



APPNA FALL MEETING

September 22-25, 2022 Nashville, TN



APPNA of next generation; integrating passion with vision



APPNA

Association of Physicians of
Pakistani Descent of North America



APPNA Flood Relief Efforts for Pakistan
Please donate on www.appna.org

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President's Message



My dear APPNA family,

Welcome to beautiful Nashville . This is first ever APPNA meeting to be held here in Nashville at Gaylord Opryland Hotel, Nashville, TN.

Our local host committee for fall meeting has worked tirelessly to make this a memorable event, from excellent CME, to entertainment and organizing tours of the beautiful city of Nashville. I am looking forward to meeting all my friends and sharing our achievements and endeavors of the current year.

In the fall meeting this year we will also hold sessions to discuss how to help our love, our homeland Pakistan.

Our hearts are heavy as we witness Pakistan facing heavy torrential rains leading to unprecedented flooding with over 1/3 area of entire country under water. This is resulting in disastrous conditions on the ground. APPNA has started its relief efforts with its partners on ground.

I want to thank everyone who answered the call to help flood victims in Pakistan. We were able to raise over (\$500K) in our recent fundraiser.

I cannot fathom the amount of pain and suffering our country men and women are facing due to the current situation. Children displaced from homes, families loosing all their belongings, dealing with hunger, illness and death. Please keep them in your prayers and support our project.

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 host committee, I am delighted to welcome you to the APPNA 2022 fall committee at the Gaylord in Nashville, Tennessee. I can assure you that Nashville has a wide range of fun activities for you and your family to enjoy without leaving your hotel. We have arranged two bus tours for site seeing as well as visiting some attractions such as The Grand Ole Opry, Ryman Auditorium, Belle Meade historic site, Andrew Jackson's Hermitage, the Country Music Hall of Fame, and the Johnny Cash Museum. Dinner at Justin Timberlake's famous restaurant "The Twelve Thirty Club" will also offer a unique experience.

In addition, we also have other professional and entertaining programs, such as CME, thoughtful panel discussion, the APPNA Foundation Gala (for the first time), and the APPNA Bazaar. Naseebo Lal and Humaira Arshad will deliver memorable performances. I am overjoyed to have you all there. My hope is that this meeting will be both educational and entertaining. Nashville is waiting to be explored, and with its country heard and beats, visitors are sure to be entertained.

See you all in Nashville!

Riaz A. Chaudhry, MD
Chair, Host Committee
APPNA Fall Meeting 2022





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METROPOLITAN GOVERNMENT OF NASHVILLE AND DAVIDSON COUNTY

JOHN COOPER
MAYOR

OFFICE OF THE MAYOR
METROPOLITAN COURTHOUSE
NASHVILLE, TENNESSEE 37201
PHONE: (615) 862-6000
EMAIL: mayor@nashville.gov

Dear APPNA members,

As the ninth Mayor of the Metropolitan Government of Nashville and Davidson County, it is my honor to welcome the Association of Physicians of Pakistani-descent of North America.

The past few years have only highlighted the importance of our medical professionals, whose dedicated research and compassionate service have provided healthcare to millions of Americans. The APPNA creates a community for Pakistani doctors to share best practices, advocate for patients, and welcome new physicians into the healthcare profession. We are deeply grateful for your service.

While visiting Nashville, I encourage you to explore the unique attractions and expansive culinary experiences the city has to offer. The Country Music Hall of Fame, Johnny Cash Museum, Grand Ole Opry, Jefferson Street Sound Museum, and the honkytonks of Broadway are just a few reasons Nashville is "Music City". Whether you're interested in classic dining or chef-driven fare, your taste buds will be entertained; don't forget to try our famous Hot Chicken and BBQ joints. Above all, I hope you enjoy your stay and will pay us another visit in the future!

On behalf of the people of Nashville, best wishes for a meaningful and informative weekend together.

Yours truly,



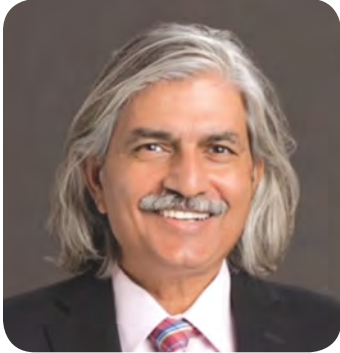
John Cooper
Mayor



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Co-Chair Host Committee & Chair Publication's Message



Welcome to our City. We are so delighted that you are spending a few days in Nashville with us. September in Nashville is a fantastic time with beautiful weather and early fall foliage. Our host committee has really worked hard to arrange a fantastic program over the next few days. As you can appreciate the Gaylord resort is a gorgeous place for family and friends. I hope you get a chance to do that.

The CME program is comprehensive and addresses interesting medical topics. This year we decided to show case our city with two tours of the city. I hope you get a chance to join us and enjoy some time outside the otherwise beautiful resort. As usual the Friday night is going to be entertaining with a country western theme and hopefully you brought your hats, cowboy boots and buckles. In case you forgot, the next-door Opryland mall has two country western stores for all your needs.

There is a thought-provoking Advocacy seminar on Saturday followed by a comprehensive forum on financial planning. Saturday night Gala theme is healthcare inequity and we have two healthcare professionals to address its causes and potential remedies. Healthcare disparity impacts all of us and be as healthcare professionals should be acutely aware of its existence and facilitate efforts to combat it.

The current effort in the present journal include a few thought-provoking articles alongside organizational news and messages. The Urdu section is superb. The picture section is entertaining as always.

Please enjoy time in our city and I hope you join hands with me to thank all the host committee members and various supporting staff that have worked hard to make this meeting possible in a short time.

Best,

Furrakh S Malik M.D. F.A.C.C.
Co-Chair APPNA Fall Meeting 2022
Publication Chair, APPNA Fall Meeting Journal 2022



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APPNA Fall Meeting Host Committee



Dr. Riaz Chaudhry



Dr. Furrukh Malik



Dr. Hana Khan



Dr. Saadia Khan



Dr. Asma Malik



Dr. M. Farooq Ali



Dr. Younus Ismail



Dr. Rabia Alvi



Dr. Sadia Zaidi



Dr. Monam Bashir Awan



Dr. Shagufta Jabeen



Dr. Bushra Osmani



Dr. Aimal Khan



Dr. Usman Khan



Dr. Jawaid Kamal



Dr. Shahram Malik



Dr. Shahlah Kaukab



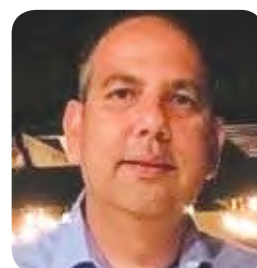
Dr. Aqueel Kausar



Noor Zaidi



Atiya Kamal



Adeel Khan



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From The Editor's Desk



Dear APPNA family & friends,

Nashville welcomes you to its picturesque setting nestled in the beautiful rolling hills with its charming southern hospitality. This fall meeting boasts an important first, as Nashville is a first time host for an APPNA meeting. The host committee has worked tirelessly to put together various visits and activities for you to enjoy your stay in the Music City. Our hope is that you will take advantage of the opportunities to see all that Nashville has to offer from the breathtaking Cheekwood botanical garden to a sunset cruise on the scenic Cumberland river. For a vibrant shopping experience and much deserved

retail therapy, the Opryland Mall is a stone's throw from the resort & convention center. You can most certainly justify the spending, as Aristotle Onassis said, "If women didn't exist, all the money in the world would have no meaning."

Our beloved homeland is going through a climate catastrophe and APPNA has played an instrumental role in organizing flood relief efforts from its main platform and through various Alumni within APPNA. It is an organization that never forgets its roots and works hard to pay back to the country we so lovingly care for. You will see the efforts elaborated in this journal on multiple medical camps in several flood affected cities, distributing food and medicines to the flood victims. APPNA will continue to play a vital role in the long term rebuilding efforts. We are so incredibly proud of our organization that has always been at the forefront of helping our nation in testing times. APPNA physicians have set a great example of leadership in their medical communities during the ongoing Covid pandemic from encouraging everyone to get vaccinated, providing vaccinations, combating misinformation regarding masks & vaccines to organizing free clinics in their local communities. Despite the exhaustion, social isolation and personal loss of loved ones, our physicians exhibited their professionalism and set the bar high in showing the world how medicine is practiced with uncompromised compassion. Safeguarding the interest of the next generation of young physicians from Pakistan, helping them navigate visa hurdles, and providing access to residency programs is a long term APPNA goal. Meaningful efforts have been made in this regard. We have to grow this incredible organization to have a larger and more impactful footprint in our adopted motherland.

As the Editor, no duty is more urgent than giving thanks. On that note, I extend my gratitude to the entire host committee, all the chairs, APPNA President Dr. Durrani and last but not least, Mr. Laiq Siddiqui for the gracious help. It does take a village to put together a meeting of this magnitude and a colorful journal to encompass all APPNA activities. Thank you to our advertisers, sponsors and all who shared their content for the fall journal. Please excuse any shortcomings. We all owe a debt of gratitude to all the volunteers in APPNA camps helping the flood victims back home. If you have not already contributed, please do so. May you all be abundantly rewarded for helping those in need.

