



# APPNA

## 45th Annual Convention

July 13 - 17, 2022  
Harrah's Resort Atlantic City, NJ



**APPNA of next generation; integrating passion with vision**



# APPNA

Association of Physicians of  
Pakistani Descent of North America

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



# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## President's Message



Dear APPNA members,

It is with a sense of great pride I welcome you to our beautiful Atlantic City. I am very thankful to our host committee, led by Dr. Shehla Siddiqui, Dr. Jamil Mohsin, Dr. Imran Amir, and Dr. Sajjad Savul, for organizing APPNA's 45th annual summer convention at Atlantic City, New Jersey, for the first time in the history of APPNA.

Our host committee has worked very hard to bring state-of-the-art CME, world-class entertainment/symposia, excellent food, and innovative idea of APPNA Talk first time to our summer meeting.

APPNA is the second largest ethnic medical society in the United States, representing more than 20,000 physicians and health care scientists of Pakistani descent serving all across the nation. Our annual summer convention is a great way to revive old friendships and build new relationships.

Our volunteers, who selflessly dedicate their time and energy to APPNA, truly look forward to our annual summer convention so we can reignite the passion for serving our motherland, Pakistan, and the medical community in general.

I truly hope that this dedicated group of physicians will enjoy their stay in the beautiful city of NJ. Our museums, divine beaches, diverse cultural cuisines, and shopping centers will offer a memorable experience for all our guests.

I look forward to meeting you all,

Long live APPNA!

Haroon Durrani, MD  
President APPNA 2022

APPNA of next generation; *Integrating passion with vision*





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## Chair Host Committee Message



On behalf of the APPNA Convention Host Committee, I welcome you all to the spectacular 45th APPNA Summer Convention 2022, held at the Harrah's Resort Atlantic City, New Jersey from July 13-17, 2022. With its sophisticated marina setting and world-class amenities, Harrah's Resort is a premier Atlantic City destination. I am thrilled that in APPNA history this is the first time, a summer convention is being held in NJ.

I am genuinely humbled by the overwhelming support extended to me by friends, colleagues, and the community. I would like to thank you all for your participation and cooperation in making this a successful event. Under the expert guidance of our President Dr. Haroon Durrani, this event has many features to make this an exceptional convention. Our dedicated team has volunteered countless hours to make this event a delightful experience for you and your families.

We want to welcome all the Alumni and have encouraged class reunions and chapters to come together and enjoy comradely as they get to meet their colleagues and friends over Alumni dinners and meetings.

We are bringing you a very exciting and informative action-packed program. Our main theme this year is Mental Health. All are welcome to join Mental Health Awareness Walk. CMEs are geared to equip you with the most updated information on various topics. YPN and SAYA have organized several programs for youth and young adults. Top-class entertainment will be presented by nationally and internationally acclaimed artists and singers. The Mushaira evening will feature renowned poets from all around the globe. For the first time, APPNA has arranged a magical event, "The Masters of Illusion" show on Saturday.

APPNA Art Competition is held for kids and teens. The theme was: My Culture My Identity. Their artwork will be showcased and auctioned after the competition. Funds raised through this auction will be donated to charities and gifted to the participants.

The ever-famous Bazaar with more than 200 retail, non-retail, and corporate booths, will showcase their businesses and display their products and services.

This convention could not have been possible without the diligence and support of our Host Committee and I am thankful to each one of them. On behalf of the entire Host Committee, we welcome you to Annual Convention in Atlantic City. Enjoy your stay and take back home wonderful happy memories from here.

Sincerely,

Shehla Siddiqui, MD  
Chair, Host Committee  
APPNA Annual Convention 2022



Imran Amir, MD  
Co-Chair Host Committee



Jamil Mohsin, MD  
Co-Chair Host Committee



Sajjad Savul, MD  
Chair CME Committee





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## APPNA Convention Host Committee

### Wednesday Event

Mohammed Murtaza, MD  
Mir Sharif Ahmed, MD

### Thursday Events

Junaid Chaudhry, DMD  
Kashif Tufail, MD

### Friday Events

Imran Amir, MD

### Saturday Events

Jamil Mohsin, MD

### CME

Sajjad Savul, MD  
Ovais Masood, MD  
Muhammad Zeeshan, MD

### Food

Mr. Azfar Kaleem  
Mr. Iqbal Haider  
Sohail Rana, MD  
Mr. Usman Ghumman

### Registration

Muhammad Sanallah, MD  
Nadeem Haque, MD

### YPN

Ghazala Ahmad, MD  
Mrs. Fauzia Kaleem

### SAYA Events

Muhammad Murtaza, MD  
Mrs. Tabinda Amir

### Alumni

Imran Amir, MD  
Mohammad Arshad, DDS

### Transportation

Sujood Ahmed, MD

### Local Activities

Mr. Sajjad Siddiqui  
Dr. Sumaira Ahmad

### Journal

Ghazala Farooqui, MD  
Shehla Siddiqui, MD

### Walk

Shazia Savul, MD  
Muhammad Ali Abbas, MD

### Timeline

Ghazala Farooqui, MD

### Baby Sitting

Dr. Aliya Khan

### Social Forum

Abdul Jabbar, MD

### APPNA Talk

Mr. Asim Shafi  
Dr. Saima Anees

### Mushaira

Javed Akbar, MD

### Guests/Political Activities

Umar Farooq, MD  
M Zubair, MD

### Security

Muhammad Ali Abbas, MD

### Arts Competition

Muhammad Zeeshan, MD  
Munaza Khan, MD  
Shazia Savul, MD  
Mrs. Saima Bhutta





# APPNA 45th Annual Convention

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## From The Editor's Desk



My fellow APPNA members,

I warmly welcome you to the APPNA 45th Annual Convention. The host committee has dedicated much time and effort to create an exciting and memorable experience that you are sure to enjoy. This time around, the site of our scene is Atlantic City; a beach town filled with lavish dining within its casinos and activities riddled along the boardwalk. Feel free to enjoy what the area has to offer, and don't have too much fun at the casinos ;)

Mental Health Awareness serves as the central theme for this year's event. As defined by WHO, mental health is "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year (SAMHSA). COVID pandemic will enormously increase mental illness prevalence due to social isolation, loss of loved ones, fear of infection, and financial crunch in the times of economic crisis. Exhaustion will increase suicidal ideation in healthcare workers. It is therefore imperative to create awareness in our communities about the gravity of this situation. As physicians practicing medicine in America, we team up to influence our local elected officials to develop reforms so that mental health care is easily accessible to all. Join the Mental Health Awareness Walk with your family and friends, organized by our brilliant host committee, as a step toward this cause.

I want to extend my gratitude to Dr. Shehla Siddiqui (Co-Chair Publications) and Mr. Laiq Siddiqui (Head of Tech, AV, Creative, Marketing, and Sponsorship) for their tremendous assistance with this publication. I genuinely appreciate the generous contribution of the advertisers and am grateful to all who have shared their content in the form of reports, messages, articles, and poems. Finally, I am thankful to the leader with a vision, Dr. Haroon Durrani, and the very devoted Host Committee Chair, Dr. Shehla Siddiqui, for bringing together a fantastic team that has organized this spectacular convention in the "Monopoly City" of the Garden State.

Pakistan Zindabad and Long Live America!

Ghazala Farooqui, MD  
Chair and Editor,  
Publication Committee, APPNA 45th Annual Convention 2022





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Mayor Marty Small, Sr.

*Welcome!*



July 13, 2022

Greetings!

On behalf of the City of Atlantic City, it is truly an honor to welcome the Association of Physicians of Pakistani Descent of North America (APPNA) on the special occasion of its 45th Annual Summer Convention held July 13-17, 2022 at Harrah's Resort.

I especially wish to recognize APPNA for fostering scientific development and education in the field of medicine and delivering better healthcare, irrespective of race, color, creed or gender. APPNA relieves suffering and helps those in need through its participation in medical relief, education, advocacy, and numerous charitable endeavors. Please know that your outstanding efforts are appreciated more than words can adequately express.

While you're here for the convention, be sure to take advantage of all that we have to offer. From our beautiful beaches and world-famous Boardwalk to fine dining, superb entertainment, spectacular nightlife, excellent shopping and non-stop casino excitement...it's always a great day here in the City of Atlantic City!

Sincerely,

Marty Small, Sr.  
Mayor





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## President Elect's Message



Dear APPNA family,

I welcome you all to the 45th Annual Summer Convention. The meeting is being held in the state of New Jersey for the very first time. By all accounts, it promises to be a great summer mela.

The host committee has been working hard to make this year's meeting a roaring success. I want to thank the hosts for putting together a great program. APPNA summer conventions have always provided wonderful opportunities for education, entertainment & socializing, and this meeting will only set the bar higher for the future.

Once again, welcome to the annual summer convention. See you all in Atlantic City, NJ.

Regards,

Arshad Rehan





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## Secretary's Message



Dear APPNA Family

Welcome to the 2022 APPNA summer convention in Atlantic City. I am the Secretary of APPNA and a current member of the Board of Directors BOD. On behalf of the APPNA BOD, I would like to extend warm greetings to you and your family.

Arranging a meeting of this magnitude takes a lot of effort, energy, and dedication, and I have seen the President of APPNA, Dr. Haroon Durrani as well as the chair of the Host Committee, Dr. Shehla Siddiqui with her team, work very hard to arrange this meeting. The local host committee has put together an amazing program for you and your family to attend and enjoy. We are looking forward to a large number of APPNA members and their families attending this event. It promises to be a star-studded event with outstanding performances, delicious food, and shopping options. There are many CME lectures and other educational events for APPNA members to attend.

As BOD APPNA, we honor your membership and commitment to APPNA. We are working hard every day to make your membership as valuable as possible and strive to create value for it. We believe that the strength of this organization lies in the numbers. As we age as an organization, our only way to survive is to have a new generation of physicians join us. We want to make this organization a 5000-member strong, and we ask you to please encourage your sons and daughters who have newly become practicing physicians and your friends to join the APPNA family.

APPNA had a strong Spring meeting in Oklahoma City, and the BOD will continue to look for new cities to hold its event to help promote and engage new communities every year.

APPNA needs to commit more resources and energy into research and innovation technology and engage the younger generation of Physicians of Pakistani origin to join us by setting up membership of value to them and the general membership.

APPNA has achieved greater heights as an organization under the leadership of Drs. Rizwan Khalid, Haroon Durrani, and Arshad Rehan. However, we have much more to achieve. We can do that by uniting together under one banner with one goal to make APPNA a stronger organization. We have faced new challenges this year that has kept us busy, and we hope to resolve this amicably and move on.

I hope you and your family have a wonderful time in Atlantic City.

Asif Mohiuddin, MD  
Secretary APPNA 2022



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## Treasurer's Message



Dear APPNA family:

Greetings:

It has been a pleasure to serve you as APPNA Treasurer 2022 and members of the board of directors.

This year the fundamental changes in APPNA bylaws have taken place. APPNA has adopted new bylaws. Now we all executive committee members have been working as members of the board of directors. My job title has remained as treasurer of APPNA. I am excited to report to you that APPNA is in a strong financial state because of the culture of harmony among all Boards of directors. We have no personal agenda except to serve APPNA and its membership faithfully to make it better.

APPNA 2022 has broken the first record of success in the APPNA 2022 spring meeting in OKC. APPNA has a record gain of over \$210000.00 after all the expenses were paid off. Kudos to the APPNA spring meeting team for their hard work.

With the grace of GOD APPNA summer meeting will be very profitable, our projection is a positive gain in the APPNA summer meeting, and the APPNA International meeting for IRAN will bring in \$150000.00 as a gain.

