollars have been wasted in legal fees in the past two years. We salute the newly elected APPNA officers for their vision and farsightedness for taking the bold steps to finally put an end to all litigation and taking the necessary steps to move APPNA forward. This is what they promised the membership and we are glad; they are fulfilling those obligations. These are all highly motivated, energetic and talented new leaders of APPNA. APPNA is lucky to have such a group of dedicated volunteers and visionaries.

The APPNA EC has initiated a complete overhaul of the APPNA Constitution and Bylaws with help of a constitutional expert. The BOT will aid and assist the APPNA EC for a comprehensive review and will help in any way it can, to come with an ever encompassing and all-inclusive document.

We would also like to thank and appreciate all the retiring members of BOT for their time and effort this year and in 2019. The level of support that all of them provided was invaluable. We will work diligently to bring unity, harmony and cohesiveness among all the APPNA groups, all APPNA officers and general members. We look forward to a highly productive and successful 2020.

Sincerely,

Dr. Asif Rehman – Chairman, APPNA 2020 BOT
Dr. Riaz Chaudhry – Secretary, APPNA 2020 BOT
Dr. Rubina Inayat – Member, APPNA 2020 BOT



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Philadelphia; America's Cradle



Greetings and welcome to historic Philadelphia!

Philadelphia, the birthplace of the nation, is rich in history and provides the entire family with wonderful opportunities for sightseeing and entertainment. **The City of Brotherly Love is one of the 25 must-visit destinations in the world in 2020**, according to a phenomenal new write-up in National Geographic Traveler. Even more impressive: The city is one of only two U.S. destinations (alongside Grand Canyon National Park) to make the list, which is part of the publication's annual Best Trips feature.

In the piece, author Johnna Rizzo reflects on Philly as a metropolis of the unexpected in the midst of an exciting reinvention, saying that "Philly has changed from a city of industrial might ... to a city of ingenious makers."

Established in 1682 at the confluence of the Delaware and Schuylkill rivers by William Penn on land that originally belonged to the now thoroughly decimated Lenape tribe of Native Americans, Philadelphia is the economic and cultural anchor of the Delaware Valley. The city served as the U.S. capital before Washington, D.C. was built. Philly is known for its arts, culture, and history, attracting a record 45 million domestic tourists in 2019!

Philadelphia has more outdoor sculptures and murals than any other American city, and beautiful Fairmount Park, spread over 25 square miles, is the largest landscaped urban park in the entire world. Philadelphia is the birthplace of the United States Marine Corps, and is also the home of many U.S. firsts, including the first library (1731), first hospital and medical school, first Capitol (1777), first stock exchange (1790), first zoo (1874), and first business school (1881). **And Philadelphia is the only World Heritage City in the United States.**

As you attend the APPNA meeting in Philly, you'll likely not have much spare time to take in the myriad charms of this beautiful city. But if you're like me and are prone to playing hooky, do indeed skedaddle out and go exploring. It'll be a welcome respite from the angst that participation in APPNA affairs routinely induces. You'll find plenty of local attractions within walking distance of the hotel, such as the Liberty Bell, Independence Hall and the National Constitution Center, along with world-class theater and museums. And if time permits, take in the views of the sunset from the bar on the 65th floor at the Four Seasons Hotel, take a picture with the Union Soldiers in front of the Union League - the country's number one ranked private club, take a tour of the beautiful City Hall and the adjacent Masonic Grand Temple, race up the famous "Rocky Steps" at the Art Museum, marvel at Dr. Barnes' impressionist art collection at the Barnes Museum, and, be awed by the sculptural magic on display at the Rodin Museum.

And, of course, along the way, grab yourself a Philly Cheese steak at Pat's.

And do come visit us again.

Syed Nadeem Ahsan, MD



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Philadelphia through the photographic eye of Dr. Nadeem Ahsan.



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Muslims Serve

Food Pantry founded and run by an APPNA doctor
A local success story in public service

Hamza Alim Khan, a 37-year-old doctor specializing in neurointerventional radiology, always wanted to do social work transforming other people's lives. When he witnessed homeless people begging for food on the streets of Philadelphia, he started an initiative to feed the hungry. Today, Muslims Serve feeds 4000 to 5000 people per month, providing hunger relief in Philadelphia, Pennsylvania, and Camden, New Jersey.