Wishing you all to be healthy, happy & prosperous in your lives.
Long Live Pakistan and God Bless America!

Dr. Hana Khan
Editor APPNA FALL Journal 2022



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President Elect's Message



Dear APPNA members,

Welcome to the 2022 fall meeting at Nashville.

I wish to extend my most sincere thanks and congratulations to the local host committee in Nashville, TN for making excellent arrangements for this meeting on a very short notice.

Please enjoy the meeting and the festivities but also remember the flood affected people back in Pakistan. Donate generously to the APPNA Flood Relief Fund to help those in need there.

Regards,

Arshad Rehan,
President Elect





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Secretary's Message



Dear APPNA Family
Asalam Alaikum

Welcome to the 2022 APPNA Fall Meeting in Nashville Tennessee.

As the Secretary of APPNA and member of the Board of Directors (BOD), I would like to extend warm greetings to you and your family from Nashville.

Dr. Riaz Chaudhry - Chair, Dr. Furrukh Malik - Co-Chair and host committee have put in a lot of effort, energy, and time to arrange this event and hats off to them.

The local host committee has put together an amazing program for you and your family to enjoy. We are looking forward to many of APPNA members and their families attending this event. It promises to be an amazing event with great performers, delicious food, and shopping for your spouses. There are many CME lectures and other educational events for APPNA members to attend.

As BOD APPNA, we honor your attendance to such meetings which makes APPNA a vibrant association. We are working hard every day to deliver the best possible APPNA has to offer. We believe that the strength of this organization lies in the numbers. As we age as an organization, the only way to forward is to have a new generation of physicians graduates from US and Pakistan join us. We want to make this organization a 5000 member strong, and we ask you to please encourage your children who have newly become physicians to join the APPNA family.

APPNA had a strong Spring and Summer meetings and the BOD will continue to look for new cities to hold its event to help promote and engage new communities every year.

I have launched APPNA into social media on all major platforms and launched APPNAtube channel that will deliver useful content to our members and keep them Informed. 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 association under the leadership of Drs. Rizwan Khalid, Haroon Durrani, and Arshad Rehan. However, it's only the beginning and we have much more to achieve. We need to invest our resources in the right places and stay united together under one banner with one goal to make APPNA a stronger organization. We have faced many legal and other challenges this year that has kept us busy, and we hope to resolve this amicably and move on. We need to promote a inclusive and a positive culture in APPNA.

I hope you and your family will have a wonderful time in Nashville, Tennessee.

Best wishes,

Asif Mohiuddin, MD
Secretary APPNA 2022



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Treasurer's Message



Dear APPNA Family,

Asalaam Alaikum

As APPNA Treasurer, it is with great pleasure and sense of pride, I report that our APPNA Board of Directors have accomplished the revenue goals we set for our organization. APPNA 2022 has made tremendous gains in revenue this year. The spring meeting in Oklahoma City brought in \$210,000. APPNA summer meeting surpassed almost 1.8 million in revenue. Majority of the gains were secured through nontraditional ways. APPNA brought in around \$470,000 via vendor booths, \$287,000 from sponsorships and \$21,000 via magazine advertisements as compared to traditional means like meeting registration which only secured \$27,000. The Banquets and Alumni nights have brought more than \$500,000. The numbers have proved what I have shared already that APPNA can generate exponential revenues in nontraditional ways.

APPNA needs to increase its membership to survive financially in future. We can easily increase APPNA membership to 5000 by attracting all 1700 plus members who have not renewed their membership.

This year we have reported the highest revenue gains possible in one year. This is a record in itself. We have increased APPNA voting membership from 2400 in 2021 to 3200 by adding 684 annual members. Thank you to all who have responded well to my appeal to renew their membership. It would be a positive step for APPNA to allow membership to NAMA graduates. These graduates are APPNA future.

Thanks for continuous support for my efforts to bring harmony, mutual respect and agree to disagree culture among APPNA Leadership and the Board of Directors.

Long live USA, Long Live Pakistan, APPNA Zindabad.

Sincerely yours,

Joseph Emmanuel, MD.
APPNA treasurer 2022 and member of Board of Directors



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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, Immediate Past President/Board of Director (BOD) member 2022. In the fall of 2019, when I was elected as President Elect, our organization was going through a very difficult phase and faced a lot of challenges. In the Executive Committee (EC), we worked very hard to facilitate and resolve all issues. Indeed, with support of my colleagues in the EC, we were able to carve a path forward and the most pressing issues were amicably resolved. We were able to settle all major legal challenges. I strongly believe that there is no issue that cannot be solved; we need the solemn desire to solve it and to 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 and it was given the herculean task of leading APPNA's response. With the generous help of our membership, we were able to give 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 an amazing 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 was involved in all major decisions of the association. 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. The aim of our policies was 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 certainly not in tune with current realities. Comprehensive constitutional amendments were diligently worked on by the CABL committee 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 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 which accounted 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, 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 greatly amplify the work being done by the MERIT, RESA and Host CME committees. APPNA MERIT committee completed Family medicine diploma for family practitioners in Pakistan. It also spearheaded a brand 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 continued 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, we can create mentorship and guidance for dental students as well as creating programs that may interest



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early career attendings. Hopefully, all of 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 in addition to numerous specialty organizations with MOU with APPNA. APPKI, Maryland, Saskatchewan chapters were approved by the Council. Association of Pakistan Gastroenterologists were granted affiliation with APPNA. One proud moment for all of us was the formation of an alumni association of Bolan Medical College, Quetta and became a full member of APPNA council. I believe that APPNA is now complete with representation of all four provinces of Pakistan.

A brief about our finances for the year 2021. 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 financial health of the association by all means, including significant austerity measures. We were able to adopt a revised financial policy which was approved by the Council. 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 approval of the council 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 from previous years, when the APPNA President would spend the entire profits of the year before the end of term. This is one of many policies adopted by keeping APPNA first and not just focusing on creating "legacies".

One of my campaign promises was to have more women physicians in various committee leadership positions. We certainly strived to achieve that goal with appointing over 35 women leaders as chair, 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 meetings in Quetta (Dr. Rina Awan) and Lahore (Dr. Fizza Rafiq). I hope that they will continue to contribute in 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 single meeting was profitable. The summer Saturday night banquet was attended by around 1700 members/families with live address by his excellency the then 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 very successfully hosted by Bolan Medical College and BMC alumni association in Quetta. The President of Pakistan, His excellency Dr. Arif Alvi graced our symposium in Rawalpindi Medical University as our Chief guest. I thank all 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 then Prime Minister of Pakistan, his excellency Mr. Imran Khan. We emphasized that APPNA's expertise should be utilized in health care policy as well. Subsequent to that, APPNA was invited to become part of the Prime Minister's National Healthcare Taskforce and Dr. Shahid Rafiq was appointed 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. Ground realities changed in Pakistan in 2022.

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

Long Live APPNA! Pakistan Paindabad!
Rizwan Khalid
Immediate Past President



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APPNA Social Welfare Disaster Relief Committee Report for 2022 Pakistan Flood Relief Work



Dear APPNA family,

As you know, the floods in Pakistan are wrecking havoc. This is turning out to be disaster of unprecedented proportions. Almost whole of the Baluchistan and interior Sindh as well as Karachi, South Punjab, KPK are already under water. The magnitude of relief efforts required are humongous. We need to do whatever is in our power to help hundreds and thousands of families who lost their homes and are stranded on the roads with flood water all around. Over 1500 lives are lost including many children and hundreds of thousands of livestock, agriculture, houses and infrastructure destroyed. No food, clean drinking water and medicine available for these victims. Many cities, villages have been completely wiped out. Lots of areas are unreachable. They are in dire need of shelters, supplies and food as well as outbreak of water born diarrheal diseases needing injectable antibiotics and other medicines which are in short supply.

APPNA SWDRC (in collaboration with Alkhidmat Foundation, CDRS, Saylani Welfare International Trust and Khana Gher) has already started providing dry ration (food) supplies / hot meals to be distributed in underprivileged flood affected areas of Qamardine Karez, Killa Saifullah and Quetta in Baluchistan, Jamshoro, Mirpur Khas, Tando Muhammad Khan and Tando Jam in Sindh as well as in Karachi. Our team has already handed over 2200 ciprofloxacin infusions to DHO and MS DHQ Zhob, as well as 500 infusions handed over to DHO Sherani. It will help them treating their patients in their local areas and decrease burden on DHQ hospitals. Medical relief camps have been held in areas of Hyderabad, Sanghar (Sindh), Chatsada and Nowshehra (KPK) in order to provide healthcare to people in flood affected areas. There is dire need of tents and food / rations as well as medicines as hundreds of thousands of displaced families are forced to stay under open skies while facing continuous heavy rains. APPNA is partnering with CDRS, Alkhidmat Foundation, Saylani Welfare International Trust, Khana Gher and PKI on the ground and will help facilitate in the distribution of urgently needed emergency relief items.

We deeply appreciate your generous support for APPNA flood relief work for Pakistan. With your overwhelming response to help our communities in this hour of need across the Pakistan, even on a short notice we have raised over \$450k during zoom fundraising telethon on Sunday August 28, 2022. By now total donation pledges have crossed 600k.