The overall gain after all meetings has been projected at over \$200,000.00 after all the expenses. It will be a tremendous achievement for APPNA 2022.

As an APPNA member of the board of directors, this is my prime goal and aim to increase APPNA membership. I have proposed decreasing APPNA annual and lifetime dues to attract hundreds of APPNA potential members. There is a difference of opinion; some members feel it will reduce APPNA revenues annually if we increase APPNA life members.

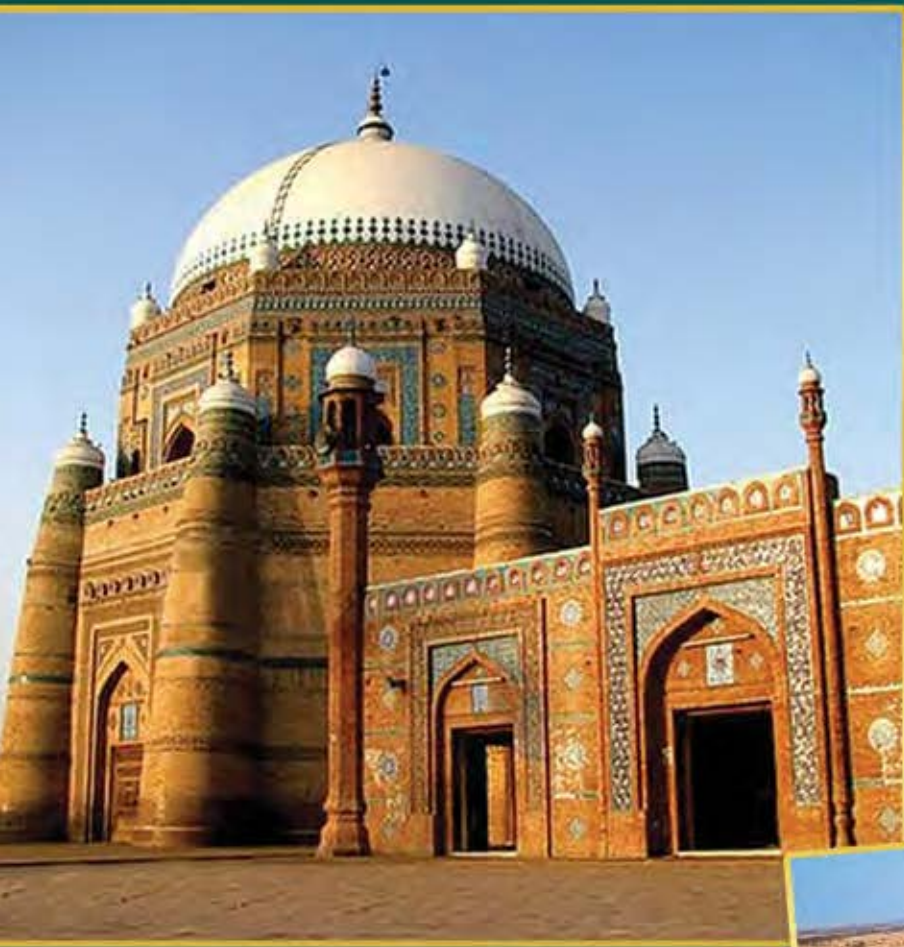
I have a different opinion. I feel it will increase APPNA's potential to gain more revenues by attracting more members, more vendors, and more donors, and we can tap into Federal and state grants. APPNA will be on a very strong and solid base with solid life members. My mission to increase APPNA membership has been continued. I am positive that with the help and support of APPNA membership, I will be able to achieve our goals in the near future.

Please keep praying and supporting me to achieve our goals to make APPNA 5000 members strong in the next few years. AMEN

Sincerely Yours,

Dr. Joseph Emmanuel  
APPNA Treasurer 2022 and member of the Board of Directors.



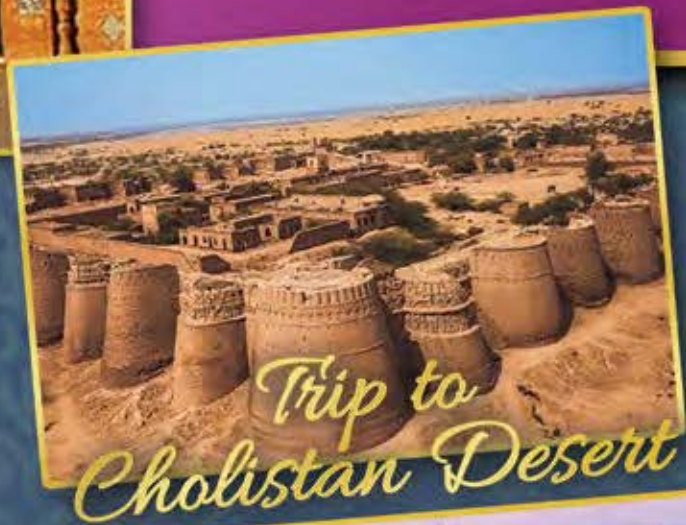


# APPNA WINTER MEETING 2022

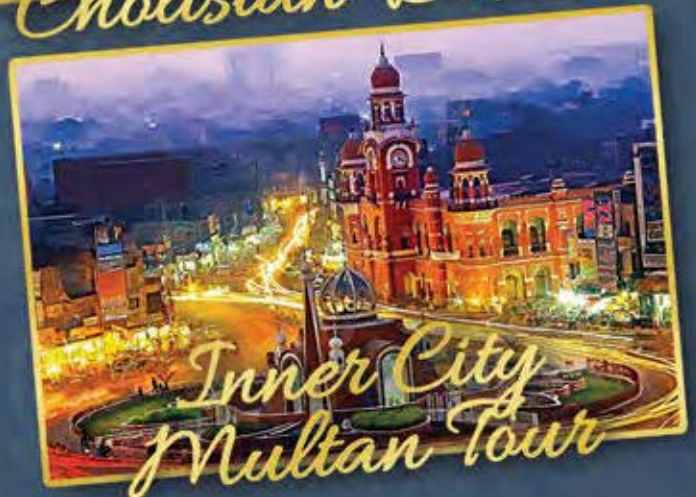
DECEMBER 22-25, 2022  
MULTAN, PAKISTAN

**SAVE THE DATES &  
BOOK YOUR FLIGHTS**

- CME Sessions
- YPC Seminar
- Research Competition
- Social Forum
- Entertainment
- Folk Music
- Traditional Cuisine



*Trip to  
Cholistan Desert*



*Inner City  
Multan Tour*

Ghulam Mujtaba, MD  
Chair Winter Meeting 2022

Haroon Durrani, MD  
President APPNA 2022

**More information coming soon on [www.appna.org](http://www.appna.org)**





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## Immediate Past President's Message



Dear APPNA members,

It is indeed an honor and privilege to serve as our association's President-Elect 2020, President 2021, and Immediate Past President/Board of Director (BOD) member in 2022.

In the fall of 2019, when I was elected as President-Elect, our organization was going through a very difficult phase and faced many challenges. In the Executive Committee (EC), we worked very hard to facilitate and resolve all issues. Indeed, with the support of my colleagues in the EC, we were able to carve a path forward and amicably resolve the most pressing issues. We were able to settle all lawsuits. I firmly believe that there is no issue that cannot be solved; we need the solemn desire to solve it and keep APPNA's interest first and foremost.

In the first quarter of 2020, we faced the COVID 19 pandemic. We appointed an ad hoc committee, which was given the herculean task of leading APPNA's response. With our membership's generous help, we could provide a befitting response to the pandemic. This effort continues to this day.

In 2021, we had an aggressive agenda, and I was very fortunate that I could rely on a fantastic Executive Committee composed of Drs. Haroon Durrani (President-Elect), Arshad Rehan (Secretary), Humeraa Qamar (Treasurer), and Naheed Usmani (Immediate Past President). SOPs were put in place to empower each EC member. The Council was empowered and involved in all the association's major decisions. In addition to the usual three council meetings required in our by-laws, at least half a dozen virtual council meetings were held. This is unprecedented in our history.

We played our part in making APPNA truly a professional organization. With improved policies and procedures for the Executive Committee, the Council, and other Committees. Our policies aimed to improve efficiency and reduce redundancies. In the spring of 2021, APPNA adopted comprehensive electoral reforms. As a professional organization, it was an embarrassment to have such a lengthy, divisive and arduous process of electing our officers. These electoral reforms and henceforth the elections that were held, were well received by the general membership. The process needs to be further improved based on the lessons learned.

APPNA's previous Constitution and By-laws (CABL) had outlived its utility and were indeed not in tune with current realities. The CABL committee diligently worked on comprehensive constitutional amendments, and after over eighteen months, with numerous sessions with the general membership and council members, a consensus document was presented to the Council, which was accepted with a historic 53-0 vote with over 30 component societies co-sponsoring the legislation. The document was approved by the general membership with 1404 votes in favor, accounting for over 90% of the votes

cast. I congratulate the general membership, Council, CABL committee, and EC/BOD for this historic achievement.

One of the key components of our charter was to enhance the scope and quality of our educational activities. Another first in APPNA's history, the Medicine board review was organized for one day in the summer meeting, and attendees could claim MOC points in addition to CME hours. Extensive deliberations to develop a pathway through which all educational endeavors of APPNA were to come under one umbrella with financial autonomy as "American College of Medicine." In my opinion, this will significantly amplify the work being done by the MERIT, RESA, and Host CME committees. APPNA MERIT committee completed a Family medicine diploma for family practitioners in Pakistan. It also spearheaded a new program to promote research, innovation, and healthcare entrepreneurship in Pakistan. Virtual conferences were held all year, with a grand conference held in Rawalpindi during our winter national symposium. The work will continue this year as well.

I have always been passionate about mentoring our medical students and recent graduates. There was a renewed enthusiasm in this regard with extensive work done by the committee for young physicians. Hopefully,



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we can create mentorship and guidance for dental students and develop programs that may interest early career attendings. Hopefully, these ventures will add value to being an APPNA member and improve our membership. I want to congratulate the Advocacy committee for their assistance in helping our incoming residents and fellows. I thank all our committees for their volunteer work for the association, including but not limited to the Social welfare and disaster relief committee/COVID 19 taskforce, Scholarship committee, Nomination and Election Committee, CABL, lifetime endowment fund committee, Communication committee, and others.

We focused on grassroots networking in APPNA by encouraging certification of more regional and alumni societies and numerous specialty organizations with MOU with APPNA. APPKI, Maryland, and Saskatchewan chapters were approved by the Council. The Association of Pakistan Gastroenterologists was granted affiliation with APPNA. One proud moment for all of us was forming an alumni association of Bolan Medical College, Quetta, and becoming a full member of the APPNA council. I believe that APPNA is now complete with the representation of all four provinces of Pakistan.

A brief about our finances: due to multiple reasons, APPNA did very poorly from the financial aspect in 2019 and 2020. Therefore, it was one of our priorities to significantly improve the association's financial health by all means, including significant austerity measures. We were able to adopt a revised financial policy which the Council approved. I am happy to report that we ended the year with a budget surplus of around \$200,000. A significant portion was used to pay back monies taken from the lifetime endowment fund (with the Council's approval and based on our financial policy). An amount of \$25,000 was set aside for APPNA's contingency fund. We also set aside enough money to fund the first three

months of the operations budget for 2022. This is in stark contrast to previous years when the APPNA President would spend the entire year's profits before the end of the term. This is one of many policies adopted by keeping APPNA first.

