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45TH ANNIVERSARY EDITION

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



APPNA

Association of Physicians of
Pakistani Descent of North America

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Calligraphy by M. Saleem Sayal "Nishtarian 1974"

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Association of Physicians of
Pakistani Descent of North America

EDITORIAL
&
EXECUTIVES
CORNER

Editorial - ChatGPT & Internal Politics



As I am thinking about writing this editorial over the last few weeks, I wanted to tackle the question of why so many Physicians of Pakistani descent do not become members of our organization, at about the same time I also heard about ChatGPT, an open source artificial intelligence bot. I decided to pose this question to ChatGPT to see what is out there in the virtual world. See the answer below:

Instructions: Write an editorial for the 2022 annual Journal of Association of Physicians of Pakistan Descent of North America (APPNA). Comment upon the number of Pakistani physicians practicing in America and the number of APPNA members and why people do not want to join APPNA.

Output within seconds by ChatGPT:

As we approach the end of another year, it is time to reflect on the state of the Association of Physicians of Pakistani Descent of North America (APPNA).

First, let's address the issue of the number of Pakistani physicians practicing in the United States. It is no secret that Pakistani physicians have made significant contributions to the medical profession in America. According to the Association of American Medical Colleges, Pakistan ranks third in the number of international medical graduates practicing in the United States, with over 20,000 Pakistani doctors currently working in the country.

However, despite this impressive number, the membership in APPNA remains relatively low. This raises the question of why so many Pakistani physicians choose not to join the organization. There could be a variety of reasons for this, including a lack of awareness about the benefits of membership, a perception that the organization is not relevant to their practice, or simply a lack of time to commit to additional professional activities.

It is important for APPNA to continue to promote the benefits of membership and to ensure that the organization is meeting the needs of Pakistani physicians in America. This includes providing valuable resources and networking opportunities, as well as advocating for the interests of Pakistani doctors within the larger medical community.

Although everything listed above is true and possibly playing a part in the low membership rate, every time we are in a gathering and I try to convince any friend to formally join APPNA, their answer usually is that they do not want to get involved in APPNA politics, so I asked Chat GPT following:

Instruction: Write why people are put off by internal politics in the Association of Physicians of Pakistan Descent of North America (APPNA).

Output within seconds by ChatGPT:

Internal politics can be a major deterrent for people considering joining the Association of Physicians of Pakistani Descent of North America (APPNA). Here are a few reasons why:

1 - Time and energy: Internal politics can be time-consuming and energy-draining, taking away from the primary focus of the organization and its members. This can be especially frustrating for busy professionals who already have limited time to devote to additional activities.

2 - Lack of transparency: When internal politics are not transparent, it can lead to feelings of mistrust and dissatisfaction among members. This can create an atmosphere of uncertainty and insecurity, which can be off-putting to potential members.

3 - Personal agendas: When individuals or groups within an organization pursue their own personal agendas, it can create divisions and conflict within the group. This can be demoralizing and disheartening for those who are trying to work together for a common cause.

Editorial - ChatGPT & Internal Politics

4 - Decreased productivity: Internal politics can create distractions and disruptions, leading to decreased productivity and progress towards the organization's goals.

This can be frustrating for members who are dedicated to the mission of the organization and want to see it succeed. Overall, internal politics can create a negative atmosphere within an organization and discourage potential members from joining. It is important for organizations like APPNA to strive for transparency, open communication, and a focus on the common goals of the group in order to avoid internal conflicts and create a positive, welcoming environment for all members.

Once we all are able to think beyond the very impressive capabilities of this bot, I am sure many of you will agree with the description above and admit that last few years APPNA was greatly affected by our internal politics but what we would like to highlight in this Journal is what APPNA was able to accomplish in these tested times of COVID pandemic and devastating Floods in our country, the reasons enough to stand up and join the caravan to leave this world in a much better shape for our future generations. We need to think beyond internal politics and promote positive welcoming environment if we like our membership to grow.

I will remiss if I fail to acknowledge the hard work of Mr. Laiq Siddiqui (APPNA`s all in one when it comes to technical support, website, audio visual, design, and communication) for his invaluable assistance with this publication. We spent countless hours together to bring back our annual tradition after COVID pandemic. Thank you to every one who contributed and have shared their content in the form of reports, messages, articles, and poems, without these efforts this would not have been possible. We are coming back to our membership after the hiatus of 4 years and this only became possible due to the extraordinary leadership and commitment of APPNA president for 2022, Dr Haroon Durrani. I am grateful for him to have given me the chance to add little more to our institutional memory by the way of this publication.

Now sit back, relax and enjoy great read, please do not hesitate to contact us with your feedback.

Reference: <https://chat.openai.com/chat>

Tahir Latif MBBS, MBA
Editor, APPNA Annual Journal

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Disclaimer:

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About the Cover:

The picture on the title is one example of extraordinary talent APPNA membership possess that goes way beyond being an excellent Physician. The Calligraphy is the inspiration of Dr. M Saleem Seyal a graduate of Nishtar Medical College (1974), Cardiologist living in Louisville since 1983 and practicing with Baptist Health River Cities Cardiology in Jeffersonville, IN. Dr. Seyal has also served as a member of the Board of Directors of the Kentucky Center for the Performing Arts and was awarded the MOSAIC Award for his professional success and community involvement as an immigrant. He is passionate about inter-faith harmony and understanding and has given talks about History of Islam, Contributions of Islam to Western Civilization, Islamic Mysticism and Islamic Calligraphy. Please see photographs of some of his work in 2017 annual Journal on page 42.

Creative and design services by:
Laiq A. Siddiqui - V4ideas Inc. www.v4ideas.com

President's Message



My dear APPNA family,

It is with great pride and a sense of achievement, I reflect upon the year of 2022. APPNA has made progress in a positive direction and has shown tremendous growth! We hope that the seeds of civility, team work and professionalism that were planted in the last couple of years will continue to grow and flourish in our future.

In order to succeed in our goals, my emphasis has always been team work and bringing all parties to the table. It has been an excellent experience working with Board members, APPNA council and regular interactions with our amazing members.

It was a learning experience for me and towards the end of my year as President of APPNA, I feel confident that our organization is on right track.

One of my most challenging task was progressing forward for the first time, under the new bylaws.

Transition was not easy but with the unwavering help and support of all of you, we made it. The new bylaws were challenged in the court and BOD decided to go into binding arbitration to save money and time. We were confident that APPNA has followed the policy and procedures while working on new bylaws. This was first time in history of APPNA that bylaws were approved in the council unanimously by 53 to 0 vote with 36 council members co-sponsoring the motion. The arbitrator, a retired judge mutually agreed upon by both parties dismissed the motion after the first preliminary hearing.

I have worked tirelessly with my team to create a culture of civility and respect in APPNA. We have managed to change the direction of our organization to growth and a culture of respect. The new bylaws requires that BOD and council will have their COC and SOP's which they will have to sign and follow and I think this will further bring more transparency and accountability in the organization.

As I worked diligently on creating a positive and productive culture in APPNA, I remained equally focused on institution building.

I am very humbled and proud to share that this year APPNA has been most profitable with record breaking income and profits. This is a testament to the interest and trust APPNA gained from its membership.

Close to my heart are few projects, of which opening an APPNA office in Pakistan and registering as an NGO is the top priority. This should take place in first few months of 2023.

Two other projects, APPNA medical college and APPNA agency on the footing of JHACO to standardize the minimum requirements for private healthcare providers in Pakistan. These are very tedious and time consuming process and lots of work needs to be done. We had some preliminary discussions but It will require the joints efforts of several incoming presidents to be fruitful.

Some of the financial details and planning.

- I have earmarked 50 K from this years profit to hire an expert in grant writing.
- Leaving 125K in restricted account for investment in real estate for additional income to APPNA.
- \$250 K for home building for flood victims in Pakistan. Total amount for home building for flood victims is over a Million dollars, rest raised by Social Welfare and Disaster Relief Committee.

I have regularly briefed our members about our activities through out the year. I will share a brief summary:

- Extremely successful two International trips that were well received by our members.
- APPNA meetings have been well appreciated across the boards. We had a few inconveniences during the summer meeting due to extreme shortages of staff/servers which resulted in delays in critical services. I am humbled to share that we fought and received little over \$100 K as settlement.
- State of the art CME activities and MERIT courses throughout the year.
- Outstanding achievements of our members in their respective fields. Dr. Omar Atiq and Dr. Mansoor Mohiuddin are pride of APPNA!
- All our committees did an excellent job! I am truly grateful for dedication of all Chairs, Co -Chairs and members of the Committees for their hard work.

President's Message

At the core of our organization vision is charity work. I am extremely proud to share the achievements of SWDRC. APPNA SWDRC has been very busy during 2022. COVID-19 Pandemic relief work continued in 2022, provided over \$150k worth of food supplies in USA and Pakistan, total reaching \$2M since start of pandemic, including Food/ration packs to deserving families, PPE supplies to healthcare professionals, home O2 cylinder supplies to sick patients requiring supplemental Oxygen in various cities across the country.

APPNA SWDRC immediately started relief efforts for families affected by one of the worst flooding in the history of Pakistan. Over \$250k worth of cooked hot meals, ration/food packs, medicines, mosquito nets, hygiene kits, blankets and other needed supplies were provided in flood affected areas of Sindh, Baluchistan, South Punjab and KPK. In rehabilitation phase, over \$1Million is being spent to build 500 homes for flood affected families across the country including Sindh, Baluchistan, South Punjab, KPK and Gilgit including an entire Hindu village which was wiped out by floods in Sind, in collaboration with Custom healthcare society and HDF. Really appreciate the generous support of our donors which includes individual members, some of our chapters and Alumni associations.

APPNA success in our academic, healthcare, diplomatic and social work domains is purely due to dedication of our amazing members.

Life can truly be unpredictable and offers no guarantees. We are deeply saddened by the loss of family members that some of our beloved friends endured this year. We lost a great visionary and leader Dr. Arif Toor recently, he was one of APPNA's past President. He is remembered as a very honorable, compassionate and dedicated physician, family man and a great friend.

We are also deeply saddened by the untimely demise of Tipu's wife, Mrs. Munawar Ahmed. We are always here to support his young family. Our thoughts and prayers are with all the bereaved families.

My special thank to Nick Suh for taking care of smooth running of the office at times all by himself. Tipu for his never ending support and organizing skills. Laiq Siddiqui has been great help through out the year as well.

As I step back from my role, I feel content knowing that APPNA is in really in good hands. Dr. Arshad Rehan as President of 2023 and Dr. Asif Mohiuddin as President elect of 2023, will take APPNA to new heights. I will stand shoulder to shoulder with them for any help they might need.

I will also thank my EC of 2021 and BOD of 2022, for their support, dedication and hard work.

A very special thanks to Dr. Rizwan Khalid, our organization immediate past president who will be stepping out from the Board after serving amicably for several years. Rizwan is an excellent team player and worked with everyone.

It was pleasure working with Dr. Joseph Emmanuel Treasurer 2022, who will also stepping out from BOD after completing his one year term.

I would also like to acknowledge Dr. Qazi Kamal Haider outgoing member BOD for his services to APPNA.

I am deeply grateful to my dedicated and supportive wife, Maheen and my loving children, who patiently endured my absence from home.

The Journal in your hands required lots of volunteer hours of work and dedication. I want to specially thank Dr. Tahir Latif Chair Publication Committee for his hard work and taking care of minor details in designing and content selection. Also want to thank Laiq Siddiqui for his expertise in designing and getting it printed .

Last but not the least, thank you to my dear APPNA family, for their unwavering confidence and help during my presidency.

Wishing you all a very blessed and happy new year.

Long live USA!
Long live Pakistan!
Long live APPNA!

Haroon Durrani, MD
President APPNA 2022

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 early career attendings. Hopefully, all of these ventures will add value to being an APPNA member and improve our

Immediate Past President's Message

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 grassroot 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

President Elect Message



It is with a deep sense of humility that I will be starting my term as the President of APPNA for the year 2023. APPNA is a great organization and to lead it in any capacity is a great honor and privilege. I want to thank the membership for giving me the opportunity to serve our organization as the President.

I want to thank my predecessor, the immediate past-president, Dr. Haroon Durrani for doing a great job leading the organization last year. Under his leadership, APPNA proved its resilience and has finally fully come out of the challenges related directly or indirectly to the COVID-19 crisis. It stands even stronger than before. The organization is on sound financial footings and the bitterness and divisions of the past long gone.

APPNA must continue to grow and prosper. The only path ahead for us is one that takes it to even greater heights. For that to happen though, we must not relent. The hard work must continue.

In order to be more inclusive and give opportunities to more members to serve, we are making some small but significant changes to the Board of Director (BOD) appointed standing committees this year. For the first time in APPNA's history, no former presidents are being appointed as chairs of any standing committee, nobody who has served in the past as chair of a particular standing committee is being reappointed as a chair and no one is being appointed to more than one standing committee. I thank all the past leaders for the great services that they all rendered. I have discussed with many of them and they agree that new leadership must be groomed and afforded opportunities to serve and shine.

Our Constitution and bylaws (CABL) were thoroughly reviewed and revised/replaced in December of 2022. These were the result of some really hard work and long hours put in by the then CABL committee. The bylaws have been in effect since then. As with any good document though, the practice and implementation has revealed some shortcomings and confusion. The new CABL committee is being tasked with reviewing and further improving the document.

APPNA wishes to continue its great work in Pakistan. To that effect, we want to increase our ground presence in Pakistan. The BOD has approved exploring ways to formally register an APPNA subsidiary as an international non-governmental organization (NGO) in Pakistan. Besides giving us protecting us with legal safeguards, this would also allow us to use our expertise in much better and bigger ways to improve healthcare and medical education in Pakistan. We would be able to petition international donor agencies for grants and thus expand our work many folds more than what we do now.

We will continue to explore ways for establishing a state of the art hospital and medical university in Pakistan. I will be requesting the BOD to appoint a task force into exploring the feasibility and various options in this regard.

President Elect Message

The membership showed some signs of growth last year. We must however acknowledge that our organization's membership has been aging. New, younger membership is absolutely essential for the continued health and well being of APPNA. I hope that the membership committee will come up with ideas to increase membership on a steady basis. To that effort, the Young Physicians Committee must also continue to engage with all the young physicians that it helps with the process of getting training slots here so that they continue to associate with APPNA and become full members.

It has been felt that APPNA may not have been particularly attentive to the needs of its membership in Canada. To that extent, we are moving forward this year with President-elect Dr. Asif Mohiuddin's proposal and asking the BoD to approve a separate Advocacy Committee for attending to the peculiar needs of our membership in Canada. We also encourage the Canadian membership to give proposals for hosting major APPNA meetings in Canada. The CABL committee is being asked to explore ways for ensuring representation to Canada based members in the BOD.

APPNA concerns itself with promoting social, healthcare and medical-education related affairs in Pakistan. It is also concerned with myriad of problems its membership in particular and the wider Pakistani diaspora in general faces in Pakistan on a day-to-day basis. To resolve these issues, APPNA must continue to engage with the government there. We all may have our political opinions about the governments there but as an organization, we must understand that we have to engage with whatever government is in place there.

For this year, we are also planning to finally start an APPNA TV YouTube health channel for live broadcast in Pakistan and rest of the world. Please let the APPNA office know if you would be interested in participating in topics related to your area of expertise.

We will continue to advance our advocacy & philanthropic work here in North America.

Our strategy meeting this year is going to be held at the APPNA central office in Chicago, IL the weekend of January 27th. It would be an opportunity for you to present your thoughts and proposals for taking the organization forward. Please join us for a round table discussion on your proposals.

I am looking forward to working with our Board of Directors, Dr. Haroon Durrani as the immediate past-president and Dr. Asif Mohiuddin as the President-elect.

APPNA Zindabad,
Pakistan Paindabad.

Arshad Rehan

Secretary's Message



Dear APPNA Family
Asalam Alaikum

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

I am happy to report that the year 2022 has been a resounding successful year.

It has been an exhilarating and rewarding experience for me as General secretary of APPNA under the leadership of Dr. Durrani and we have achieved great heights.

The year started with a fun cruise trip to Bahamas and a Strategy Meeting chaired by Dr. Ehtesham Haq who did an excellent job.

The cruise meeting included brainstorming and presentation by many APPNA colleagues. Many excellent ideas were exchanged on how to improve APPNA affairs and it was a fun trip especially the APPNA talent show was really enjoyable.

Under Dr Durrani we had a record breaking APPNA Spring meeting in Oklahoma thanks to Dr Sanaullah and his team. This meeting generated a lot of interest and was the most attended and most profitable Spring meeting ever. The most memorable for me was the Pakistani food street behind the hotel and the colon cancer awareness walkathon.

The summer convention in Atlantic City New Jersey was well attended and again generated a lot of buzz. Dr Shehla Siddiqui and her team worked very hard for months to have an amazing event

APPNA international trips were very much in demand and the trips to Iran was highly sought after and we had to divide this trip into multiple groups to accommodate all the people who wanted to go to Iran.

The Fall meeting was a Tennessee style fun at a great venue and the APPNA Winter meeting in Pakistan especially the trip to Cholistan was very memorable

APPNA had several challenges in 2022 especially the legal challenge to the new Constitution and bylaws. Dr Haroon Durrani and the BOD decided to go into Arbitration to settle the matter and the new constitution has been upheld and is now the law under which APPNA operates.

APPNA had a successful election cycle under the new constitution and the new BOD has been working well and in harmony.

Secretary's Message

I want to congratulate Dr Haroon Durrani and Dr Rizwan Khalid for two amazing years and the positive changes they have brought to APPNA. 2022 was a "Durrani" year. Whatever he undertook became a resounding success.

As BOD APPNA, we honor your membership, participation and the volunteerism which makes APPNA a vibrant association. We are working hard every day to deliver the best possible APPNA has to offer to you. As we age as an organization, the only way 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.

I have helped launched APPNA into social media on all major platforms and launched APPNA tube 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 needs to invest in Grant writing and in research. To that end we have started laying the foundation for APPNA to be able to achieve these goals

APPNA has achieved a lot in 2022 but it's only the beginning and we have much more to achieve under the new APPNA president Dr Arshad Rehan. We need to invest our resources in the right places and stay united together under one banner with one goal to make APPNA strong.

