


APPNA

FALL CONVENTION 2021

OCTOBER 21-24, 2021
HILTON ANATOLE HOTEL, DALLAS, TEXAS



Your vision, our mission:
Transcending boundaries together

SAVE THE DATES

APPNA EVENTS 2022



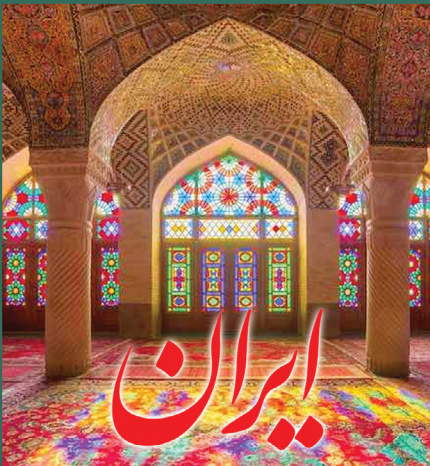
APPNA Strategic Meeting
Bahamas Cruise
February 3-7, 2022



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



APPNA Convention 2022
Atlantic City, NJ
July 13-17, 2022



APPNA International Meeting
Iran
October 6-16, 2022



APPNA Fall Meeting
New York, NY
October 27-30, 2022



APPNA Winter Meeting
Pakistan
December 21-25, 2022

DETAILS COMING SOON!

www.appna.org



APPNA Fall Convention 2021

October 21-24, 2021 Dallas, Texas

President's Message



Dear APPNA members

Assalamalaikum

It is indeed an honor and privilege to welcome the APPNA family to the Fall Convention being held in the beautiful city of Dallas, Texas from October 21 - 24, 2021. We are making sure that all our in-person meetings are following all state, county and CDC guidelines.

After the resounding success of the summer convention in Orlando, the executive committee and the host committee are confident that we will be able to host a successful meeting in a safe environment. Being able to do in-person meetings 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 our theme is "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 forums, council and local chapter meetings 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. The program will end on Sunday with the live viewing of the Pakistan India live world T20 Cricket match. I owe a debt of gratitude to Drs. Saima Zafar, Furqan Moin, Dawood Nasir, Faisal Qureshi, 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 research and innovation especially in Pakistan. APPNA MERIT in collaboration with OPEN will host a seminar on fostering research and innovation in Pakistan and the US. We are also working on an innovative idea to bring all educational endeavors of APPNA under one umbrella which will be named "American College of Medicine". 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 and done a phenomenal job. 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 are being voted on by 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 Spring 2021. 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 500 participants, including physicians, their family and friends, to attend the fall convention. We hope that this year's meetings 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 Fall Convention 2021

October 21-24, 2021 Dallas, Texas

Chair Host Committee Message



Dear APPNA Members,

AssalamoAlaikum

On behalf of the Host Committee, I am pleased to welcome you to our APPNA 2021 Fall Convention at Hilton Anatole, Dallas.

Dallas offers a variety of fun activities for families.

Downtown's Sixth Floor Museum at Dealey Plaza commemorates the site of President John F. Kennedy's assassination in 1963.

Dallas Zoo, spread on 106 acres, with 2,000 exotic animals from 406 species.

Dallas World Aquarium, some 87,000 gallons of saltwater hold a vast array of sea life including bonnethead sharks, stingrays, jellyfish, sea turtles, giant groupers, and rare leafy sea dragons.

The Dallas Arboretum and Botanical Gardens, spread on 66 acres, for fourteen displays of seasonal flowers, ornamental shrubs, trees, and plant collections.

Perot Museum of Nature and Science is a top Dallas attraction for families.

More attractions are Dallas Museum of Art, Dallas Cattle Drive Sculptures at Pioneer Plaza; Reunion Tower; The sleek Nasher Sculpture Center showcases contemporary sculpture.

Without leaving the hotel, you can view the Hilton Anatole Art Collection, largest for any hotel in the country, comprising of over a thousand rare treasures from the international collections of Trammell and Margaret Crow. One-of-a-kind works of art from Japan, China, India, and Southeast Asia, dating as far back as the fifth century BCE.

Some unique items include: two segments of the Berlin Wall; Children at Play is a set of eight bronze figures charmingly sculpted by David Cargill in 1983; Propeller from the sunken RMS Lusitania; Nebula - a kinetic sculpture and the centerpiece of the atrium.

We have a slate of exciting professional and entertainment programs. The proceedings will be kicked off with Karaoke and entertainment on Thursday, October 21st evening. Don't miss the incredible talent of APPNA members in singing and comedy.

Our popular CME sessions will be held on Friday and Saturday. MERIT and OPEN will apprise of innovation and technology in healthcare that will fuel entrepreneurship.

The YPN event for Young Professionals will host eligible young professionals seeking their soulmates. Saad Haroon will lighten the mood with his comedy.

Jumma prayers and khutba will be led by Shaykh Omer Suleman, promising to be an inspired experience.



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Thought provoking panel discussions will address, "Social justice and physician mental health awareness and burnout"; and "US and Pakistan relations will shed light on the impactful matter of where we are, and the outlook of building on it going forward."

Ladies, get ready for the spectacular APPNA bazaar offering an array of exquisite clothing and accessories, which will be open on Friday and Saturday.

Friday night you will enjoy delectable food and the memorable voice of Shazia Manzoor.

Saturday night will be graced with flavorful food, complemented with the soothing, heartwarming voices of Tahseen Javed and Nadeem Abbas Lunewala.