So far APPNA SWDRC has already supplied food packs, hot meals and medicines worth \$70k in flood affected areas of Baluchistan, Karachi, Sindh, South Punjab and KPK. We will continue our efforts for urgent relief needs as well as in the long term for rehabilitation work for affected people, which may continue for 2-3 years.

Please continue donating generously to help our people affected by this unprecedented calamity.

You can donate online by clicking on the link below:

<https://portal.ideasregistration.com/Donation/Donation?id=115>

Or can mail your check to ;

APPNA

6414 South Cass Avenue, Westmont. Illinois, 60559

Sajid Chaudhary, MD
Chair APPNA SWDRC



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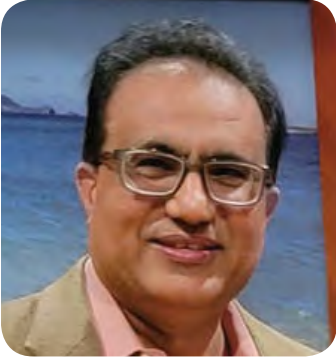




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APPNA Strategy Meeting 2022 - A Success Story



APPNA Strategy Cruise Meeting 2022 was first meeting of the year, filled with learning and fun. It helped set the direction for APPNA 2022 with 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. All of the moderators engaged participants including past APPNA presidents Mubashar Rana, Sajid Chaudhary, Riaz Chaudhary, Arif Muslim and many others. 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 a non-physician perspective of our organization. He discussed business aspects of APPNA emphasizing tremendous potential for APPNA's growth in future.

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 last night of the cruise was outstanding where multiple talents of APPNA family were on full display. The Talent night was lit up by superb poetry rendition 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 key role 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. Special thanks to Dr. Atif Qureshi for his avid photography of 2022 Strategy Meeting and captured lovely moments of this APPNA event.

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 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 untiring work by the organizing committee.

It was 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, It is with great pleasure to 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 efforts of President Haroon Durrani and Mr. Tipu Ahmad to get this refund for our Appna members who cancelled due to any reason.

Regards

Ehtsham UI Haq
Chair, APPNA Strategy Meeting 2022



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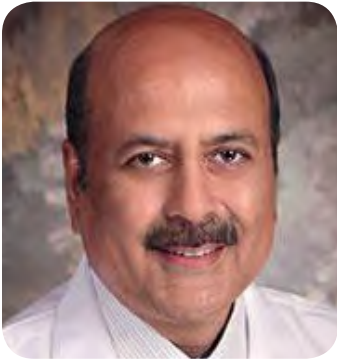
Photography courtesy by: Dr. Atif Qureshi



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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



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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 Sanauallah, MD
Chair, APPNA Spring Meeting 2022



APPNA FALL MEETING

September 22-25, 2022 Nashville, TN





APPNA FALL MEETING

September 22-25, 2022 Nashville, TN

APPNA Convention 2022 Atlantic City, New Jersey



Dear Colleagues,

APPNA Summer Convention was held this year at the Harrah's Resort Atlantic City New Jersey from July 13-17, 2022. In APPNA's History this was the first-time summer convention was held in NJ. Our dedicated Summer Host Committee volunteered countless hours to make this a very memorable summer convention for all the attendees.

APPNA hosted the premier of the Pakistani movie "London Nahi Jaunga", attended by Humayn Saeed and Mehwish Hayat in person . Keeping kids and younger audience in mind "The Masters of Illusion" magical show was a huge success. One of the well-attended forums this year was Makalma- Javed Ahmed Ghamidi kay Saath. Top class entertainment was presented by nationally and internationally acclaimed artists and singers. APPNA Art Competition was held for kids and teens. The theme was: My Culture My Identity. Their artwork was showcased and auctioned after the competition. Funds raised through this auction were donated to charities and gifted to the participants. The ever-famous Bazaar with more than 200 retail, non-retail, and corporate booths, showcased their businesses and displayed their products and services. 3 day CME Program provided the attendees with state of art lectures and hands on workshop, attendees were able to collect 12 CME hours in addition to claiming MOC credits.

Inauguration ceremony on wednesday was followed by poolside reception with high tea and melodious music by renowned Pakistani violinist Ustad Raees Khan. Evening entertainment was hosted by New Jersey chapter. Thursday was our cultural night reflecting all our provinces in the décor and authentic cuisine. For first time in APPNA history annual mushaira hosted renowned poets like Iftikhar Arif, Amjad Islam Amjad and many other well-known names from all around the globe. Friday being alumni night was very well represented by 14 different alumni groups.

Mental health served as main theme this year, mental health awareness walk was very well attended. Saturday was our Annual Banquet night followed by halwa puri nashta next day as we bid farewell to all the convention guests until we meet again next year. It was a great honor for me to serve as chair of Summer Convention. I am thankful to Dr. Haroon Durrani for bestowing me this responsibility and my entire host committee especially Dr. Jamil Mohsin and Dr. Imran Amir for all their time and efforts in making this a very successful and well attended Summer Convention.

Regards,
Shehla Siddiqui, MD
Chair APPNA Annual Convention 2022



APPNA FALL MEETING

September 22-25, 2022 Nashville, TN



Photography courtesy by: Dr. Atif Qureshi



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FJMCAANA Report

Fatima Jinnah Medical College Alumni 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.

5- FJMCAANA has raised over \$21,000 for flood relief efforts in Pakistan.

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.

8- FJMCAANA hosted a very successful Alumni retreat in APPNA summer meeting at Atlantic City. We celebrated 75th Diamond Jubilee of FJMU . Graduates of 1996 and 1997 celebrated their 25 years reunion. Our chief guest was Dr. Arfa Syeda Zehra, an educationist and a great scholar from Pakistan. FJ Calgary, Canada group had a great get together in July to celebrate 75 years of FJMU.

I want to thank Almighty Allah (SWT) for all His guidance. 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



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FJMU ALUMNI DINNER

at
45th APPNA Annual Convention, 2022



Dr. Arfa Sayeda Zehra
Keynote Speaker

Dr. Arfa Sayeda Zehra is Professor of History at Forman Christian College, with over 50 years of teaching and research experience in various institutions in Pakistan. A champion of Literature, Educationist, Scholar of History and Literature!



Dr. Shahid Qamar
Guest Speaker

Founder, Teach a Kid Make Individual Life (TAKMIL)- A mission to educate out-of-school children in rural Pakistan.

July 15
Friday
6:00 PM - 9:00 PM



FJMU Alumni North America!

Annual Ramadan Fundraiser! 2022

APRIL 10, 2022 | SUNDAY

2:00 PM EASTERN TIME

ONLINE | ZOOM

This Ramadan FJMCAANA will raise funds to spread light through education and supporting cornea transplants.

Cornea Transplants at Sir Ganga Ram Hospital!

Supporting education in underprivileged communities with TAKMIL (Teach a Kid Make Individual Life)

All Donations are Zakat Eligible. Zakat, Personal Donations, Sadaqa as well as Eid ul Fitr Fitrana are acceptable. All donations are tax deductible.



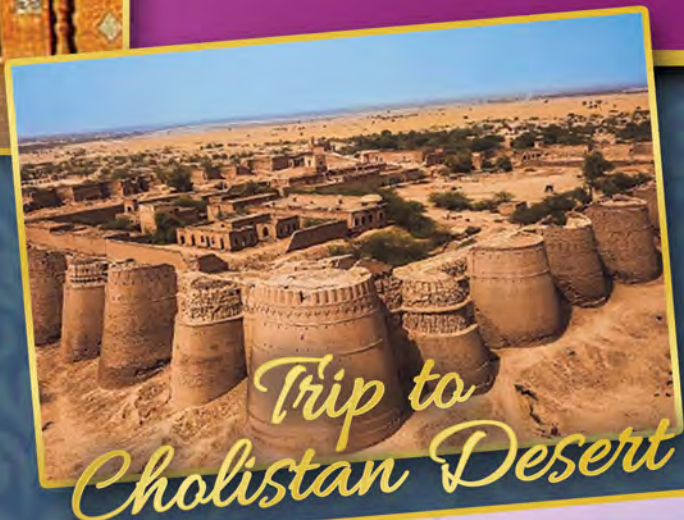


APPNA WINTER MEETING 2022

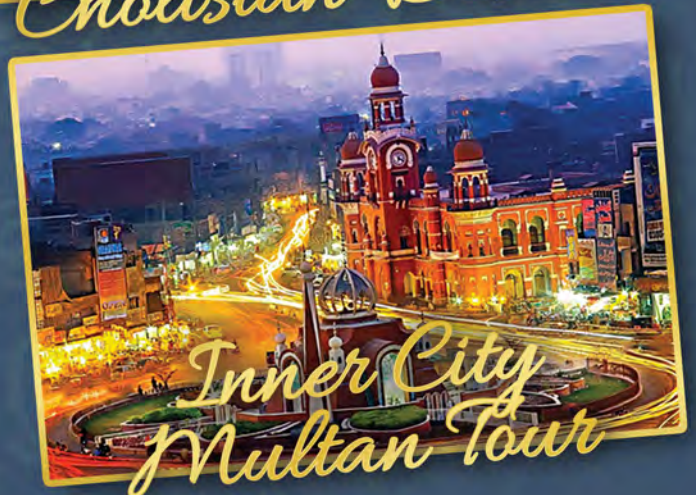
DECEMBER 22-25, 2022
MULTAN, PAKISTAN

**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

APPNA Spring Meeting

March 24 - 27, 2022 Oklahoma City, OK

SOLD OUT
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Uzma Saleemi
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APPNA FALL MEETING