One of my campaign promises was to have more women physicians in various committee leadership positions. We certainly strived to achieve that goal by appointing over 35 women leaders as chairs, co-chairs, or advisors of our committees. Women leaders chaired our Strategic retreat in Chicago (Dr. Samina Hijab), Fall meeting in Dallas (Dr. Saima Zafar), Winter meeting in Quetta (Dr. Rina Awan), and Lahore (Dr. Fizza Rafiq). I hope they will continue to contribute to leadership positions in our association.

We strived to organize in-person meetings in 2021 while following all state, county, and CDC guidelines. Despite all challenges and restrictions, we were able to organize all our meetings in person, and every meeting was profitable. The summer Saturday night banquet was attended by around 1700 members/families with a live address by his excellency, the Prime Minister of Pakistan, Mr. Imran Khan. The winter national symposium was a grand affair, as for the first time in our history, the symposium was hosted in six institutions in four cities over eight days. I am very proud of our first-ever meeting in Balochistan, which was successfully hosted by Bolan Medical College and the BMC alumni association in Quetta. The President of Pakistan, His Excellency Dr. Arif Alvi graced our symposium at Rawalpindi Medical University as our Chief guest. I thank the Chairs and their committees for their hard work and contributions.

On the sidelines of the winter meeting in Rawalpindi, I led an APPNA delegation to meet with the Prime Minister of Pakistan, his excellency Mr. Imran Khan. We emphasized that APPNA's expertise should also be utilized in health care policy. I am happy to report that APPNA was invited to become part of the Prime Minister's National Healthcare Taskforce, and Dr. Shahid Rafiq has been appointed as a member. Further discussions happened on protecting physician investments, especially via the Board of Investments and with the CDA for deliberating on a future APPNA institution in Islamabad.

I will conclude by thanking my family, 2021 EC, BOT, Council, Committees, and General membership for their support. I like to wish the 2022 BOD, Council, and Committees the best. Inshallah, the best days of APPNA are ahead of us.

Long Live APPNA! Pakistan Zindabad!

Rizwan Khalid, MD  
Immediate Past President APPNA





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## APPNA Social Welfare & Disaster Relief



Dear APPNA Family and Friends,

Hopefully, we are just getting out of the COVID pandemic, but its devastating impact on the global economy continues. It is affecting more the underprivileged population. APPNA SWDRC is actively working with its ground partners in the USA and Pakistan to help our deserving communities, mainly by providing them with food/ration packs to ease their daily living. So far, APPNA SWDRC has provided over \$100k worth of food supplies in USA and Pakistan. We are thankful to our generous donors, and appreciate logistical support from ICNA Relief, Mercy Foundation, various food pantries in the USA, CDRS, Alkhidmat Foundation, and Khana Gher in Pakistan.

The APPNA cornea project is a flagship project of APPNA. It was started in 2017 by Dr. Fawad Zafar and KE class 1985. Over 4500 corneas have been transplanted at over 32 centers across Pakistan. Each cornea costs 250 dollars, and many patients have benefited from this.

APPNA Thar water project started in 2015 and is led by Dr. Abdul Majeed. We are collaborating with Akhuwat Pakistan Solar energy is being utilized to build water wells and pumps. Dr. Majeed has annually raised 70-80,000 dollars to fund this project.

APPNA/ICNA mobile clinics project was started in 2017. 4 mobile clinic units, one each in New York, Illinois, Texas, and Florida, provide healthcare services to our communities and are used during disasters across the USA. APPNA/ICNA mobile clinics have been used for health fairs, COVID / Flu vaccinations, screening of diabetes and hypertension, and many other conditions. Cities like Dallas, New York City, Chicago, Orlando, and the DMV area have held many successful health fairs.

Children's shoe project and Winter Clothing project: During the clothes distribution, it was seen that there was a huge need to provide shoes to children, and many had never had a pair of shoes. Donors supported this, and funds were matched. Kids were provided shoes in many major cities and small towns in Pakistan. The pictures were incredibly moving, and many people participated in this project. Last year, 20,000 dollars were raised for each project.

Kachra Kundi school scholarship project was started last in Karachi, Pakistan. Dr. Shahid Yousuf is leading this project. NGOs run many schools in various poor neighborhoods of Karachi. Many brilliant students from these schools are pursuing higher studies but need financial support. An anonymous APPNA donor started this project with \$15k. This year 50 students are getting a scholarship, but it potentially can be increased depending upon the interest of our donors.

You can contribute online to support various APPNA SWDRC projects close to your heart. We thank our generous donors for their ongoing support.

Submitted by

Sajid Chaudhary, MD  
Chair APPNA SWDRC





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## APPNA Social Welfare & Disaster Relief







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## APPNA MERIT



APPNA MERIT (Medical Education, Research and Information and Technology Transfer) Committee has a 75+ member committee with 15 specific sub-committees running individual projects introducing modern blended and online learning methods using a Learning Management System educating over 7000 Pakistani Physicians in collaboration with 30+ institutions and various local societies. We offered 200+ CME hours of education in 2021. This year our focus has been on Healthcare Innovation and Technology in Pakistan, including Physician Entrepreneurship.

We started a series of webinars to explore the landscape with top innovators from Pakistan, including the National Institute of Health, Higher Education Commission of Pakistan, Biotechnology and Artificial Intelligence, etc. We completed 34 online sessions. The 2-day live conference occurred at Rawalpindi Medical University in APPNA Winter Meetings 2021. It was preceded by a collaborative Workshop on AI in Healthcare between the MERIT AI committee, NUST, and PML labs on AI. It was followed by a visit of the entire National Institute of Health board at RMU. We intend to continue this year with webinars series starting March 2022. Our previous session recordings are available on the APPNA MERIT YouTube channel.

Healthcare Innovations and Entrepreneurship webinars: We started the webinar series again in 2022. We have done 12 webinars in this series.

MERIT Academy ([meritacademy.us](http://meritacademy.us)): It is an online LMS system. We currently have 16 courses launched online. Many other courses are coming soon, including six months course on Psychiatry for GPs, a mini-fellowship in Neurophysiology, a Research course for students, and an HIV course.

APPNA MERIT Family Practice Specialty Rotations: It is a one-year-long course that is collaborated with multiple partners to bridge the knowledge and skills gap in practicing General Practitioners in Pakistan.

Specialty topics webinar series: We completed a 50 webinar series on Covid last year. We are currently running Webinars in Nephrology, Emergency Medicine, HIV, and Critical Care Nursing. Many recordings are on our YouTube channel, which presently has 200+ published videos with 33000+ views and 1261 subscribers.

I am very thankful to our 400+ faculty of speakers and panelists from various sub-specialties. We invite you to join our efforts and collaborate with us and check us out on [appnamerit.com](http://appnamerit.com) and reach out to us at [appnamerit@gmail.com](mailto:appnamerit@gmail.com) and join our Discord Server at <https://bit.ly/meritdiscord>

Danish Bhatti, MD FAAN  
Associate Professor  
Neurology Clerkship Director  
UCF College of Medicine  
Founder, MERIT Academy  
Founder, TAJDEED Healthcare Innovations  
Chair, APPNA MERIT  
Treasurer, KEMCAANA  
President, PINS North America



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## WAPPNA - Women Physicians of APPNA



After two years of a debilitating pandemic, we look forward to a fruitful year. Since the Covid phenomenon has significantly impacted mental health, we decided to showcase mental health awareness as our theme for 2022. We have been very fortunate to get the services of a few psychiatrists, namely Dr. Farha Abbasi and Dr. Muhammad Zeeshan, who has been very kind to do webinars regularly. We will continue this theme for our annual WAPPNA meeting on July 15th from 11.30-1 pm in Atlantic City to coincide with the APPNA convention.

WAPPNA was formed in 2009 with a mission to promote the professional and personal development of women physicians and the community's social welfare and educational projects at large. Our vision has been to increase the participation and membership of women physicians of APPNA to achieve the desired results.

Over the 13 years, we have been fortunate to get involved with many projects in the US and Pakistan. We have been involved with floods and earthquake relief in Pakistan. WAPPNA published an Asian Human Rights Commission report highlighting the atrocities on women and children during the war on terror. WAPPNA helped WAPPNA organize the first Youth Conference in New York in 2010. WAPPNA supported the Julian Center in Indiana, a shelter for abused women and children of South Asian descent. Scholarships have been awarded to medical and pharmacy students. WAPPNA has participated in the US State Department lawmakers to facilitate relations with Pakistan.

WAPPNA has invited prominent Pakistani American professionals to be speakers in our annual meetings. We sponsored the housing and transportation project for women physicians awaiting residency positions in the US. Razia Zohra Memorial Institute was founded in Jhang to teach women to acquire a trade and become self-sufficient in the future. WAPPNA physicians volunteered in the medical camp organized by APPNA to help the Rohingya refugees in Bangladesh.

Shaheen Mian - President 2022-2023  
Naheed Chaudhry - President-Elect  
Umna Ashfaq - Secretary

Humeraa Qamar - Treasurer  
Marium Husain - Past President





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## APPNA Scholarship Committee



- APPNA Alumni Scholarship Project was started in 2013.
- The mission is to provide scholarships to medical students who do not have the means to continue their education through highly efficient and cost-effective mechanisms and to enrich the lives of donors.
- The vision is to promote excellence in the medical field by ensuring that no one is left out of an opportunity to serve just because he/she does not have the means.
- To create a sense of generosity and desire to give to everyone.
- The Scholarship Program is intended to help deserving students enrolled at respective medical colleges in Pakistan to defray some of their educational expenses (College, hostel fees & Books, etc.)
- The Scholarship Committee Members in 2013, in collaboration with the respective Alumni, have worked very hard to raise funds for this noble cause and have been able to raise 1.1 million dollars.
- A generous donor from Nishtar Alumni of North America provided the matching funds to the Alumni for the scholarship program.
- Now the scholarship funds have grown by more than \$ 3 million in the last nine years.
- The money is distributed from the appreciation and income of invested funds. Each Alumni selects the students of their Alumni based on the financial health of the family, and the students must maintain the passing grades and show a willingness to help others after the graduation.
- Eight medical colleges are participating in this program, and KEMCAANA just recently joined the scholarship program.
- Each Alumnus has given hundreds of scholarships to their respective Alumni students that have changed the lives of many families.
- APPNA scholarship committee requests all the Alumni members to donate generously to their Alumni scholarship funds, so this mission continues forever.

Thanks

Muhammad Sanallah, MD  
Chair APPNA Scholarship Committee 2022



ZT CORPORATE

HEALTHCARE

# INVESTMENT OPPORTUNITY

# 12%

**RETURN A YEAR  
UP TO 2 YEARS**

## ALTUS COMMUNITY HEALTHCARE, LP:

- 12% return annually (1% paid monthly)
- 3 surgical hospitals and 16 free-standing emergency rooms
- Owns additional healthcare real estate
- In business since 2004

The information contained herein has been prepared solely for informational purposes and is not an offer to buy or sell or a solicitation of an offer to buy or sell any security. All data presented herein is unaudited, subject to revision by ZT Corporate, and is provided solely as a guide to current expectations. The information and/or analysis contained in this material have been compiled or arrived at from sources believed to be reliable; however, ZT Corporate does not make any representation as to their accuracy or completeness and does not accept liability for any loss arising from the use hereof. The reader should not assume that any investments identified or described were or will be profitable as historical returns are not predictive of future results. Investing entails risks, including possible loss of principal. Please refer to the Confidential Term Sheet for risk factors associated with each Partnership's business operations.