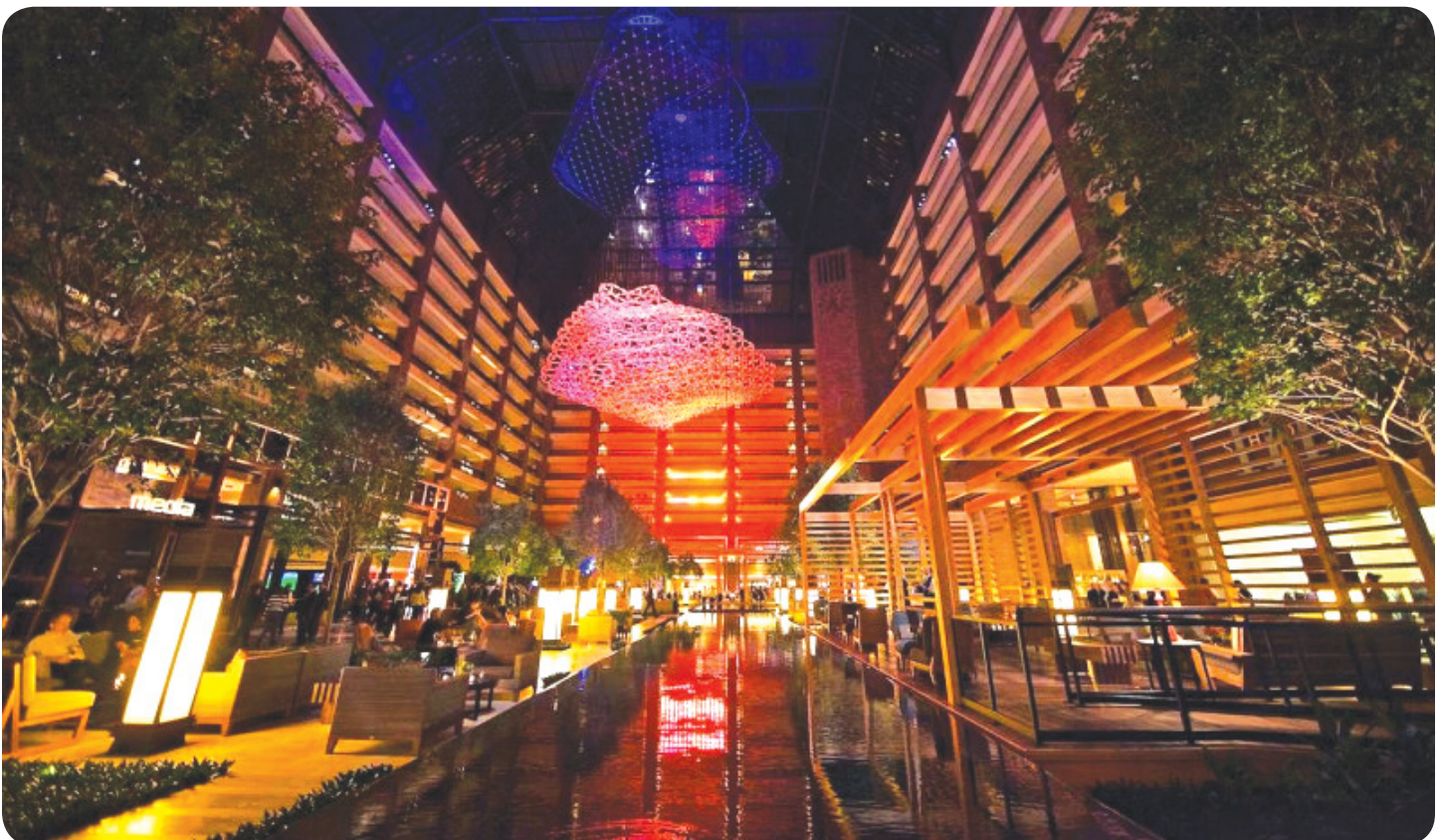
Grand finale of the meeting on Sunday will comprise of Halwa Puri breakfast while watching India-Pakistan cricket match.

We are pursuing all efforts necessary to ensure your stay is comfortable and entertaining.

I hope you enjoy the meeting!

Sincerely,

Saima Zafar, MD
Chair Host Committee, APPNA Fall Convention 2021





APPNA Fall Convention 2021

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Editor's Message



Dear APPNA members and their families

Assalamoallaikum

I thank APPNA Fall meeting 2021 Host Committee Chair, Dr. Saima Zafar for giving me this opportunity to serve APPNA as Publication Chair this year.

As you would go through this journal, you would find all different colors of Dallas waiting for you to explore. This journal in your hand would handover a key to the gate of many of the attractions of this beautiful city. Please glance through it to get the maximum out of this year APPNA Fall meeting.

It has been a pleasure working along with such a devoted, talented and hard working team.

I wish you all have fun filled great time on APPNA fall meeting.

Warm Regards

Atif Rizwan, MD

Chair Publication Committee, APPNA Fall Convention 2021





APPNA Fall Convention 2021

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HOST COMMITTEE



Dr. Saima Zafar



Dr. Furqan Moin



Dr. Dawood Nasir



Dr. Jalil Khan



Dr. Muhammad Amir



Dr. Muhammad Tariq



Dr. Khalid Mehmood



Dr. Naveed Klair



Dr. Khoshnood
Ahmad



Dr. Muhammad
Sanaullah



Dr. Bushra Shah



Dr. Sophia Janjua



Dr. Adnan Nadir



Dr. Mehmooda Nasir



Miss Nighat Bukhari



Dr. Talat Ksheshgi



Dr. Lubna Naeem



Dr. Atif Rizwan



Dr. Zeenat Safdar



Dr. Zeeshan Ramzan



Dr. Wajeaha Razaq



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President Elect's Message



My dear APPNA family,

As we reach the last quarter of 2021, my hope is that you and your families are safe, vaccinated against the Covid-19 virus and are in good health.