September 22-25, 2022 Nashville, TN

Event Schedule

Thursday, September 22, 2022

6:00 PM - 11:00 PM Tour of Nashville

Friday, September 23, 2022

6:00 AM	Prayer Room	Governor's Chamber A
7:00 AM - 10:00 PM	Registration Desk (Break 1pm-4pm)	Presidential A Foyer
8:00 AM - 6:00 PM	Bazaar	Raymon Hall B-6
8:00 AM - 6:00 PM	Non-Retail Exhibitors	Presidential Ballroom - B
7:30 AM	CME Breakfast	Presidential Ballroom - A
8:00 AM - 12:00 PM	CME	Presidential Ballroom - A
10:00 AM	Coffee Break	Presidential Ballroom - B
12:00 PM	CME Lunch	Presidential Ballroom - A
1:00 PM - 2:00 PM	Friday Prayer	Jackson AB
2:00 PM - 6:00 PM	Tour of Nashville	Off- site
2:00 PM - 3:00 PM	KEMCANA Meeting	Presidential Ballroom - A
3:30 PM - 5:00 PM	APPNA Alliance Seminar	Presidential Ballroom - A
6:00 PM - 9:00 PM	YPN- (Ice Breaker)	Presidential Ballroom - A
7:00 PM - 9:30 PM	Dinner	Delta Ballroom B
9:30 PM	Entertainment	Delta Ballroom B



APPNA FALL MEETING

September 22-25, 2022 Nashville, TN

Event Schedule

Saturday, September 24, 2022

7:00 AM - 10:00 PM	Registration Desk (Break 1 pm - 4pm)	Presidential Foyer
8:00 AM - 6:00 PM	Bazaar	Raymon Hall B-6
8:00 AM - 6:00 PM	Non-Retail Exhibitors	Presidential Ballroom - B
7:00 AM	Prayer Room	Governor's Chamber A
7:30 AM	CME Breakfast	Presidential Ballroom - A
8:00 AM - 12:00 PM	CME	Presidential Ballroom - A
10:00 AM	Coffee Break	Presidential Ballroom - B
12:00 PM	CME Lunch	Presidential Ballroom - A
12:00 PM - 2:00 PM	Lunch Meeting (AKU Re-union)	Jackson AB
12:00 PM - 2:00 PM	Lunch Meeting (King Edward Re-union)	Water's Edge Buyout
1:00 PM - 2:00 PM	Time Talks	Presidential Ballroom - A
2:00 PM - 5:00 PM	Council Meeting	Presidential Ballroom - A
2:00 PM	Coffee Break	Presidential Ballroom - B
3:00 PM - 6:00 PM	YPN- Program and Dinner	Jackson E
7:00 PM - 11:00 PM	YPN- Dinner	Jackson E
4:00 PM - 5:00 PM	Line Dancing Class	Jackson AB
5:00 PM - 6:00 PM	Seminar on Finance/Crypto	Presidential Ballroom - A
5:30 PM - 7:00 PM	APPNA Foundation Reception	Water's Edge Buyout
7:00 PM	Banquet and Entertainment	Governors Ballroom BCD

Sunday, September 25, 2022

8:00 AM - 10:00 AM	Breakfast (Halwa Puri)	Water's Edge Buyout
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APPNA FALL MEETING

September 22-25, 2022 Nashville, TN

CME Program

Friday, September 23, 2022

Time	Session
7:30 AM - 8:00 AM	Opening Remarks and Breakfast Saadia Khan, MD - Chair CME
8:00 AM - 8:30 AM	SGLT2 inhibitors-The Ozins of CKD Chris Molini, MD (Nephrology) Question Answers - 5 mins
8:35 AM - 9:05 AM	Physician Burnout Saad Khan, MD (IM/Infectious Disease)
9:05 AM - 9:20 AM	Question Answers and Break - 15 Mins
	Welcome address by President APPNA Haroon Durrani, MD
9:20 AM - 9:50 AM	Sleep and its Impact on Disease Sayed Nabi, MD (Pulmonary Critical Care) Questions Answers - 5 mins
9:55 AM - 10:25 AM	Psychiatric Emergencies-Overview and Management Bala Rao, MD Question Answers - 5 mins
	Break/Coffee - 15 mins
10:40 AM - 11:40 AM	Update Cardiology Anticoagulation and Atrial Fibrillation LAA Occlusion/Watchman Nayyab Zafar M.D. F.A.C.C.
	TEER/Structural Heart Repair for Functional Mitral Regurgitation and CHF. Sam Horr, MD, FACC Questions Answers - 10 mins
12:00 PM - 1:00 PM	Sponsored Lunch by Total CME Sleuthing Dyspnea- Diagnostic Modalities for Evaluation Omar Minai M.D.



APPNA FALL MEETING

September 22-25, 2022 Nashville, TN

CME Program

Saturday, September 24, 2022

Time	Session
7:30 AM - 8:00 AM	Opening Remarks and Breakfast Mohammad Farooq Ali, MD - Co-Chair, CME
8:00 AM - 8:30 AM	Diabetes and South Asian Race Lubna Mirza, MD (Endocrinology) Questions Answers - 5 mins
8:35 AM - 8:55 AM	Covid Vaccines and Long Term Issues Humaira Qamar, MD (Pediatrics) Questions Answers and Coffee Break- 20 mins
9:15 AM - 9:45 AM	Update Cardiology New Paradigm in Heart Failure /Role of SGLT2 Inhibitors Shoaib Akbar, MD, FACC (Cardiologist) Questions Answers - 5 mins
9:50 AM - 10:20 AM	Colon Cancer and Early Diagnosis Aimal Khan M.D. Questions Answers and Break - 20 mins
10:40 AM - 11:10 AM	Update on Hypothyroidism Nadia Yaqub, MD (Endocrinology) Questions Answers - 5 mins
11:15 AM - 11:45 AM	Shock in ICU Irfan Waheed, MD (Pulmonary and Critical Care) Questions Answers - 5 mins
12:00 PM - 1:00 PM	Sponsored Lunch by W. L. Gore & Associates, Inc. TAVR Dr. Nayab Zafar

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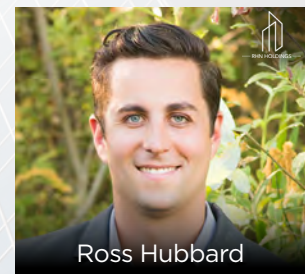
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Let's make America, America again by Furrukh S. Malik M.D.

America has always been this shiny city on the hill as I grew up in My Native Pakistan. My first encounter with the Nation was at the American Center in Lahore. The Building was enormous and accommodating, like the staff inside. The rooms were well lit, exuding tranquility of purpose. Its Library, well stocked with current articles and an atmosphere of welcome and purpose. The staff ever so energetic in helping students like me to reach our potential and aspirations. It shaped my opinion and my outlook for years to come as I travelled to pursue my Medical career in The United states years later.

I still remember the majestic statue of liberty as I landed in New York. An iconic image that stands for the the great American values of inclusion and diversity. At university I met Jewish, Christian and African American professors for the first time in my life. I found them ever eager to help me see the Medical issue through their expertise and experience. I remember Professor Anthony parse down the art and science of the heart, my specialty. I was reminded of the humility and limitations of medical sciences, as I listened to Professor Jonathan while examining post mortem specimens. I was part of the team and our effort was collective. I remember my first outing to go to the social security office, some three miles away. One of the nurses recognized me and drove me there. She waited till I finished my application and then drove me back to hospital. She just wanted to ensure my safety and well-being in a new city and culture with no friends. She is still my friend, a genuine human being and embodies the great collective American spirit of humanity and love.

The university librarian spending her breaks to introduce me to my first computer. I wrote my resume and then my first paper. She made sure I knew the references and reviews. My subsequent papers all mentioned her valuable contributions. She just wanted me to succeed and reach my true potential. Many years and hundreds of abstracts later, I still attribute my career to her and her innate desire to make me a better doctor and a researcher. America at its best.

Through my journey some legendry mentors came my way early in the career. I remember my first heart procedure being mentored by the most experienced Cardiologist at the University. He let me watch him a few times before and then step by step took me through the intricate procedure. Learn, do and then teach is the motto of Academic Medicine and he was the torch bearer for it. America at its best.

Many years later I met my better half and blessed by three beautiful kids. I live in a superb community of friends and family. My wife and myself have Medical practices and have 14 employees that are part of our family. We are invested in the well-being of all of them, utilizing what we learned as best of America. Just like I was taken care of with respect, love and care.

Last several years I have noticed a racial consciousness in our civil Life. I had never felt it before. There is this talk about us and others. Every day there is strengthening of this concept of Great



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America and exclusion of minorities from the fabric of this great nation. America has always been an optimistic nation. Optimism is one of the strongest American value if not character. Lately pessimism has taken over a segment of its people and a fear of the racial inequality and injustice has threatened the core of this optimism. Despite its economic strength an irrational focus on minorities not contributing to it has resulted in loss of confidence among its constituents leading to hate and bigotry. This vicious cycle has no end and I cannot begin to think of many precedence in history of the world where such hate have led to ethnic violence and mass incarcerations.