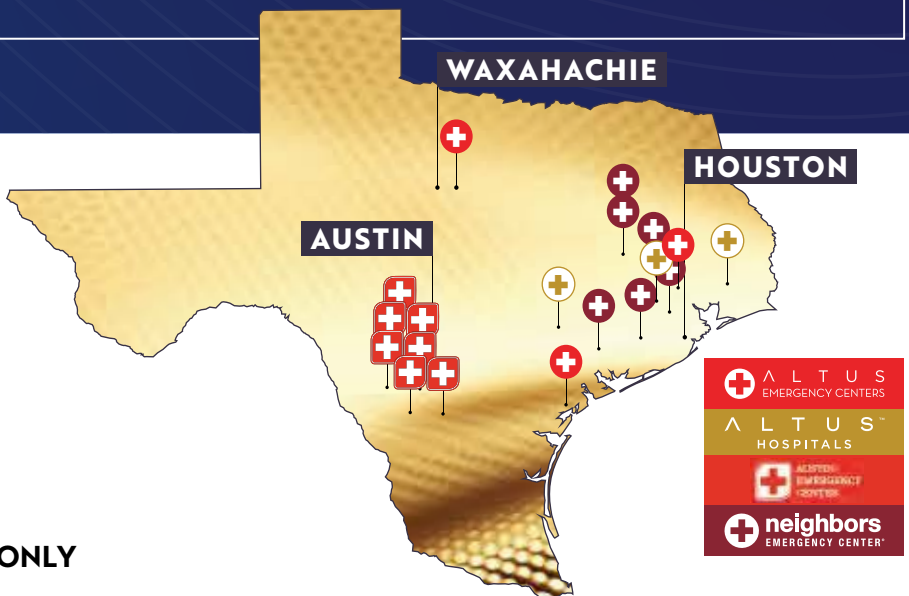


**JAVED IQBAL**

Senior Vice President, Private Equity

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**FOR ACCREDITED INVESTORS ONLY**





# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## APPNA Strategy Meeting 2022 - A Success Story



APPNA Strategy Cruise Meeting 2022 was the first meeting of the year, filled with learning and fun. It helped set the direction for APPNA 2022 with the enthusiastic participation of 120 attendees. There were 8 focus groups moderated by Drs. Lubna Naeem, Jamil Mohsin, Aisf Mohiuddin, Muhammad Sanaullah, Nauman Ashraf, Sadiq Naveed, Humera Qamar, and Haroon Durrani. The moderators engaged participants, including past APPNA presidents Mubashar Rana, Sajid Chaudhary, Riaz Chaudhary, Arif Muslim, and many others. The final discussion session was led by current APPNA leadership/BOD, including Haroon Durrani, Asif Mohiuddin, and Joseph Emmanuel. It highlighted the strengths and weaknesses of APPNA, concluding the meeting with a promising and upbeat outlook for APPNA in 2022 and beyond.

Mr. Tahir Javed, a phenomenal Pakistani American entrepreneur, provided our organization with a non-physician perspective. He discussed the business aspects of APPNA, emphasizing the tremendous potential for APPNA's growth.

The cruise was preceded by a high-quality CME session at Shingle Creek Hotel. CME Speakers Drs. Nauman Ashraf, Lubna Naeem, Abdul Ghani, and Arif Muslim delivered insightful lectures on their respective topics.

Appna Talent Night Show on the last night of the cruise was outstanding, where multiple talents of the APPNA family were on full display. The Talent night was lit up by superb poetry renditions by Javaid Akbar, Atif Qureshi, Shahid Rafiq, Shahid Ahsan, mesmerizing dance performances by Sarfaraz & Raffat Ahmed, Ehtsham Haq, melodious singing by Madiha Syed, Umair & Shazia Anwar, Khaula Akbar, Abdul Ghani, Sajid Mahmood, Masud Hashmi and a special keyboard performance by Nauman Ashraf. Drs. Ariba Khan, Noor Afshan Khan, Namirah Jamshed, Haroon Burhanullah, and Tariq Alam played a crucial role in leading their focus groups as well.

I am thankful to Drs Jamil Mohsin and Sadiq Naveed for their outstanding support as my Co-Chairs. I want to offer special thanks to Tipu, Laiq, and Nic for their diligent administrative help.

President Dr. Haroon Durrani deserves my sincere gratitude for his trust and confidence in me to organize and lead with full autonomy for this first APPNA meeting in 2022. This is the first-ever APPNA Strategy Meeting on a cruise in APPNA history of 45 years. The tremendous success of the meeting speaks volumes for Dr. Durrani's vision and the untiring work of the organizing committee.

It was a great honor for me to serve and volunteer for APPNA for a better and brighter future. I'll always remain available whenever needed by APPNA.

Lastly, with great pleasure, we inform all of our appna community members that Royal Caribbean Cruise management has refunded most of the money for those who canceled their Strategy Meeting 2022 Cruise. We appreciate and thank the efforts of President Haroon Durrani and Mr. Tipu Ahmad to get this refund for our APPNA members who canceled for any reason.

Regards

Ehtsham Ul Haq  
Chair, Strategy Meeting 2022





# APPNA 45th Annual Convention

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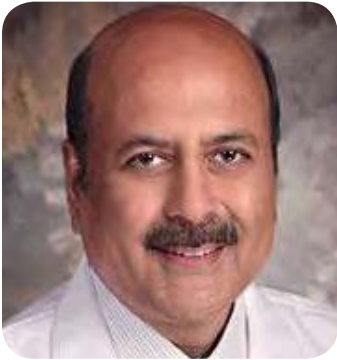




# APPNA 45th Annual Convention

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## APPNA International Meeting Jerusalem, Jordan & Egypt



Dear Colleagues

APPNA 31st International meeting took place from March 4th thru March 13th 2022.

This was a much-awaited and anticipated trip to the Holy land. Places visited on this trip included Jerusalem, Jordan, and Egypt. The meeting was delayed due to the COVID-19 pandemic. It was originally scheduled to take place in October of 2021.

The trip started in Israel. Our hotel was located in Jerusalem city, just a short walk to the Jaffa gate of old Jerusalem city and Masjid Al Aqsa. Stay in Israel included visits to Hebron, Bethlehem, Haifa, Beach at Jaffa, and Tel Aviv.

A guided tour was especially memorable, which included the history of Al Aqsa compound that includes Al Aqsa mosque (locals call it Masjid Qibli), Dome of the Rock, and the Wailing Wall. Notable non-Muslim, but equally holy sites for Christians included visits to Holy Sepulcher church and church of Nativity.

Highlights of Jordan's visit included the 7-sleeper cave (mentioned in Sura Kahaf) and Petra. Highlights of Cairo included The Egyptian museum, a dinner cruise on the Nile River, and a visit to The Pyramids.

We were fortunate enough to pray Jumma at Masjid Al Aqsa and at Masjid Al Azhar.

Under the leadership of President Haroon Durrani and a very able team of Tipu Ahmad and Laiq Siddiqui, we were able to overcome challenges due to weather-related flight delays and accommodations.

Dr. Shahid Ahsan, CME chair, put together a very informative and relevant CME program covering a wide variety of cutting edge topics. It was very well received and much appreciated by all participants.

Hope to see all of you soon on the next APPNA trip.

Respectfully submitted,  
Nadeem Ahmed, MD  
Chair, 31st International Meeting  
Co-Chair International Meetings Committee  
Ross University 1985  
St.Louis, MO





# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey







# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## APPNA Spring Meeting Oklahoma, OK



As the Chair of the Host Committee for APPNA Spring meeting 2022, I take great pleasure in announcing that the APPNA Spring meeting 2022 in Oklahoma City was the most successful spring or fall meetings ever in APPNA history. This meeting set the bar very high for any future meetings.

My vision for the meeting was “Inclusivity, Engagement, and Empowerment.” To make it a reality, I sought the help of our local community above the political divide and Alumni, with a special focus towards attracting and engaging younger physicians towards APPNA. I am proud to say that there were close to 70% new and younger members who joined the meeting first time this year. Indeed, this brought new energy and momentum, which is much needed for the future of APPNA. We worked with various Alumni Associations to host their retreats and reunions along with the spring meeting. This initiative led to seven different Alumni get-togethers, which brought great momentum for the spring meeting.

APPNA Spring meeting in Oklahoma was record-breaking in many ways, the most profitable, being sold out two months in advance. With the highest number of attendees in any spring or fall meeting so far and the record funds (\$ 400,000) generated in sponsorships. We had 8-hours CME with international level speakers and the Colon Cancer walk with more than 300 participants with significant community and national level engagement.

Anarkali food street, with a novel idea, introduced first time by the Oklahoma community, was not only attended by all APPNA members but was also open to the local community. Mayor Oklahoma City David Holt requested to host Anarkali food street every year in Oklahoma City. I want to take this moment to highlight the efforts and appreciate each member of the Host Committee, subcommittees, and the whole Oklahoma community, who worked day and night to make this a historical event.

APPNA Oklahoma community has proved that if we work together professionally with mutual respect towards shared goals, involve our members, and empower them, then nothing can stop APPNA from being one of the best organizations in the United States.

We feel proud to lay the foundations of APPNA for future generations.

Sincerely,

Muhammad Sanaullah, MD  
Chair, APPNA Spring Meeting 2022





# APPNA 45th Annual Convention

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APPNA INTERNATIONAL MEETING

JERUSALEM

JORDAN

EGYPT

SOLD OUT



**Nahid Siddiqui Foundation  
Presents Rung**

An exploration of the whirling dance philosophy of Rumi

The soulful Sufi poetry of Baba Bulleh Shah

A transcendental Tarana by Hazrat Amir Khusro

Choreography & Recitation: Nahid Siddiqui

Composition & Arrangement: Hassan Mohyeddin

*Vocals : Kumari Sanyogita*

*Tabla : Hassan Mohyeddin*

*Sitar. Akash Parikar*

*Video presentation: Mango Prime*

*Costume : The Pink Tree Company*

*Student performer : Sophia Khan*

**For Donations**

<https://www.paypal.com/paypalme/NSFclasses>

[www.nahidsiddiqui.com](http://www.nahidsiddiqui.com)





# APPNA Spring Meeting

March 24 - 27, 2022 Oklahoma City, OK

**SOLD OUT**  
**Largest Spring Meeting Ever!**

**OKC**

*Uzma Saleemi*





# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## AIMCAANA

### Allama Iqbal Medical College Alumni Association of North America



Assalam-o-Alaikum,

I would like to express my gratitude to all the members for reposing your trust in my abilities.

This is a special year for AIMCAANA for achieving the 25th year silver jubilee landmark. There is a long list of projects which are difficult to highlight here but for which we remain forever proud. Some of them include

- AIMCAANA Endowment Fund (valued 350K)
- Built Jinnah Allama Iqbal Diabetes and Endocrinology Center
- Up-gradation of Jinnah Hospital medical units and built library

- Student scholarships
- 700+ families of AIMC employees are provided four weeks of groceries every Ramadan since 2000 (45K)

Highlights of last year during the COVID pandemic and the current year's key contributions

- Built reading rooms in AIMC Hostels 3 & 4
- Donated Bronchoscope to Jinnah ICU, microscope, and multimedia setup in Anatomy and Physiology Departments (1998 alumni)
- Joined APPNA cornea project - donated corneas to Al Ehsan Hospital Lahore
- AIMCAANA component society PAIWS registered as a nonprofit organization
- 150K AIMCAANA Scholarship program in collaboration with APPNA scholarship program
- Residency loans
- CME lectures
- During the AIMCAANA retreat at OKC 2022 Spring meeting, we raised 50K for Digitalization Project and 17K for food supplies.

Our currently active projects include

- Digitalization of AIMC
- Renovation of Pharmacology Laboratory ( Drs Humera and Asad Qamar)
- Doctors hostel reading room
- Donated 15K for the Rashaan project to Rukhsana Tahir Kheli Foundation
- Published the special edition of AIMCAANA magazine
- Registration of new lifetime members
- Scholarship programs

My sincere thanks to the donors, executive, and host committee for spending their precious time and monies for the benefit of our Alma Mater and for all the hard work in making our 25th Anniversary celebrations a huge success.