As your President elect 2023 I wish Dr Arshad Rehan the APPNA President, for 2023, all the success and offer him all the support I can give.

Best wishes,

Asif Mohiuddin, MD
Secretary APPNA 2022
President Elect APPNA 2023
Member APPNA Board of Directors

Treasurer's Message



Dear APPNA members

AOA, Greeting

It was my honor to serve you as APPNA 2022 treasure. You have elected me to keep APPNA finances transparent and strong. I have tried to do my job honestly and diligently. As APPNA Board of directors we have tried to respect each other and follow the agree to disagree culture in APPNA boards of directors. The APPNA 2022 have met the financial goals, I am happy to inform you that we have set record for highest ever financial gains in one year in APPNA history.

APPNA spring meeting was very successful, record breaking meeting. We have \$215,000 net gain mostly due to sponsorships and sale of booths to vendors. Summer meeting was also a huge success. We have \$315,000 net gain mostly due to sponsorships and selling the booths to different vendors. APPNA have earned almost one million dollars with sale of booths to vendors and sponsorships, whereas \$27,000 from meeting registration and \$89,000 from annual membership renewal. APPNA have found the other resources of earning the revenues. Fall meeting was well attended but our gain was modest \$14,000. Winter meeting has no gain in revenues, but APPNA has contributed \$20,000 from Operational funds to meet the meeting expenses. APPNA international meetings were huge success. APPNA has earned \$45,000 from Egypt trip, \$125,000 from Iran trips, it can be slightly more. APPNA have raised more than half a million dollars for victims of flood in Pakistan. You have seen the SWDRC reports of SWDRC chair regarding our efforts to help people in need and victim of devastating flood in Pakistan. APPNA had approved around \$160,000 from APPNA general funds for building of home for flood victims. APPNA has plan to build 500 homes for this cause. Almost one million dollars have been sent for building of homes in Pakistan.

Overall, financially 2022 was a very good year for APPNA membership. As of 12/31/2022:

1. APPNA 2022 has gross gain around \$800,000 in revenue which is highest ever in APPNA history.
2. APPNA has \$738,170.79 in restricted and unrestricted accounts
3. APPNA has SBA EIDL loan \$147,718.15 which is payable as long-term loan.
4. APPNA investments have grown from \$6,810,345.69 to \$7,158,478.72 with gain of \$111,305.18 despite stock market is not performing well.

Pleas see statements on the next page for details.

APPNA 2023 have already gained around half a million of dollars by selling off the vendors booths for APPNA 2023 Summer meetings.

APPNA needs to increase membership to act decisively and effectively. APPNA can attract more sponsors, donors and can get grants by increasing APPNA membership by attracting those who have not been APPNA members. We have thousands of physicians of Pakistani descent including graduates of North American medical schools. APPNA need to be proactive to bring all those under the umbrella of APPNA. I hope we will continue to do it in 2023 and beyond.

I must say kudos to APPNA President 2022 Dr. Haroon Durrani and other members of Board of Directors for their fantastic work during 2022.

Sincerely,
Joseph Emmanuel, MD
APPNA Treasurer 2022
Member APPNA Board of Directors 2022

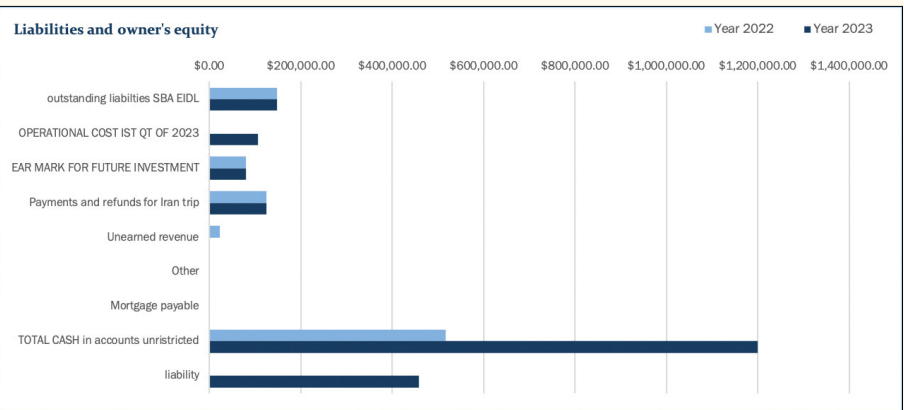
APPNA Financial Report

| APPNA 2022 Financial Report | Income | Expenses | Gain |
|--|---------------------|----------------|--------------|
| Strategy Meeting | | | \$1,875.00 |
| Spring Meeting | \$715,535.00 | \$501,066 | \$214,468.74 |
| Egypt Trip | | | \$45,000.00 |
| Summer Meeting | \$1,839,226.00 | \$1,569,929.00 | \$329,000.00 |
| Fall meeting | \$299,509.00 | \$285,437.12 | \$14,071.12 |
| Iran International Meeting | \$1,609,175.00 | \$1,314,154.48 | \$125,000.00 |
| <i>Note for Iran Meeting: 125000 Expected gain after paying dues and refunds</i> | | | |
| Membership Renewal | 822 members renewal | | \$102,750.00 |
| Elections | | | \$10,000.00 |
| Winter Meeting | \$43,000.00 | \$43,000.00 | \$0.00 |
| Total Expected Gain | | | \$842,164.00 |
| Operational cost | | | \$390,333.00 |
| Net Gain | | | \$451,831.00 |
| Life Time Dues Gain | 116 new LTM | | \$217,500.00 |

| Assets | Year 2021 | Year12/31/2022 |
|--|----------------|----------------|
| Current Assets | | |
| Cash in unrestricted accounts | | \$516,412.00 |
| Restricted funds | | \$221,756.78 |
| Fidelity investment life time dues | \$1,576,203.00 | \$1,675,097.24 |
| Stephens Inc Investment life dues | \$2,032,824.20 | \$2,197,960.59 |
| Scholarship fund | \$2,989,616.46 | \$3,103,827.41 |
| REEF(CME) | \$211,701.61 | \$199,593.48 |
| Total current assets | \$6,810,345.27 | \$7,914,647.50 |
| Fixed investment Property value estimate | \$300,000.00 | \$300,000.00 |



| Liabilities and Owner's Equity | Year 2022 | Year 2023 |
|-------------------------------------|--------------|----------------|
| outstanding liabilities SBA EIDL | \$147,718.15 | \$147,718.15 |
| OPERATIONAL COST IST QT OF 2023 | \$0.00 | \$106,000.00 |
| EAR MARK FOR FUTURE INVESTMENT | \$80,000.00 | \$80,000.00 |
| Payments and refunds for Iran trip | \$125,000.00 | \$125,000.00 |
| Unearned revenue | \$23,315.09 | \$0.00 |
| Other | \$0.00 | \$0.00 |
| Mortgage payable | \$0.00 | \$0.00 |
| TOTAL CASH in accounts unrestricted | \$516,412.71 | \$1,200,000.00 |
| liability | \$0.00 | \$458,718.15 |



APPNA Board of Directors 2022



Harron Durrani, MD
President 2022



Rizwan Khalid, MD
Immediate Past President



Arshad Rehan, MD
President Elect 2022



Asif Mohiuddin, MD
Secretary



Joseph Emmanuel, MD
Treasurer



Talha Siddiqui, MD
Member Board of Directors



Aftab Khan, MD
Member Board of Directors



Tayyib Rana, MD
Member Board of Directors



Qazi Kamal Haider, MD
Member Board of Directors



Association of Physicians of
Pakistani Descent of North America

APPNA IMPACT

Who we are

APPNA (Association of Physicians of Pakistani-descent of North America) was founded in 1977 to provide a networking platform for physicians of Pakistani decent in North America. Today, APPNA, the largest Pakistani organization in the US, represents over 20,000 physicians of Pakistani origin in North America, with diverse contributions in their respective disciplines and to their local communities.

APPNA fosters scientific development, education, and improved delivery in the fields of medicine and healthcare. APPNA champions Pakistani physicians and supports them in their assimilation, adjustment, and transition into North America. APPNA emphasizes a focus on charity work, in particular, medical relief and volunteer opportunities in Pakistan. APPNA encourages improved healthcare delivery through medical education through strong linkages between APPNA and medical institutions in Pakistan.

APPNA informs and educates decision-makers involved in healthcare initiatives.

APPNA, Numbers in 2022

| | |
|-------------------------------|---------------------------|
| Date of inception | 1978 |
| Chapters | 39 |
| Alumni | 16 |
| Committee numbers | 31 |
| Annual member | 800 |
| Life time member | 2440 |
| Operatoinal budget | \$360,000 |
| Fund raising campaigns | 15 |
| Flood relief funds | \$1,175,407 raised |
| COVID relief funds | \$1,472,583 raised |
| SWDRC funds dispersed | \$2,028,805 |

Where we are

Association of Physicians of Pakistani-descent of North America (APPNA) is the second largest non-profit ethnic medical organization in the United States and our central office is located in Chicago. APPNA represents the interests of over 20,000 practicing physicians and thousands of medical students, residents, fellows and allied health members of Pakistani origin in the United States. APPNA serves as an umbrella organization for a network of over 50 component societies; Alumni, State and Regional chapter associations, and Specialty organizations. These organizations are located across the United States, each with their independent and joint objectives to help with the mission of APPNA.

Fiscally responsible APPNA Governance

Your robust participation and contribution at work
See page number 20-28

Join Us on First Ever

APPNA Strategy Meeting on
CRUISE TO BAHAMAS
Feb 3-7, 2022

APPNA Gains: \$1,875.00

APPNA SPRING MEETING 2022
March 25-27, 2022
Omhi Hotel, Oklahoma City, OK

APPNA Gains: \$214,468.74

APPNA Gains: \$315,000

Total Gains **APPNA** **\$757,414.86**

45th Annual Convention
July 13 - 17, 2022
HARRAH'S RESORT ATLANTIC CITY, NJ

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

APPNA Gains: \$24,071.88

APPNA WINTER MEETING 2022
DECEMBER 22-25, 2022
MULTAN, PAKISTAN

APPNA Gains: (-\$20,000)

APPNA INTERNATIONAL MEETING
JERUSALEM
JORDAN
EGYPT
MARCH 4-13, 2022

APPNA Gains: \$45,000

Trip to Iran
October 5 - 16, 2022

APPNA Gains: \$150,000

APPNA of next generation; Integrating passion with vision

APPNA Flood Relief Efforts

July, 2022 Pakistan faced worst flooding in recent history, over 33 million lost their homes including everything and forced to live under the sky for months. Thousands lost their lives including many children. Millions of dollar worth infrastructure, agriculture and livestock have been destroyed. This turned out to be disaster of unprecedented proportions. Almost whole of the Baluchistan and interior Sindh as well as South Punjab and parts of KPK were in need of immediate relief activities. The magnitude of relief efforts required were humongous, seemed almost impossible to help over 33 million people who lost their homes and are stranded on the roads with flood water all around. No food, clean drinking water and medicine available for these victims. Many cities are badly affected and many villages have been completely wiped, many areas are still unreachable. They were 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 still in short supply.

\$2.02 million disbursed in 2022

APPNA SWDRS (in collaboration with Alkhidmat Foundation, CDRS, Saylani Welfare International Trust and Khana Gher) immediately started providing dry ration (food) supplies / hot meals / medicines / medical relief camps in underprivileged flood affected areas of Baluchistan (including Qamardine Karez, Killa Saifullah, Jafarabad, Zhob, Sherani etc), Sindh (including Jamshoro, Mirpur Khas, Tando Muhammad Khan, Tando Allahyar, Nosheroferoz, Hyderabad, Sanghar and Tando Jam), South Punjab (including DG Khan, Hajipur, Rajanpur) and KPK (including Daraban Kalan, DIK, Charsaddah, Nowshehra etc). Considering prediction of harsh winter this year, APPNA SWDRS provided 5000 double layer blankets (worth \$40k) to families in various flood affected areas of Baluchistan, Sindh and South Punjab.



APPNA Flood Relief Efforts

APPNA partnered with CDRS, Alkhidmat Foundation, Saylani Welfare International Trust, Khana Gher, Custom Healthcare Society and PKI on the ground in order to facilitate in the distribution of urgently needed emergency relief items. So far APPNA SWDRS has already supplied food packs, hot meals, blankets and medicines over \$250k 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.

Now entering in to rehabilitation phase, APPNA has partnered with Custom Healthcare Society to build homes in areas devastated by floods. First 5 homes were handed over on December 25, 2022. Each home consisting of 1 room, veranda, kitchen, bathroom and 4 walled compound, cost for each home \$2250.

APPNA SWDRS has raised and designated over \$1 million for building over 500 homes in flood affected areas. APPNA SWDRS is matching donations from APPNA chapters, alumni and individual donors. Donation for 5 homes matched by 2 homes and 10 homes matched by 5 homes from APPNA. Home building for flood affected families is in full swing in areas of Baluchistan (Dasht), Sindh (Jhuddo, Matiari), South Punjab (Fazilpur), KPK (DI Khan), Gilgit-Biltastan, hopefully will be completed by end of January 2023.



APPNA COVID Relief Efforts

Year 2020 was engulfed by the COVID 19 pandemic and since then it has resulted in millions of life lost. Millions more suffered through not only acute symptoms but many still deal with it in the form of long COVID. APPNA and its member were at front line facing this disaster head on, we lost many of our colleagues helping COVID 19 patients. It is impossible to list all the efforts APPNA and its members did to save our patients not only here in America but also in Pakistan on these pages. Please visit following links to see more detailed report of these efforts.

Covid relief efforts in 2020

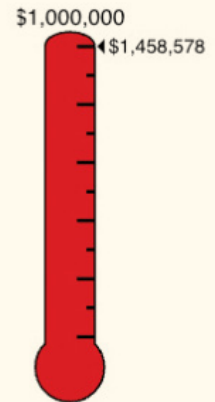
<https://appna.org/appna-covid19-relief-efforts/>

Covid relief efforts in 2021

<https://appna.org/appna-covid19-relief-efforts-in-2021/>

COVID relief efforts by Chapters and alumni

<https://appna.org/appna-covid19-relief-efforts-alumni-and-chapters/>

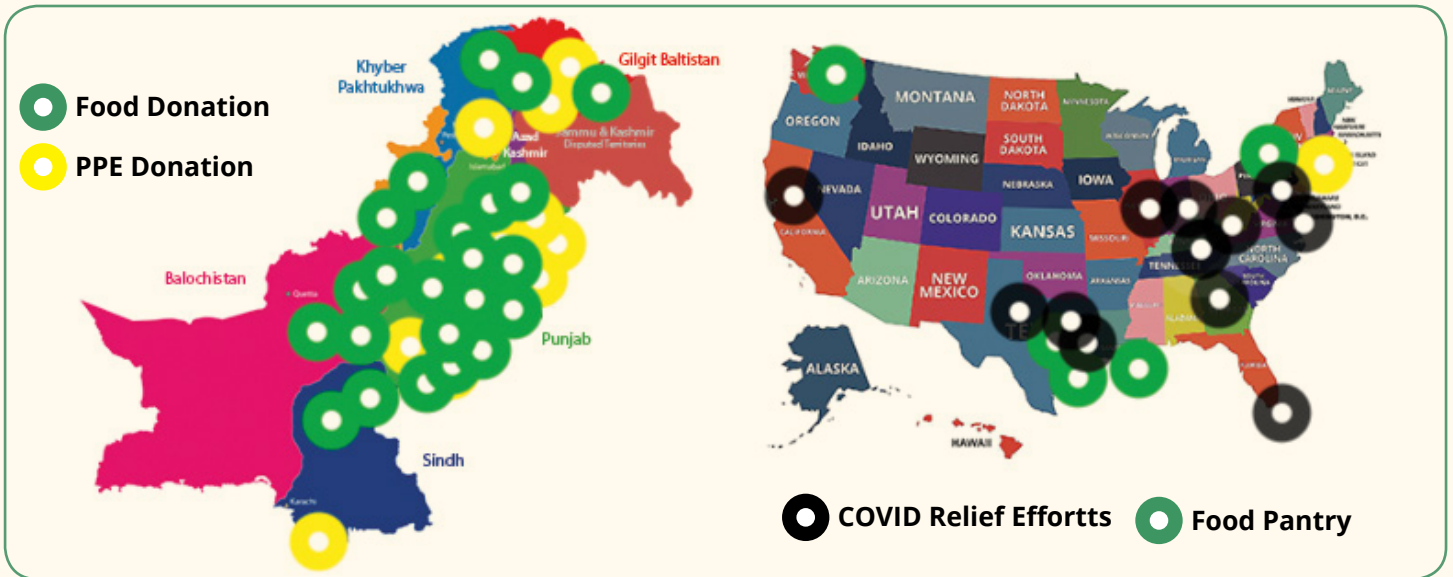


In 2022 COVID pandemic started easing off but devastating impact of pandemic on global economy is still continuing, it affected more the underprivileged population In 2022 APPNA SWDRC has provided over \$150k worth of food supplies in USA and Pakistan, total reaching \$2M since start of pandemic, including Food/ration packs to deserving families, PPE supplies to healthcare professionals, home O2 cylinder supplies to sick patients requiring supplemental Oxygen in various cities across the country.

Almost \$1.5 million spent in COVID Relief



APPNA COVID Relief Efforts



امریکہ سے بھیجے گئے گرما اور حفاظتی کیٹس ہسپتال تنظیم کے حوالے
 امریکی ریڈ کراس نے دیگر مہربانوں کے ساتھ ہسپتال کا دورہ کیا اور امریکا اور پاکستان کی طرف سے بھیجی گئی ہسپتال امداد کے حوالے کیے
 اور دیگر امداد کے ساتھ امریکا اور پاکستان کی طرف سے بھیجی گئی ہسپتال امداد کے حوالے کیے
 اور دیگر امداد کے ساتھ امریکا اور پاکستان کی طرف سے بھیجی گئی ہسپتال امداد کے حوالے کیے



APPNA of next generation; Integrating passion with vision

APPNA Cornea Transplant Project

The APPNA cornea project is a flagship project of APPNA. It was started in 2017 by Dr Fawad Zafar, to date over 5000 corneas have been sent and transplanted to deserving patients at over 28 centers in various cities of all provinces across Pakistan. The corneas are purchased from Eye Banks in USA and then transported to Pakistan where the Ophthalmologists perform free surgeries and there is no expense for the patient. To participate in this project, donation cost of each cornea is 250 dollars and many patients have benefited from this.