American Democracy has its roots in the belief that every man, woman and child has equal rights to freedom and dignity, It is never perfect all the time but our struggle in ongoing. American greatness is in inclusion and diversity and viewing the worth of every individual that makes it a nation. We cannot relinquish the arena to intolerance and vitriolic rhetoric. America is defined by its democracy and values and not by the color, appearance, religion or the background of its people. A testament to the commitment of its people to the ideals and values of its charter.

Let's not lose sight of all the important American greatness that people have fought several wars over the last two centuries. Reclaiming our status as the greatest country in the world starts with supporting the most important American values of inclusion, diversity, tolerance, respect for rule of law, freedom of religion, freedom of speech and free and independent press.

That is the America I knew and that is the America that inspired millions like me to its shores.

Lets make America, America again.





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When a machine pays respect (a good machine run by good people in a good nation) by Dr. Arif Ahmad

There are good reasons why some nations are blessed.

For have you ever seen a machine pay respect?

Until recently, I did not either, but now I have.

It was in Chicago at the funeral of a family friend.

The burial was in the Muslim section of an interfaith cemetery.

The grave all dug out and ready.

Helping us were these two young Caucasians, a blond and a dark-haired, maybe Jewish, perhaps Christian, though I cannot be certain.

If actions had a voice, for they never spoke a word.

It was as they closed the grave when the point of this writing emerged.

The man with the long blond hair got on a big tractor parked some distance away.

He then weaved the tractor through a previously determined path between the graves, never once trampling on their name plates or on many a flower spread.

The tractor very slowly lowered a cement slab into the grave as if out of respect.

It then backed up again on another well-chosen path.

It next eased the dug-out earth back over the grave, incredibly slow, its body language exuding regard.

The timely respite on this hot and humid day with cloud cover and a pleasant breeze made me realize that someone up there was happy with what they were seeing.

And I stood there admiring the brown person who lay in the grave and these two white helpers and their machine.

So I guess.

There are good reasons why certain nations are blessed.



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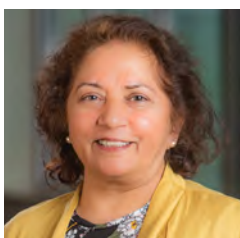
HIV in Pakistan: APPNA-MERIT HIV Committee Report

Pakistan's HIV epidemic is on a deadly trajectory. The number of new infections per year is rising at an alarming rate. Commonly perceived to be a sexually transmitted disease, iatrogenic transmission especially through unsafe injection practices and transfusion of untested blood products has been the leading cause of HIV transmission in five out of seven hotspots during the last decade. This shift in transmission from "sex to syringe" is of grave concern because the victims are children and adults without the traditional behavioral risk factors. Also, the health care community remains unaware of the gravity of the situation and unequipped to manage the burden of HIV disease. The current infrastructure and mindset are not conducive to controlling the epidemic and the stigma associated with the disease has blinded stakeholders, especially the health care community, into a state of denial and inaction.

Upon Dr. Gillani's initiative, the APPNA MERIT HIV committee was created in January of 2021. The committee launched its first project, "HIV Awareness, Prevention, and Education Project in Pakistan." This project aimed to reduce HIV stigma, increase HIV awareness, and increase knowledge about the disease among healthcare providers in Pakistan using educational and research tools. The committee organized educational webinars in collaboration with thirty-five institutions from North America and Pakistan. More than seven hundred people attended these webinars. Based on this rich collaboration and the valuable knowledge shared in the webinars, the committee published "HIV in Pakistan Report" on World AIDS Day in 2021. The report included an overview of the HIV situation in Pakistan and identified problems and solutions that were highlighted by the participants. Following this publication, international funding institutions and stakeholders involved in HIV care in Pakistan were invited to discuss action items in the last webinar of the year in December 2021.

For 2022-2023, the HIV Committee has introduced its "Build capacity: Adopt an ART Center to enhance HIV care in Pakistan" project. This project aims to focus on ART (antiretroviral treatment) centers which are the hub of HIV care delivery where free antiretrovirals are available for people living with HIV. Our aim is to help develop and strengthen the skills, processes, and resources needed by the healthcare providers at these centers to improve the quality of HIV care services in Pakistan and get more people virally suppressed and thus ultimately control future HIV transmissions in the country. Focus in 2022 is to invite ART centers in the webinars and learn about their specific issues. We will summarize this year's work in the annual "HIV in Pakistan report" in early December for 2022 World AIDS Day.

In summary, APPNAMERIT HIV Committee will continue to disseminate HIV knowledge, support team building and skill development, and use its non- bipartisan platform to hold much needed, honest, and difficult conversations with major stakeholders regarding the status of HIV in Pakistan and how to manage various aspects of the HIV program management.



Fizza S. Gillani, PhD



Saima Abbas, MD



Hammad Ali, MBBS, PHD



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Youm Azadi Mubarak

The Lament

By Nazir Khaja

My Beloved land my home that is lost
For which we struggled at such great cost

For the barren lives of its children all
No hopes remain that spring will ever call

The dead weight of loneliness on us both
A helplessness, which we both have come to loathe

The freedom that we thought we had achieved
We know now, that this we falsely believed

Comes to mind the time that you were born
After a glorious struggle that our freedom's face adorns

This was a time when within us the torrent of hope
Like your mighty rivers, was hard to cope

On the peaks of your mountains our ambition stood
And in your valleys so lush we formed a brotherhood

In the dazzle of the new dawn our eyes glowed
The desires in our bosoms freely flowed

No more under tyranny and not in the shade of a foreign sky
We marched in locked steps, unafraid to die

We labored long, our young and our old
So at last in our hands we *could*, our destiny hold

You were *then there with the* whole of our nation
A people undivided possessed of your affection

Alas how quickly on us did darkness descend
When due to contriving by few our dawn would end

Like all of your children you gave them birth,
And they grew-up here amidst laughter and mirth

Their love and affection alas was not for you
And only to themselves they thought these were due

Loyalty to you was not a lesson they had learned
Equality of all under law, they proudly spurned

Their own self-interest was all that they thought
Acquisition of wealth and power was all that they sought

Their ancestors themselves were no less in fraud
Rewarded for their loyalty by rulers from abroad

In the Freedom struggle they *had* betrayed their own kin
And got gifts of land and titles, for committing this sin



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Thus empowered, they in their hands our destiny hold
And for their own benefit they repeatedly sold

Land for all the people and all people for the land
Was not an idea that they would ever understand

The Rights of the people, they easily set aside
In poverty and ignorance the masses came to reside

Such seeds of dissension and discord did they sow
That brother turned against brother and friend became foe

Their unyielding ambition resulted in a tragic war
That in our memory will linger as an ugly scar

The lifeblood from your body continued to drain
The radiance of your continence you could hardly maintain

None of this mattered for them who cared less
Even your division and separation they came to bless

You still survived with your body dismembered
A tragic tale that will always be remembered

Came then the army to rescue us from their hold
An action we thought was necessary and bold

Alas though, when the army steps in to take power
It is certain that democracy has no chance to flower

They came in with a promise to stay only a short time
To restore power to the people and put a stop to high crime

Promises were made and the people believed
They waited long, and again they were deceived

The Generals, in the name of country's survival, ruled
Not just once, but also more than once had us all fooled

Money and power only was also their aim
And they also brought for us dishonor and shame

The wheel of our misfortune again has turned
Those who the generals had removed, to power have returned

This time in the name of Democracy we are again to be ruled
By the same people who have repeatedly had us all fooled

With pomp and ceremony we welcome them again
Those who have caused us so much grief and pain

Darkness has made permanent an abode in our hearts
Between foe and friend we no longer can tell apart

Arise from slumber O Children of the land
Take your destiny into your own hands

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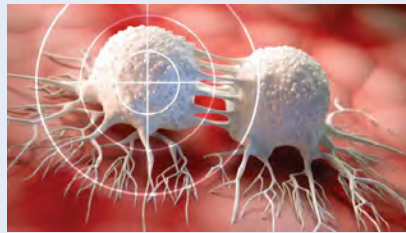
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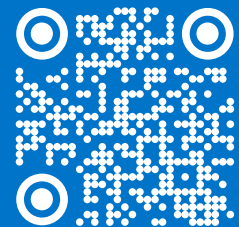
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جب کوئی صورت مفر نہ ملی
چیزیں رکھی نہ تھیں قرینے سے
ایک بھگدڑ مچی ، یہ عجلت تھی
ہم جو شامل ہوئے ضیافت میں
میزیں تھیں، یا عمل کی میزائیں
زندگی چونکہ تھی اسیری کی
نازکی کیا کہوں میں روٹی کی
دل جلی روٹیاں تھیں جالی دار
دل اپنی خودی کا مظہر تھی
قورمے کی میں کیا کروں تعریف
ٹویا پانی میں گھی یوں غیرت سے
لاکھ غوطے نظر لگاتی تھی
بوٹیاں گھل گئیں تھیں پانی میں
شور بہ وقف نوحہ خوانی تھا
گر جدا اس سے رنگ و بو کر لو
ہر مسالے کا اپنا اپنا مزا
لہسن و پیاز و تیز پات دھی
دھنیہ یوں مست تھا روانی میں
بلدی مصروف رنگ جمانے میں
مرچیں ایسی وہ تیز و آتش گیر
مرچ سے پیٹ میں فساد رہے
زق بے شک خدا کی نعمت ہے
یہ غذا جس کا ہے یہاں منکور