Keeping the motto alive - Iqbalian once Iqbalian forever.

Nusrum Iqbal, MD, FACP  
President AIMCAANA 2022



# APPNA 45th Annual Convention

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## DOGANA

### Dow Graduates Association of North America



On behalf of DOGANA I would like to congratulate Dr. Haroon Durrani, President of APPNA, Dr. Shehla Siddiqui, Chair Summer meeting Host Committee and the entire Host committee of the APPNA 2022 summer meeting for developing an exciting program for the summer meeting. I am sure that this meeting will be a resounding success.

DOGANA is very interested in working closely with APPNA and is planning its annual retreat from September 2-3 at Grand Hyatt, Washington DC, in collaboration with the APPNA DMV chapter. DOGANA will work across the alumni lines to promote healthy initiatives.

DOGANA is helping DUHS establish the Dogana Institute of Genomic Sciences (DIGS), where affordable genomic testing will be available to all. Our Loan program helps young medical graduates defray travel and housing costs while pursuing a residency spot. We have Young Physician Committee (YPC), which guides young physicians in their career choices.

This year we have started an endowment fund with the University of Maryland, Baltimore, which will support medical students during their observership period. Formal agreements with the University of Maryland are being crafted to allow medical students from Pakistan secure observership positions and receive formal training in clinical and research disciplines.

DOGANA is establishing funds to support the families of our colleagues who have passed away. Our disaster relief committee has played a very active role during the COVID epidemic and refugee crises. Our advocacy committee is continuously working to promote the interests of our DOGANA community.

Besides working collectively, most of our graduating classes are running various projects at Civil Hospital and DUHS on their own and with the help of ENDOW.

As the largest component of APPNA, we feel that DOGANA can make a substantial contribution to the vision of APPNA.

Let's work together to make APPNA a true representative of physicians of Pakistani descent.

Best Wishes  
Muhammad Mansoor Mohiuddin, MD  
President DOGANA





# APPNA 45th Annual Convention

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## FJMUAANA

### Fatima Jinnah Medical University Alumni Association of North America



I am feeling humbled and thankful to Almighty Allah (SWT) for helping us achieve our goals in 2022 beyond our expectations.

Fundraisers- Humanitarian Projects:

1- FJMCAANA is supporting four schools in remote areas of Pakistan to educate out-of-school children in collaboration with TAKMIL Foundation. We have supported projects in Jamrud KPK, Khuzdar, Balochistan, Mirpurkhas, Sindh, and Jhang, Punjab,

2- \$40,000 has been raised for a new Nephrology unit that is under construction at SGRH.

3- FJMCAANA raised funds for Cornea transplants (60 corneas per year) at SGRH in collaboration with Zafar & Mir Foundation.

4- Post-graduate scholarship of \$5000 has been initiated for FJMU graduates who plan to pursue medical careers in North America and apply for residency.

#### EDUCATIONAL ACTIVITIES:

1- FJMCAANA started health channel in collaboration with FJMU and our alumni's YouTube channel in Pakistan. This Free Online Medical Camp was conducted weekly through online sessions from January to July on different topics to provide health education/awareness to general public in Pakistan.

2- Monthly health awareness sessions are conducted in TAKMIL schools to educate children and community members in remote regions of Pakistan.

3- Online Career Counseling Sessions are organized for FJMU students and graduates to connect them with Alumni in North America and provide guidance for medical career pathways in North America,

4- An FJMCAANA YouTube channel is started for educational purpose.

5- FJMU will be signing an MOU with Home town Community Foundation for awareness and prevention of Drug Addictions in Lahore.

6- FJMCAANA had the honour to host FJ Alumni retreat in APPNA Spring Meeting, Oklahoma. Our guest speakers were VC, Professor Aamer Zaman Khan, Professor Dr. Rakhshanda Rahman and Dr. Danish Bhatti

7- An online Alumni Membership portal has been launched on our website to better serve our increasing alumni membership.

I want to thank Almighty Allah (SWT) for all His guidance and support. I would also like to thank my executive council and all members of our Alumni for their hard work and continuous support.

Dr. Fizza Rafiq  
President FJMCAANA  
2021-2022

**CAREER COUNSELLING FOR PATHWAYS TO MEDICINE IN USA**

Fatima Jinnah Medical University Alumni Association (FJMCAANA) invites you to an interactive and engaging session with experts from North America. This session will provide you step by step guidelines to pursue a medical career in the USA.

Join on Zoom | Meeting ID: 871 3509 2414 | Passcode: 766922  
Date: June 18th (Saturday)  
Time: 11:00 AM EST | 8:00 PM PST

<b>Dr. Fizza Rafiq</b> Opening Remarks and Welcome	<b>Dr. Shagufta Jaboon</b> Getting Clinical Experience Observeship	<b>Dr. Hibba Haider</b> Helpful Resources To Connect
<b>Dr. Fateh Shahzad</b> Visa types, Visa related issues and How	<b>Dr. Jasmine Zain</b> How to get Research Experience/	<b>Dr. Anna Bettar</b> How to write Personal Statements





# APPNA 45th Annual Convention

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## RMCAANA

### Rawalpindi Medical College Alumni Association of North America



Dear members, it's a pleasure to tell you about the Alumni and the Executive council proceedings. We are also grateful to Vice-Chair Dr. Umar for always helping to guide our institution to greater heights.

Projects that we helped to support were:

1. Darya Khan Girls School: \$ 20,000 were raised. In addition, Dr. Arshad Alias pledged \$15000 towards the building upgrade.
2. RMU Scholarship Fund: The funds will be increased from \$4000 to \$6000 in 2022 and will support 14 deserving undergraduate Medical students.
3. RMU Research Chair: established by Dr. Ayaz Chaudhary.
4. HFH Pediatric Surgery Department: renovations \$60,000
5. RMU Family Medicine Department: Assistant professor position has been established. Currently has Diploma programs, and plans are underway to begin Residency training in FM.
6. Mohs Surgery was established at the Burn center in RMU with the guidance of Dr. Babar Rao.
7. RMU International Scientific/ APPNA Winter Meeting Dec 21 to 23rd, 2021 was inaugurated by the President of Pakistan, Mr. Arif Alvi.
8. APPNA Spring Meeting in Oklahoma had a massive turnout for the Rawalians retreat.
9. Cancer Diagnostic Center Initiative was started by Dr. Shazia Zafar and Dr. Sohail Aman. OPD is insha'Allah expected to start this summer.
10. Cornea Transplant Program: Monthly Alumni donations support the program at Holy Family Hospital. To date, 30 corneas have been donated.
11. Web-Based e-Log Training System: RMU, Pakistan's 1st public sector medical university, has this capability towards digitalization.

RMU, for the 2nd consecutive year, has been ranked among the top medical universities worldwide by Times Higher Education Impact Rankings 2022.

2022 RMCAANA team

Dr. Sarah Makhdoom President, Dr. Ahmed Jamal President-elect 2023, Dr. Fawad Chaudry Secretary and Dr. Naveed Butt Treasurer and Dr. Sohail Aman Past President 2021

Councilors are: Dr. Shazia Ali, Dr. Tehseen Naqvi, Dr. Saira Khalid, Dr. Mahwash Saeed, Dr. Muhammad Khalid Zafar, Dr. Iftikhar Chaudry, Dr. Rizwan Iqbal, Dr. Talal Ahmed, Dr. Amina Saghir and Dr. Saifullah Farooq







# APPNA 45th Annual Convention July 13-17, 2022 Atlantic City, New Jersey

## APPNA Alberta Chapter



I am honored to be the president of APPNA Alberta Chapter. Alberta Chapter has been very active since its inauguration in 2019, thanks to our founding president Dr. Tariq Awan. Some highlights of Alberta Chapter activities are as follows:

- During the unprecedented time of the COVID 19 pandemic, the chapter has organized webinars on Covid 19 related topics, and issued a fortnightly bulletin on Covid 19 updates by Wasim Khan.
- Multiple video messages include Eid greetings, remembering frontline workers, racial injustice, and a press release on the hate-motivated terrorist attack in London, Ontario on June 2021.
- Dua and tribute to the late Dr. Hussam Bawa, founding executive board member.
- August 2021. APPNA Hikes and picnic in Banf. Participation of members and their families across Alberta, including Edmonton, Lethbridge, and Calgary.

- November 2021. 3rd Annual healthcare day on covid 19 vaccine hesitancy, vaccine update, covid fatigue, social media, and covid. The attendees and community very well perceived the impressive presentations by Dr. Muhammad Zeshan and Dr. Azfar Chak.
- December 2021: 3rd Annual APPNA Alberta season of giving fundraiser raised \$31,265 and donated to IFSSA
- March 2022: First APPNA Alberta Chapter election.
- April 2022: 3rd Annual Ramadan fundraiser raised \$25,160 donated to Islamic Relief Canada for food hampers in Pakistan.
- May 2022: APPNA Eid Party/AGM Get together of members and families. The event was graced by local dignitaries Mayor Calgary Jyoti Gondek, Associate Minister Immigration and Multiculturalism Muhammad Yasin, Councilor Jasmine Mian.

### Upcoming Events

Alberta Chapter is hosting APPNA Western Canadian Conference in August, 2022. The conference offers CME, sight-seeing, dinner and entertainment. The event is chaired by Dr. Ashfaq Shuaib and led by Dr. Yasmin Majeed.

### Outstanding Achievements

- APPNA Alberta Chapter received BEST CHAPTER AWARD HONOURABLE MENTION 2020.
- Award of recognition of APPNA Alberta Chapter by Canadian Pakistani Support Group. Nov 2021.
- APPNA Alberta Chapter was officially recognized by the Legislative Assembly of Alberta for delivering excellent health care services to Albertans on May 14, 2022.

Alberta chapter has strengthened APPNA through its dedicated members and board of directors (Dr. Tariq Awan, Dr. Saad Yasin, Dr. Sameena Bajwa, Dr. Amir Aslam, Dr. Tehmina Munaf, Dr. AQ Kamran, Dr. Hatim Karachiwala). Special thanks to Dr. Ashfaq Shuaib, Dr. Yasmin Majeed, Drs Khurshid Khan, and Dr. Muzaffar Siddiqui.

Dr. Saad Yasin, MBBS, CCFP, MRCGP, DRCOG, DFSRH, DOccMed  
President APPNA Alberta Chapter



**Virtual APPNA Health Care Day**  
November 07, 2021. 11am-1pm MST  
on zoom

**TOPICS**

Facebook, Instagram, TikTok, Yik Yak and COVID:  
What parents can do?  
Vaccine hesitancy, Vaccine update, COVID Fatigue & more

SPEAKERS		MODERATORS	

live Q&A

Watch live on zoom and facebook

Sponsor **MAYFAIR**





# APPNA 45th Annual Convention July 13-17, 2022 Atlantic City, New Jersey

## APPNA Maryland Chapter



APPNA Maryland has had a very successful year since its inception in April 2021. As a founding member, I registered our chapter with the state of Maryland, started the 501c 3 process, and increased our membership to 70 members. We also grew our APPNA membership to 36 during one year period.

We did many social welfare projects. We collaborated with ICNA and held highly successful health fairs at two different locations. Hundreds of flu vaccines were administered, and free lipid panels were done. Our physicians and councilors provided invaluable service to the community, including diabetic education and other screening tests.

We started our telemedicine project for mental health and will soon be starting tele-neurology for our non-affording community members. We provide highly personalized care by board-certified physicians from the comfort of their homes by tele-health.