I also want to thank you for giving me the opportunity this year to serve on APPNA Executive Committee as President elect 2021. While looking at our progress this year, I am proud on our accomplishments as a team, the challenges we overcame and what once was described as goals, transitioned in to reality.

The momentum and achievements in terms of social services, educational activities and administrative changes via major amendments in our CABL issues has been simply phenomenal. APPNA is heading in the right direction, to further cement the role of APPNA as one of the most prestigious organization of Pakistani physicians of North America.

My hope and dream is to make 2022 as the path defining year for APPNA, in which we will put an end to any grouping, negative and divisive politics of the past and move forward as one unit and one team.

I/A we will start next year with strategic retreat on cruise where we will brain storm issues facing APPNA including but not limited to grouping, low membership numbers, lack of interest from younger members, engagement of NAMA members and our vision for APPNA, ten years down the lane.

Here is the glimpse of next year's events:

APPNA Strategic Meeting, February 3-7, 2022 on Cruise

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

APPNA Annual Convention, July 13-17 2022 in Atlantic City, NJ

APPNA International Meeting, March 2022 to Jerusalem/Jordan/Egypt (Sold Out)

APPNA International Meeting, October 6-16 2022 to Iran

APPNA Fall Meeting, October 27-30, 2022 in New York, NY

APPNA Winter Meeting, December 21-25 2022, Multan, Pakistan

As always, my core values have been unity and team work. My promise to you as a President 2022 is that if there is ever any conflict I will be the first one to come to the table to resolve it. I believe with respect and integrity we can make any team/family over come the toughest of challenges and come out of it as stronger and better.

I cannot achieve my dreams/vision for APPNA alone. I encourage you to reach out to me, even if we have differences and advise me, share your concerns and work with me to take APPNA to new heights.

Looking forward to meet many of you in our meetings and or trips.

Haroon Durrani, MD
Presidnet-Elect 2021



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Secretary's Message



It is my pleasure and honor to welcome you to the 2021 Fall Meeting.

APPNA is at a crossroads. Stability has been achieved over the last twenty-two months, leaving behind the turmoil of the preceding few years. Now it must decide about its future direction. It can take-off from here as a vibrant, forward-looking organization or continue with the status-quo; continue being frozen-in-time.

As an organization, some serious soul searching is in order. It is a matter of immense concern that we have not been able to bring younger membership into the folds of the organization in decent numbers.

The membership comprises less than ten percent of those that graduated from medical schools in the year 2000 or later. Only two hundred and fifty-eight members out of close to three thousand total membership are those that graduated from medical schools in the last twenty years!

I believe that one of the major reasons that we have been failing to attract the younger generations is that we have failed to define the purpose, the *raison d'etre* of APPNA.

APPNA must define itself. What are we? What do we strive to accomplish? If APPNA is just to be a small-scale charity organization, it will not prosper. If charity is the whole reason of existence for APPNA, there are much bigger charity organizations. We have seen younger folks moving in droves to those.

We are the largest organization of professional Pakistani diaspora anywhere in the world. We must not let ourselves be content with small-scale charity and holding a few meetings a year. We must think big, we must act big.

A vibrant organization must concern itself with problems facing its membership. It must try to be proactive on issues. APPNA is multi-dimensional. It has the potential to lead not only the physicians of Pakistani descent but the wider Pakistani diaspora in North America.

We have examples of APPNA making a real difference in the past. We remain proud and grateful that it was the efforts and leadership of APPNA that thwarted the attempt to give a separate designation, a designation different than 'MD', to foreign medical graduates.

We must involve ourselves with trying and influencing policy in Pakistan. Charity must continue but it can only help so many. APPNA must try to bring about changes that will help the country as a whole. Our expertise is medical education, training, and healthcare governance. We must give our input where our expertise lies.

APPNA must seriously look at its finances. It is sad that even after forty years, we continue to be reliant solely on revenues from membership dues and meetings. We must try to explore other permanent sources of revenue such as investing in healthcare facilities.

In my humble opinion, APPNA must seriously explore the prospects of establishing a state-of-the-art APPNA hospital and medical school in Pakistan. An APPNA healthcare and education system would sure become the standard bearer of quality medical care and education in Pakistan. Besides, it would also help bring in significant revenues for the organization on a permanent basis.

Once APPNA chooses an ascendant path for itself, once it gets out of its comfort bubble and set higher goals for itself, it will start to prosper and grow again. It is destined to lead and succeed; it must not remain complacent.

Enjoy the Fall meeting, meet friends and make new friendships.

APPNA Zindabad, Pakistan Paindabad!

Regards,

Arshad Rehan,
Secretary 2021



APPNA Fall 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 9 months of 2021.

Ever since taking office on January 1 2021, I have been busy learning the finances of APPNA including its various accounts, whether 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 (a rare occurrence in Appna's history). That budget is available on APPNA's password protected website for members' perusal. I have worked diligently with the APPNA's financial advisor to get their management fee decreased on the APPNA lifetime dues investment fund , saving APPNA about \$14,000 annually.

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, professional and cordial 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 .

APPNA TREASURER 2021.
Humeraa Qamar, MD MPH FAAP
Treasurer 2021



APPNA Fall Convention 2021

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Immediate Past President's Message



Dear APPNA Members,

I am so excited for our upcoming in-person 2021 APPNA Fall Meeting, Dallas.