"During our daily walks in Center City, Farah and I used to see many people asking for food. They'd graciously accept whatever we gave them," Khan told APPNA. "So we decided we should try to do something, even if it's just once to help those in need."

Philadelphia is the poorest big city in America, and suffers from high crime and poverty rates. It also has a large population of Muslim Americans, most of whom are African Americans, who converted to Islam in the 1970s. Inspired by the Islamic tradition of charity and activism, Khan organized a one-time effort to feed the hungry. With the help of the New Jersey-based American Muslims for Hunger Relief, Kashief Smith and Intisar Shah of United Muslim Masjid (UMM) in South Philadelphia, Khan and his wife, Farah Shahid Khan, fed 1000 people in October of 2012.

When local leaders in the Muslim community encouraged Khan to continue the project, the young couple started cooking in their home to provide food every third Saturday of the month at United Muslim Islamic Center in Point Breeze. After renting kitchens at the city's Enterprise Center, Khan was joined by Ismael and Fahim, two members of the UMM community, who had worked professionally as chefs.

Slowly, Muslims Serve expanded from a volunteer-run project to a registered nonprofit with a full-time executive director. The organization obtained a contract with the City of Philadelphia to run the food service at the Hub of Hope, a center underneath Suburban Station providing showers, laundry and coffee to those who have nowhere else to stay. Today Muslims Serve operates at 12 locations and feeds hundreds of people every Saturday of the month. Volunteers and donations continue to nurture the nonprofit, which Khan maintains is still "hundred percent volunteer-based."

In addition to providing food to the local community, Muslims Serve also partners with Temple University medical students and faculty for free health clinics delivering examinations, blood pressure screenings and more.

In December 2019, **APPNA-PUN** joined hands with Muslims Serve by signing a Memorandum of Understanding to advance the mission of Muslim Serve in uplifting the Greater Philadelphia and Camden Communities with free meals and food related services

Visit Muslims Serve's website at muslimsserve.org, subscribe to the newsletter with updates on the project, and fill out the volunteer form to help feed the poor in Philadelphia and Camden.

Article authored by Dr. Wamiq Sultan, Chair APPNA-PUN Charity Committee 2019





APPNA Strategy Meeting

January 31 - February 1, 2020 Philadelphia

A NEW VISION FOR A NEW YEAR

Cherry Hill Free Clinic

APPNA-PUN Expands on its mission of public service

Cherry Hill Free Clinic has done wonders for the local uninsured and underinsured community in Southern NJ. Dr. Jubril Oyeyemi, the founder of the Clinic, has been providing free-of-charge medical services to the greater community of southern NJ since 2015. He envisioned a more structured setting to provide care and expand his work. Thus the Cherry Hill Free Clinic was founded in April 2017.



The Cherry Hill Free Clinic is conveniently located at GCLEA (Gracious Center for Learning and Enrichment Activities), in Cherry Hill, NJ. This clinic is open on Fridays, Saturdays, and Sundays, where physicians, nurse practitioners and physician assistants provide medical services free of charge to all in need. The volunteers also include administrative staff, high school and college students, and other community members. The clinic along with its selfless work of these volunteers has made a tremendous impact in the community.

APPNA-Pun is fortunate to become a part of this noble mission by signing a Memorandum of Understanding on December 2nd, 2019 with the Cherry Hill Free Clinic. APPNA-PUN will be assisting the clinic with volunteers, educational initiatives and financial assistance whenever possible.

We at APPNA-PUN look forward to our collaboration with CHFC and are hopeful that we will be able to help the clinic in expanding its services. It will provide APPNA-PUN physicians as well as our youth an opportunity to give back to the community.

Article authored by Dr. Jamal Mahmud, Chair APPNA-Pun Free Clinic Committee 2019





APPNA Strategy Meeting

January 31 - February 1, 2020 Philadelphia

A NEW VISION FOR A NEW YEAR

APPNA Medical Corps - USA Projects



From April 2018 to December 2019

A summary of work done by our 4 mobile clinics nationwide
 Since its inception, the mobile clinic project, which is a combined effort by

MedCorps committee and ICNA Relief USA,
 In 2018:

- 98 health fairs
- 4,073 patients served



In 2019:

- 248 health fairs
- 9274 patients served
- Total health fairs 346
- Total patients served 13,349
- (Including help with natural disasters like hurricanes)

Proud to be an APPNA member and work with the most dedicated team, especially Mohammad Uzair and Sajid Chaudhary. Also thankful to Iqbal Zafar Hamid and Nasim Sheikhni for their support and trust in us to do the work.