تا کجا کرتے مرثیہ خوانی
کھایا روٹی سے چٹپٹا پانی
ہم کہ پیامبر ہیں صحت کے
ہم کے خادم ہیں نوع انسان کے
پانی پیتے ہیں، پانی کھاتے ہیں
خود ہی قابو میں جب نہیں صحت
یہ غذا گر نہ ہو سکے موقوف
زندگی کے نئے قرینے دیں

ہم محافظ ہیں ملک و ملت کے
ہم کہ ضامن ہیں اسی گلستان کے
تندرستی یونہی گنواتے ہیں
ہم سے کیا ہوگی خدمت خلقت
معدہ یا رب بنا دے آل پروف
خود جیئں دوسروں کو جینے دیں

ہے دعا اپنی بس یہی طلعت

دل میں ہر دم ہو جذبہ خدمت

ہو عمل اپنا باعث عزت

ہم جہاں میں ہوں نازش خلقت ! آمین



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دال کی فریاد سے متاثر ہو کر
(مولوی محمد اسماعیل میرٹھی کی روح سے معذرت کے ساتھ)

طلعت جہاں حسن

تھی وہ لڑکی بہت مبارک فال
ہم یہاں کھا رہے ہیں ابلی دال
ایک دن تھا کینز فری تھے ہم
گھر میں ہر چند نہ تھا گہوارا
کھیلا کرتے تھے ہم فراغت سے
بات کرنے کی آئی جب طاقت
اس مصیبت کا سلسلہ جو بڑھا
امتحان جب بھی ہم نے پاس کیا
محنتوں کا صلہ یہ خوب ملا
بس کہ قسمت میں زحمتیں تھیں مزید
”پڑھ کے طب خدمت عوام کرو
اسی دہن میں ، صبح کو شام کرو
گو بہت مضمحل، ملول چلے
دل سے مانا یہی حقیقت ہے
ہو کسی حال میں بنی آدم

انہیں باتوں پہ کرتے کرتے غور

الغرض ہم پہنچ گئے لاہور

لاکھ سواں قرب دل آئے
اب جو دیکھا یہ "معدن صحت"
ہوم سک کوئی، کوئی سچ مچ سک
کوئی ان میں مریض فیشن ہے
ایک پکچر کے شوق کی ماری
مبتلا کوئی رنج دوری میں
کوئی شامت زدہ و ہیبت ناک
یے جنوں کچھ کو علم و حکمت کا
سادگی سے انہیں الرجی ہے

خاطر دوستاں ملول نہ ہو

اس حکایت کو اور طول نہ ہو

اپنے کمرے میں جب ہم پہنچے
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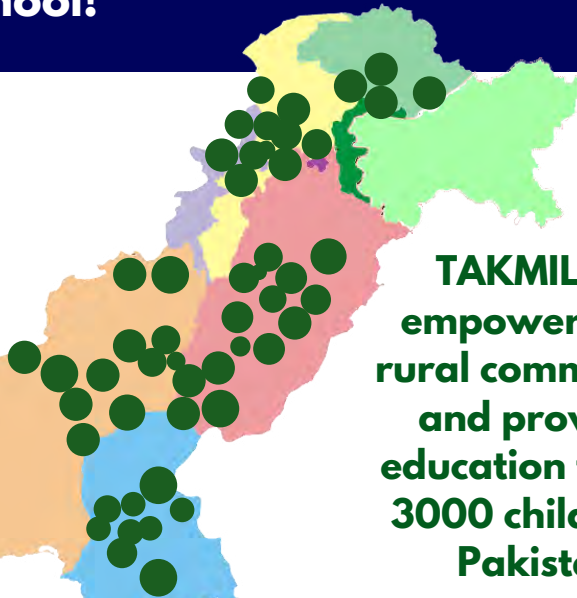


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**For more Information
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Email: Info@takmil.org
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غزل

ڈاکٹر سید انوار احمد

غزل ~ ہناء خان

مکین دل سے گیا، دل بھی گیا، کچھ بھی نہیں اب
نہ سر پہ آسماں ہے اور نہ پیروں میں زمیں اب
رقم تاریخ ہے جب کربلا میں تشنگی کی
تو کیوں گھستا ہے دریا خاک پر اپنی جبین اب
جنہوں نے دیکھ رکھا ہے جمالِ حسنِ لیلیٰ
نہیں آتی نظر میں اُن کی کوئی نازنین اب
یہ کیسی شرط باندھی ہے امیرِ کارواں نے
کہ دیکھے نہ کوئی منزل کا خوابِ دل نشین اب
ہناء اس ڈر سے آنکھیں موند بھی سکتی نہیں میں
کہ چھن جائیں نہ پلکوں پہ سچے سنے کہیں اب

جیسے کہ اک فریم ہو تصویر کے بغیر
ہم خواب دیکھتے رہے تعبیر کے بغیر

لازم نہیں کہ پیار میں رشتہ ہو جسم کا
خوشبو ہے ساتھ پھول کے زنجیر کے بغیر

کوشش تو کر کے دیکھنا تقدیر کچھ بھی ہو
مت ہار ماننا کبھی تدبیر کے بغیر

ملکوں کی فکر چھوڑ کے قبضہ دلوں پہ کر
مل جائے گا جہان یہ تسخیر کے بغیر

حالات کا دباؤ ہے، امداد سب قبول
لیکن سفید پوش ہوں، تشہیر کے بغیر

واعظ کرے ہے نیکیاں لالچ میں حور کی
تب ہی تو اُس کی بات ہے تاثیر کے بغیر



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پر برا ہو اس امر کی معاشرتی نظام کا جو جاناں سے بات تک کرنے کی مہلت اور فرصت نہیں دیتا، تصور تو دور کی بات ہے! تب ہم دونوں وقت چرا کر لاتے تھے اب ملتے ہیں جب بھی فرصت ہوتی ہے بچپن سے سنتے آئے ہیں کہ وقت برباد کرنے والوں کو وقت برباد کر دیتا ہے، لہذا ہمارا سر تسلیم خم ہے وقت کے آگے۔ وقت ایک بہت ہی معتبر مگر نہایت ہی سفاک استاد ہے جو سبق بعد میں دیتا ہے اور امتحان پہلے لیتا ہے۔ وقت کا دامن تھامے، موسموں کی ڈوری پکڑے سال کے 365 دنوں کا سفر جاری رہتا ہے۔ کیسے رات کی کالی ڈوری صبح کی سفید ڈوری میں تبدیل ہو کر نئے دن کا آغاز کرتی ہے اور وقت دبے پاؤں گزرتا چلا جاتا ہے آہٹ کیے بغیر۔

سو اس جہان بے ثبات میں ہمارا شمار عام رعایا میں ہوتا ہے جس کو حکم ہے کہ گھڑی ایک گھنٹہ پیچھے کرے، اور کام ایک گھنٹہ زیادہ۔ لہذا حکم کی تعمیل میں جن جن گھڑیوں تک رسائی ممکن تھی ان کی سویاں درست کی گئیں خاص طور پر کچن میں لگے مائیکرو وڈ اون کی۔

آج کے دور میں یہ حساب لگانا مشکل ہے کہ اس گھنٹے میں کس نے کیا کھویا اور کیا پایا۔ اس کے باوجود دل کو بے نام سی تسلی اور دھیما سا دلاسہ دیا کہ اب ہم بھی وقت کے ساتھ قدم ملا کر چل رہے ہیں، وہ علیحدہ بات ہے کہ

وقت کی سعی مسلسل کارگر ہوتی گئی
زندگی لحظہ بہ لحظہ مختصر ہوتی گئی

ڈاکٹر ہناء خان



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روشنی بچاؤ مہم کی شروعات

جاڑے کی نرم و ملائم ہلکی زرد دھوپ اس وقت میز پر پھیلی ہوئی ہے۔ کرنیں آتے جاتے بادلوں کی اوٹ میں آنکھ مچولی کرتے سائے بنا اور مٹا رہی ہیں۔ گداز ہواپتوں سے خزاں کی آمد کی سرگوشیاں کرتی گزر رہی ہے۔

کبھی کہا جاتا تھا کہ

وقت ہر درد کی دوا ہے مگر

وقت پر اختیار بھی تو نہیں

مگر آج کی صدی میں حضرت انسان نے کچھ تھوڑے بہت اختیارات حاصل کر لیے ہیں۔ سبز پتوں کو لال پیلا ہوتا دیکھ کر یاد آیا کہ گھڑی ایک گھنٹہ پیچھے کرنے کا دن آگیا ہے۔ یہ عمل ہمیں ایک گھنٹہ پیچھے تو لے جاتا ہے مگر ماضی کا کوئی لمحہ واپس نہیں دلا سکتا۔ اس کی تمنا بے سود ہے۔