Our physicians and executive committee members were involved in different social welfare projects for Pakistan- esp empowering women and women’s education. In the US, some social welfare projects include helping the Afghan refugees in Baltimore and active participation in health fairs in collaboration with ICNA.

Finally, we did well in membership engagement. We arranged a picnic for the APPNA Maryland family in July 2021. We had our 1st APPNA Maryland annual dinner and CME, attended by 120 people, and it was a great success. We arranged 3 AMA Category 1 CME credits, dinner, and entertainment. We plan another picnic on June 26th, 2022, and our 2nd APPNA Maryland annual function will be held on November 5th, 2022. With these social engagements, we were able to grow our APPNA Maryland community and provide a platform for physicians to volunteer and give back to the community.

Please donate to <https://mdappna.org> and help us with our social welfare projects.

Thanks,

Haroon Burhanullah, MD  
President, APPNA Maryland  
Memory and Alzheimer’s specialist  
Faculty, Johns Hopkins Medicine.







# APPNA 45th Annual Convention July 13-17, 2022 Atlantic City, New Jersey

## APPNA-Pun Delaware Valley Chapter



It is a great honor and privilege to be President of the APPNA-PUN Chapter, established in 2014. Our chapter represents the Delaware Valley region: Eastern Pennsylvania, Upstate Delaware, and Southern New Jersey. We are honored and thankful to Dr. Durrani for allowing us to host the summer convention this year.

Since its inception, our chapter under the umbrella of parent organization APPNA has played a vital role in our communities, emphasizing education, charitable services, and civic engagement. Our mission is to engage and involve our youth in various activities leading to participation within the APPNA-PUN chapter. We plan on empowering our younger generation as we guide their

successful future with the help of team members who are involved with mentoring and helping students to find their successful careers.

Our Executive Committee and team members are serving various committees, including but not limited to holding medical missions and ongoing charity projects. In 2019 we signed MUI with Muslim Serve, a volunteer-run project involved in providing free meals and food-related services to greater Philadelphia and Camden communities. APPNA-PUN expands on its public health mission by collaborating with Cherry Hill Free Clinic. Our chapter will be assisting the clinic with volunteers, educational initiatives, and financial assistance whenever possible.

APPNA-PUN was proud to see Dr. Umar Farooq receiving APPNA's Humanitarian award. He runs a very successful externship program for young Pakistani physicians and has a dedicated interest in mentoring foreign medical graduates.

As one of the youngest APPNA Chapters, these achievements would have been impossible without our dedicated APPNA-PUN team members.

APPNA-PUN annual Book Club, Picnic, and Banquet are a few of our activities held yearly with very successful attendance from the Tri-State area.

I look forward to working with my excellent team this year. Executive Council is comprised of President-Elect Dr. Imran Amir, Secretary Dr. Muhammed Murtaza, Treasurer Dr. Shazia Savul, Councilors Dr. Umar Farooq, Dr. Junaid Chaudhry, Dr. Sujood Ahmed, and Dr. Waqas Anjum. EC is excited and looking forward to working together to bring out the true potential of APPNA-PUN.

Respectfully submitted,  
Shehla Siddiqui, MD  
President APPNA-PUN





# APPNA 45th Annual Convention

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## APPNA Virginia Chapter



DEAR APPNA FAMILY,  
ASA,

On behalf of the APPNA-VIRGINIA CHAPTER, I hope and pray for my colleagues' health and well-being and their family. I thank APPNA for giving me this opportunity to write about the Achievements/Projects of our Chapter for the Appna Annual Convention 2022 Journal. My term as the President of the Virginia Chapter began on January 1st, 2022. At the time of writing this article I would be in the fifth month of my Presidency. However so far, it has been a very gratifying, energizing, and inspiring experience.

In keeping with the 'Aims and Objectives' of Appna, we plan to play our role in continuing medical education and participate in medical relief and other charitable activities, especially in Pakistan and the United States.

We had a very successful fundraiser in collaboration with "Friends of Indus Hospital "and Appna Virginia and collected 216000 Dollars in cash and pledges.

Keeping up with our tradition this year, also we had Appna-VA "Breaking Bread Initiative for Daily Planet" during the Month of Ramadan by providing food to 15-20 individuals every day. (Daily Planet Health mission is to provide accessible, comprehensive, and integrated quality health services to anyone regardless of their housing, financial, citizenship, or insurance status.)

During COVID 19, in collaboration with ICNA, Islamic Center of Virginia, we provided more than 30-40 thousand worth of food and financial aid to more than 500 families. Also, in collaboration with HDF, we sponsored two projects in Pakistan for water wells and a school. Appna Virginia runs a free specialty clinic in collaboration with "Pathway Clinics" in Petersburg, Virginia.

This year on October 1st, we will also hold the APPNA 2022 National Health Care Day.

This year our next big project is a full-time free clinic in Richmond, Virginia, in collaboration with ICNA. We already have a physical space and committed physicians and are in the process of sorting out other logistics and legal requirements.

Sincerely,  
Ahmed Shahab-uddin, MD  
President APPNA-VA 2022  
President Elect: Rizwan Ali, MD  
Immediate Past President Zahid Rashid, MD







# APPNA 45th Annual Convention

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## During the corona virus pandemic Ten Commandments for Playing Golf

Bashir Chaudhary, MD, Art Taft, PhD, Coleman King, MD

### **1. Thou shalt not show up at the golf club if you are sick.**

Please do not bring the virus to the course, stay home if you have common flu like symptoms: fever, cough, sore throat.

Get your golf fix from television.

### **2. Thou shalt not abide any virus on your hands.**

Wash your hands, wash your hands and then wash your hands some more. Or use a hand sanitizer. Frequently.

### **3. Thou shalt not receive or distribute virus by shaking hands.**

Greet your friends with an "air fist bump" a "bow" a "head nod" or a "foot shake". A "putter tap" or a "club tap" will also suffice." Elbow bumps" are discouraged (see #5)

### **4. Thou shalt not contact sullied areas.**

Walk the course if you can. Ride one person per cart. Sanitize your cart. Don't handle your partner's clubs, ball, or ball marker.

### **5. Thou shalt not cough at another person.**

Cover your nose and mouth with a tissue when coughing or sneezing, or use the inside of your elbow or shoulder. But then don't do elbow bumps.

### **6. Thou shalt not use rakes in bunkers.**

Smooth the sand using your feet after a bunker shot.

### **7. Thou shalt not celebrate your partner's good shots with a "High Five".**

Sometimes "golf happens" and you want to congratulate your partner. An air fist bump or a bow will aptly convey your sentiment.

### **8. Thou shalt not covet the close proximity of your golfing buddies.**

Maintain a respectable distance, remember; "divided we stand, united we fall." The safe social distance is at least 6 feet (remember the two club-length rule!)

### **9. Thou shalt not disturb flagsticks.**

Everyone eventually arrives at the hole and the flagstick is frequently touched but seldom disinfected. Since the virus can survive on surfaces for a long time it is recommended to not touch the flagstick. Ask the club's staff how they have modified each hole's cup for easy removal of the ball.

### **10. Thou shalt not spend too much time on the 19th hole.**

Safe social distancing may be difficult in dining areas, take your drinks outside. When settling bets remember that cash is filthy. Venmo is an option.



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# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## The Golden Vibes

Through the lens of aging, I glance at the world  
It blooms or glooms with cheers or jibes  
It seems anecdotal, though; now I believe!  
In the power of positive vibes

In the darkness of negativity thrives an evil mind  
Then soul decays with a poisoned heart  
The ego gets mighty to ruin the right  
The goodness in dismay is torn apart

No point in fathoming this waterspout  
Save thyself and thee not get drowned  
Ye sail to dwell on the tranquil land  
Whither virtuous flowers abound

This winsome aura will keep you afloat  
To hush the rumbling winds of rage  
Do seek the goodwill of wishful clans  
In hope and harmony, you shall engage

These positive vibes are genuine and just  
Try them free, for there is no harm  
The golden happiness hence overflows  
To luster your world with rays of charm

*Ghazala Farooqui, MD*  
*October 27, 2017*

The poet:

Dr. Ghazala Farooqui is a graduate of AKU from the Class of 1992. She specializes in Pulmonary, Sleep, and Integrative Medicine. Like many physicians, she has a very demanding professional life, but she takes time to find solace in pen, paintbrush, and camera whenever possible. Her writing style is primarily descriptive and comical, her paintings are mostly portraits, and her camera captures still life and landscapes. She loves to hike, spend hours in museums and sing when no one is home. She believes that arts of any nature could take you to an unimaginable world, and it is up to a performer how they project it to their audience.





# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## Season

I saw the trees but could not tell  
If it was spring or fall  
The trees were brown  
Not a shoot in sight  
Which left the branches bare  
Not all of autumn is bright and lit  
When colors of the leaves are past  
Why is autumn called the fall?  
Why spring is not called the bloom?  
Summers and winters are seasons bold  
One is hot the others cold  
But autumn is mature and autumn is old  
Its sweet sugars make the Maple tree bright  
And just before the winter chill  
Its done its bit and then it dies

*Dr. Tariq Siddiqui*  
*Lifetime APPNA Member*



# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## Celebrating Fourth of July

July 4 should not be just a day off from work,  
Barbeques in the backyards or pool parties  
And not even excitement about special sales.

It is truly an extraordinary day in our history,  
We need to understand its importance  
And celebrate it with full enthusiasm.

There is a good reason why we say Independence Day,  
This is when as a nation, we became independent  
And everyone started recognizing us as the United States.

If we look at the history books, it is pretty clear,  
Our founding fathers wanted us to do our best  
And make sure America is always the world leader.

The Independence Day this year is very special,  
As we continue facing challenges with faith and courage  
And have started socializing with family and friends again.

*Saleem A. Khan, MD*  
*July 4, 2022*





# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## Let Us Welcome 2022

The last two years have really been rough,  
trying not to mingle with family and friends  
And always keeping our faces covered with  
masks.

During this crisis, we started learning,  
What was most important and what was not  
And that brought us closer to our loved ones.

We also learned not to be selfish,  
Instead, think about others  
And help everyone in need around us.

This crisis taught us that we did not need,  
Everything that we always wanted  
And thought we could not live without.

All that we learned in last two years,  
Let us carry those lessons into the New Year  
And together make a difference every day.

Our New Year resolution should be,  
We are going to be more passionate  
And ready to help our fellow human beings.

*Saleem A. Khan, MD*  
*July 4, 2022*



# APPNA 45th Annual Convention

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I know each curve, each follicle  
each eyelash, every smile  
I know your grown up expressions  
and your resplendent style  
I know your mock disdainfulness  
I know your blushing shys  
I have a folder full of hows  
And whats and wheres and whys  
I know you all,each molecule  
with my mother's heart I trace  
And yet, my love rimmed fingers  
just cannot draw your face!

Arshia

17.11.20

#letters\_to\_my\_son\_by\_arshia

About the poet:

Dr Arshia Qasim Ahmad is a graduate of AIMC from batch 2000. Having acquired her PLAB, Masters in Clinical Neurology and MRCP (Membership of Royal College of Physicians) from UK, she is currently completing a dual pathway fellowship in Neurorehabilitation from University College London and HCA Healthcare UK. She has worked extensively in Medical Humanities, with an integrated approach to neuroscience and arts, incorporating art therapy within the clinical management of neurological and psychiatric conditions. Her TEDx talk, publications and social enterprise work in the fields of stroke, brain injury and aphasia are significant contributions to the field of Neurorehabilitation. She divides her time between New Jersey and London, speaks in bumper stickers, practices yoga and writes poetry in lieu of meditation.





# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## Event Schedule

Venue: Harrah's Resort Atlantic City, NJ

### Wednesday, July 13, 2022

3:00 PM - 10:00 PM	Registration	Wildwood Reg Desk
6:00 PM - 7:00 PM	Inauguration Ceremony	Wildwood Foyer
7:00 PM - 9:00 PM	Chapter Night Reception (21 and older only)	Pool area
9:30 PM	Entertainment	Avalon Ballroom
9:00 PM - 1:00 AM	Late Night Concession Stand	Wildwood Foyer

### Thursday, July 14, 2022

6:00 AM - 11:00 PM	Prayer Room	Wildwood Ballroom 25
10:00 AM - 7:00 PM	Bazaar/ Exhibition	Wildwood Ballroom
7:00 AM - 10:00 PM	Registration	Wildwood Reg Desk
7:30 AM	CME Breakfast	Avalon Ballroom 19
8:00 AM - 12:30 PM	CME	Avalon Ballroom 19
10:00 AM - 10:15 AM	APPNA Talk	Avalon Ballroom-8
10:00 AM	CME Coffee Break	Avalon Ballroom 18
12:30 PM - 1:15 PM	CME Lunch	Avalon Ballroom 14
12:00 PM - 5:00 PM	Food Court	Wildwood Foyer
12:00 PM - 12:15 PM	APPNA Talk	Avalon Ballroom-8
1:00 PM - 2:00 AM	KE Baithak	Wildwood Ballroom 24
2:00 PM - 1:00 AM	KE Class Reunion - Class of 1970	Atlantic City Ballroom D
2:30 PM - 4:30 PM	Council Meeting	Avalon Ballroom 15-19
2:00 PM - 2:15 PM	APPNA Talk	Avalon Ballroom-8
4:45 PM - 6:00 PM	Makalma - Javed Ahmed Ghamidi kay Saath	Avalon Ballroom 19
7:00 PM - 9:00 PM	Cultural Night - Dinner	Avalon Ballroom
9:30 PM	Cultural Night Entertainment	Avalon Ballroom
10:00 PM	Mushaira / Poetry	Atlantic City Ballroom A
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Wildwood Foyer



# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## Event Schedule

Venue: Harrah's Resort Atlantic City, NJ

### Friday, July 15, 2022

6:00 AM - 2:00 AM	Prayer Room	Wildwood Ballroom 25
7:00 AM - 10:00 PM	Registration	Wildwood Reg Desk
7:30 AM	CME Breakfast	Avalon Ballroom 19
8:00 AM - 12:30 PM	KE Reunion - Class of 1970	Atlantic City Ballroom D
8:00 AM - 12:30 PM	CME	Avalon Ballroom 19
10:00 AM - 7:00 PM	Bazaar/Exhibition	Wildwood Ballroom
9:30 AM	CME Coffee Break	Avalon Ballroom 19
10:00 AM - 10:15 AM	APPNA Talk	Avalon Ballroom-8
11:00 AM - 12:30 PM	King Edward GB Meeting	Wildwood Ballroom 22
11:00 AM - 12:30 PM	DOGANA GB Meeting	Avalon Ballroom 11
11:00 AM - 12:30 PM	Jinnah Sindh GB Meeting	Wildwood Ballroom 18
11:00 AM - 12:30 PM	AIMCANA GB Meeting	Avalon Ballroom 9
11:00 AM - 12:30 PM	Nishtar GB Meeting	Avalon Ballroom 10
11:00 AM - 6:00 PM	Food Court	Wildwood Foyer
11:30 AM - 1 PM	WAPPNA	Wildwood Ballroom 24
12:30 PM - 1:15 PM	CME Lunch	Avalon Ballroom 14
12:00 PM - 12:15 PM	APPNA Talk	Avalon Ballroom-8
12:00 PM - 1:00 PM	Past Presidents Lunch	Board Room
1:00 PM - 2:00 PM	Jumaa Prayer	Avalon Ballroom 28
2:00 PM - 5:00 PM	Consular Services by Consulate of Pakistan	Wildwood 24
2:00 PM - 2:15 PM	APPNA Talk	Avalon Ballroom-8
2:00 PM - 3:30 PM	Social Forum - Pak-US 75 years Diplomatic Relations	Avalon Ballroom 19
2:00 PM - 3:30 PM	Masters of Illusion	Concert Venue
4:00 pm - 5:00 pm	An hour with Dr. Amjad Saqib	Wildwood 24
6:00 PM - 1:00 AM	Childcare/Baby sitting	Ocean City & Longport





# APPNA 45th Annual Convention

July 13-17, 2022 Atlantic City, New Jersey

## Event Schedule

Venue: Harrah's Resort Atlantic City, NJ

### Friday, July 15, 2022

#### Alumni Dinners

6:00 PM - 9:00 PM	Aga Khan	Atlantic City Ballroom C
6:00 PM - 9:00 PM	Allama Iqbal	Atlantic City Ballroom A
6:00 PM - 9:00 PM	Caribbean / NAMA	Atlantic City Ballroom D
6:00 PM - 9:00 PM	Dental	Cape May Room
6:00 PM - 9:00 PM	DOW	Avalon Ballroom 22
6:00 PM - 9:00 PM	Fatima Jinnah	Avalon Ballroom 14
6:00 PM - 9:00 PM	Jinnah Sindh / Bolan	Wildwood Ballroom 18
6:00 PM - 9:00 PM	Khyber	Wildwood Ballroom 22
6:00 PM - 9:00 PM	King Edward	Avalon Ballroom 5
6:00 PM - 9:00 PM	Liaquat	Avalon Ballroom 10
6:00 PM - 9:00 PM	Nishtar	Avalon Ballroom 19
6:00 PM - 9:00 PM	Punjab	Avalon Ballroom 15
6:00 PM - 9:00 PM	Quaid-e-Azam	Avalon Ballroom 9
6:00 PM - 9:00 PM	Rawalpindi	Avalon Ballroom 11
10:00 PM	Entertainment	Avalon Ballroom
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Wildwood Ballroom Foyer

### Saturday, July 16, 2022

6:00 AM - 2:00 AM	Prayer Room	Wildwood Ballroom 25
7:30 AM	CME Breakfast	Avalon Ballroom 19
7:00 AM - 10:00 PM	Registration	Wildwood Reg Desk
7:30 AM - 11:00 AM	CME	Avalon Ballroom 19
8:30 AM - 2:30 PM	KE Reunion - Class of 1970	Atlantic City Ballroom D
12:30 PM	KE Reunion - Class of 1970 - Luncheon	Atlantic City Ballroom D
10:00 AM - 7:00 PM	Bazaar / Exhibition	Wildwood Ballroom
10:00 AM - 10:15 AM	APPNA Talk	Avalon Ballroom-8
11:00 AM - 12:00 PM	APPNA Mental Health Walk - Starts in Wildwood	Wildwood Registration Area
12:15 PM - 1:00 PM	CME Lunch (Voucher)	Food Court
12:00 PM - 1:00 AM	Concession Stands / Food Court	Wildwood Foyer
12:00 PM - 1:45 PM	APCNA Meeting	Wildwood Ballroom 22
12:00 PM - 1:45 PM	APPNA Cardiothoracic Chapter Meeting	Wildwood Ballroom 24
12:00 pm - 5:00 pm	YPC Resident/Medical Student Seminar	Atlantic City Ballroom A



# APPNA 45th Annual Convention

## July 13-17, 2022 Atlantic City, New Jersey

### Event Schedule

Venue: Harrah's Resort Atlantic City, NJ

#### Saturday, July 16, 2022

12:00 PM - 12:15 PM	APPNA Talk	Avalon Ballroom-8
12:00 PM - 1:45 PM	MERIT Entrepreneurship & Innovation Seminar	Avalon Ballroom 19
12:00 PM - 1:30 PM	APPNA Peds Meeting	Avalon 10
12:30 PM - 2:30 PM	KE 35th Reunion - Class of 1987	Brigantine Room
12:30 PM - 1:30 PM	APGNA Meeting	Avalon Ballroom-8
12:30 PM - 2:00 PM	APPNA General Body Meeting	Wildwood 18
1:00 PM - 4:00 PM	YPN - Young Professionals Network	Atlantic City Ballroom C
2:00 PM - 5:00 PM	Consular Services by Consulate of Pakistan	Wildwood 24
2:00 PM - 2:15 PM	APPNA Talk	Avalon Ballroom-8
2:00 PM - 3:00 PM	Investment Opportunities in Pakistan by Bank of Punjab	Wildwood Ballroom 18-21
2:00 PM	Premiere of movie - London Nahi Jaunga	Concert Venue
2:15 PM - 4:00 PM	Social Forum	Wildwood 18
4:15 PM - 6:00 PM	NAMA Meeting	Wildwood 22
6:00 PM - 1:00 AM	Childcare/Baby sitting	Ocean City & Longport
6:00 PM	YPN Dinner & Entertainment	Atlantic City Ballroom C
7:00 PM	SAYA Dinner & Entertainment	Atlantic City Ballroom B
7:00 PM	APPNA Banquet & Entertainment	Avalon Ballroom
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Wildwood Foyer

#### Sunday, July 17, 2022

8:00 AM - 1:00 PM	Bazaar / Exhibition	Wildwood Ballroom
9:00 AM - 11:00 AM	Halwa Puri Nashta	Avalon Ballroom
9:00 AM - 11:00 AM	YPN	Brigantine Room





# APPNA 45th Annual Convention

## July 13-17, 2022 Atlantic City, New Jersey

### CME Program (Total Upto 12 CME Hours Credit)

This activity is being certified for ABIM MOC.

Learners will have the ability to claim MOC credit.

#### THURSDAY, JULY 14, 2022 - Day 1

7:30- AM Breakfast

#### 8:00-9:30 Cardiovascular & Renal Health Panel

Moderator: Avais Masud, MD, Program Director, Nephrology Fellowship,  
Jersey Shore University Medical Center, NJ

8:00-8:25 Role of Integrative Medicine in Cardiovascular health  
Nusrum Iqbal, MD, FACP, DipABLM, Former Associate Professor of Medicine,  
Midwestern University, AZ

8:25-8:50 Tackling the Progression of Chronic Kidney disease  
Umar Farooq, MD, MS, Associate Professor of Nephrology, Penn State University, PA

8:50-9:15 Learn to Manage Hypertension in 20 minutes!  
Arif Asif, MD, MHCM, MBA, Chair and Professor of Medicine,  
Jersey Shore University Medical Center, NJ

9:15-9:30 Panel Q&A

#### 9:30-10:00 Treating Breast Cancer in a society that cannot say “breast”?

Kashaf Sherafgan, MD, FACS, Adj. Assistant Professor of Surgery, A.T. Still University, AZ

10:00-10:20 Coffee Break/ Posters

10:20-10:30 APPNA President Dr. Haroon Durrani’s welcome

#### 10:30-11:30 Understanding Disparate populations

Moderator: Muhammad Zeshan, MD, Assistant Professor of Psychiatry at Rutgers SOM, NJ

10:30-10:55 LGBTQ+: Common definitions & challenges  
Richard Pleak, MD, Associate Professor of Psychiatry,  
Donald & Barbara Zucker SOM at Northwell, NY

10:55-11:20 Understanding Child abuse & reporting  
Hiba Haider, MD, Adjunct Clinical Assistant Professor of Pediatrics,  
Kansas Health Science Center, KS

11:20-11:30 Panel Q&A

#### 11:30-12:30 How to be a Savy Physician on Social Media (Workshop)

Nan Gallagher, JD, Nan Gallagher Law Group (Moderator: Muhammad Zeshan, MD)