APPNA has continued with its core missions of philanthropy, advocacy, and education in the face of pandemic challenges. We are in the midst of electing our new executive committee for 2022, as well as voting for our new APPNA Constitution and By-laws (CABL). This fulfills one of the outstanding promises from my presidency that we will undertake a comprehensive, thoughtful, deliberate review of our CABL to bring it into compliance with

State laws while also bringing meaningful change in APPNA's governance and do it all through broad consensus. I extend my gratitude and thanks to Dr. Zia Moiz Ahmed, Chair CABL committee and all the respected committee members, who put in innumerable hours and hard work over 2 years to come up with a consensus document that was strongly endorsed by the APPNA Council, which approved it unanimously (53 to 0) with 34 cosponsors to the resolution to approve these CABL amendments.

In the last 3 months, Anne-Marea Griffin, head of UNICEF USA's Diaspora Partnerships, has reached out to us to see how APPNA might collaborate with UNICEF's ongoing work in South Asia, particularly during the current crisis caused by the pandemic. I helped facilitate multiple meetings between her and APPNA EC and we reviewed UNICEF's initiatives in Pakistan. I am hopeful that UNICEF USA and APPNA will identify some concrete projects to work on together. I will update you on any further developments.

As the Immediate Past President, I am fully supportive and very proud of our 2021 Executive Committee. I also extend my best wishes to all the candidates running for APPNA office and wish them the best of luck. Wishing everyone attending the APPNA Fall meeting, a safe and fruitful trip.

Naheed Usmani, MD
Immediate Past President APPNA



Lubna Naeem, MD

Welcome to Appna Fall Meeting
Dallas, Texas
October 2021



As a practicing internist and a health advocate to advance the well-being of our communities, I truly believe our diversity is the source of our strength and there's strength in our collective voice. The real impact of medicine and improving the health and the lives relies on team work, broad perspective, and making partners.

Let's commit ourselves to stay engaged and be proactive. In fact the members are the true organizational leaders who help pave our way to the future. You are truly our greatest asset today and tomorrow.

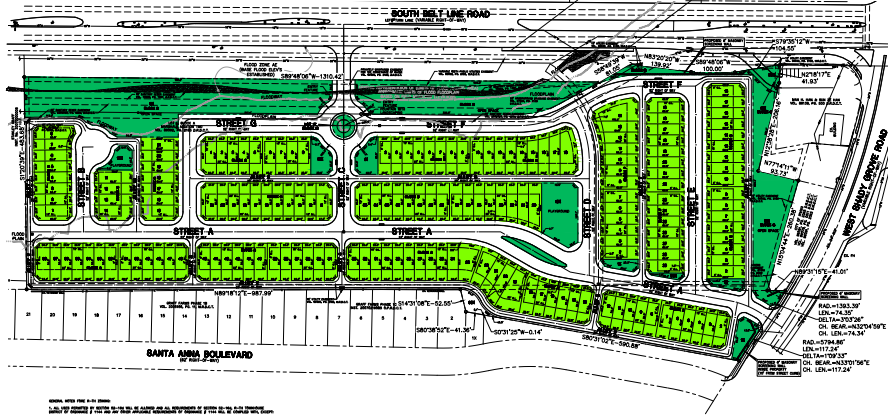
TASACOM

INVESTMENT GROUP

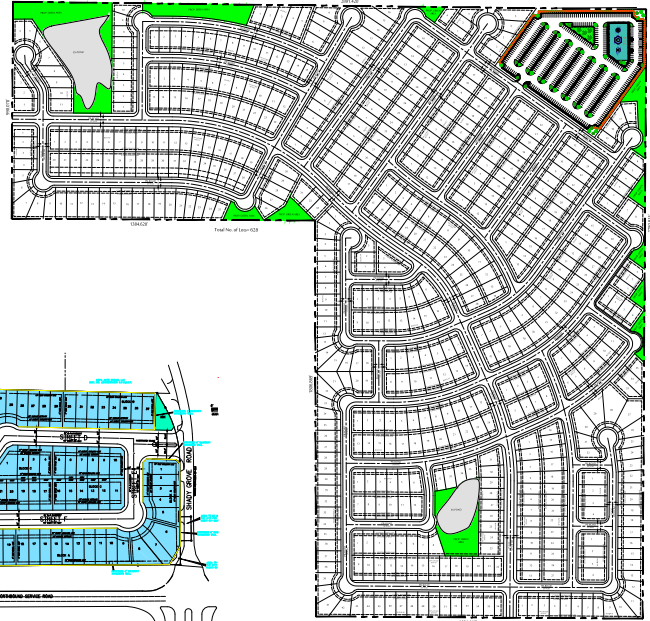
Planning Development Construction Engineering Architecture Project Management

INVESTMENT OPPORTUNITY!

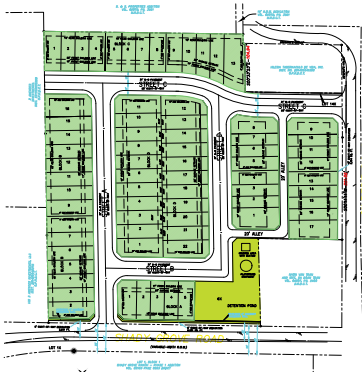
CURRENT OFFERINGS



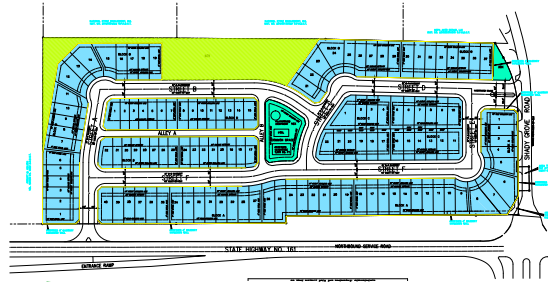
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For current investment opportunities contact us

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APPNA Fall Convention 2021

October 21-24, 2021 Dallas, Texas

Event Schedule

Venue: Hilton Anatole, Dallas, Texas

Thursday, October 21, 2021

Time	EVENT	ROOM NAME
9:00 PM - 12:00 AM	Social Network / Host Welcome (Talent and Karaoke)	Grand Ballroom A