Over 5000 Corneas transplanted since 2017



APPNA-ICNA Mobile Clinics Project

APPNA/ICNA mobile clinics project was started in 2017, 4 mobile clinic units, one each in New York, Illinois, Texas and Florida providing healthcare services to our communities as well being used during disasters in different areas across 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 DMV area have held many successful health fairs.

Project initial cost \$240,000



Kachra Kundi School & APPNA OBAT Scholarship

It was started last year in Karachi Pakistan. Dr. Shahid Yousuf is leading this project. There are many schools run by an NGO in various poor neighborhoods of Karachi. Many brilliant students from these schools are going for higher studies but need financial support. This project is started with \$15k from an anonymous APPNA donor. This year 50 students are getting scholarship but potentially can be increased depending upon the interest of our donors.

APPNA/OBAT scholarship project started this year. It is sponsored by an anonymous APPNA donor. This year \$21000 distributed among 27 students obtaining medical engineering and nursing education.

Almost \$35,000 raised



APPNA Scholarship Fund

APPNA Alumni Scholarship Project was started in 2013 with a pledge of generous donation by an alumni member in the amount of ONE MILLION DOLLARS. The Scholarship Program is intended to help deserving students enrolled at respective medical colleges in Pakistan to defray some of their educational expenses. This is a way for us to Thank God Almighty for all the blessings we have had and help future students with their studies. The money is distributed from the appreciation and income of invested funds and we are hoping that this program will be continued for years to come. The Scholarship Committee Members, 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.

Funds as of October 6, 2022:

| Medical College | Initial Investment | Funds Distributed | Current Account Value |
|----------------------------------|--------------------|-------------------|-----------------------|
| Nishtar Medical College: | \$920,690.00 | \$115,000.00 | \$1,315,178.00 |
| King Edward Medical College: | \$472,647.00 | \$53,000.00 | \$649,943.00 |
| Jinnah Sindh Medical University: | \$182,376.00 | \$22,600.00 | \$248,270.00 |
| Quaid-e-Azam Medical College: | \$128,300.00 | \$21,100.00 | \$183,550.00 |
| Rawalpindi Medical College: | \$112,800.00 | \$21,700.00 | \$163,164.00 |
| Allama Iqbal Medical College | \$150,000.00 | \$0.00 | \$132,648.00 |
| Fatima Jinnah Medical College: | \$79,330.00 | \$5,350.00 | \$113,607.00 |
| Khyber Medical College: | \$28,063.00 | \$4,650.00 | \$42,838.00 |
| Bolan Medical College: | \$20,000.00 | \$0.00 | \$25,242.00 |
| Totals: | \$2,094,206.00 | \$243,400.00 | \$2,874,440.00 |

**Fund growth to almost \$3 million
in the last nine years.
Nine alumni participating.**



**APPNA
SCHOLARSHIP
FUND**

Young Physicians & Medical Students Support

Monthly online webinars for residency and fellowship applicants covering important topics like rank order list, visa processes, guidance about the onboarding of incoming residents, personal statements, ERAS CVs, and residency interviews.

Workshops on Personal Statement Writing,

Over seventy mentors were linked to residency applicants who reviewed their residency applications and conducted mock interviews for over 450 residency applicants.

Residency guidance seminars in APPNA Spring and Summer meetings 2022,

During APPNA Summer Meeting 2022, APPNA YPC collaborated with RESA and MERIT medical students subcommittee to organize a research symposium, about 60 outstanding abstracts were submitted. Of these abstracts, three abstracts were selected for oral presentations and 15 for posters.

APPNA YPC and Advocacy Committees worked with the Ministry of Health to streamline the process of Statement of Need (SON) release. With a new process, the timeline to release SON was cut down from 6 weeks to 48 hours.

Advocacy committee ensure timely interviews and arrival of our matched PGY I residents. There has been 12-18 months waiting time for visa interview in Islamabad and Karachi. 350 special slots arranged during April - June for our incoming residents both in Islamabad and Karachi, reducing the waiting period to only 3-5 days after visa application submitted as compared to a few weeks to a few months in other countries. 329 resident physicians were assisted this year.

Many medical students and graduates visit USA for internships, rotations, observer-ships as well as USMLE step 3 exams. APPNA advocacy committee members help close to 1000 medical students and doctors from Pakistan.

329 Visa application assisted and approved

450 Mock interviews conducted

Over 1000 young physicians, students, mentored, guided & assisted

Residency Interviews - Lets Ask From Program Directors

Moderator

Sadiq Naveed, MD, MPH, DFAACAP
Chair, APPNA YPC 2022
Psychiatry Program Director at Eastern Connecticut Health Network, CT
Associate Professor of Psychiatry, University of Connecticut, CT
Associate Professor of Psychiatry, Frank H. Netter School of Medicine at Quinnipiac University, CT

Panelists

Namirah Jamshed MD, M.B.B.S
Vivienne Roche Professorship in Geriatric Medicine
Program Director Geriatrics Fellowship
Medical Director COVE House call Program
Division of Geriatrics
UT Southwestern Medical Center
Dallas, TX

Ruaa Elteriefi MD, FACP
Program Director, Internal Medicine Residency
Beaumont - Dearborn
Clinical Assistant Professor, Wayne State University School of Medicine

Abdul Waheed, MD, MS PHS, FAAFP
Program Director
Family Medicine Residency
WellsSpan Good Samaritan Hospital
Clinical Associate Professor
Family & Community Medicine
Penn State University College of Medicine
Philadelphia College of Osteopathic Medicine

Nauman Ashraf, MD
Program Director Psychiatry Residency
Program Director Addiction Medicine
Fellowship; Adjunct Clinical Associate Professor of Psychiatry
KCU-GME Consortium / Ozark Center, Joplin, MO

October 1st 2022

12:00 PM Eastern Time (US and Canada)
9 PM Pakistan time

You can watch the live streaming at **APPNA MERIT** Youtube Channel

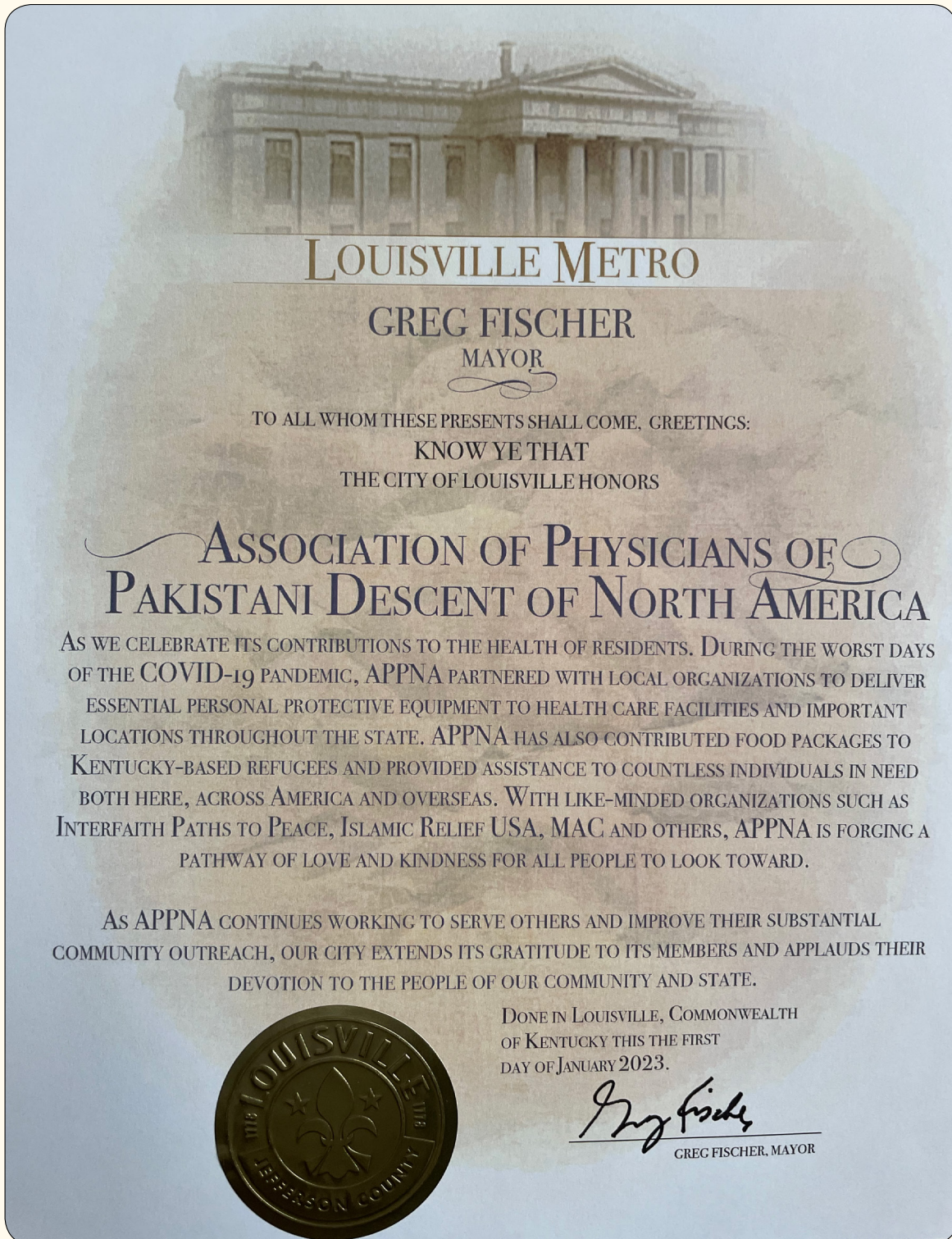
Watch Live

YouTube

www.youtube.com/appnamerit

Community Engagement: USA

Mayor Greg Fischer, Louisville recognized outreach efforts of APPNA during COVID-19 pandemic, when it collaborated with local nonprofits to support communities across Louisville and Kentucky.



Community Engagement: Pakistan

President of Pakistan Dr. Arif Alvi recently awarded APPNA, President's Medal of Excellence honoring APPNA's services to people of Pakistan. Dr. Haroon Durrani nominated Dr Humaira Haleem Ali, Council member from Canada to receive the award on APPNA's behalf.

President urges overseas Pakistanis to contribute their intellect, knowledge for country's progress

Alvi says 10 million Pakistanis living abroad have right to vote and efforts on way to give them this right

President Dr Arif Alvi on Wednesday called upon the overseas Pakistanis to contribute more to the progress and prosperity of the country by sharing their knowledge, experience, intellect and expertise in the relevant fields which was now possible through online platforms without requiring any physically presence.

The president, addressing a ceremony held to recognize the invaluable contributions of the overseas said that Pakistan desperately needed educated, trained, refined and highly productive human resources, which was fundamentally essential element for country's progress and prosperity. The ceremony was attended by the Chairman of the Welfare Society for Overseas Pakistanis Rights Dawood Ghaznavi, a large number of

prominent overseas Pakistanis and others. President Alvi called upon all stakeholders, government and private sector to take concrete and meaningful steps to create enabling conditions for the retention of productive human resources as the physical resources of a country remained unexploited due to a shortage of trained manpower in the past which adversely impacted the development and progress of the country. He said that he had been making efforts to get voting rights for overseas Pakistanis which could easily be possible with the help of technology or I-voting.

The president said that since the majority of the overseas Pakistanis could not opt for postal ballot due to laws of their host countries or could not physically travel to Pakistan for casting their votes, therefore, a credible, verifiable and technology-based electronic voting system was the best possible solution. He said that the world was making progress by leaps and bound with the help of technology, unfortunately, Pakistan was lagging behind in adopting technology.

He called upon the stakeholders to continue deliberating upon the adoption of technology-based solutions to provide voting rights to overseas Pakistanis. President Alvi said that there was an increasing trend amongst the overseas Pakistanis to resettle in Pakistan with a view to provide their

children acceptable social and cultural environment which, he said, was a welcoming trend and should be leveraged to utilize their high-quality learning, knowledge and expertise to bring about marked improvement in the quality of our products and services.

He also called upon the government to take all necessary steps to adjust and employ qualified, educated, knowledgeable and high-quality human resources of Pakistan which was currently needed to catalyze growth and progress in all sectors of the national economy. He further said that the dignity of the people and country would improve proportionally with the uplift of economic and financial outlook, improving the quality and quantity of trained and educated human resources, applying the law in a fair and just manner, creating transparent, verifiable and practical business processes and by bringing more transparency in our business transactions.

He acknowledged the valuable contributions of the overseas Pakistanis towards strengthening the country's economic and financial outlook by sending their hard-earned sizeable remittances to Pakistan. He said that there were around 10 million Pakistanis living abroad and they all were ambassadors of Pakistan. APPNA



Alvi urges overseas Pakistanis to contribute intellect, knowledge for country's progress

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President Dr. Arif Alvi giving awards to Overseas Pakistanis in recognition of their invaluable services in a ceremony on Wednesday. APP



Association of Physicians of
Pakistani Descent of North America

COMMITTEES CORNER

APPNA CABL Committee



THE STORY OF BYLAWS 2021

HOW APPNA LEADERSHIP AND MEMBERSHIP CAME TOGETHER TO PRODUCE A CONSENSUS BYLAWS DOCUMENT. AN EXAMPLE WORTH EMULATING.

Zia Moiz Ahmad, MD, FACC
Chair, CABL Committee 2020 & 2021

It was a balmy Saturday in November 2019, after a divisive and contentious year, the newly elected leaders of APPNA met to fix things and right the course of APPNA's ship. The venue was Dr. Haroon Durrani's (the newly elected Secretary) home in Cherry Hill, New Jersey and the guests included Dr. Naheed Usmani (the incoming President for 2020) and Dr. Rizwan Khalid (the newly elected President Elect 2020). The meeting was chaired by Dr. Rizwan Khalid. The participants included the Executive Committee (EC) and Board of Trustees (BOT) for the year 2020. APPNA had gone through a year of turmoil including bitter divisions and legal challenges. Some of these were related to newly adopted Bylaws amendments. Although there was general agreement that changes were needed to the Constitution and Bylaws (CABL) document; some of the proposed changes enjoyed support of the membership and other changes were debatable. Importantly, there was also a realization that the manner in which these amendments were adopted, left a bad taste on all sides and a serious effort needs to be made to rectify it by developing consensus.

It was with this realization that the new APPNA leadership resolved to do whatever was necessary to heal the divisions and bind the wounds left in the aftermath of Bylaws Amendments. They started with an idea which appeared radical at first blush but offered the only hope of achieving the goal of regaining unity and camaraderie in APPNA. Dr. Naheed Usmani graciously agreed to a proposal offered by Dr. Haroon Durrani that a 9 member CABL Committee be formed with 3 members each proposed by then President (Dr. N. Usmani), President Elect (Dr. R. Khalid) and Past President (Dr. N. Shekhani). This would give representation to different schools of thoughts, views and opinions (and not just the most recent prevailing side in elections). And for anything to be approved by the Committee, it would need a 7-member majority. (Thus, ensuring there was broad support from all sides for each proposal). To their credit, each one nominated members with long history of service to APPNA and unassailable reputation of integrity and fairness. The Committee so formed had senior respected members of APPNA and included among them were 4 Past Presidents, 3 previous CABL Committee Chairs, a member of BOT, APPNA Secretary and President Elect. In short it had the best and brightest APPNA had to offer. Chair was decided by consensus; someone acceptable to all. I was given the honor and responsibility to Chair the Committee.

There was broad consensus that the then CABL had served APPNA well since 1982 but now with the changing needs of a growing organization there were new challenges and opportunities, it needed to be revised/rewritten. The Board of Trustees gave the CABL Committee the mandate to review the CABL document in its entirety and revise/ rewrite as necessary. Thus, started the work of the new CABL Committee.

The first meeting of the CABL Committee was held on March 2020; followed by biweekly meetings lasting an average of 2 hours each. The Committee started with a review of then current CABL identifying areas of confusion & ambiguity, and matters that had caused conflict. The members of the Committee discussed all the clauses and points in great detail and came to a consensus.

APPNA CABL Committee

Most of the matters were approved unanimously barring few which also had to have the approval of at least 7 out of 9 members. Our meetings were an example of serious minded persons coming together with a single minded commitment to the task assigned to them ----- to produce the best possible Bylaws document with consensus and broad support.

It is important to note that historically, the discussions and debate leading up to any proposed amendments were done in the CABL Committee with membership being informed when they were put up for a vote. Also, the membership or the Council had little or no role except to vote their approval or disapproval. Furthermore, since the Committee was appointed by the President, it had representation of only one side and only represented one school of thought. And the goal generally was to have the amendments approved by getting the bare minimum of votes required. This invariably led to a general feeling of being excluded from the process by a sizeable section of membership.