Sincerely,
 Babar Rao, MD
 Chair, APPNA Medical Corps
 Mohammad Uzair, ICNA Relief





Welcome Appna guests to the
APPNA Strategy Meeting 2020
to the City of Brotherly Love
Philadelphia

With compliments
from
Wamiq Sultan, MD



APPNA Strategy Meeting

January 31 - February 1, 2020 Philadelphia

A NEW VISION FOR A NEW YEAR

APPNA Medical Corps - Global Projects



Saving Lives Together

Guatemala Mission:

APPNA Medical Corps has had the honor and privilege to provide basic healthcare and preventative measures to school-aged children and adults at School Esperanza in Coban, Guatemala since 2016. The Mission to Guatemala lasts one week and occurs 1-2 times per year. Physicians with specialties in **Pediatrics, Family Medicine, Emergency Medicine and Internal Medicine**

are encouraged to volunteer. Residents and pre-med students are also considered for the missions. Depending on availability of space, physicians can bring their high school or undergrad college children on the trip.

As I write this report, the Guatemala mission 2020 is under way and is taking place from Jan 18 – 25, 2020. The previous mission was in July 2019. 416 children and adults were seen free of charge. Every person has vitals taken, eye exam, and exam by physician. Medications and reading glasses are provided as needed. A teacher from School Esperanza wrote: *"They are angels who come from far away to bring health and hope for all of those who need it. Our gratitude to the California Rotary Clubs from Madera and the group of Physicians originally from Pakistan. God bless all of you and return good to your country."*



APPNA Mobile Clinics in Pakistan:

The concept is to provide free healthcare to the remote areas of Pakistan. Adequate healthcare in these areas is practically nonexistent. This project is ongoing since 2018. These ambulances are staffed by a doctor, house staff and dispenser. They are deployed to different remote villages. Since its launch, over 100,000 most deserving patients have been treated free of charge. These patients would not have received adequate medical care without this program.





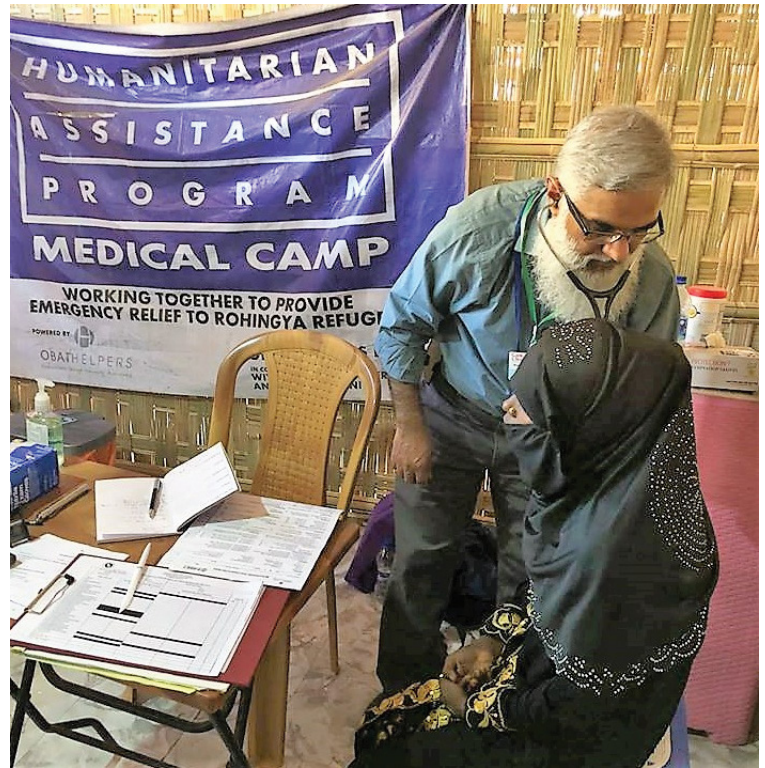
APPNA Strategy Meeting

January 31 - February 1, 2020 Philadelphia

A NEW VISION FOR A NEW YEAR

APPNA Rohingya Relief Missions:

APPNA Medical Corps is partnered with OBAT Helpers, a non-profit organization committed to serving displaced and disadvantaged individuals in Bangladesh to provide primary and urgent care at OBAT Helpers' medical clinic located in the Kutupalong Rohingya Relief Camp. The medical clinic is run by volunteer doctors and treats about 300-400 patients per day. APPNA Rohingya Relief Mission is an ongoing medical mission broken down by one-week intervals (Sunday to Thursday). Physicians with specialties in Primary Care, Pediatrics, Emergency Medicine, and OB/GYN are encouraged to volunteer. Other specialties will be considered individually to train the local in-house Physician and paramedical staff. Since its inception, over 40 APPNA physicians have volunteered in Rohingya. If you would like to volunteer, we request you volunteer at least 3 months in advance as obtaining visa can sometimes take time.



APPNA Mission to Gujrat:

APPNA has up till now conducted two missions to Cleft Hospital, Gujrat. Physicians with specialties in Anesthesiology, Maxillofacial Surgery, and Plastic Surgery performed cleft lip/ palate surgeries. Over 100 patients have been treated. Presently, there is a need for Anesthesiology hands on training workshops. Society of Anesthesiologists of APPNA (SAPPNA) is planning to conduct the workshops this year.



I do want to thank all the volunteer physicians who have donated their precious time and expertise for these missions. I also want to thank Lauren Niewold in APPNA office for helping tremendously in coordinating these missions.

To volunteer for any of these missions, please visit: <https://appna.org/amc/>

Mubasher Rana, MD, FACP
Co-Chair APPNA Medical Corps





APPNA Strategy Meeting

January 31 - February 1, 2020 Philadelphia

A NEW VISION FOR A NEW YEAR

Social Welfare Disaster Relief Committee 2020



Dear Appna Family,

Thanks for your ongoing support of the Appna Projects. We wanted to share with you an update of our current projects.

Pakistan severe winter weather is the first project this year. Most of Pakistan has been affected by a persistent cold wave and requests for support with warm clothes and supplies was received and Swdrc is raising funds for this.

Cleft Lip/Muskan project which is coordinated by Dr Shahid Sheikh and surgeries are being performed in Faisalabad, Peshawar and Quetta. Since the project started three years ago,

a total of 300 surgeries have been performed and the cost is 250 dollars per surgery.

Thar Water Project. Remains under leadership of Dr Abdul Majeed and like previous years, funds are being raised in collaboration with the Liaqut Alumni to install water wells and pumps in the Thar area. Thousands of people have benefited from this and project was started in 2015.

Cornea transplant project. Started in 2017 and initiated by KE Class of 85 and coordinated by Dr Fawad Zafar. It's now being done in 39 hospitals and every province in Pakistan and in Azad Kashmir and one hospital in Afghanistan. So far 2,848 corneas have been sent and each cornea costs 250 dollars. We are also collaborating with LRBT, Shifa and SIUT Hospitals for these transplants.

LRBT Eye Camps. Every year, 6-8 eye camps are held and organized by LRBT. There are 400 patients usually seen in each camp with the exception of inner Sind and Baluchistan where the numbers are much higher. In every camp, 40-50 patients require surgery. Each camp costs around 3,000 dollars. The Pakistani Association of Memphis is the major donor and they sponsor five camps every year.

Appna TCF School of Munirabad. Now completed and fully functional and two schools were built with total funding from DC chapter of TCF. There are 300 students enrolled in each school.

Ramzan Food Project. This is done every year and 500 families are supported through food packages and fresh food. This project is done through Khana Gher in Karachi and Akhuwat Pakistan and food packages at 30 dollars per family are distributed.

Appna free dispensary in Munirabad. Now in its 7th year and being funded by donations and zakat. Averages about 40 patients a day and mostly children and females. Monthly expense is 500 dollars to manage this place and managed by a dispensar.

Medical Equipment. Swdrc has raised funds and donated ventilators and also dialysis machines to a few hospitals in Pakistan. The medical equipment is bought from Pakistan due to service issues and maintenance.