Friday, October 22, 2021

Time	EVENT	ROOM NAME
7:00 AM - 10:00 PM	Registration Desk	Grand Ballroom Foyer
7:00 AM - 11:59 PM	Prayer Room	Plum Blossom
8:00 AM - 7:00 PM	Bazaar	Grand Ballroom C/D/E
8:00 AM - 7:00 PM	Non Retail Exhibit Area	Grand Ballroom Foyer
8:00 AM	CME Breakfast	Grand Ballroom A
8:30 AM - 12:30 PM	CME	Grand Ballroom A
12:30 PM	CME Lunch	Grand Ballroom A
1:00 PM - 2:00 PM	Friday Prayer - Sheikh Omar Suleiman	Plum Blossom
2:00 PM - 3:00 PM	Mental Health Awareness & Physician Burnout	Grand Ballroom A
3:00 PM - 4:00 PM	Forum on Social Justice	Grand Ballroom A
4:00 PM - 6:00 PM	North Texas Chapter Council Meeting	Grand Ballroom A
5:00 PM	YPN Social Event	Obelisk A
7:00 PM	Dinner & Entertainment	Chantilly Ballroom East
9:00 PM	Entertainment Only	Chantilly Ballroom East





APPNA Fall Convention 2021

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Event Schedule

Venue: Hilton Anatole, Dallas, Texas

Saturday, October 23, 2021

Time	EVENT	ROOM NAME
7:00 AM - 10:00 PM	Registration Desk	Grand Ballroom Foyer
7:00 AM - 11:59 PM	Prayer Room	Plum Blossom
8:00 AM - 7:00 PM	Bazaar	Grand Ballroom C/D/E
8:00 AM - 7:00 PM	Non Retail Exhibit Area	Grand Ballroom Foyer
8:00 AM	CME Breakfast	Grand Ballroom A
8:30 AM - 10:30 AM	CME	Grand Ballroom A
10:30 AM - 12:30 PM	OPEN & MERIT Forum	Grand Ballroom A
	Healthcare Technology and Innovation	
10:30 AM - 12:30 PM	NAMA Meeting	Wyeth Room
11:00 AM - 2:00 PM	YPN Session	Obelisk A
12:30 PM	YPN - Working Lunch	Obelisk A
12:30 PM - 1:00 PM	Breast Cancer Walk	Meet in Grand Ballroom Foyer
12:30 PM - 3:00 PM	APPNA Council Meeting	Grand Ballroom A
3:00 PM - 5:00 PM	Panel Discussion on Outlook of US-Pakistan Relations	Grand Ballroom A
5:00 PM - 6:00 PM	Will my family still be Muslim? Sheikh Omar Suleiman - Yaqeen Institute	Grand Ballroom A
3:00 PM - 6:00 PM	YPN Session	Obelisk A
7:00 PM	YPN Dinner and social	Obelisk AB
7:00 PM	APPNA Banquet & Entertainment	Chantilly Ballroom

Sunday, October 24, 2021

Time	EVENT	ROOM NAME
9:00 AM - 12:00 PM	Halwa Puri with Pakistan vs India	Grand Ballroom A



APPNA Fall Convention 2021

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CME Schedule

Venue: Hilton Anatole, Dallas, Texas



CME Sessions - Friday, October 22, 2021

TIME	SPEAKER	TOPIC
8:30AM	Maria Bano, MD <i>Assistant Professor, Pediatric Cardiology, UT Southwestern</i>	Exercise Physiology and Cardiovascular Fitness in Children and Young Adults
9:30AM	Fawad Chaudry, MD <i>Assistant Professor Medicine, Oklahoma University Health Science Center</i>	Mediastinal Staging for Lung Cancer
10:30AM	Umbereen Nehal, MD <i>MIT Sloan Fellow, Nehal Group Founder</i>	Family Centered Refugee Care
11:30AM	David Troendle, MD <i>Associate Professor Pediatric Gastroenterology</i>	Gallstones: Formation and Consequences

CME Sessions - Saturday October 23, 2021

TIME	SPEAKER	TOPIC
8:30AM	Olga Gupta MD <i>Assistant Professor, Pediatric Endocrinology, UT Southwestern</i>	Pediatric Obesity and Type 2 Diabetes: Lifestyle and Pharmacotherapy
9:30AM	Faysal Chaudry DDS <i>Prestonbrook Dental, CEO</i>	Oral & Maxillofacial Treatments



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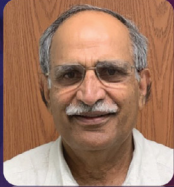

APPNA Awards 2021

 **APPNA 44th Annual Convention**
June 30 - July 4, 2021
Rosen Shingle Creek, Orlando, Florida

 **2021
GOLD MEDAL AWARD** 
SAJID CHAUDHARY, MD

Your vision, our mission: *Transcending boundaries together*

 **APPNA 44th Annual Convention**
June 30 - July 4, 2021
Rosen Shingle Creek, Orlando, Florida

 **LIFETIME ACHIEVEMENT
AWARD 2021** 
SAEED AHMED KHAN, MD

Your vision, our mission: *Transcending boundaries together*

 **APPNA 44th Annual Convention**
June 30 - July 4, 2021
Rosen Shingle Creek, Orlando, Florida

 **HUMANITARIAN
AWARD** 
UMAR FAROOQ, MD

Your vision, our mission: *Transcending boundaries together*

 **APPNA 44th Annual Convention**
June 30 - July 4, 2021
Rosen Shingle Creek, Orlando, Florida

Best Alumni Award 2021
**NISHTAR ALUMNI ASSOCIATION OF
NORTH AMERICA**

Your vision, our mission: *Transcending boundaries together*

 **APPNA 44th Annual Convention**
June 30 - July 4, 2021
Rosen Shingle Creek, Orlando, Florida

Best Chapter Award 2021
APPNA DMV CHAPTER

Your vision, our mission: *Transcending boundaries together*



APPNA Fall Convention 2021

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APPNA SWDRC & COVID Taskforce Efforts



Dear APPNA Family,

APPNA SWDRC and COVID Taskforce continued to work together this year also to raise funds and coordinate the various projects.