غالب نے اپنے آئینہ ادراک میں آنے والے وقت کی دھندلی سی جھلک دیکھ کر ہی کہا تھا

مہرباں ہو کے بلا لو مجھے چاہو جس دم

میں گیا وقت نہیں ہوں کہ پھر آ بھی نہ سکوں

تو جناب اس ”روشنی بچاؤ مہم“ کی بنیاد یوں پڑی کہ یورپی قوم کو بجلی بچانے کا شاندار آئیڈیا آیا۔ خط استوا سے دور واقع ملکوں کو یہ غلط فہمی ہو گئی کہ اس عمل سے بجلی کے استعمال میں پورے ایک فیصد کی بچت ممکن ہے۔ (لگتا ہے لوڈ شیڈنگ کا خیال انہیں نہ آیا)

جو ممالک خط استوا کے قریب واقع ہیں انہیں اس تکلف کی ضرورت نہیں کیوں وہاں رات دن کا میزان برابر رہتا ہے۔ جرمنی پہلا ملک تھا جس نے اس روایت کا آغاز اپریل 1916 میں کیا۔ یورپ کی دیکھا دکھی امریکی صدر صاحب کو بھی یہ خیال آیا کہ سردیوں میں لوگ اگر ایک گھنٹہ پہلے اٹھ جائیں تو شام میں موم بتیوں کا استعمال خاصہ کم ہونے کا قوی امکان ہے اور دن کی روشنی سے لوگ زیادہ مستفید ہو سکتے ہیں۔

معاشی اور اقتصادی طور پر مضبوط قومیں اپنے ہر گھنٹے کا حساب رکھتی ہیں۔ کہاں گھنٹہ بڑھانا ہے کہاں گھٹانا ہے، کتنا بچانا ہے اور کتنا منافع کمانا ہے؛ خیر جانے دیجئے ہمیں ان باتوں سے کیا لینا؟

ہم تو غالب کی روش پر قائم تھے اور فرصت و فراغت کے خواب دیکھتے تھے

جی ڈھونٹتا ہے پھر وہی فرصت کے رات دن

پیٹھے رہیں تصورِ جاناں کیے ہوئے



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فیتا اک پرانا خیال نیا ماحول

تجھ پہ مرتے تھے سب اے مری جان جاں
اور تجھے دیکھ کر ہی میں جیتا رہا

وصل کی مے نصیب رقیبیاں رہی
زیر بجران کا پیالہ میں پیتا رہا

زخمِ غم کے مرے دل پہ جتنے لگے
سوزنِ صبر سے ان کو سیتا رہا

مسجدوں مندروں میں مانگی منتیں
پڑھتا قرآن رہا پڑھتا گیتا رہا

وصل مقصد نہ تھا آڑ کووڈ کی تھی
ہاتھ میں تیرے چھ فٹ کا فیتا رہا
آفتابِ ناز

دل نے چھوڑی پیار کی خو
مٹی نے کھو دی خشبو

اپنی اپنی قسمت ہے
اپنا اپنا واٹر لو

سوے درد جگا بیٹھی
رات کی رانی کی خشبو

فجرِ تمنا پڑھنی ہے
آہِ سحر سے کر کے وضو

پھیلی کیسے شہر میں بات
بادِ صبا یہ تو تھی تو

ڈاکٹر فراتِ غضنفر

میں ایک جا کھڑا تھا وہاں جا بجانہ تھا
آساں بہت تھا ملنا اسے حوصلہ نہ تھا

اک دائرہ جنوں کا ہمیں راس آگیا
ہم کو سفر کا شوق تھا اور فاصلہ نہ تھا

آنکھوں میں میری دیکھ تو سکتے تھے تیرا حسن
مارے حسد کے میری طرف دیکھنا نہ تھا

اٹھتا نہیں تو اس کے لیے مشکلات تھیں
یاں میں تو سجدہ ریز تھا پر وہ خدا نہ تھا

سورج سے دوستی بھی بھلا کس کو راس تھی
ساعے میں اس دوار کے بھی بیٹھنا نہ تھا

چھوٹی سی فتح باعث نقصان تھی بہت
نفع تو اس میں ہوتا مگر فائدہ نہ تھا

اتنی نگاہیں مجھ پہ رہی تھیں تمام وقت
میں اس کو دیکھتا تھا مگر دیکھتا نہ تھا

پلٹی ہوئی تھی پاؤں سے دہلیز اے سعید
کتنا بھی دور جاتا میں گھر سے جدا نہ تھا

ڈاکٹر سعید سید



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غزل

شہلا نقوی

عجیب حشر بپا ہے خموش گھر میں رہو
سفر قریب ہے خانہ بدوش گھر میں رہو

اگاو دل میں کسی سایہ دار خواہش کو
نثار برگ و ثمر سبز پوش گھر میں رہو

ہے اب سکوت کا موسم ہے اب قرار کی رت
چھپاے دل میں یہ جوش و خروش گھر میں رہو

ہزار دکھ کے مناظر تمہاری راہ میں ہیں
نہ لکھنے پاو تو خامہ بگوش گھر میں رہو

خیال و خواب کی دنیا میں کیوں بھٹکتے ہو
نظر کے آگے ہے سیلاب ہوش گھر میں رہو

ہے شور دھوپ کی تیزی کا سارے رستوں میں
بچھا کے سائے کا بستر خموش گھر میں رہو

بنے نہ تاج محل اور نہ کوئی نہر کھدے
رکھو امید سو تیشہ بدوش گھر میں رہو

پڑا تھا خون کا دریا تمہارے رستے میں
وہ پار کر لیا اب سرخ پوش گھر میں رہو

ربائی اس سے ملے گی نہ عمر بھر تم کو
غلام زیست ہو حلقہ بگوش گھر میں رہو

کہاں بہاؤ گی رستوں میں اشک غم شہلا
ہے آنسوؤں کے سمندر میں جوش گھر میں رہو

غزل

شہلا نقوی

مجھے یہ آسماں چھونے کے قابل چھوڑتا کب ہے
زمین زادہ ہے اس مٹی کو یہ دل چھوڑتا کب ہے

کسی انجان منزل کے لیے میں بادباں کھولوں
مگر یہ دل تمہارا یاد ساحل چھوڑتا کب ہے

ہمارے خواب سارے دن میں اخفا رہ گئے لیکن
کوئی تاریک گوشہ ماہ کامل چھوڑتا کب ہے

یہ سیلاب محبت کشت دل غرقاب نہ کر دے
یہ تجھ میں اور مجھ میں حد فاصل چھوڑتا کب ہے

مرا دست طلب اور جھومتا سرشار اک غنچہ
وہ مست ناز اپنا بستر گل چھوڑتا کب ہے

سوا نیزے پہ جب ہو آفتاب غم تو پھر شہلا
مرے احساس پر وہ برف کی سل چھوڑتا کب ہے



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دیا اور دو دن لگاتار برفباری نے ہر چیز پر برف کی ایسی دبیز تہ چڑھا دی تھی کہ سڑکیں بجلی اور پانی کا نظام درہم برہم ہو گیا تھا۔

یہ علاقہ اس موسم کا عادی نہیں تھا۔ شمالی سرد علاقوں میں تو ہر سال یہی ہوتا تھا وہاں رہنے والے سردیوں کے لیے خورد و نوشت کا سامان ذخیرہ کر کے رکھتے ہیں لیکن اس علاقے کے لوگ آنے والے طوفان کے اعلانات پر غذا اور ٹائلیٹ پیپر سے دکانوں کو خالی کر چکے تھے لیکن بجلی چلی گئی اور گھر گرم رکھنے کا آسرا بھی گیا اور پانی جمنے سے پانی کے پائپ پھٹ جائیں گے۔

شہر میں بڑے بڑے ٹرک مدد کا اعلان کرتے گھوم رہے تھے اور ضرورت مندوں کو پناہ گاہوں میں پہنچا رہے تھے۔ لیکن یہ محلہ ان میں سے نہیں تھا۔ اس متمول علاقے میں گھر اپنی اپنی زمین پر دوسروں سے بے نیاز کھڑے تھے۔ گھر کی تعمیر میں یہ آتشدان بھی معمار نے گھر کی قیمت بڑھانے کے لیے بنا دیا تھا ورنہ اس گرم علاقے میں ایسی سردی کی توقع ہی نہیں تھی۔ اس چھوٹے بچوں کے گھر میں کتابوں سے بھری الماریوں کے ما بین یہ آتشدان محض ایک آرائشی شے سمجھا جاتا تھا۔ اسی لیے آج جب اس کو سلگانے کی ضرورت پڑی تو نہ اس کے لیے کوئلہ تھا نہ لکڑی

چند گھروں کی چمنیوں سے دھواں اٹھتا نظر آ رہا تھا اور مرد بوٹ چڑھا کر گھٹنوں گھٹنوں برف میں ڈولتا قریب کے گھر سے جلانے کے لیے لکڑی مانگنے گیا تھا اور یہ سن کر بھونچکا واپس آیا کہ وہ لوگ اپنی ایک میز کو توڑ کر جلا رہے تھے۔