Aisha Zafar, MD
 Chair, SWDRC - Social Welfare and Disaster Relief Committee 2020
 Co-Chairs:
 Abdul Majeed, MD Nadeem Zafar, MD Naeem Khan, MD





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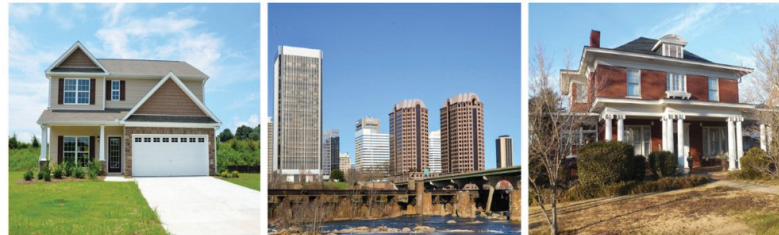
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Dr. Jamal Mahmud
Welcomes Appna
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welcomes Appna
guests to the
APPNA
Strategy Meeting 2020
Philadelphia.**



George P. Zavitsanos, M.D., F.A.C.S.
Diplomate American Board of Plastic Surgery
467 Pennsylvania Avenue Suite 203
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215-641-2300

Dr. Zavitsanos completed his plastic surgery training at Duke University with an additional fellowship at the University of Louisville. Prior to attending Duke University, he completed his general surgery residency at Graduate Hospital in affiliation with the University of Pennsylvania. He received his medical degree from Temple University School of Medicine in Philadelphia.

Dr. Zavitsanos is Board certified by the American Board of Plastic Surgery as well as the American Board of General Surgery. Clinical interests include all aspects of cosmetic surgery, breast reconstruction, and reconstruction following Moh's surgery.



APPNA Strategy Meeting

January 31 - February 1, 2020 Philadelphia

A NEW VISION FOR A NEW YEAR

CME Agenda

Friday, January 31, 2020

Saturday, February 1, 2020



8:00- 8:30 AM:
"Management of Anemia in GI Disorders"
 Nabeel Khan, MD
 Section Chief of Gastroenterology at the Philadelphia VAMC- University of Pennsylvania



7:00-7:30 AM:
"Percutaneous options for Stroke Prevention in Atrial Fibrillation"
 Sajjad Sabir, MD
 Director of Structural Heart Program at the Cooper University Health System



8:30- 9:00 AM:
"Effects of Nutrition in Chronic Disease"
 Asim Maqbool, MD
 Associate Professor in Pediatric Gastroenterology at the Children Hospital of Philadelphia



7:30-8:00 AM:
"Obstructive Sleep Apnea- an Overview"
 Imtiaz Khurshid, MD
 Pulmonary and Sleep Medicine Consultant at WellSpan Health



9:00- 9:30 AM:
"Allergies and DESTINY: Role of Epigenome, Microbiome, and Virome in Rising Food Allergies"
 Meher Khan, MD
 Faculty Mentor, American Academy of Allergy, Asthma & Immunology Chair, Center for Bi-Directional Learning at the University of Pennsylvania



8:00-8:30 AM:
"Systemic Therapies and Related Challenges in Patients with Advanced Non Small Lung Cancer"
 Madiha Gilani, MD
 Hematologist-Oncologist at the Einstein Medical Center



9:30-10:00 AM:
"Medical Acupuncture: An Ancient Art in a Modern Concept"
 Umar Farooq, MD
 Internist, Board Certified Acupuncturist at Knights Medical Associates



8:30-9:00 AM:
"Recurrent Respiratory Papillomatosis"
 Natasha Mirza, MD
 Professor of Otorhinolaryngology: Head and Neck Surgery at the University of Pennsylvania
 Chief, Division of Otolaryngology, Philadelphia VA Medical Center



10:00-10:30 AM:
"Contemporary Clinical Management of Atopic Dermatitis- A Case-Study Approach"
 Imran Amir, MD
 Dermatologist at City Dermatology Skin Institute



10:30-11:00 AM:
"The Changing Landscape of Marijuana"
 Shazia Savul, MD
 Attending Psychiatrist at the University of Pennsylvania
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APPNA Strategy Meeting