In stark contrast with the past, we decided to do things differently this time. We resolved to have an open process with extensive engagement and robust discussion with the membership/council and include their input into the new Bylaws as much as possible. Our goal was to have the new Bylaws get approved not by 50% + 1 vote but by an overwhelming majority with support of all sections, groups, alumni and schools of thoughts. To this end, the first step had already been taken by APPNA leadership in the formation of this CABL Committee which was nothing short of historic and unprecedented. Now it was for the nine of us to deliver the goods. And that we did. This was in no small measure due to the commitment, dedication and love for the organization of the committee members. And not to forget their hard work and sacrifice of personal and family time. I would be delinquent in my duty if I do not acknowledge the entire committee here and extend my personal gratitude to each and every one of them. (CABL Committee 2020 & 2021: Dr. Mahmood Alam, Dr. Riaz Chaudhry, Dr. Haroon Durrani, Dr. Nasir Gondal, Dr. Abdul Jabbar, Dr. Rizwan Khalid, Dr. Raheel Rasheed Khan, Dr. Mubasher Rana and Dr. Zia Moiz Ahmad)

Next came the engagement with membership and Council to keep the process open and transparent. Within a few weeks of our first meeting of the Committee was the APPNA Spring Meeting, held virtually due to Covid pandemic. On behalf of the CABL Committee, I presented our report and took back to the committee the input of Council members as well as general members. From that point onwards, till the approval of the new Bylaws, the work of the CABL Committee was presented in all meetings followed by Q & A session. In addition to this, the CABL Committee gave open invitation to members to meet the Committee members in numerous scheduled sessions. APPNA members who wanted to engage registered for these sessions. These were small groups of 10-15 members per session, meeting with Committee members offering suggestions and having their questions answered. There was also a portal which was made available for members to send their suggestions in writing. All suggestions and input, written or otherwise, was carefully considered and discussed by the CABL Committee. This level of open engagement was unprecedented and had the desired effect. The Council and general membership felt their voices were heard and they were part of the process. And the Committee felt satisfied at this because this in our opinion reflects how the process of Bylaws Amendments needs to be.

While this process of engagement was going on, CABL Committee was hard at work with regular zoom meetings. We felt that to move things further we needed to have an in-person meeting. First of the two weekend retreats was organized and the members flew into Newark, New Jersey from all over the country (including as far as California and Louisiana) during the pandemic (in November 2020). This again reflected on the dedication of the committee members.

APPNA CABL Committee

It was clear, to the APPNA leadership as well as the Committee members, from the very outset that this was going to be a lengthy process (revising and rewriting the entire document) and would not be completed within one calendar year. It was with this realization and to continue this major undertaking uninterrupted that Dr. Rizwan Khalid, the incoming President of APPNA (and a valuable member of the CABL Committee) decided to reappoint the CABL Committee in its entirety without any changes. A second in-person CABL Committee Retreat was held again in Newark, New Jersey in February 2021. This was followed by weekly meetings of the CABL Committee to complete the writing of new Bylaws so that it could be presented to APPNA General Body during Annual Summer Meeting in Orlando.

After the process of writing the Bylaws was completed, it was mailed to APPNA Council members. This was followed by extensive engagement with Council members, in small groups of 4-7 members at a time as well as with individual members. Some of the suggestions presented by Council members were included and the final document was presented to the APPNA Council. The motion to approve was presented by Dr. Irfan Aslam, President DOGANA, seconded jointly by Dr. Samina Hijab (President, PPS chapter) and Dr. Muhammad Aslam (President, KEMCAANA). Over 35 other Council members joined in the motion to co-sponsor for approval of the new Bylaws. The vote in favor of approval was unanimous with not a single vote against (53 Ayes and 0 Nays). THIS WAS TRULY HISTORIC & UNPRECEDENTED IN THE HISTORY OF APPNA.

The new Bylaws were then presented in General Body Meeting during Annual Summer Meeting in Orlando. This was followed by voting by membership for approval. CABL Committee decided that since there were basic and fundamental changes in the new Bylaws document, the higher threshold of approval of constitutional amendments was needed (which was majority of the TOTAL MEMBERSHIP and not the majority of the ones who voted). With this goal in mind, the CABL Committee members again engaged with the members to explain the provisions in the new Bylaws and answer any questions.

Once the final tally of votes was counted on December 15th, 2021, the new Bylaws, which had been approved unanimously by the APPNA Council and APPNA Executive Committee, also received overwhelming support from the membership. The new By-laws received 90% of votes cast in favor of approval. Also, the total vote count was higher than for any other matter or candidate in the history of APPNA. In spite of the overwhelming support for these Bylaws among leadership and membership alike, a few APPNA members took issue with the process of approval of Bylaws. Attempts were made to engage with them, explain the process and include their input but unfortunately to no avail. A lawsuit was filed against APPNA by two members and then went into legal arbitration. The judge heard arguments from both sides and agreed with APPNA's position dismissing the case after one hearing.

This was a great victory for APPNA and for its leadership, it's Council and the general membership. CABL Committee showed by example the possibilities & opportunities that exist for our organization when we are willing to work together. The dedication and hard work of the Committee members bore results and the membership rewarded them for their work by approving them overwhelmingly. We believe that the new Bylaws will serve the association well for decades to come.

APPNA Medical Missions Coban, Guatemala - July 2022



APPNA Medical Corps, in partnership with Rotary Club completed its 8th medical mission to School Esperanza in Coban Guatemala. The team comprised of Dr. Haque from New Jersey, Dr. Pasha from Virginia, Dr. Saeed from North Carolina and Jane winning, RN, mission lead from California. The physicians' daughters/niece, Myra, Menaal, Ayaa and Maheen who are all interested in pursuing medical careers also accompanied them. The team was augmented by three Mormon Missionaries who did Spanish translation.

Our medical team saw 160 kids and adults over 3 days of medical clinic. The team provided some badly needed medical care and distributed vitamins and medications supplied by Rotary. The young team members purchased various toys to hand out to the kids. The kids were thrilled. Reese one of the missionary's shared this comment in an email: "Your decision to purchase the toys for the children established a critical framework so much more impactful than meets the eye. I teach in the homes of those children, playing with the same plastic toys gifted to them years ago. Wheels replaced by bottle caps, arms now sticks bound tightly with snippets of plastic clothesline, each representing cherished memories they refuse to discard."

Another thought that Dr. Saeed had was to help plan a mechanism to assure continuing food access. The school does not grow its own fruit and vegetables but has access to a plot of land with water supply. A farmer on the school Esperanza Board put together a proposal for \$250 US dollars to plant 40 lemon and 40 orange trees which grow very well in the area. The three physicians and Jane split the cost and those trees will be planted shortly.

Jane Winning wrote: "I can't thank the team enough for their experience, compassion and for the examples they set for everyone they encounter, now and in the future. Our young people are our future, and they will move forward changing the world as they go. It is a privilege for me to meet and be able to work with such an awesome group."

Mubasher Rana, MD
Chair, APPNA Medical Corps



APPNA Medical Missions

Muzzafarabad - September 2022

In September, APPNA Medical Corps completed the first medical mission to Pakistan in many years.

The first part of the trip took place in Muzaffarabad, in partnership with Midland Doctors Medical Institute (<https://midlanddoctors.org>). Over the course of 3 and a half days, our team of primary care physicians and sub-specialists (audiology, cardiology, nephrology, ophthalmology, pain management, pathology, psychiatry, pulmonology, and urology) provided 100% free outpatient and surgical care to patients from the valleys and mountains of Azad Kashmir.

The team hailed from multiple APPNA alumni and chapters. We were especially proud to include four members who are US medical school graduates, one pre-med student, and three who are physicians currently practicing in Pakistan.

We focused on the management of untreated medical conditions endemic to this region, including malnutrition, infections, and the sequelae of trauma and birth defects. We also provided CME lectures to the medical staff at Midland to help them optimize their medical care.

After this, our focus shifted to medical camps in Nowshera, KPK, so we could personally serve in APPNA's mission to provide disaster relief, food, and medications to those recovering from the devastating floods.

Five APPNA physicians and two premed students participated in the camps.

The clinics were organized in partnership with Shifa International and Muslim Hands. Over the course of 3 days, about 1500 patients were seen and examined. Medications were also distributed. The major diseases were Skin Disease (scabies, fungal), URI, UTI, GI illnesses, Malaria, and Gyn issues.

We hope to return to Pakistan again next year inshAllah to provide medical care to the underserved and to increase the capacity of local medical staff.

Minal Ahson, MD
Lead, Pakistan Medical Mission



APPNA Research, Education & Scientific Affairs Committee Report



Research, Education and Scientific Affairs Committee oversees all major research, educational and scientific endeavors of the organization. With that purpose, we continue to work collaboratively with MERIT, YPC and Medical students' subcommittee to organize educational and research activities in the US as well as in Pakistan. We developed the following goals for the RESA committee, informed by our annual needs assessment survey of 2022.

a) Continue to provide state-of-the-art CME lectures – we have had a successful year so far and provided valuable CME lectures during Strategic, Spring, Summer, Fall, and International Meetings. We continued our tradition of providing cutting-edge knowledge through CME lectures covering multiple specialties. In addition, we added workshops on Estate

planning, medical malpractice, neuromodulation therapies, how to be savvy on social media, and understanding the challenges that LGBTQ+ population faces.

b) Collaboration with other organizations - we collaborated with ICNA in organizing CME lectures for the Annual ICNA Convention in DC.

c) CME lectures Recording -we have recorded CME lectures from our Spring and Summer meetings that we hope to make available to the membership through APPNA website.

d) MOC Credits - we also provided MOC credits to all the attendees during the Spring and Summer meetings.

e) Poster Competition and Research Symposium -we organized a successful research symposium and poster competition in collaboration with YPC and the medical students' committee during the Summer meeting. We received around 60 abstracts for the poster competition and finalized 15 out of those for poster presentation and three for oral presentation after a rigorous peer-review process. The poster competition was attended by several trainees and faculty members. Dr. Sadiq Naveed presented on how to do a review article during the research symposium.

f) Exam Prep Courses – we have worked on the initial draft for Exam Prep Crash Course that will be offered during future summer meetings. There is an interest to do general internal medicine and GI-focused crash courses initially.

g) Research Portal - we have established a Research Portal on the APPNA website to showcase and highlight the academic achievements of our APPNA members



APPNA Research, Education & Scientific Affairs Committee Report

Future Plans:

a) Research Mentorship - Establish a research mentorship platform.

b) Online CME - Make all previous and future CME available on APPNA website.

c) ACCME accreditation with commendation - We already have the ACCME accreditation that is up for renewal early next year and we will aim to achieve the Accreditation with Commendation for the next six years.

d) CME Coordinator - Expand the CME department by hiring a dedicated CME coordinator so CME credits can be awarded for all our future educational activities.

e) APPNA Research Journal - Launch APPNA peer-reviewed Journal in the future so all trainees from Pakistan, as well as the US, can publish their scholarly work.

f) Collaboration - Enhance our communication with APPNA-affiliated societies as well as outside organizations to work collaboratively

I am indebted to all our devoted speakers, reviewers, panelists, and members of the RESA committee for their contributions to making these programs successful.

Respectfully Submitted,

Nauman Ashraf, MD FAPA

Chair APPNA RESA Committee 2022

Chair Psychiatry and Addiction MERIT subcommittee 2022

Program Director Psychiatry Residency Program, KCU-GME Consortium/Ozark Center

Program Director Addiction Medicine Fellowship Program, KCU-GME Consortium/Ozark Center

Adjunct Associate Clinical Professor of Psychiatry, KCU



APPNA Awards Committee



APPNA Awards committee for 2022 unanimously approved following recipients for Appna awards after receiving nominations from the membership.

Respectfully submitted by
Mohamad Babar Cheema
Chair, APPNA Awards Committee 2022

APPNA DOST AWARD

Congressman Brian Fitzpatrick

Republican member of House of Representatives serving Pennsylvania's first congressional district since 2017. Congressman Fitzpatrick who tirelessly advocated the cause of young physicians from Pakistan who had matched in residency programs so that they were able to join their programs on time to follow their own American dream.

اپنا دوست



Chapter of the Year

Oklahoma Chapter

The Oklahoma chapter held one of the most successful meetings in the history of Appna in Spring, 2022. It is also actively engaged in civic, social and philanthropic activities all across Oklahoma.



Alumni of the Year

North American Medical Alumni of APPNA

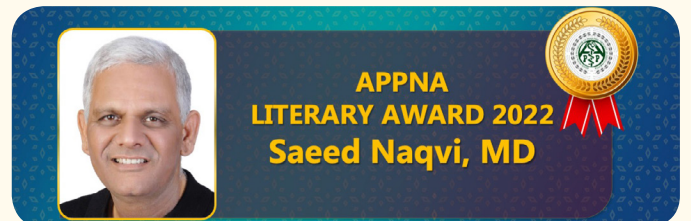
NAMA was incorporated as an independent 501c3 with an independent bank account. It expanded its social media footprint by developing a Website, Facebook page, What's App group and Constant Contact database.



APPNA Literary Award

Dr. Saeed Naqvi

Dr. Naqvi has written several books of short stories, fiction and translations. He is especially known for his urdu translations.



APPNA Awards Committee

Professional Excellence

Dr. Muhammad Mansoor Mohiuddin

Professor of surgery and Director, Cardiac Xenotransplantation Program at the University of Maryland. Dr. Mohiuddin had experimented with different cocktails of drugs and therapies for the last 30 years to find a way to make an animal organ survive in a human body. His team successfully transplanted the heart of a genetically modified pig into a man suffering from a severe heart disease in January, 2022.



Humanitarian Award

Dr. Amjad Saqib

Founder and Executive Director of Akhuwat Foundation

Akhuwat has so far dispersed more than Rs 155 billion rupees in interest free micro loans to over five million beneficiaries all across Pakistan. It has treated over 600,000 patients with diabetes and hepatitis c free of cost in its health clinics. It is also providing excellent education to the students in 300 schools and 3 colleges established under his visionary leadership.



Life Time Achievement

Dr. Omar Atiq

President-elect, 2022-2023, American College of Physicians (ACP)

Dr. Atiq served two terms on the Arkansas State Medical Board. He also served as Past president of Arkansas Medical Society and was instrumental in facilitating Arkansas's participation in the Affordable Care Act to provide insurance to over 300,000 Arkansans.



Gold Medal

Dr. Asif Rehman

Past President and Past Chair of Board of Trustees APPNA

Dr. Rahman was awarded the Sitara-i-Imtiaz by the government of Pakistan for dedication to community outreach, education, and philanthropy. He is also appointed as the Honorary Health Advisor to President of Azad, Kashmir to assist in improving the health related policies.



APPNA Social Welfare & Disaster Relief Committee Report



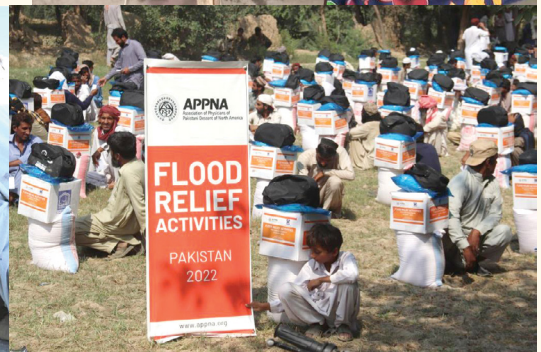
Summer 2022 flood relief and rehabilitation efforts in Pakistan:

July, 2022 Pakistan faced worst flooding in recent history, over 33 million lost their homes including everything and forced to live under the sky for months. Thousands lost their lives including many children. Millions of dollar worth infrastructure, agriculture and livestock have been destroyed. This turned out to be disaster of unprecedented proportions. Almost whole of the Baluchistan and interior Sindh as well as South Punjab and parts of KPK were in need of immediate relief activities. The magnitude of relief efforts required were humongous, seemed almost impossible

to help over 33 million people who lost their homes and are stranded on the roads with flood water all around. No food, clean drinking water and medicine available for these victims. Many cities are badly affected and many villages have been completely wiped, many areas are still unreachable. They were 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 still in short supply.

APPNA SWDRC (in collaboration with Alkhidmat Foundation, CDRS, Saylani Welfare International Trust and Khana Gher) immediately started providing dry ration (food) supplies / hot meals / medicines / medical relief camps in underprivileged flood affected areas of Baluchistan (including Qamardine Karez, Killa Saifullah, Jafarabad, Zhob, Sherani etc), Sindh (including Jamshoro, Mirpur Khas, Tando Muhammad Khan, Tando Allahyar, Nosheroferoz, Hyderabad, Sanghar and Tando Jam), South Punjab (including DG Khan, Hajipur, Rajanpur) and KPK (including Daraban Kalan, DIK, Charsaddah, Nowshehra etc). Considering prediction of harsh winter this year, APPNA SWDRC provided 5000 double layer blankets (worth \$40k) to families in various flood affected areas of Baluchistan, Sindh and South Punjab.

APPNA partnered with CDRS, Alkhidmat Foundation, Saylani Welfare International Trust, Khana Gher, Custom Healthcare Society and PKI on the ground in order to facilitate in the distribution of urgently needed emergency relief items. So far



APPNA Social Welfare & Disaster Relief Committee Report

APPNA SWDRC has already supplied food packs, hot meals, blankets and medicines over \$250k 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.

Now entering in to rehabilitation phase, APPNA has partnered with Custom Healthcare Society to build homes in areas devastated by floods. First 5 homes were handed over on December 25, 2022. Each home consisting of 1 room, veranda, kitchen, bathroom and 4 walled compound, cost for each home \$2250.

APPNA SWDRC has raised and designated over \$1 million for building over 500 homes in flood affected areas. APPNA SWDRC is matching donations from APPNA chapters, alumni and individual donors. Donation for 5 homes matched by 2 homes and 10 homes matched by 5 homes from APPNA. Home building for flood affected families is in full swing in areas of Baluchistan (Dasht), Sindh (Jhuddo, Matiari), South Punjab (Fazilpur), KPK (DI Khan), Gilgit-Biltastan, hopefully will be completed by end of January 2023.

COVID-19 Pandemic relief work continued

In 2022 COVID pandemic started easing off but devastating impact of pandemic on global economy is still continuing, it affected more the underprivileged populatio In 2022 APPNA SWDRC has provided over \$150k worth of food supplies



APPNA Social Welfare & Disaster Relief Committee Report

in USA and Pakistan, total reaching \$2M since start of pandemic, including Food/ration packs to deserving families, PPE supplies to healthcare professionals, home O2 cylinder supplies to sick patients requiring supplemental Oxygen in various cities across the country.

Children shoe project and Winter Clothing project:

During the clothes distribution, it was seen that there is 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 as well as small towns in Pakistan. The pictures were extremely moving, and many people took part in this project, last year 20,000 dollars were raised for each project.