12:30-1:15 Lunch

1:15-PM Adjourn Day 1



# APPNA 45th Annual Convention

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## CME Program

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

### FRIDAY, JULY 15, 2022 - Day 2

7:30- AM Breakfast

#### 8:00-9:30 Oral & ENT Health Panel

Moderator: Natasha Mirza, MD, Professor of Otorhinolaryngology, University of Pennsylvania

8:00-8:25 Pakistan Cochlear Implant Program: Overview and development in 20 years  
Iqbal Khan, MBBS, FRCS, Consultant Otorhinolaryngologist, Bradford Teaching Hospitals, UK

8:25-8:50 Gender reassignment voice surgery  
Natasha Mirza, MD, Professor of Otorhinolaryngology, University of Pennsylvania

8:50-9:15 Oral Cancer screening  
Faizan Alawi, DDS, Professor of Pathology, University of Pennsylvania

9:15-9:30 Panel Q&A

#### 9:30-9:50 Coffee Break/ Posters

#### 9:50-10:00 Remarks by Dr. Omar T. Atiq, President-elect of the American College of Physicians

#### 10:00-10:30 Navigating the Pandemic: Protecting Healthcare Personnel and the Healthcare Workforce

Amy Behrman, MD, Professor & Division Chief, Occupational Medicine, University of Pennsylvania

#### 10:30-11:30 Dermatology Panel

10:30-10:55 Interactive Derm Quiz  
Imran Amir, MD, Director City Dermatology-Skin Institute, Bensalem, PA

10:55-11:20 Management of Pigmentation Disorders, Melasma & Vitiligo  
Babar Rao, MD, FAAD, Professor of Dermatology at Rutgers (NJ),  
California Health Sciences University

11:20-11:30 Panel Q&A

#### 11:30-12:30 Brain Stimulation Treatments in Psychiatry: Sequencing Interventions Along the Spectrum

Muhammad Abbas, MD, Clinical Associate Professor, Rutgers- Robert Wood Johnson Medical School  
Medical Director, JSPS/TMS Neurohealth

12:30-1:15 Lunch

1:15-PM Adjourn Day 2





# APPNA 45th Annual Convention

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## CME Program

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

### SATURDAY, JULY 16, 2022 - Day 3

7:30- AM Breakfast

#### 7:30-9:00 APCNA- Shahbudin Rahimtoolah Annual Cardiovascular Symposium

Panel Moderator: Atique A. Mirza, MD, FACC, Assistant Professor of Clinical Medicine, University of Connecticut, CT

7:30-7:55 Cardiogenic Shock: Trends, Treatment & Hemodynamic solutions  
Syed Arman Raza, MD, FACC, Clinical Associate Professor, University of Houston, TX

7:55-8:20 Mitral Regurgitation: Transcatheter Edge to Edge Mitral Repair (TEER)  
Sajjad A. Sabir, MD, Associate Professor of Medicine,  
Cooper Medical School of Rowan University, NJ

8:20-8:45 Contemporary Management of Atrial Fibrillation  
Maria Viqar, MD, FACC, Medical Director, Cardiac Electrophysiology,  
Dallas Regional Medical Center, TX

8:45-9:00 Panel Q&A

No formal break but coffee will be available outside the CME room.

#### 9:00-10:00 Medical Malpractice & Asset Protection Workshop

Mohammed Ranavaya, MD, JD, MS, Professor of Occupational & Environmental Medicine, Marshall University, WV

9:00-9:25 So you have been sued for Malpractice, now what?

9:25-9:50 Asset protection 101 for physicians- What not to do?

9:50-10:00 Q&A

#### 10:00-11:00 Behavioral Health Panel

Moderator: Nauman Ashraf, MD, Program Director, Psychiatry Residency-Ozark Center, Joplin, MS

10:00-10:25 Integrated behavioral health  
Fuad Khan, MD, Chief of Psychiatry, Parkland Memorial Hospital, TX

10:25-10:50 Suicide Awareness  
Mohammad A. Hameed, MD, Associate Professor of Psychiatry, Penn State Health, PA

10:50-11:00 Panel Q&A

#### 11:00-12:00 Mental Health Awareness Walk

Chair: Shazia A. Savul, MD, Assistant Professor of Clinical Psychiatry, University of Pennsylvania, PA

#### 12:15-1:00 Lunch (Voucher)

Attendees may claim 0.5 HR of CME credit for attending posters; status pending

1:00- PM Adjourn Day 3





**SAVE THE DATES**

**APPNA FALL MEETING 2022**  
**SEPTEMBER 23-25, 2022**  
**GAYLORD OPRYLAND RESORT & CONVENTION CENTER**  
**NASHVILLE, TN**





# APPNA 45th Annual Convention

## July 13-17, 2022 Atlantic City, New Jersey

ذرا سی بات

ہاں ذرا سی بات تھی ہوتے اگر ہم باصواب  
کارواں ہوتا فلک پر، ہم نہ ہوتے یوں خراب

خون کے دریا بہے تھے اس وطن کی راہ میں  
پھر کہیں تعبیر کے قابل بنا تھا ایک خواب

کشتِ ویراں میں فقط بارانِ رحمت کے لئے  
آتشِ نمرود میں ہی جل گئے لاکھوں سحاب

لاکھوں ہی گلفام بچے نزرِ نیزہ ہو گئے  
تا میسر ہو جہاں میں اک مقامِ دیرِ یاب۔

کتنی صدیوں سے تھی تاری ہاں غلامی کی وہ رات  
کتنے تاروں نے خریدا اک طلوعِ آفتاب

خونِ مسلم آج بھی ہے بھارت میں ارزاں فروش  
کتنی کاوش سے ہوا تعمیرِ قصرِ انقلاب

آہ مگر میراثِ قائد لٹ چکی بازار میں  
اب تلک باطل رہا ہے ہر قدم پر کامیاب

وطنِ عالیشان ہے اب آندھیوں کے ہاتھ میں  
رہزوں کی کارگاہ ہے ملکِ ملت کا حساب

دولتِ ملی کو کچھ لٹیرے کھا گئے  
احتساب و احتساب و اے خدایا احتساب

ان کڑوڑوں بے نواؤں کا نہیں کوئی نعیم  
کیسا نظم و ضبط ہے اور کس قسم کا انتخاب

حلقہٴ اقوام میں بھی اب کوئی عزت نہیں  
تو کریم و مہرباں ہے پھر ہے یہ کیسا عتاب

ڈاکٹر حبّہ علی حیدر

ہم نشینوں سے یہ کیسی بدگمانی ہائے ہائے  
دل لیا اور جان بھی رکھ لی نشانی ہائے ہائے

اشاروں سے گفتگو مہفل میں اچھی نہیں  
مے پرستوں میں کہاں کی رازدانی ہائے ہائے

ہم نے کب اقرارِ الفت کی کبھی تردید کی  
پھر گلہ کیسا کیوں روزِ یادِ دہانی ہائے ہائے

دل تیری نظروں کی تاپش سے باقی بچا  
اُس پہ لبِ دلبراں سے گلِ فشانہ ہائے ہائے

تُو بھی ہم کو کفر کی جانب بلاتا ہے صنم  
اور کچھ اپنی بھی ٹھہری بے ایمانی ہائے ہائے

صحرا کو چل دیئے رختِ سفر باندھ کر  
سن لیا تھا ذکرِ کیا تیری زبانی ہائے ہائے

اب تو ویرانے میں بھی دل پائے نہ تنہائی کو  
ہو گئی اُن محفلوں کی مہربانی ہائے ہائے

اُن کے در پہ کیا گئے کہ در بدر ہی ہو گئے  
بجلیاں اب کیا گریں گی آسمانی ہائے ہائے

سوچ کر تجھ کو لہوِ روشنائی بن گیا  
آگئی میرے قلم میں بھی روانی ہائے ہائے

ہر مدارت کا صلہ کیوں شکوہء جانان رہ  
عادتیں جاتی نہیں ہیں یوں پرانی ہائے ہائے

ہم کہاں سب سامعین بھی راکھ ہو کر رہ گئے  
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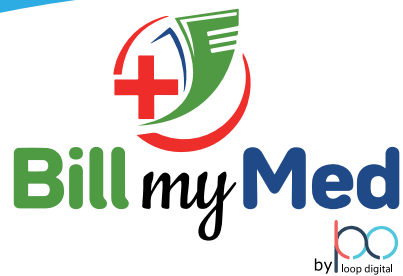


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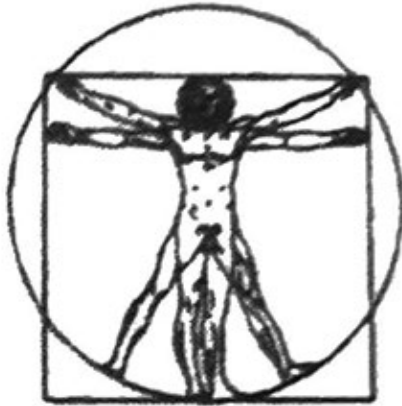
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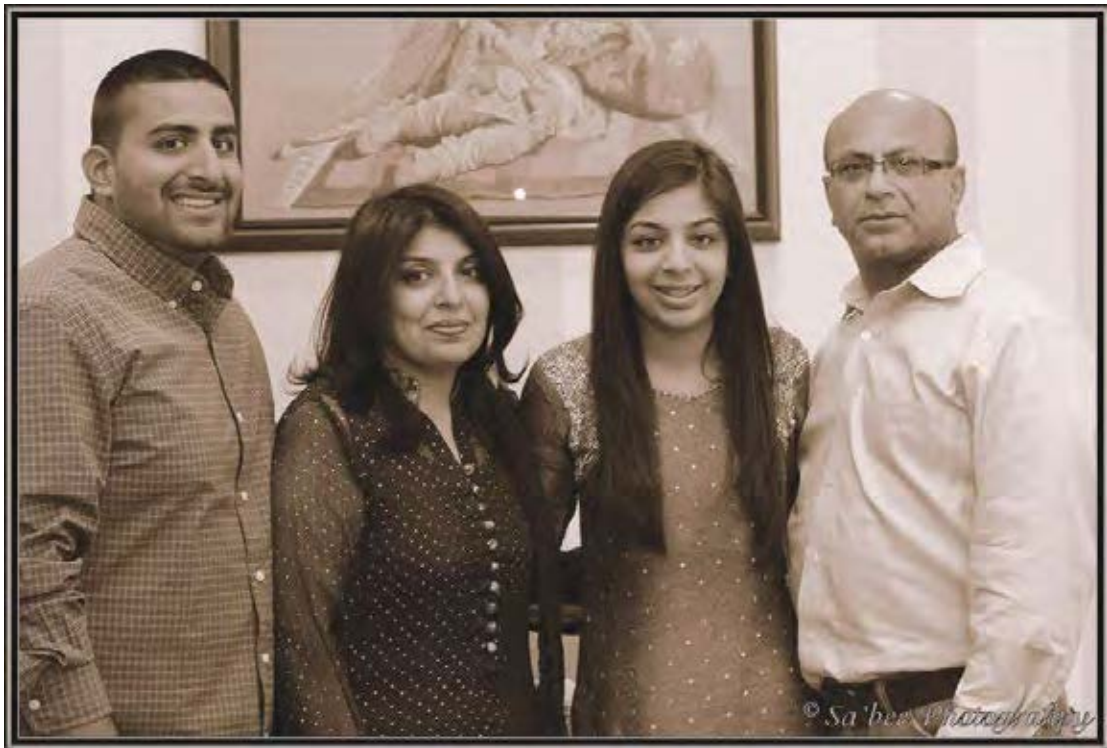
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Senior Vice President - Investment Officer, Fundamental Choice Portfolio Manager



#### Focus

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

#### Background and Experience

For over 16 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 his 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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