January 31 - February 1, 2020 Philadelphia

A NEW VISION FOR A NEW YEAR

Event Schedule

Venue: Double Tree by Hilton Hotel, Center City, Philadelphia

Friday, January 31, 2020

8:00 AM - 10:00 PM	Registration Desk	Outside Orchestra
11:00 AM - 7:00 PM	Bazaar	Aria + Atrium
8:00 AM - 11:00 AM	CME	Orchestra
11:00 AM - 12:30 PM	APPNA MERIT Presentation/Meeting - Dr. Shahid Rafiq	Orchestra
1:00 PM - 2:00 PM	Friday Prayer	Minuet
2:00 PM - 4:00 PM	FJMCAANA Alumni Retreat	Concerto A
2:00 PM - 4:00 PM	RMCAANA Alumni Retreat	Maestro A
4:00 PM - 5:30 PM	Young Physicians Seminar: YPC/ECFMG Moderator: Drs. Umar Farooq & M. Zeshan Munawar	Orchestra
4:00 PM - 6:00 PM	Dental Meet and Greet	Maestro 2
4:00 PM - 11:00 PM	Prayer Room	Minuet
6:30 PM	Dinner & Entertainment	Symphony Ballroom

Saturday, February 1, 2020

7:00 AM - 9:00 AM	CME	Orchestra
9:00 AM - 11:00 PM	Prayer Room	Minuet
9:00 AM - 7:00 PM	Bazaar	Aria + Atrium
9:00 AM - 11:00 AM	Officers & Committee Reports	Orchestra
11:00 AM - 12:00 PM	Crucial Conversation with Patrizia Salani Platt, MS.Ed Moderator: Dr. Sajjad Savul	Orchestra
12:30 PM - 2:00 PM	Past - Present and Future: APPNA Presidents Townhall Moderator: Dr. Haroon Durrani	Orchestra
2:00 PM - 4:00 PM	CABL Task Force - Preliminary Review: An Interactive Session with Drs. Suleman, Riaz, Piracha	Orchestra
1:00 PM - 5:00 PM	Alliance Meeting	Concerto A
4:00 PM - 5:30 PM	NANA Alumni Retreat	Orchestra
4:00 PM - 5:30 PM	KEMCAANA Alumni Retreat	Concerto B
4:00 PM - 5:30 PM	AIMCAANA Meet and Greet	Maestro B
4:00 PM - 5:30 PM	KMCAANA Alumni Retreat	Maestro A
6:30 PM	APPNA Banquet & Entertainment	Symphony Ballroom

Sunday, February 2, 2020

7:30 AM - 10:00 AM	Complimentary Breakfast (Hosted by APPNA-PUN)	Orchestra Room
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TOP DOCS

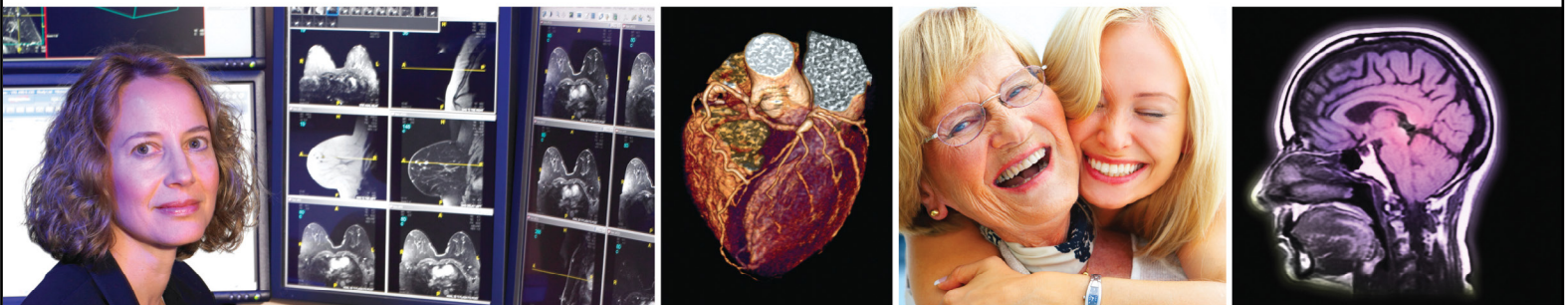
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Ghazala Naheed Usmani, MD
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