APPNA Cornea Project:

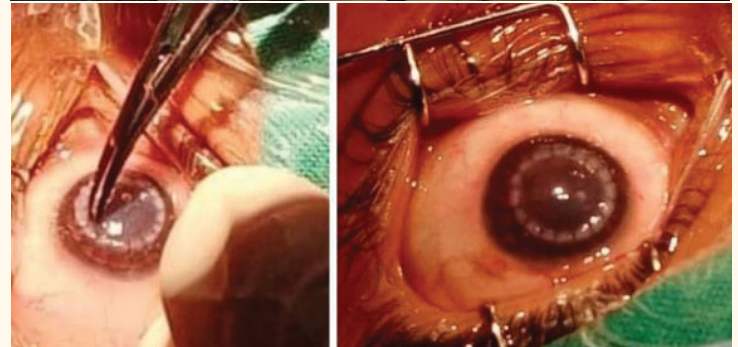
The APPNA cornea project is a flagship project of APPNA. It was started in 2017 by Dr Fawad Zafar, to date over 5000 corneas have been sent and transplanted to deserving patients at over 28 centers in various cities of all provinces across Pakistan. The corneas are purchased from Eye Banks in USA and then transported to Pakistan where the Ophthalmologists perform free surgeries and there is no expense for the patient. To participate in this project, donation cost of each cornea is 250 dollars and many patients have benefited from this.

APPNA/ICNA mobile clinics project:

APPNA/ICNA mobile clinics project was started in 2017, 4 mobile clinic units, one each in New York, Illinois, Texas and Florida providing healthcare services to our communities as well being used during disasters in different areas across 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 DMV area have held many successful health fairs.

Dr. Rubina Inayat Memorial Scholarship fund:

Dr. Rubina Inayat memorial scholarship fund was established with \$70,000 seed money, profit will be used for medical student scholarship etc.



APPNA Social Welfare & Disaster Relief Committee Report

APPNA Clean Water Project

APPNA Thar water project started in 2015, is being lead by Dr Abdul Majeed. we are collaborating with Akhuwat Pakistan, solar energy is also being utilized to build water wells and pumps. Dr Majeed has annually raised 70-80,000 dollars to fund this project. APPNA SWDRC is working with Saylani trust to establish a water testing lab in Karachi as well as installation of water filtration plants in areas of Cholistan and Thar.

Kachra Kundi school scholarship project:

It was started last year in Karachi Pakistan. Dr. Shahid Yousuf is leading this project. There are many schools run by an NGO in various poor neighborhoods of Karachi. Many brilliant students from these schools are going for higher studies but need financial support. This project is started with \$15k from an anonymous APPNA donor. This year 50 students are getting scholarship but potentially can be increased depending upon the interest of our donors.

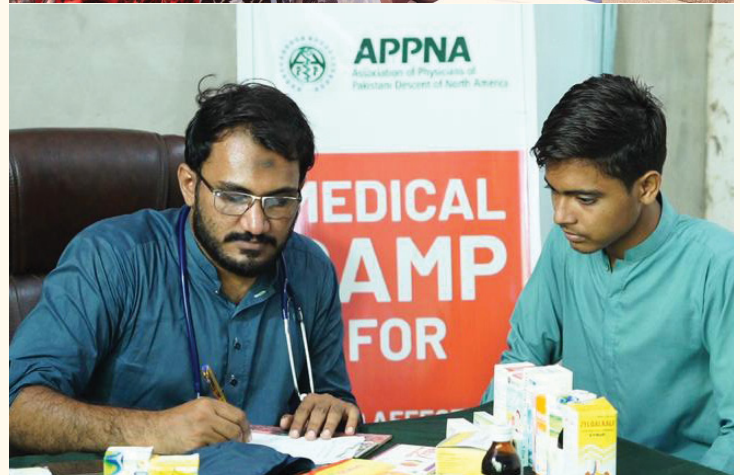
APPNA /OBAT scholarship project:

APPNA/OBAT scholarship project started this year. It is sponsored by an anonymous APPNA donor. This year \$21000 distributed among 27 students obtaining medical engineering and nursing education.

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 2022



APPNA Advocacy Committee



Dr. Rashid Piracha
Chair, Advocacy Committee

This year Most of advocacy committee work was related to new resident physicians.

With help of Dr. Faisal Sultan and ministry of health , Pakistan, we were able to simplify the process of obtaining Statement of Need(SoN). It used to take 3-4 weeks and required physical visit to offices of Pakistan Medical Council and Ministry of Health, Islamabad. Now applicants can apply for statement of need online and it is uploaded directly to ECFMG portal within 24 hours. This service is available to new resident physicians and fellowship applicants free of cost.



Dr. Fateh Shahzad

Advocacy committee's role, related to our young physicians issues, is all year around We create Online groups for all potential applicants for residency in July. Once NRMP match result is announced in March , all Pakistani incoming residents are divided into 2 WhatsApp groups, J-1 and H-1. Their pertinent information is gathered and forwarded to US embassy in Islamabad and consulate in Karachi to secure visa interview slots. There has been 12-18 months waiting time for visa interview in Islamabad and Karachi. We were able to get 350 slots during April - June for our incoming residents both in Islamabad and Karachi. Waiting period for visa interview in Islamabad and Karachi was only 3-5 days after visa application submitted as compared to a few weeks to a few months in other countries.

All visa applicants are provided guidance in various zoom webinars as well as one on one guidance provided regarding visa applications and visa interviews.

There were 329 resident physicians who contacted us for visa assistance this year, Alhamdulillah no visa was refused. 29 visa cases were flagged for administrative processing. In addition to J-1 and H-1 visa applicants there are numerous J-2 and H-4 visa applicants (families of principal applicants). Also many medical students and graduates visit USA for internships, rotations, observer-ships as well as USMLE step 3 exams. Every year Appna advocacy committee members helps close to 1000 medical students and doctors From Pakistan and Pakistani doctors working in Middle East regarding their visas in various categories.

This year department of state announced visa interview free visa service . It started in late May, so very few resident physicians were able to utilize this interview free visa service this year I, as most of resident physicians from Pakistan already had their visa interviews or submitted visa interview applications. Now onward it will be utilized more for visa Renewel and by new visa applicants.

Questions and suggestions welcomed

Respectfully submitting by

Dr. Fateh Shahzad

On behalf of Dr. A R Piracha , Chair Advocacy Committee

APPNA Scholarship Committee Report



- 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 Sanaullah, MD
Chair APPNA Scholarship Committee 2022

APPNA YPC - Young Physicians Committee



Dear APPNA Members,

APPNA Young Physician's Committee is one of the dynamic committees of the organization. And this is only possible due to selfless mentors serving as members OF APPNA YPC. I want to appreciate the advisor of APPNA, YPC - Dr. Namirah Jamashed, who played a pivotal role in strengthening the committee as advisor and chair of APPNA YPC. I also want to acknowledge my co-chairs, Drs. Fateh Shahzad and Ariba Khan for their efforts. We collaborated this year with other APPNA Committees, Speciality Networks, and other fellow representative organizations representing Pakistani physicians to serve incoming young physicians better.

This year, we organized monthly online webinars for residency and fellowship applicants. The focus of these webinars was the rank order list, visa processes, guidance about the onboarding of incoming residents, personal statements, ERAS CVs, and residency interviews. We organized workshops on personal statements and also scheduled mock interviews for over 450 residency applicants. All residency applicants were linked with over seventy mentors who reviewed the residency documents and conducted mock interviews with them. These initiatives played a significant role in improving the quality of residency applications for our incoming young physicians. The feedback was favorable and helped in streamlining our processes.

We organized residency guidance seminars in APPNA Spring and Summer meetings 2022, which were also lived streamed on our YouTube channels in addition to in-person attendance. We invited residency training directors to these seminars across different specialtie. During APPNA Summer Meeting 2022, APPNA YPC collaborated with RESA and MERIT medical students subcommittee to organize a research symposium. For this activity, we received about 60 outstanding abstracts. Of these abstracts, three abstracts were selected for oral presentations and 15 for posters. The winners receive a cash prize. This process was completely transparent. After the poster competition, research experts talked about writing a review article.

APPNA YPC and Advocacy Committees (Dr. Fateh Shahzad) worked with the Ministry of Health to streamline the process of Statement of Need (SON) release. With a new process, the timeline to release SON was cut down from 6 weeks to 48 hours. We also collaborated with Advocacy committee to ensure timely interviews and arrival of our matched PGY I residents. Despite several challenges, we were able to ensure that our PGY I residents can join their residency programs. Presently, we are working on WFME recognition of PMC which is an issue of concern for future residency applicants. At the end, I want to thank Dr. Haroon Durrani - President APPNA for his continuous support this year.

Sadiq Naveed, MD
Chair, APPNA YPC 2022

APPNA Office Management Committee



It was an honor and privilege to Chair an important committee like APPNA Office Management this year. I was fortunate enough to have support & guidance of Dr Rahat Sheikh, Dr Amin Nadeem, Dr Samina Hijab and Dr Ejaz Qayyum as members of the committee. The year kicked off with an introductory meeting at APPNA Office on January 29, 2022 with President of APPNA 2022 Dr Haroon Durrani joining the meeting via videolink. President APPNA greeted the members of the committee and briefed about his vision following which both short and long-term goals for the committee were outlined by the Chair.

Following past couple of financially challenging years due to COVID pandemic, APPNA was fortunate to have profitable meetings this year, generating much needed funds to run its various projects. President APPNA has tasked the Office Management committee to upgrade current APPNA Office building with a vision to generate annual revenue by renting out a portion of the building. An extensive search was conducted following multiple brainstorming sessions and 5 to 6 properties were shortlisted with decent cash flow. Unfortunately, because of rising interest rates and need for diversion of funds to flood victims in Pakistan, the plan to purchase an appropriate Office building was postponed and \$125,000.00 was kept aside in a separate account for a future APPNA Office with additional contributions toward the project to be provided by successive Presidents of APPNA in years to follow. I am glad to inform that President APPNA has also kept aside \$50,000 in a separate account to hire a dedicated grant-writer for the organisation.

APPNA Office Committee has hosted the visiting NUST team from Pakistan in the Westmont where NUST leadership has highlighted its various departmental projects as well as emerging programs especially the work being done in the area of Artificial Intelligence. A meaningful discussion was held between visiting team and APPNA members from Chicagoland area to explore avenues in providing both Professional and financial assistance in the development and expansion of its Medical wing as known as National University of Medical Sciences.

Thank you.

Sajid Mehmood, MD, FCCP
Chair, APPNA Office Management Committee 2022



APPNA Membership Committee



Committee Goals:

Increase active membership
Update members' database

Objectives:

Reach out to young physicians in training with a welcome letter and

invitation to join APPNA

Work with IT department to make membership renewal process easy.

Set up reminder emails will be regarding annual membership renewal in January

Work with IT and web management team to update membership portal

Work with IT and web management team in creating a member driven online form for updating database

Collaborate with local chapters and alumni organizations to increase membership

Achievements Membership Growth:

Member enrollment since Jan 2022

Total: 878

Lifetime: 78

Annual: 800

Achievements – Membership Portal:

Worked with IT and Web Manager to simplify and redesign membership web portal

Worked with IT to create process that allows members themselves to update their info in APPNA database

Membership Portal Redesign:

Membership Types

New Member Application

Current Member Renewal

Achievements: Ongoing Work:

We are continuing to work with IT and Web Management on the following:

Email reminders to renew annual membership and update database info

Auto Renewal of Annual Membership

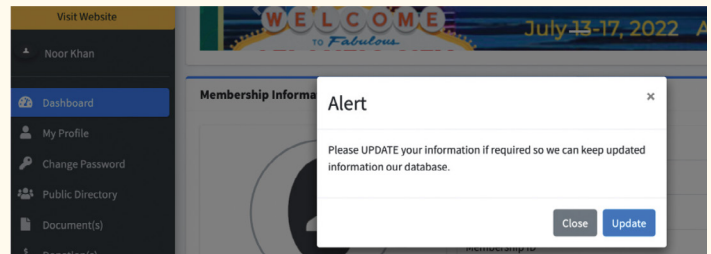
Member benefits

Member Directory

Member Code of Conduct

Membership Database Update:

When members sign in on APPNA member portal they see this prompt:



Achievements: APPNA Member Application Redesign:

The PDF for a downloadable application was also redesigned

Achievements Summary:

1. Membership enrollment (YTD): 878
2. Collaboration with IT and Web Management:
 - Redesigned membership portal
 - Process allowing members to update database
 - Simpler online membership application
 - Simpler downloadable printable paper application
3. Ongoing work with IT and Web Management
 - Update member benefits
 - Update member directory
 - Member code of conduct online
 - Email reminders to renew annual membership
 - Auto –renewal process for annual membership

Membership Committee Recommendations:

1. Lifetime Membership Dues paid in 3 installments: Allow prospective lifetime members to pay dues in 3 installments over the calendar year, where logistics can be discussed and mainstreamed
2. Increase Annual fee to \$150
Incentive to maintain annual membership: If annual membership maintained for 2 consecutive years, annual fee will be reduced to \$125 with continued annual renewal
3. Update member benefits and discounts on website
4. Offer a platform for physicians seeking to hire to conduct job interviews at APPNA meetings
5. All major committees should provide annual report to update their page on website so prospective members see current projects and initiatives

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
Mariam Husain - Past President

Women Physicians of APPNA
WAPPNA
Women Physicians of APPNA Presents:
WAPPNA Annual Session
at APPNA 45th Annual Convention 2022
Friday July 15th, 2022
11:30 am - 1:00 pm
Harrah's Hotel & Resort
Atlantic City, NJ

Keynote Speakers:



Dr. Farah Abbasi
Topic: Child/Youth Mental Health



Dr. Mohammad Zeeshan
Topic: Screen addiction and its ramifications in the youth population



HIV in Pakistan

APPNA-MERIT HIV Committee Report



Fizza S. Gillani, PhD

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 unscreened 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.



Saima Abbas, MD

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.

Hammad Ali, MBBS, PHD



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.



Association of Physicians of
Pakistani Descent of North America

CHAPTER/ALUMNI CORNER

APPNA Alberta Chapter



Alhamdulillah, I am happy to report that since I was elected as the president of Alberta Chapter in early 2022, the chapter has continued to progress with more memberships and chapter activities through the new chapter committees. YPC, Educational Committee, SWDRRC and membership committee have been working tirelessly in the chapter activities as follows:

First APPNA Alberta Chapter Election

The first APPNA Alberta Chapter elections were held successfully and the reins have been handed over to the new team through a proper democratic model. Founding

president Dr Tariq Awan transitioned successfully to the new elected team. Heartiest Congratulations and best wishes to Dr Saad Yasin, President and his team Dr Sameena Bajwa: President elect, Dr Amir Aslam: General Secretary, Dr Tehmina Munaf: Treasurer, Dr AQ Kamran: BOD, Dr Hatim Karachiwala : BOD and Dr Tariq Awan: Immediate Past President. Special thanks and appreciation to our NEC for conducting the elections in a best professional manner. Dr Adnan Mansoor: Chair: (Calgary), Dr Omar Farooq :co chair:(Edmonton), Dr Ali Nomani:Member (Red deer).



Fundraiser for Ramadan food Hampers

Members of Alberta Chapter raised over \$25000 at the Annual Ramadan fundraiser. Food hampers were distributed in collaboration with Islamic Relief Canada to deserving people in Pakistan during the last 10 days of Ramadan.



APPNA Alberta Eid Party

APPNA Eid party for all the members and family was held on May 14, 2022 at Habebes Banquet Hall, Calgary. The evening was graced by the distinguished guests including Mayor of Calgary Jyoti Gondek, honorable Associate Minister of Immigration and Multiculturalism Mr. Muhammad Yaseen, Honourable MLA Mr Irfan Sabir, Councillor Ward 3 Jasmine Mian, Pakistan Canada Association Calgary president Mr Imtiaz Khader. APPNA Alberta Chapter received appreciation from the Government of Alberta for providing excellent health services to Albertans.



APPNA Western Canada Conference

Dr Saad Yasin presided over the first APPNA Western Canada Conference which was held on August 19-20, 2022 in Banff Alberta Canada. The conference was chaired by Dr Ashfaq Shuaib and co-chaired by Dr Tariq Awan. The conference planning committee was led by Dr Yasmin Majeed and her team including Dr Najma Jameel from Saskatchewan, Dr Babra Rana from BC, Dr Mubeen Rafay from Manitoba and other host committee members from Alberta including



Dr Amir Aslam, Dr Sameena Bajwa, Dr Dr Khursheed Khan, Dr AQ Kamran, Dr Tehmina Munaf, Dr Muzaffar Siddiqui. The conference was well attended by physicians from across Canada, USA, UK, and Pakistan including APPNA Executives Dr Haroon Durrani, Dr Rizwan Khalid, Dr Asif Muhiuddin along with the other distinguished

APPNA Alberta Chapter

leadership of APPNA. On both days, the morning CME was followed by the afternoon session on reviewing APPNA's role in North America specifically in Western Canada and achievements in Alberta and Saskatchewan. Evening entertainment was provided by Alamgir and Kamran Mehdi Hasan. "Late Dr Hussam Bawa Lifetime achievement award" was awarded to Dr Ali Rajput for his lifetime commitments and services. Outstanding service awards to Dr Haroon Durrani, President APPNA and Dr Rizwan Khalid Immediate Past President APPNA, outstanding service awards to MLA Irfan Sabir and Lifetime achievement award for community service over 40 years to Associate Minister of Immigration and Multiculturalism Mr Mohammad Yaseen were also awarded.

3rd Annual APPNA Alberta Chapter Hike

Hike was held on August 21, 2022 in Banff. Members and their family across Canada and the USA participated.

Pakistan Emergency Floods Relief

APPNA Albert Chapter SWDRC responded swiftly and raised just over \$35000 from its generous members. The campaign was successfully led by Dr Sameena Bajwa and Dr Tariq Awan. With collaboration of ICNA, who was already on the ground, the donations reached the most deserving ones on time. Tents, food packs, clean drinking water, mosquito nets, and hot meals were distributed to the people of Badin in Sindh, Pakistan. Thank you everyone who contributed to this noble cause.