There was severe winter weather in both Pakistan and USA in the beginning of the year. For Pakistan, around 20,000 dollars were raised to distribute warm clothes and blankets in Punjab, KPK, Balochistan and Azad Kashmir through CDRS and even Karachi area was affected so warm clothes were distributed through Khana Gher.

During the clothes distribution, it was seen that there is a huge need to provide shoes to children and many had never owned a pair of shoes. Donors supported this Children shoe project and funds were matched and these were provided in many major cities as well as small towns in Pakistan. The pictures were extremely moving and many people took part in this project and 20,000 dollars were raised.

In USA, the winter storm in Texas created havoc and APPNA raised 10,000 dollars and in collaboration with ICNA Relief, 600 hot meals were provided daily for a week to homeless and refugees staying in the Dallas Convention Center. Funds were also matched and provided to the Oklahoma APPNA chapter as that was another state that suffered.

APPNA has also worked with ICNA Relief through its various chapters and members for not only distribution of food, but also the APPNA/ICNA mobile clinics have been used for health fairs, COVID / Flue vaccinations, screening of diabetes and hypertension and many other conditions. Cities like Dallas, New York City, Chicago, Orlando and DMV area have held many successful health fairs.

With the start of Ramadan, several food distributions were done in collaboration with Saylani Trust, Khana Gher, Al Khidmat, Helping Hands, Shahid Afridi Foundation and CDRS. Hot meals for iftar and Sehri were provided along with food rations distribution in every province in Pakistan. In USA, many food pantries ration distribution was sponsored by APPNA members and funds were matched by APPNA. ICNA Relief played a major role in not only distributing food but also organizing health fairs and providing COVID vaccination. APPNA matched 50 cents to a dollar for food packages, members and chapters donated generously for food distribution. We will continue to match funds for food distribution through the year.

During Ramadan, Pakistan had another COVID surge and there was a big need for oxygen cylinders. APPNA has been working with Alkhidmat Foundation since last year for providing oxygen cylinders to the deserving patients and 600 oxygen cylinders have been provided so far. We are very grateful to the many generous donors who contributed.





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Dr Abdul Majeed is leading the APPNA Thar water project. We are collaborating with Akhuwat Pakistan and solar energy is being utilized to build water wells and pumps. Dr Majeed has annually raised 70-80,000 dollars to fund this project.

The APPNA cornea project, started in 2017 by Dr Fawad Zafar, and over 4000 corneas since then have been sent to Pakistan. Last year, due to pandemic, sending corneas was a challenge but over the past 3 months, corneas are again now being sent to Pakistan. The cost of each cornea is 250 dollars and many patients have benefited from this.

APPNA is also helping our alumni in providing medical equipment to their hospitals and both KE alumni and SMC alumni raised funds to provide 21 ICU beds to Mayo Hospital and other hospitals in Karachi and was a big help for the COVID patients.

This year APPNA has started Kachra Kundi school scholarship project in Karachi, Dr. Shahid Yousuf is leading this project. There are many schools run by an NGO in various poor neighborhoods of Karachi. Many brilliant students from these schools are going for higher studies but need financial support. We have started this project with \$15-20k per year from an anonymous APPNA donor but potentially can be increased depending upon the interest of our donors.

Louisiana was badly hit by Hurricane Ida in September, APPNA in collaboration with ICNA Relief participated in the relief efforts. APPNA/ICNA mobile clinic set up many medical camps in various towns as well as good and supplies were distributed to affected people. APPNA members Drs Mohammad Suleman, Majid Nazim, Kaleem Arshad and many others volunteered for medical camps and provided much needed healthcare services.

Afghan refugees started arriving in USA after withdrawal of US forces from Afghanistan. APPNA is collaborating with ICNEA Relief to support Afghan families residing in various cities. Your support is much needed in order to help them settle in USA.

Baluchistan earthquake caused damage in Hernai district of Baluchistan in October. Again SWDRC acted promptly, about 250-300 houses are damaged, need assessment is in progress via our partners on the ground and appropriate help will be provided to the affected families.

You can contribute online for various SWDRC / COVID Task Force projects, which are close to your heart. We thank our generous donors for their ongoing support.

Sajid Chaudhary MD,
Chair APPNA SWDRC and COVID Task force.





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APPNA MERIT



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 75+ member committee with 15 specific sub-committees running individual projects introducing modern methods of blended and online learning using Learning Management System educating over 6000 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 150 CME hours for 2021. This year our focus has been Healthcare Research and Innovation in Pakistan including Physician

Entrepreneurship.

In our efforts for sustainable education through development of Enduring Material and short courses we have launched APPNA Academy (appnaacademy.com) our online LMS system. We currently have 13 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 Psychiatry and will soon be launching Certificate courses on Online Medical Education. 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 recordings are on our YouTube channel that currently has 152 published videos so far with total of 20000+ views and 1000+ subscribers.