اس نے واپس آکر اپنے گھر کے سامان کا جائزہ لیا۔ سوائے مسہری کے سرہانوں اور کھانے کی میز کے جو بہت بڑی تھیں باقی فرنیچر سٹیل یا پلاسٹک کا تھا۔

اس نے شمع جلائی تھی اور اسی کے شعلے سے آتشدان میں پتھریلے چہرے کے ساتھ کاغذوں میں آگ لگائی تھی اور کاغذوں کے جلنے کے بعد اب کتابوں کی باری آچکی تھی۔ اور اب اس کے بیوی بچے جلتی ہوئی کتابوں کی گرمی میں آرام کر رہے تھے۔

اس کی نگاہیں اپنے ہاتھوں میں کھلی کتاب پر جمی ہوئی تھیں۔ جب وہ ایک صفحہ مکمل پڑھ لیتا تو اس کو پلٹنے کے بجائے احتیاط سے، اس احتیاط سے کہ اگلا صفحہ کو گزند نہ پہنچے، وہ اسے پہاڑ کر آتشدان میں ڈالتا تھا۔ جیسے اپنی عزیز ترین شے کو محبت کی قربان گاہ پر چڑھا رہا ہو۔ ایک سنہرا شعلہ لپکتا تھا اور بہت جلد سیاہ راکھ میں بدل جاتا تھا۔



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قربان گاہ

شہلا نقوی

آگ میں ہر تھوڑی دیر کے بعد ایک شعلہ بھڑکتا تھا اور چند لمحوں میں کالی راکھ اڑاتا دب جاتا تھا۔ آتش دان کے آگے ایک عورت لحاف اوڑھے لیٹی ہوئی تھی۔ اس نے اپنے دونوں بچوں کو گرم کپڑے، دستانے اور کنٹوپ پہنا کر ان کو گرم رکھنے کے لیے لحاف میں لٹایا ہوا تھا۔ ابھی سورج نہیں ڈوبا تھا لیکن بچے سو گئے تھے۔ عورت کی نگاہیں آتشدان میں شعلوں کی لپکتی سنہری زبانوں پر جمی ہوئی تھیں جن میں رہ رہ کر ایک بڑا شعلہ بلند ہوتا تھا۔

مرد آتشدان کے پاس کرسی پر گرم کوٹ اور ٹوپے میں بیٹھا شمع کی روشنی میں کتاب پڑھ رہا تھا۔ اسی کے آگ میں وقفے وقفے سے کچھ ڈالنے سے شعلہ بلند ہوتا تھا۔ اپنے انداز سے وہ آگ دریافت ہونے کے بعد اس کے زندگی بخش شعلے کو کسی الاؤ میں زندہ رکھنے کی کوشش میں مشغول زمانہ قدیم کے کسی شخص سے مختلف نہیں لگ رہا تھا۔

مکان کی چھت کے کناروں سے لٹکتی برف کی بلوری برجھیاں زمین کو نشانہ بنائے ہوئے تھیں۔ سرمئی آسمان سے کبھی کبھار کوئی کرن چپکے سے نکل کر ان کو بیرے کی طرح جگمگا دیتی تھی لیکن ان کرنوں میں اتنی حدت بھی نہیں تھی کہ جمی برف کی نوکوں سے ایک قطرہ بھی پگھل کر زمین پر گرتا۔ زمین خود دھنکی ہوئی روئی کا سفید لحاف اوڑھے سو رہی تھی۔ برف سے لدے ایک درخت سے بیر بہوٹی کے رنگ کا پرند اڑتی برف کے سپید ذروں میں سرخ لکیر سی سلگاتا دوسرے درخت کی شاخوں میں پر پہلا کر چھپ گیا۔ یہ نہ ہوتا اور برف سے ڈھکے جھولے نہ ہوتے تو لگتا کہ جیسے اس برف زار میں کبھی شاخوں پر پرندوں کے چہچہے اور لان پر بچوں کے قہقہے نہیں سنے گئے تھے۔

اس برفانی عالم کو وجود میں آتے بہت وقت نہیں لگا تھا۔ زمین نے اپنے محور پر دو ہی چکر لگائے تھے جن کے دوران شمال سے آتی ہواؤں نے بادلوں کو منجمد کر



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اداریہ

ڈاکٹر ہناء خان

ایک خوشگوار صبح ہمارے کرم فرما ڈاکٹر فرخ ملک کا چہچہاتا فون آیا کہ موسم خزاں کی اپنا کانفرنس کی میزبانی کا رقعہ ہمارے خوبصورت شہر نیشول کے نام نکل آیا ہے۔ اس نوید مسرت کے ساتھ ہی انہوں نے یہ مزہ بھی سنا دیا کہ مدیر اعلیٰ کی ذمہ داری ہمیں سونپی گئی ہے۔ جس اعتماد کے ساتھ انہوں نے ہمارا انتخاب کیا تو ہم پر بھی یہ واجب ہو گیا کہ اس ذمہ داری کو احسن طریقے سے نبھائیں۔



سو اجاب فہم و دانش، مجلہ پیش خدمت ہے۔

اس میں شامل تمام مضامین، شعر و نثریوں ہیں گویا کسی خوبصورت باغ سے پھول کلیاں چن کر ایک گلدستہ ترتیب دیا ہو جس کی خوشبو آپ کو معطر کر دے۔ ایک نظم ہاسٹل میں گزرے وقت کو یاد کرتی ملے گی، کچھ کلام وطن عزیز میں بیٹے وقت کی یاد مہکاتا نظر آئے گا۔ دراصل وہ تمام جگہیں جہاں ہم کبھی رہے ہوتے ہیں، ان میں گزارے گئے وقت کی یادوں کے جگنو ہمارے لاشعور میں جگمگاتے رہتے ہیں۔ گھر کا برآمدہ، پرانا صحن، گلی کی اینٹیں، خواب میں آجاتی ہیں۔ پرانی تصویروں میں جو کمرے میں بکھرا سامان دکھتا ہے، اسی کے بیچ کہیں زندگی بکھری پڑی ہوتی ہے جسے ہم سمیٹ کر دیارِ غیر میں آجاتے ہیں۔ بقیہ زندگی انہی بکھری یادوں کے پھیلاؤ کو سمیٹتے بیت جاتی ہے۔ ہجرت اور مراجعت کا سفر جاری رہتا ہے۔ بدلتا وقت ہمیں بھی بدل دیتا ہے۔

بہت دنوں بعد پائی فرصت تو میں نے خود کو پلٹ کے دیکھا

مگر میں پہچانتا تھا جس کو، وہ آدمی اب کہیں نہیں ہے

آپ تمام خوش نوا اور خوش ادا دوستوں کا شکریہ جنہوں نے قلیل وقت میں نگارشات بھیجیں اور ہم یہ مجلہ ترتیب دے پائے۔ ویسے تو سب سے زیادہ خوش ہم خوش فہمی میں رہتے ہیں مگر دلی خوشی یہ جان کر ہوگی کہ ہم آپ کی توقعات پر پورا اترے۔ کسی کمی بیشی کے لیے پیشگی معذرت۔

آپ سب خوش گفتار، خوش اطوار، اور خوش اندام دوستوں کے لیے دعا کہ بھرپور و مسرور زندگی کی مثبت اقدار پہ قائم رہیں۔ جمال نعمت اور کمال نعمت سے مالا مال رہیں۔

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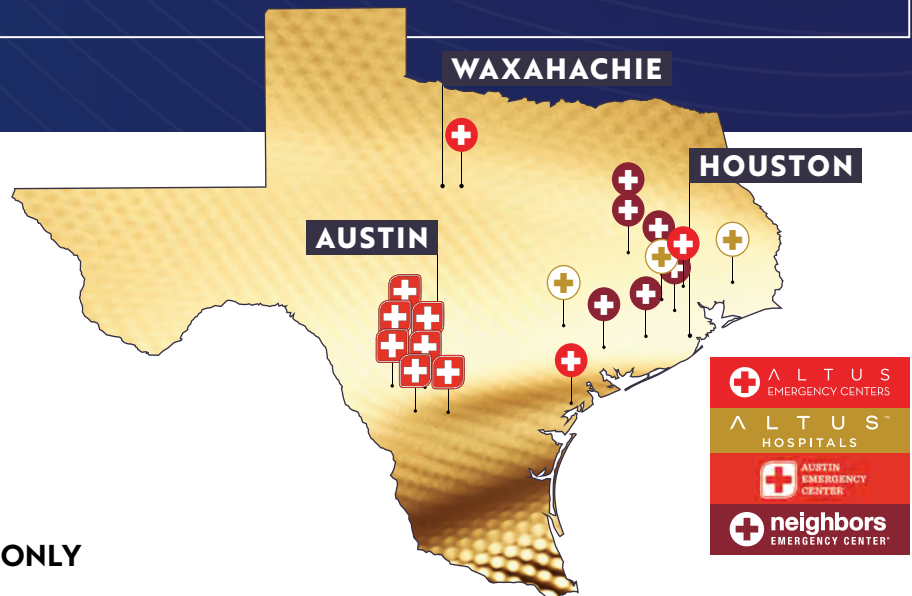


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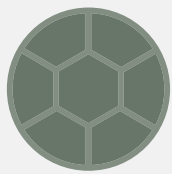
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