4th APPNA Health Care Day 2022

APPNA Health Care Day was held on November 06, 2022 in Calgary. It was led by APPNA Educational Committee lead Dr Samina Noor. There was an active participation from physicians, IMGs, Volunteers, dentist, pharmacist and other allied health care professionals including physiotherapist and educators. Interactive lectures were organized to create public awareness on the medical conditions like Diabetes, Domestic Violence, Osteoporosis and fall prevention, Youth Mental health and dental health. Educational booths were set up to provide information including health checks such as BMI, blood pressure, blood sugar. Distinguished guests were present including Parliamentary Secretary for community outreach Mr Muhammad Yaseen, MLA Mr Irfan Sabir, Councillor Ward 3 Jasmin Mian, Candidate MLA Amanpreet Singh Gill. The APPNA Health Care Day attracted national media and coverage was broadcasted on CBC news.

Season of Giving Donation to CUPS

Every year during the month of December, APPNA Alberta Chapter remembers those who are less fortunate and do not have roof over their head and food on the table. This year members raised \$5250 and donated to CUPS Calgary.

Saad Yasin, MD
President APPNA Alberta Chapter



APPNA Atlanta Chapter



We did 6 IN-Person Events and 4 Fundraisers this year!

1. First Business Meeting
-Feb 21, 2022

2. FASHION EXPO and
SHOW Fundraiser. March
8, 2022

- Clarkston Comm

Health Center and Free Pharmacy Commitment

- Villa International
- 500 People attended.
- Vendors from USA and Pakistan.
- RAMADAN Drive Fundraiser
- Raised 54 K
- Distributed Food Rations
HISAAR Foundation.
ICNA Relief USA.
- Local Charities.
Glitter of Hope.
Noor Family Services
Ethaar.
PAFA (Pakistan American Friends of Atlanta)
Helping The Community.
MWMD (Muslim Women Making A Difeerence)
Save The Innocent.
DIL (Development In Literacy)
Indus Hospital.

3. Eid Lunch - May 8, 2022

- 330 People attended.
- Local Atlanta Artist.

4. Second Business Meeting : August 28, 2022
Pakistan Flood Relief Drive (Upon Request of
APPNA)

- 34 K Raised via donations.
- Transferred to Main APPNA
FIOH (Friends of Indus Hospital) Collaboration
September 16, 2022
- Total Donations 142K
Direct Donation 52 K
Indirect through GA APPNA Members 90K.
TOTAL DONATIONS COLLECTED AND
DISTRIBUTED IN 2022 : 250K (90K)

5. Annual Health Fair - October 9, 2022

- Hosted by WCIC (West Cobb Islamic Center)
- In Collaboration with.
Emory Urban Health Initiative
Emory ENT.
Morehouse School Of Medicine.
ICNA Relief USA.
CORE (Cobb County)
- Services Offered.
Free Primary care
Free Dental screening
Free Vision screening
Free Flu shots and COVID vaccination
HIV and HCV screening
Sub specialities

6. Annual Gala at Westin Buckhead Atlanta On
Saturday 11/5/2022 .

Entertainment :

Faakhir Mehmood from Pakistan and Comedy
skit by Inam Bhai and company.

We had a wonderful year !!! I Enjoyed serving as President GA-APPNA 2022!

Executive Committee:

President: Fareha RAHIM MD FACP

G. Secretary: Shamamah Niazi MD

Treasurer: Yasmeen Imran MD

APPNA Cincinnati Chapter



APPNA greater Cincinnati Chapter has another successful year in engaging our members and continuing with actively contributing in social welfare charitable endeavors.

Our annual educational forum was held in August and as always was attended and appreciated not only by our members, but several pharmaceutical companies supported and participated in the event. The topics encompass the complications of long COVID, cardiovascular diseases risks in South Asians, and role of physicians in C suit, all pressing issues of today.

We Joined Human Necessity Foundation in their fund raising Gala in October, helped them raise funds to add 12 water filtration plants using flood water to make it drinkable and useable (cost around 60000).

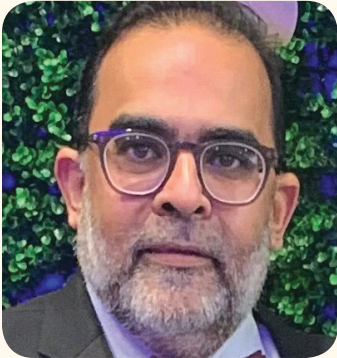
Although COVID pandemic still restricted poet travel, we were able to arrange a Halwa Puri brunch for our members to enjoy our annual Mushira in Collaboration with Aligarh Alumni Association Virtually.

In December we helped Islamic Relief USA raise over 250000 dollars in their fund raising Gala, our members enjoyed interacting with Cricket Legend Waseem Akram and entertained by Ali Haider.

Dr. Himad Khattak
President
APPNA-GC 2022



Pakistani Physicians Society Illinois



Giving Back to Pakistan Strategy:

- Raised around \$200000 and donated a brand-new CT Scanner to the Patient Welfare Society of Creek General Hospital, a charity hospital in Karachi. Procurement is already done
- Establishing an endoscopy suite worth \$40000 at Jinnah Hospital Karachi. Procurement is already done
- Spent around \$50000 in Pakistan by taking a group of members to Northern Pakistan Trip
- Working on funding an educational endowment supporting students in local Pakistani institutions worth \$10000 appx

Flood Relief:

- Provided more than a million Acetaminophen tablets (\$20000) to NDMA in Pakistan, first consignment is already received by the NDMA and second will be delivered this week
- Raised more than \$50000 for supporting flood relief efforts. Already provided \$15000 through and with APPNA's matching to 3 different relief organizations on the ground

Advocacy:

- PPS president is a part of Governor of Illinois IMG task force. In February we have successfully advocated for the approval of authorization of IMG's to work to support COVID-19 efforts. Continuously working with Illinois regulatory and legislative bodies to finalize a permanent, sustainable solution for qualified IMG's who don't get residency slots.
- Engaged and met with federal and provincial governments in August in Pakistan requesting their unconditional support for Pakistan's WFME re-accreditation efforts including Sindh Health minister, Foreign Office Secretary, DG Health, former PM Imran Khan, CEO - AKU among others

Community Service:

- Pantry and Ramzan Ration Support: \$15000
- COVID-19 Testing and vaccination services
- PPS Free Clinic – in-person, mobile and telemedicine
- Providing subsidized residence to medical students from Pakistan at PPS house
- Working with local community in providing shelter for community members in winter

CME and Social Activities:

- Held most successful annual meeting with more than 450 participants, annual picnic and iftar fund-raising event
- Career Guidance Seminar for Medical students
- Hematological diseases and COVID-19

Asif Syed, MD
President PPS

APPNA New Jersey Chapter



APPNA NJ since its inception in 2003 is contributing to the society here in USA and back home. Currently our chapter stands at a membership of almost 100 physicians. Our local chapter was established in 2003 and currently stands at a membership of 108.

This year NJ chapter had the honor of co-hosting the 45th Annual Convention 2022 in Atlantic City NJ. We are grateful to APPNA National under the leadership of Dr. Durrani and APPNA Pun for giving us this opportunity. Dr. Amina Saqib member of Executive Council members hosted

the opening Chapter night and members of executive council were recognized by local and Notational APNNA.



With recent calamity in Pakistan, APPNA NJ stepped in and collected \$25000. drives for our calamity-stricken brethren in Pakistan and managed to collect \$25,000. Money raised was given to APPNA National flood relief efforts. And rest was sent to Khairpur and Kot Diji Sindh, hometown of Dr Iqbal Jafri senior member of APPNA NJ. Board Members personally spearheaded the relief efforts.

APPNA NJ remains active in promoting and providing Health Care to underserved communities as was evidenced by our successful set up of Health Care Clinic as part of National Health Day Activities held by APPNA nationally in October of this year. Team members provided free consultations to attendees.

Mir Sharif Ahmad MD
President APPNA NJ 2022



APPNA NJ CHAPTER
IN COLLABORATION WITH MASJID-E-ALI

FREE HEALTHCARE DAY 2022

- FLU SHOTS
- HEALTH SCREENING
- DENTAL SCREENING
- MEDICAL CONSULT
- BEHAVIORAL HEALTH SCREENING
- DIABETES COUNSELING
- HYPERTENSION COUNSELING

HEALTHCARE - EDUCATION - ADVOCACY

*SATURDAY OCTOBER 01, 2022
TIME: 10:00 PM TO 10:00 PM
@ MASJID-E-ALI BANQUET HALL
47 CEDAR GROVE LANE, SOMERSET, NJ 08873*

Mir Sharif Ahmad, MD
Email: Mirsharifahmad@gmail.com

Saqib Syed, MD
Email: Saqibsyed@gmail.com

Mustafa Jafri
Email: mjjjafri@gmail.com

Abida Jafri
Email: Abidajafri@gmail.com

Irfana Khan, MD
Email: Irfana.khan@boltonnj.com
PH # 908-900-9882



APPNA South Central Texas Chapter



The year 2022 started with a community welfare kickoff event in February with a COVID-19/Flu vaccination and blood drive. APPNA physicians and families participated in addition to local community members.

An APPNA Physician Dinner and Mixer took place in a local restaurant in March where new physician members were welcomed and introduced. Our chapter participated in a mental health conference arranged by Ibn Sina Clinic in May followed by creating a pilot group of community members, psychologists, and psychiatrists working in concert for mental health issues, specifically those pertaining to the Muslim community.

The chapter executive committee also organized a gala for Indus Hospital and Shaukat Khanum Memorial Hospital in September. APPNA National Health Day was organized on October 22nd for the benefit of local community members and incoming refugees. The health fair was conducted in collaboration with local organizations including El Bari Clinic, Bexar County Translational Advisory Board, and University of Texas Health Science Center at San Antonio. Medical students and dental students volunteered their time at the event to perform basic health checkups and tests as well as dental screening exams and referrals. Additionally, APPNA physicians volunteered and participated. The local San Antonio community and refugees benefitted from the event, and it was a huge success.

Mahmood Mehkri, MD
President APPNA STC



AIMCAANA

Allama Iqbal Medical College Alumni Association of North America



Special thanks to our Alumni for their overwhelming support throughout this year.

Spring meeting was a success with one of the highest participations and the biggest Iqbalians retreat.

Rashan distributed to 1000 AIMC employees in Ramadan.

Summer meeting was a successful event. Dr. Arshad Taqi (Chairman Pakistan Medical Commission) was the Chief Guest and Mr. Muhammad Aslam (Ex-President PAIWS) the Guest of Honor.

25th Anniversary celebration paintings auctioned (\$20,000). And the funds added to digitalization project.

25th Anniversary Magazine was published which highlighted Iqbalians achievements.

Initiated project for Digitalization of AIMC. Formed an AIMCAANA IT Committee which works with AIMC IT. Work has begun with expected completion by early 2023. (cost ~\$70,000) for which funds were raised in March/July. Project is being directly supervised by Principal AIMC, Prof. Nadeem Hafeez Butt.

Pharmacology lab renovated \$20,000 Donation by Drs Asad and Humerra Qamar

\$13,000 loan given to deserving Iqbalians for residency application process.

\$110,000 raised within 24 hours for Flood Relief. \$90,000 donated to Rukhsana Foundation and \$21,000 to Abdul Aleem Khan Foundation, for tents, blankets, nets and food supplies to flood victims.

\$32,000 raised for the treatment expenses of fellow Iqbalian.

3 air conditioning units provided to hostels and hospital library. (\$2,500)

Embedding Station provided to Histopathology Department (\$3,500)

Endoscopy equipment provided to Gastroenterology Department, donations from Class 1998. (\$20,000)

Donated 80 computers, 25 printers, ID card machine to AIMC (\$30,000)

During my October visit to AIMC, I was honored by the Principal Prof Nadeem Butt to inaugurate the Great Wall of Iqbalians, "Parwaz" (a pictorial history of AIMC), digitalization office, medals distribution and tree plantation outside auditorium.

I met with Surgeon General Nigar Johar regarding WFME issue in Pakistan. I also met with Principal AMC Major General Farrukh Saeed and his team for transferring their digitalization technology to AIMC.

Grateful to your donations with which we continue to support our alma mater.

Nusrum Iqbal, MD, FACP, DABOM, dipABLM
President AIMCAANA 2022



DOGANA

Dow Graduates Alumni of North America



It was my utmost pleasure to serve as president of DOGANA this year. As you all know 2022 has been an incredibly busy year for me professionally, but I am indebted to my central council members for providing me an incredible support and helping me fulfil my responsibilities as DOGANA president. My promise for this year was to promote academics and research and in these regards we were able to establish a three-way memorandum of understanding between University of Maryland, DUHS and DOGANA that will help promote educational activities among the two universities and provide opportunities for observerships in USA to the Dowites. To defray some cost of these activities DOGANA has contributed \$25,000 to an endowment fund at University of Maryland foundation and our contribution is matched by the University of Maryland to have the starting funds of \$50,000. We have established a committee of 14 leading Dowites in academics to brain storm mechanisms to provide academic help to DUHS students in partnership with DUHS leadership.

Some of the other major efforts and accolades during this year include:

- Presidential award from the President of Pakistan for the services by overseas Pakistanis (Dr Azim Qureshi, Executive Director of DOGANA, accepted on behalf of DOGANA).
- A successful DOGANA retreat in Washington DC (Credit: Dr. Ahmed Nawaz and his team).
- Tremendous support from Dowites to enable collection of \$142,000+ for flood relief in Pakistan. Distributed by Edhi Foundation (Credit: Dr Tariq Bin Sagheer and Disaster Relief committee)
- Committed support for DOGANA Institute of Genomic Sciences by providing equipment and faculty training (credit: Dr. Aamir Ehsan, Mamoona Sheikh and DIGS team)
- Distribution of more loans than any other year to needy Dowites (Credit: Drs Samia Faiz, Aaliya Ahmed and their team)
- Help and career guidance to young DUHS graduates (Credit: Dr Arshad Khan and his team)
- Improved communication of DOGANA activities via prompt social media coverage (Credit: Dr Naushaba Butt, Mr Laiq Siddiqui and their team)
- Excellent publication during the retreat (Credit: Drs Naushad Noorani, Azim Quraishi and their team)
- Efficient and transparent handling of all financial matters (Credit: Drs Adil Ahmed, Naushad Noorani and team)
- Significant growth in DOGANA membership (Credit: Dr Saeed Sabir, and his team)



I would like to thank Dr. Irfan Aslam for his guidance as an immediate past president and wish all the best to Dr. Samia Faiz, our incoming President for 2023. Finally, thanks to our executive director Dr. Azim Quraishi for his leadership and continuous guidance. I will continue to serve as immediate past president next year and plan on continuing to lead DOGANA's academic and research endeavors.

In the end, I would request all Dowites, especially the young and energetic ones, to get actively involved in various creative activities of DOGANA and APPNA and help make these organizations more vibrant and productive.

Wishing you all a very happy and prosperous New Year.

Sincerely yours

Muhammad Mansoor Mohiuddin
President DOGANA 2022

FJMCAANA

Fatima Jinnah Medical College Alumni Association of North America



It is an honour for me to write annual report of FJMCAANA 2022. Alhamdulillah we have achieved many goals this year. 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 Flood Relief Response in Pakistan I am humbled to share this that FJMCAANA took the lead in response to call for emergency relief during Floods in Pakistan. We have raised almost 75,000 US dollars so far and we have supported

medical camps by sending teams from FJMU in Rajan Pur and Sindh. We have adopted a village in Fazal Pur, Kashiani Basti in collaboration with Customs Health Care Society. We have built 25 complete houses and have helped in partial construction of 61 houses. We have also started to built a community health centre in this village and In Shaa Allah, all construction will be completed by end of December 2022. We are distributing medical prevention kits to various flood effected areas. President Dr. Fizza Rafiq along with Dr. Amna Buttar traveled to Pakistan in the end of September 2022 and worked in medical camps with FJMU teams in Fazal Pur and she also inaugurated the construction of houses in this village.

2- FJMCAANA is supporting 4 schools in remote areas of Pakistan in collaboration with TAKMIL.

3- We are doing cornea transplants at SGRH in collaboration with Zafar&Mir foundation.

4- We donated 40,000 USD for new nephrology unit at SGRH.

5- Student Scholarships on annual basis.

6- Post Graduate scholarship of 5000 USD has been started for FJ graduates who are interested to pursue their career in USA.

EDUCATIONAL ACTIVITIES:

1- FJMCAANA started YouTube health channel.

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

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. FJMCAANA hosted a very successful Alumni retreat in APPNA summer meeting at Atlantic City. We celebrated 75th, Diamond Jubilee of FJMU. Graduates of 1996,1997 celebrated their 25 years anniversary. 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 and support. I would also like to thank my executive council and all members of our Alumni for their hard work and continuous support. I wish my Alumni all the very best in their future and I hope and pray that our new EC will take FJ alumni to new heights. In Shaa Allah

Dr Fizza Rafiq
President FJMCAANA



Thank You FJMU Alumni Association North America

We are pleased to share that the partnership between FJMCAANA and TAKMIL continues to strengthen!

Thank You FJMCAANA for your commitment and support to educate 167 children in 4 schools in Mirpurkhas, Jamurd, Jhang, and Khuzdar!