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 and reach out to us on appnamerit@gmail.com and join our Discord Server at <https://bit.ly/meritdiscord>

Danish Bhatti MD FAAN
Chair APPNA MERIT 2021
Associate Professor, University of Nebraska Medical Center
Director International Neurology Program
President, Pakistani International Neuroscience Society (PINS) North America



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Rawalpindi Medical College Alumni Association of North America



1. Started research unit at RMU inaugurated by Punjab health minister.
2. Upgrades burn center at holy family hospital.
3. Donated a fully equipped ambulance.
4. Donated dialysis machine.
5. A new pediatric unit is in making At holy family hospital.
6. Sports complex ground breaking ceremony done.
7. Launched 183 girls free education scholarships for the school at Daryaabad, layyah district.
8. Girls school building upgraded to class 10
9. New diploma in anesthesia and pain fellowship started
10. Internal medicine residency started
11. Started RMU journals
12. Family practice dept established
13. Started Tahseen sheikh student scholarship along with APPNA scholarships.



Publications



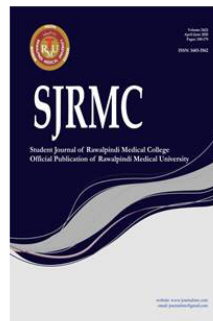
Faculty Journal



COVID-19
Supplement



Resident Journal



Student Journal



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APPNA DMV Chapter



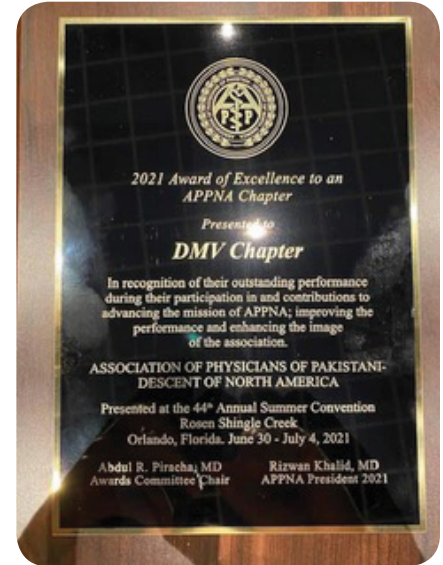
RECOGNITION FOR APPNA DMV

We started the month of July by winning best chapter award. This was a recognition for the hard work of our team.

SOCIAL WELFARE PROJECTS IN USA.

Carpenter Shelter Hot Meal Distribution

Our chapter continued its support for the shelter. Hot meals were provided twice a month by our volunteers. 35 residents were served each time. Our volunteers included Samia Piracha, Sabahat Nawab, Naheed Saleem, Sumera Nadeem, Farida Khatak and Aisha Nasir.



Back to school project with ICNA relief

Free backpacks and school supplies distribution at Mount Vernon High School in Virginia in collaboration with ICNA relief was held on 8/28. 500 students received backpacks and school supplies. Event was attended by Mr. Paul Krizek, delegate to Virginia's 44 rth district. He was appreciative of work of APPNA DMV. Dr. Samia Piracha and Dr. Nadra Khan represented APPNA DMV. Matching fund was provided by central APPNA for this project.

Volunteer Work For Afghan Refugees

In September, our team volunteered to provide health care to Afghan refugee. As a part of this mission. Dr. Tariq Shahab took flight to Doha, Qatar and back along with "Team USA" to help and take care of Afghan refugees. Dr. Asima Cheema served as a medic on the United flight to Dulles bringing the Afghan Refugees from Germany.

SOCIAL WELFARE PROJECTS IN PAKISTAN.

Akhuwat Project

In July, APPNA DMV donated 8 boxes and two suit cases of formal clothes donated by our female members to Akhuwat. In addition to that, a check of 4000 dollars was also sent to Akhuwat. Dr. Naheed Saleem, Dr. Sara Iqbal and Dr. Anwar Mumtaz helped me with this project. Dr. Mubashar Chaudhry, Dr. Saba Siddiqui, Dr. M. Akbar, Dr. Nadra Khan and Dr. Hameed Peracha provided monetary donations for this project.

Sarwar Foundation Donation

A contribution of 10,000 dollars was made for their charitable projects in July 2021. This was made possible due to generous contribution by Dr. Mubashar Chaudhry.

Food distribution in Lahore with CDRS

APPNA DMV arranged food pack distribution to 80 families in Harbanspura, Lahore in collaboration with CDRS in September 6th. Dr. Tariq Mahmood and Dr. Nadra Khan represented APPNA DMV. It was also attended by two Americans visiting Pakistan. Both were impressed by work of CDRS and APPNA. For this event, Central APPNA provided matching funds.

EDUCATIONAL EVENTS.

Lecture on SLE

A free lecture was arranged on September 12 for our members by Zoom on SLE.

Tele-shadowing Projects by Dr. Asima Cheema

Weekly lectures were arranged.



Nadra Khan, MD
President APPNA DMV Chapter



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APPNA Maryland Chapter



APPNA Maryland held an extremely successful Health Fair at two local mosques in Maryland. We had excellent turnout.

Hundreds of flu vaccines were administered, Free lipid panels were done. Our physicians and councilors along with other volunteers obtained vitals, BMI and blood glucose checks. Our primary care physicians and specialists provided invaluable service to the community including diabetic education and other screening tests.

We collaborated with the ICNA and these health fairs were held at Turkish mosque Diyaanet center and Laurel Mosque in Maryland.

Moreover, APPNA Maryland initiated free telemedicine project for mental health issues in the community. Research data shows that depression and anxiety are extremely prevalent in ethnic desi groups. Therefore we are providing highly personalized care by board certified psychiatrist.

Finally, we have our annual meeting on November 23rd, 2021 at Argyle Country Club where Ambassador of Pakistan to US will be in attendance. We will have 3 AMA category 1 CME, dinner and entertainment.

Thanks

Haroon Burhanullah, MD
President, APPNA Maryland
Ass. Professor
Memory and Alzheimer's specialist
Johns Hopkins University School of medicine

APPNA Maryland
ANNUAL MEETING

Saturday
November 13, 2021
5:30PM - 10PM

Argyle Country Club
14600 Argyle Club Rd,
Silver Spring, MD 20906

CME SESSIONS
BANQUET DINNER
ENTERTAINMENT

LIVE PERFORMANCE BY
Naila Khalid
& MUSHAIRA

For Registration please visit:
www.mdappna.org/events

APPNA
Maryland Chapter

Telemedicine
Clinic for
Mental
Health

A Project of
APPNA Maryland Chapter



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APPNE - APPNA New England Chapter



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

APPNE completed a successful fundraiser to buy medical equipment for the National Institute of Child Health (NICH), Karachi, one of the largest children's hospital in Pakistan which provides free care to the poor. \$13000 were collected and medical equipment including patient monitors, drip stands, infusion pumps and related accessories were delivered to NICH on July 28th, 2021.

HIV Webinar Series:

APPNE is financially supporting HIV webinar series launched by APPNA MERIT program from May 23rd, 2021 to help educate Pakistani Physicians and Students about HIV. The webinar series have been extremely successful and has attracted large number of Physicians and Students from Pakistan and the US. The webinars have been reordered and are available on MERIT Youtube channel.

Flu & Covid Vaccination Clinic:

APPNE hosted free Flu and Covid vaccination clinic on October 1st, 2021 at Worcester Islamic Center (WIC) in collaboration with the City of Worcester DPH. The free clinic coincided with APPNA National Health Care Day (NHCD) 2021. We plan on hosting more free flu clinics in the MA, NH & RI to improve vaccination rates in our communities.

Blood Donation Drive:

Pandemic has caused severe shortage of blood products due to cancellation of blood donation drives. Since last year, APPNE has been collaborating with the American Red Cross and have supported 2 blood donation drives at Islamic Center of Boston-Wayland where over 75 units of blood have been collected. Our upcoming blood drive is scheduled for Nov 13th, 2021. We plan on continuing to support the American Red Cross in this noble mission.

Sincerely,

Yousaf A. Shaikh, MD FACP
President,
Association of Pakistani Physicians of New England (APPNE)
www.appne.org



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APPNA-Pun Chapter



Our challenges of the COVID-19 pandemic continued into the early part of this year. The big break coming out of the lockdown was our well-attended June annual picnic with over 200 participants. Throughout the year members contributed and participated in our ongoing food pantry projects. Free Clinic and Community Health committee chair Dr. Umar Farooq led our COVID-19 vaccination drive where a mobile team of APPNA-PUN physicians and medical students used a stock of one thousand vaccine doses to area Islamic centers, churches, nursing homes and shopping centers. Goal was to outreach individuals from diverse and underserved communities who would otherwise be hesitant to vaccination. Our National Healthcare Day is scheduled for October 16 with multiple health related activities including vaccinations. APPNA-PUN Book Club resumed this summer after a long pandemic hiatus.

In May, we were saddened by the passing on of APPNA-PUN's most beloved leader and friend, our founding president, Dr. Sarwat Iqbal. Sarwat a'pa was a lifetime member of APPNA and helped found WAPPNA, Dental APPNA and her home chapter. We cherish the legacy she left behind and pray for her eternal peace.

Members participated in area's Cherry Hill Free Clinic health equity Olympics helping raise funds through different sports activities. In addition, our food drives were at full swing during Ramadan.

Our chapter was proud to see Dr. Umar Farooq receiving APPNA's Humanitarian Award in the summer meeting. Dr. Farooq has played a key role in our communities emphasizing education, community service and civic engagement. He is in private internal medicine practice, but is affiliated with many area residency programs as head of outpatient clinics. He has a dedicated interest in mentoring foreign medical graduates. More than thirty medical graduates have externship opportunities with Dr. Farooq, every year.

We are pleased to announce the return of our annual Banquet being held on Saturday, October 30th. In addition to the usual fervors of our banquet, we will have Mr. Khizr Khan as our keynote speaker. Mr. Khan was recently appointed by president Joe Biden as a Commissioner to the US Commission on International Religious Freedom. In addition to being the keynote speaker, Mr. Khan will have a special session with our youth, speaking on the importance of service and leadership, and how we must claim our full citizenship by active participation.

Many APPNA-PUN members are serving and leading several APPNA committees. We always support our parent organization APPNA in various projects, whenever they reach out for support.

Respectfully submitted,

Sajjad Savul
President APPNA-PUN 2021



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Background and Experience

For over 15 years, Irshad has helped clients address their financial concerns and develop sound strategies by focusing on each individual's specific needs. He has over 20 years' experience as a successful business leader with an MBA – Public Accounting / Finance degree, leading to a Director of Finance position with a \$ 15 Billion company. He works with individuals, businesses focusing on their retirement plans, and Institutional Endowment Plans & Trusts. He also specializes in designing a suitable tax-deferred* retirement plans to maximize tax savings for physicians and small to mid-size business organizations.

* Wells Fargo Advisors is not a legal or tax advisor

Educational Background & Certifications

Irshad earned his B.S degree in Finance and MBA in Public Accounting from St. John's University, New York and holds

Series 7, 63 and 65 registrations, as well as the Accredited Asset Management Specialist (AAMS) designation from the College of Financial Planning.

Prior Corporate Experience

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

Away from Office

Irshad spends free time with his wife, Farrah, a clinical Research specialist in Ophthalmology. They enjoy travel and volunteer work. Their son Raheel is an Anesthesiologist, MD and their daughter Zofi is working towards her Psychologist program.

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