خواب سے تعبیر تعبیر سے تکمیل ABC Certified Daily Notable

Thursday, Sept. 29, 2022, 2 Rabi ul Awwal, 1444 | Rs 10 | Pages 4 | Registered | C/Pt. No. 401 | Volume IV, Issue No XLV | Lahore

FJMU/FJMCAANA Medical Camp And Flood Relief & Rehabilitation In Fazalpur, Rajanpur District

Lahore: According to the sources of Daily Notable, The Team of FJMU/FJMCAANA/CHS comprising of senior National and International physicians visited Rajanpur, Southern Punjab. They visited Village Kashiani which has been totally destroyed by the magnitude calamity. VC FJMU Prof Khalid Masud Gondal with Dr. Asif Mahmood Jaha, FTO Patron Customs Healthcare Society, and FJMCAANA represented by President FJMCAANA Dr Fizza Sofeen, Dr. Amna Buttar, Dr. Samina Toufiq, FJMU team consisted of Prof. Shamsa Hameem, Prof. Hilpan Shahid, Prof. Imran Aslam, Dr. Awas, Dr. Salman, Dr. Usman and other members. The President FJMCAANA Dr. Fizza Sofeen on behalf of Alumni inaugurated 29 houses established for the homeless families. Each house has 2 rooms a washroom and a compound. Special focus is on the widows and orphans. The FJMU Alumni & Faculty also established medical camps at two villages of Fazalpur where large number of patients including men, women and children were seen by senior doctors from FJMU and FJMCAANA in the form of Family Planning and Maternal/Dysage prevention was also carried out. Ration and medicines were distributed amongst the needy. The team expressed their intention to expand the project of the village further, establish a School, health center and mosque to provide community support on a long term basis for rehabilitation with follow-up. The Alumni thanked Dr. Asif Mahmood Jaha for collaboration in Flood Relief Activities and Medical Camping. - PUNA



JSMUAANA

Jinnah Sindh Medical University Alumni Association of North America



ASSalamUlaKum,

This year JSMUAANA has been working with our Alma Mater JSMU regarding educational and teaching seminars through our Education and mentorship program. These lectures are at our website, available to all students at JSMU and other medical Colleges. Mentorship is being provided to students from JSMU along with externship opportunities in USA.

Another program that we will be providing educational and teaching support is the new Behavioral health unit at JSMU.

We had a very successful Retreat in Chicago during the month of August, this meeting was attended by members from USA, Australia, England and Pakistan. Vice Chancellor

Dr .Amjad Siraj Memon honored us with his presence at the retreat. CME was also well attended. We had a Safe Driving Seminar By the Sheriff of Dupage County., it was a fun filled weekend which started from Thursday 8/11/22 with dinner, on Friday a boat tour on the Chicago River was organized along with Dinner with Qawali at the hotel. on 8/13/22 General Body meeting was held and Dinner with entertainment was well attended . A brunch was served to the departing members on 8/14/22.

A Career Seminar was conducted in alliance with Pakistan descent Physician Society for our students and young Physicians. JSMUAANA also collected funds for Flood victims in Pakistan which were distributed through JSMU and other organizations. Genetic lab project is a work in progress and administrative details are being worked out with our partners in Karachi. JSMUAANA is also fund raising for our "Forever in our Lives" project through which we will be providing funding to a project that will be a Sadiqa e Jariaha for our young kids who have lost their lives in the last couple of years ,this will be an ongoing project .

We are also planning for the Golden Jubilee Celebrations being held in Karachi from 3/3/23-3/5/23 IA we are expecting that a large number of our members will be attending.

On National Health Day , JSMUAANA organized a free clinic at the APPNA clinic in Westmont IL along with APPNA and PdPS. It was well attended .

A new Council was elected unopposed and announced for 2023 at end of October.

President: Dr Arif Shafi
President elect: Dr Mohammed Amir
Secretary: Dr Farrukh Malik
Treasurer: Dr Mujeeb uddin Shad
Past President: Dr Maleeha Ahsan

Welcome to the new member in the Council!

Maleeha Ahsan, MD
President JSMUAANA 2024



KEMCAANA

King Edward Medical University Alumni Association of North America



Assalamu Alaikum

First of all, I'm grateful to Allah SWT for allowing me to serve as President of KEMCAANA. I am both humbled and honored to serve this great organization. KEMCAANA, like previous year had a challenging year. Along with various challenges we had opportunities and accomplished various projects. with help of one of the very accomplished kemcolian, Dr. Faisal Sultan , we were able to streamline the process of Statement of Need for incoming residents and now SoN is available on line and ready within 24 hours of application.

Raised over \$ 50,000 to assist flood relief efforts in Pakistan.

Completed first pediatric burn unit in Punjab at Mayo hospital Lahore with 3 story building including medical ward, ICU and independent operation theatre , with total cost of 15 Crore Pakistani Rupees. Completed advanced skill lab at KEMU with generous donations of Kemcaana member Dr. Hussain. Maqbool Ahmed block completed for Basic Sciences at KEMU with generous donations of Kemcaana member Dr. Maqbool Ahmed and his family with total cost of over 6 Million dollars.

Kemcaana has various scholarship programs. \$100,000 awarded to KEMU students and 39 scholarships/loans of \$5000.00 each awarded to KEMU graduates to assist in their journey towards residency training in USA.

First time in the history of Pakistan, King Edward alumni in North America is going to pay tuition fee of incoming first year class with a goal of making KEMU the very first "tuition free" medical institute in Pakistan.

Kemcaana continued to support various charity and educational programs including Ramadan food drive in USA and Pakistan, indigent patient medication program, kemcaana learning center at KEMU, visiting faculty program at KEMU, kemcaana computer lab for students and graduates of KEMU and various research projects involving KEMU students and graduates.

Kemcaana members donated generously to provide 85 wheelchairs in various departments of Mayo Hospital Lahore and 160 bed side chairs for families in various medical and surgical wards of Mayo Hospital.

Kemcaana YPC actively engaged with students and graduates of KEMU and assisted with clinical rotations, observe-ships, research scholar positions in various universities in USA and assisted with visit , exchange visitor and H-1 B visas.

Kemcaana members actively participated in various committees of APPNA and served on various leadership roles in APPNA.

I hope and pray , kemcaana and appna will have productive coming years.

Respectfully submitting

Mohammad Fateh Shahzad, M.D.
President kemcaana 2022

RMCAANA

Rawalpindi Medical College Alumni Association of North America



It was a busy year with 4 Appna meetings and tremendous turnout of RMCAANA Alumni in Oklahoma, Atlantic city, Banff Alberta and Nashville.

Projects that we helped to support were:

1. Flooding in Rural Pakistan led to huge amounts of loss of homes and livestock in summer 2022 and our Alumni raised over \$80,000 to help the poor. Medical camps were held in Rajanpur, Taunsa, Nowshera and Risalpur. Free medicines, rations, clothes were given out. Homes will be rebuilt in South Punjab effected areas as phase 2 of project.

2. Darya Khan Girls School :raised \$ 20,000, and upgrades of building .

3. RMU Scholarship fund increased to \$6000 annually in 2022 and will support 14 deserving undergraduate Medical students.

4. RMU Family Medicine department is now established with an Assistant professor and plans for additional academic positions .

5. Mohs Surgery established at Burn center in RMU with guidance of Dr Babar Rao.

6. Cancer Diagnostic centre initiative has been started with groundwork by Dr Shazia Zafar and Dr Sohail Aman. OPD started in HFH Rawalpindi

7. Cornea Transplant program at Holy Family Hospital is being supported by monthly Alumni donations. So far 30 corneas have been donated

8. Another Milestone....Rawalpindi Medical University (RMU) is the 1st public sector medical university of Pakistan to have a web-based e-log training system .

RMU for the 2nd consecutive year has been ranked among the top medical universities across the world by Times Higher Education Impact Rankings 2022 due to the iconic work of Vice Chancellor Dr Muhammad Umer and his team.



2022 RMCAANA Team

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

Councillors are:

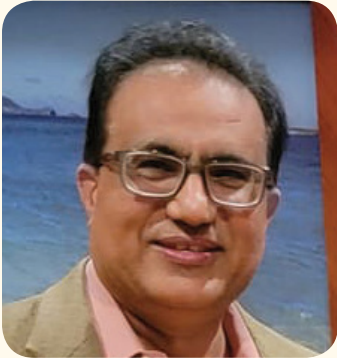
Dr. Shazia Ali, Dr. Tehseen Naqvi, Dr. Saira Khalid, Dr. Mahwash Saeed, Dr. Muhammad Khalid Zafar, Dr. Iftikhar Chaudry, Dr. Rizwan Iqbal, Dr. Talal Ahmed, Dr. Amina Saghir and Dr. Saifullah



Association of Physicians of
Pakistani Descent of North America

APPNA EVENTS

APPNA Strategy Meeting 2022 Bahamas Cruise



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

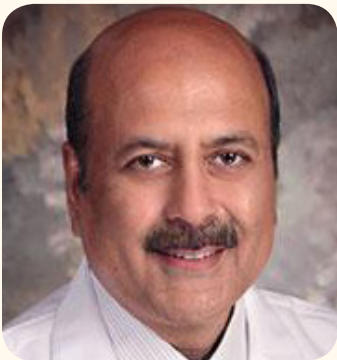
Ehtsham UI Haq
Chair, APPNA Strategy Meeting 2022

APPNA Strategy Meeting 2022 Bahamas Cruise



Photography courtesy by: Dr. Atif Qureshi

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



APPNA International Meeting Jerusalem, Jordan & Egypt



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 Spring Meeting Oklahoma, OK



APPNA Convention 2022

Atlantic City, New Jersey



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 Convention 2022 Atlantic City, New Jersey



Photography courtesy by: Dr. Atif Qureshi

APPNA Fall Meeting Nashville, TN



Nashville, my hometown, was the venue of the annual APPNA Fall meeting. The meeting was held at the gorgeous Gaylord Opryland resort. The welcome reception was held at the iconic JT restaurant in downtown Nashville. It exceeded our expectation with over 50 attendees joined on a gorgeous evening. Live music, roof top access and a trip of the downtown culminated at the famous Siegenthaler bridge over the Cumberland River. According to attendees this was a welcome departure from previous receptions. Majority of participants enjoyed this evening that finished with warm pink chai on the Cumberland River.

Friday and Saturday morning CME activity provided 8 hours of well thought out topics. They were well attended with positive feedback. I personally would like to thank the CME chair and Co-chair, doctors Saadia Khan and Mohammad Ali for their hard work and dedication and conducting this program.

This year the host committee arranged a bus tour of the city of Nashville as well as a trip to the Parthenon museum, this was high light of Saturday and over 50 participants enjoyed a visit to Athena.

Friday evening theme was Cowboys and Country music. The entertainment hall was dressed as such and Jessica provided the music and a brief dance kit. It was well received as many members joined with country out fits and hats.

State senator Heidi Campbell was key note speaker and delivered a thought-provoking review of healthcare in Tennessee. Dinner was superb as always followed by a music

The penultimate day included the morning CME session followed by a lunch time Session 101. The central point being social political and organization involvement. The APPNA Stalwarts Drs. Omar Attique and Arif Ahmed gave very thoughtful insights into organizational involvement and ground level participation.

The APPNA executive committee session was well attended.

The dinner and Saturday Entertainment session exceeded capacity. Over 500 participants were in session. This year the central theme was healthcare disparity. Mr. Mark Yancy, CEO Nashville Health, gave his intake on healthcare inequity followed by thought provoking speech by Key note speaker Dean Vanderbilt, Professor Donald Brady.

President Durrani used his official address to highlight the flood situation in Pakistan and initiated a fund raiser.

On behalf of the Nashville host committee, I would like to thank the executive committee APPNA and specifically President Durrani for inviting us to Host the meeting. I personally would like to thank all the members of host committee specially Dr.Hana Khan for the hard work and commitment and organizing a Well attended meeting beating in a short time.

Best, till next time
Furrukh S Malik M.D. F.A.C.C.
Co-Chair APPNA Fall Meeting 2022
Publication Chair, APPNA fall meeting Journal 2022

APPNA Fall Meeting Nashville, TN



APPNA International Meeting IRAN



APPNA's 32nd International trip to Iran was a resounding success turning out to be one of the organizations most memorable trips. Due to the popular response and number of participants rising to 345, logistics required the participants to be divided into three overlapping groups, ranging from 85 to 135 people. The country was suggested by Dr, Haroon Durrani, while the trip management and coordination was deftly undertaken by Dr. Adnan Zaidi and Tipu Ahmad.

The itinerary included historical, religious, and cultural sights in Iran. The cities visited included Tehran, Shiraz, Isfahan, Qom, Mashhad, Yazd, and Persepolis. From the existential inspiring Persepolis, to the religious Mashhad and Qom, to the present day modern city of Tehran, it was all a remarkable lesson in this fascinating part of the world. To see the tombs of literary giants (Sadi, Ferdowsi, Attar Neshapuri) brought these poets to life in the minds eye.

We noted first hand the cleanliness of the cities, the friendliness of the people, and their resilience in the face of challenges. The welcome ceremonies at several venues, where brief presentations were made to the group were quite appreciated.

First hand exposure to the Persian cuisine was a treat for all. The presentations by artisans in the fine arts of carpet making, saffron production, miniature making, khatem making, and other handicrafts were a welcome part of this trip. The CME venues and topics were equally remarkable, relevant to the times, and well received.

There was a consensus that such a trip must be considered again soon, especially with more opportunities for viewing and shopping the treasures of local handicrafts.

Faisal Shamsad, MD
Co-Chair APPNA International Meeting



APPNA International Meeting IRAN



APPNA Winter Meeting Multan, Pakistan



APPNA winter meeting at Nishtar Medical University, Multan 2022

An APPNA winter meeting was perfectly organized under the leadership of Dr. Haroon Durrani, with special thanks to Prof. Rana Altaf Ahmed, a vice chancellor NMU, Prof. Rao Rashad Qamar, Principal NMU and Prof Ahmed Ijaz Masood, for their great hospitality. The meeting kicked off with a scrumptious brunch at the governor house in Lahore, then we took a chartered bus ride to Multan in dense fog. Enroute to Multan we made many memories.

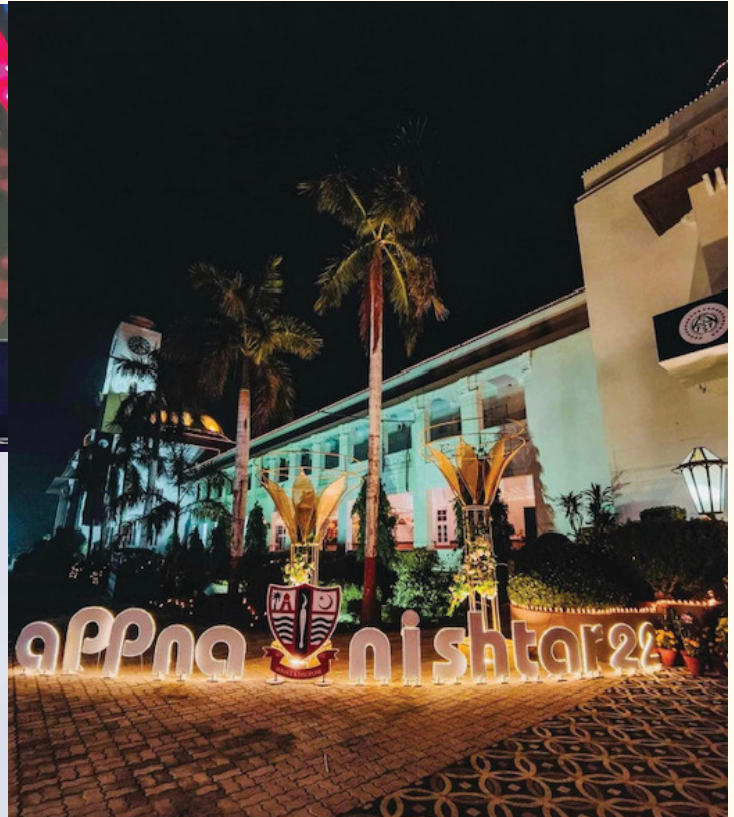
Thursday December 22nd, 2022 was a fun filled day which consisted of a memorable day-trip to Cholistan desert, Derawar fort, one of the most ancient forts built by Rai Jajja Bhati, a hindu ruler of 9th century, jeep safari, folk music, and a delicious goat-siji lunch. Friday the 23rd and Saturday 24th, 2022 were full of several CME workshops including Advanced endoscopy, Pain management, Cardiology, Psychiatry, OB/GYN, General Internal Medicine, and young physicians seminar. A quick trip to visit the shrines of Hazrat Bahauddin Zakaria and Hazrat Shah Rukn Uddin AAlam on Saturday also took place. Inauguration of the second block of the 10 operation theaters took place on Saturday, a renovation project from major donation by NANA. APPNA delegates thoroughly enjoyed dinners and a great musical program with live performances by Rahat Bano Multanikar, Ali Abbas, and Mughira Ahmad on Friday night, and a live performance by folk dance performers and Sahir Ali Bagga on Saturday night. APPNA physicians and families thoroughly enjoyed the winter meeting and excursion trips. A total of 53 registrants from the US participated at the winter meeting in Multan.

On behalf of winter meeting team,

Ghulam Mujtaba, MD
Chair APPNA Winter Meeting 2022
Las Vegas, NV



APPNA Winter Meeting Multan, Pakistan



Highlights of the year 2022

Helping Humans in Flood Disaster in Pakistan

APPNA FUNDRAISER ZOOM EVENT



APPNA 45TH ANNUAL CONVENTION 2022
July 13-17, 2022 Harrah's Atlantic City, NJ



US-PAKISTAN RELATIONSHIP
75TH ANNIVERSARY & CURRENT
POLITICAL/ECONOMICAL CRISIS
IN PAKISTAN
SERIES#1

**DR. ARIF
ALVI**

THE PRESIDENT
OF PAKISTAN

Friday, July 15, 2022
2PM



Association of Physicians of
Pakistani Descent of North America

APPNA Community Awareness and Response with Excellence in Healthcare Services

National Health Care Day



**APPNA
SPRING MEETING**
March 24-27, 2022
Omni Hotel & Resort
Oklahoma City, OK

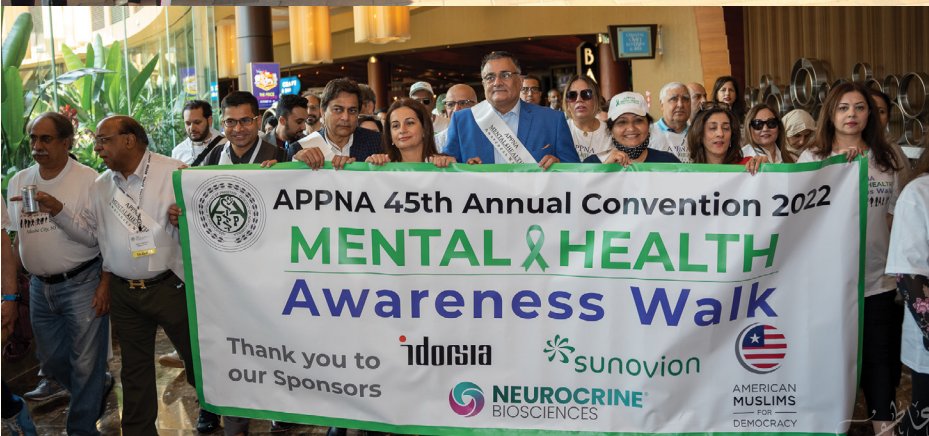
**COLON CANCER
WALK**

ALL AGES ARE WELCOME

RAISING AWARENESS
REGISTRATION REQUIRED TO JOIN THE WALK

11AM - 12PM
Sat, 26th MAR
2022

APPNA 45th Annual Convention 2022
July 13-17, 2022 Harrah's Atlantic City, NJ



**MENTAL
HEALTH
AWARENESS
WALK**

SAT, JULY 16, 2022

11am - 12pm

Harrah's Resort Atlantic City, NJ

RAISING AWARENESS

ALL AGES ARE WELCOME

#BREAK
THE STIGMA

Please register for the walk at:
appna.org/appna-walk



Association of Physicians of
Pakistani Descent of North America

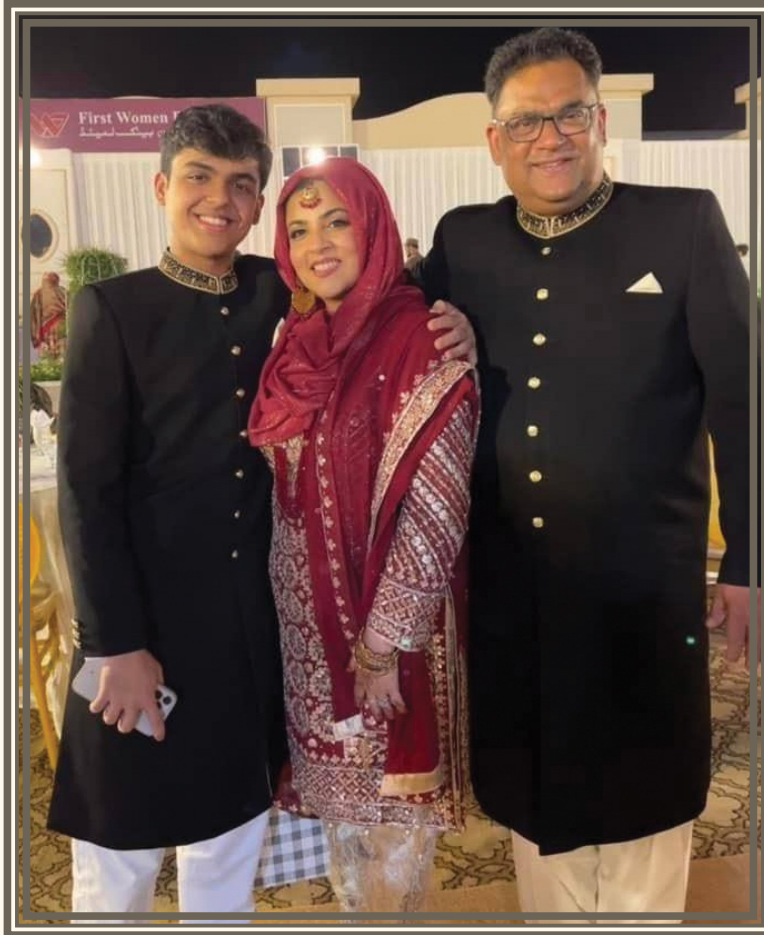
INNA LILLAHI WA INNA
ILAIHI RAJI'UN

إِنَّا لِلّٰهِ وَإِنَّا
إِلَيْهِ رَاجِعُونَ

Surely we belong to Allah and
to him we shall return.

In loving memory of

Hassan Suleman
Son of Dr. Javed Suleman

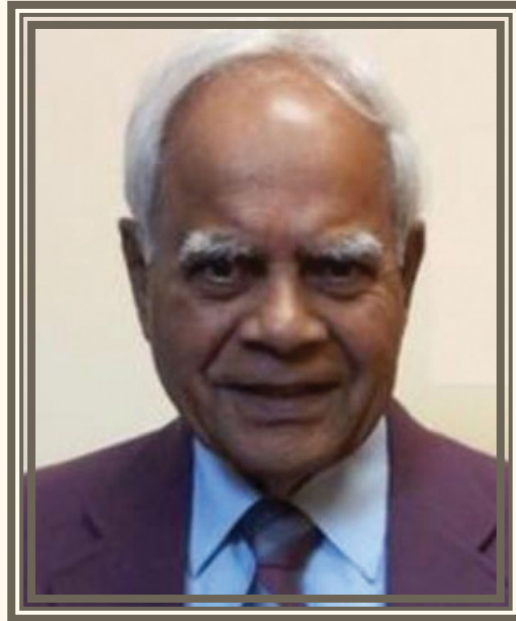


It is with immense sorrow and grief that we inform the APPNA family of the passing away of Hassan Suleiman, son of Drs. Rana and Javed Suleiman. Hassan had a road traffic accident yesterday. He was only seventeen years old.

Dr. Javed Suleiman is a former president of APPNA. On behalf of the APPNA family, we extend our heartfelt condolences to the bereaved family. May Allah bless Hassan's soul and grant sabr to Rana, Javed and the rest of the family to bear this most immense loss, Ameen.

In loving memory of

Dr. Majid Qureshi



It is with great sadness and heavy hearts that we announce the passing of Dr. Majid Qureshi. Having moved to Cincinnati in the 1950s, Dr. Qureshi was a founder and a pillar of the local Muslim community and an exemplary contributor and role model to the Tri-State area as a whole. He had such significant and life-changing impact on so many people around him over the years, always willing to lend a helping hand to those in need the most. We will mourn his loss and will dearly miss his grace, generosity, and warmest of hearts. Dr. Qureshi is survived by his wife, Farhat, and his sons, Tarique and Rehan, May Allah grant brother Qureshi the highest level of paradise.

Our dear beloved brother Dr. Majid Qureshi was one of three people who registered the Islamic Association of Cincinnati in the 1960s and began Cincinnati's first-ever mosque (a home on Fairview Avenue). In 1980, he helped the community transition to the existing Clifton Mosque (a house on Clifton Avenue). He also played a vital role in purchasing the land needed for the Islamic Center of Greater Cincinnati in West Chester.

His many contribution over the past half century include tremendous half century include tremendous generosity towards many of our region's masjids, authoring a historical narrative about the history of Muslims in the tri-state which will serve as resource for generations, a renown surgeon who served as a role model for many professionals in the region, and a humility of character that was exemplary.

May Allah SWT grant him Jannah Firdaus, May his pioneering work of establishing Islam in America be an ongoing Sadaqa Jariah!

In loving memory of

Dr. Arshad Abbasi



It is with much sadness that we report the passing of Dr. Arshad Abbasi. The following is a portion of the eulogy written by his sister.

"It is with deep regret & heartfelt sadness we inform you about the passing of Dr. Arshad Abbasi in Tyler (Tx) on June 2nd, 2022. He was surrounded by the love of his family and friends.

Dr. Arshad Abbasi MD belongs to the illustrious political Abbasi family of Sindh/Pakistan. He was the son of Late Kazi Abdul Majeed Abid Abbasi former federal and provincial minister and brother of Dr. Fehmida Mirza former federal minister and Speaker National assembly.

He was a graduate of Liaquat University of Medical Health Sciences Jamshoro Sindh. He completed his Internal Medicine training at The Brooklyn Hospital NY and Fellowship in Pulmonary and Critical Care Medicine at Michigan State University where he went on to serve as Associate Professor of Clinical Medicine. Following an extensive career in the Greater Lansing Area, he relocated to East Texas where he served as Medical Director of the University of Texas Health System, East Texas. He had 5 board certifications, including Pulmonary , critical care, Sleep, hospice and palliative care medicine and ABQAURP.

He was a lifetime member and an avid supporter of APPNA. He served in various capacities in different community organizations. He was a Philanthropist and known for his generosity. He supported different Islamic centers, built water wells in Thar, and helped people indiscriminately. His wisdom touched and shaped many lives.

He was a devoted husband, a dedicated father, brother, friend, and community leader. He will be fondly remembered for his contributions to academics. He was well known for his professionalism, humbleness, and very charming nature.

He is survived by his two sons, Dr. Arsalan A Abbasi MD and Adnan A Abbasi, and Siblings: Farida Abbasi, Dr. Fehmida Mirza MNA, and Qazi Amjad Abbasi. Dr Farha Abbasi MD , Dr Fareha Kazi Soomro MD.

He is preceded in death by his Father: Kazi Abdul Majeed Abid Abbasi, Mother: Begum Akhtar Abid, and Wife: Dr. Sadia Abbasi.

This immense loss to the family and community will be deeply felt. May his soul rest in peace. Kindly keep the bereaved family in your prayers, May Allah (SWT) grant them the strength to endure this very difficult time".

In loving memory of

Mirza Zain Ahmed Baig
Son of Dr. Aftab Ahmed Baig



The APPNA family is immensely grieved and saddened by the untimely and tragic death of Zain, son of Dr. Aftab and Mrs. Farzina Baig, in an automobile accident in Louisville, KY.

May Allah bless the departed soul and give courage and sabr to the bereaved family to bear this irreparable loss, Ameen.

In loving memory of

Dr. Tariq Javed

It is with great sorrow we share the news of passing away of Dr. Tariq Javid, Ina Lilahi Wa Ina ilayhi rajioon. Many of us know him as one of the founders of the Islamic Center of Long Island and for all of his work with APPNA. He was founding member of APPNA NY Chapter.

Mrs. Munawar Ahmed wife of Tipu Ahmad

APPNA is saddened to announce the sudden passing away of Mrs. Munawar Ahmed, wife of Mr. Tipu Ahmad on Friday, November 11, 2022 in New Delhi, India.

She had been visiting family in Kashmir and was on her way back to USA.

She was a devoted wife, wonderful mother of three accomplished children, a beloved and dutiful daughter/daughter in law in addition to being a very kind human being.

Please join us in praying for her maghfirah and sabr for the family.

In loving memory of

Dr. Wahid Ahmed



It is with sorrow to announce the loss of one of the senior most kemcolians in the USA, Dr. Wahid Ahmad, KE graduate passed away in Louisville, Kentucky on October 21st.

What an amazing person and what a remarkable life he lived. There are no words for the legacy Dr. Ahmad has left on our community. His shining personality will live on in our hearts. He has made a difference in so many lives. He was vascular surgeon and active in his profession and local community until very last days of his life.

He graduated from King Edward Medical College, Lahore, Pakistan in 1963. He did his residency in surgery at School of Medicine, University of Louisville, Kentucky from 1968-1971.

Dr. Waheed Ahmad practiced in New Albany, Indiana and specialized in General Surgery and Vascular Surgery. Dr. Ahmad was affiliated with multiple hospitals in the area, including St. Mary Medical Center Hobart, Indiana; Clark Memorial Hospital, Jeffersonville, Indiana; Baptist Health Floyd, New Albany, Indiana and UofL Health - UofL Hospital, Louisville, Kentucky. He had published articles in well known medical journals and was member of American college of surgeons.

He will live on in our memories forever. He is survived by his loving wife, 2 daughters and 2 sons. In this sorrowful time we would like to extend our heartfelt condolences to his family . Words, however kind, can't mend your heartache, but those who care for you share your grief and wish you comfort and peace of mind. May Allah SWT comfort you and all those whose lives were touched by Dr. Waheed Ahmad and bless him the highest place in Jannah. (Ameen)

In loving memory of

Dr. Arif Toor



It is our sad duty to inform you about the passing away of our beloved past APPNA President Dr. Arif Toor from complications of a heart attack which he suffered from in 2021. The list of Arif Toor's dedicated work for both APPNA and KEMCAANA are too numerous to list, but by consensus he was known as one of the greatest and most respected presidents of APPNA. The lives he had touched through his work in KEMCAANA has been immeasurable. Arif Toor's mentorship of the next generation of physicians in both APPNA and KEMCAANA who emerged into leadership positions has been immense. There will never be another one like Arif Toor.

While embracing life in America, Dr Toor ties to his home country remained strong with annual trips to Lahore to visit family. In 1980, he became active in his medical school's alumni association and created a scholarship program providing top medical graduates with the opportunity to do residencies at New Britain General Hospital. Upon completing the program, the graduates would return to Pakistan to apply their newly gained skills. The program was so successful that several other institutions in the U.S. went on to host graduates from KE in residency and fellowship programs. Dr Toor spent countless hours volunteering his time in building the program, fundraising, and supporting the residents. He served as president of Association of Pakistani Physicians of North America from 1989-1990.

During this time, he helped lead a program to develop health clinics in rural areas of Pakistan and advised cricketer and philanthropist Imran Khan on the development of the Shaukat Khanum Memorial Cancer Hospital and Research Centre in Lahore, Pakistan which provides cutting-edge cancer treatment to patients irrespective of their ability to pay. Mr. Khan went on to be elected Prime Minister of Pakistan in 2018 and expressed his gratitude to Dr Toor in various public remarks.

From 2000 to 2013, Dr Toor pursued several entrepreneurial ventures developing innovative technologies in electronic medical records for hospitals and healthcare practices. While work occupied much of his time, Dr Toor always found opportunities to travel and spend time with friends and family.

We extend our deepest condolences to his wife Dr. Nasim Toor and to his children, Dr. Arifa Toor, Atif Toor, and Amer Toor for their loss.



Association of Physicians of
Pakistani Descent of North America

REFLECTIONS

A Unique Pakistani-American Culture by Mahjabeen Islam, MD



The integration of Pakistanis into American culture can be a very polarized debate. And the spectrum of this integration is also broad. On the one end are people that have coalesced into the melting pot that America is known by. Name changes or their Anglicization, no interaction with Pakistanis, and the shedding of Pakistani culture entirely. On the other are the Pakistani ghettos—real and metaphoric—in which one might as well be living in Sialkot. Minimal interaction with non-Pakistanis, some perhaps with non-Pakistani Muslims, and holding on to every small and big thing Pakistani, to fortify a shaky edifice.

And then in this spectrum is this muddle in the middle. So many of us, daily, trying to figure out, how much, and if, we should integrate.

Besides Pakistan and America being East and West, both cultures are informed by different majority religions. Both Abrahamic faiths, one an essential continuation of the other, but their practices seem so opposed. And besides both peoples being very hard working, there seems to be little in common.

The key piece is the life cycle of the family, for it is here that our choices regarding integration have to be made. The American family represents the individualistic culture of the United States. As children come of age, they are encouraged to get a job like babysitting or packing groceries. And prior to Covid, children were expected to move out at age 18. The parents got older, and diseases set in. Children by this point are well established in their lives; there are boundaries and parents are expected to stay in their lane. Medications are mixed up and food is not eaten properly, but children visit on Thanksgiving and Christmas. If things get entirely unmanageable, parents are placed in nursing homes.

The Pakistani family represents the collectivist culture of the East. Until even twenty years ago, joint family systems were common. There's been branching out in many urban families, but it is a given for children to be primary caregivers of aging and ailing parents. Unmarried children almost invariably live at home. Financial, medical, and social upheaval is shared among the parents and the children. There are no boundaries or privacy. Attempts at keeping matters limited to a married couple, are met with derision and threats of excommunication.

Patriarchy though not absent in American culture, is embedded and genomic in Pakistan. Materialism, the baby of capitalism, is idealized in America. And Pakistan has changed dramatically over the last few decades and wealth acquisition is now a national preoccupation.

We should adopt the punctuality, accountability, work ethic and job dignity of America. And bring respect and care of parents and the social, emotional and financial support prevalent in Pakistani families to the US. And tone down the materialism.

Jumping into the oblivion of the American melting pot is entirely boring. Pakistani-Americans should meld the best of both worlds and create our own unique culture that would be exemplary in the tapestry we call America.

Mahjabeen Islam, MD, FAAFP, FASAM practices family and addiction medicine in Toledo, Ohio. her email is mahjabeen.islam@gmail.com

Uses and Abuses of Stem Cell Treatment

by Muzaffar H. Qazilbash, MD



“Twelve patients became seriously ill after receiving injections that supposedly contained stem cells from umbilical cord blood, according to the Food and Drug Administration, which issued a warning to the California company, Genetech, that made the blood product they were given.” This excerpt from a news report in the New York Times from December 20, 2018, is the latest outrage in the unauthorized use of stem cell therapies by commercial enterprises indulging in unsafe health practices. It must be emphasized that all stem cell treatments not approved by the US Food and Drug Administration (FDA), or used outside of a clinical trial under FDA-authorized investigational new drug (IND) application, should be considered unauthorized.

There are two different types of stem cells in humans: embryonic and adult stem cells. The embryonic stem cells that originate in the inner cell mass of a 3 to 5-day old embryo are capable of establishing an entire organism, with its heart, lungs, and kidneys. The adult or somatic stem cells, in contrast, can only repair the organ they belong to, such as heart. Adult stem cells can be easily harvested from blood, fat or bone marrow. The gold standard for stem cell therapy is bone marrow transplantation, a proven and potentially curative treatment for blood cancers and bone marrow failure. Bone marrow transplantation involves adult stem cells from the blood or bone marrow which have the ability to regenerate the blood and immune system. Approximately 23,000 patients undergo stem cell transplants in the US each year at major transplant centers for life threatening diseases, with thousands of lives saved each year.

Given their unique regenerative capability, stem cells may help in treating irreversible debilitating diseases, such as spinal cord injury and Parkinson’s disease. Although their enormous potential to treat devastating conditions offers hope to many, it also generates hype and misuse, resulting in serious physical harm, financial hardship, and impediment to genuine research. According to latest estimates, approximately one thousand stem cell clinics currently exist in the US, and 100-200 of these clinics peddle unauthorized stem cells treatments, risking the lives of thousands of patients.

There is little doubt that stem cells will play a major role in regenerative medicine. However, before their universal adoption as effective therapy, much work remains to be done in the laboratory and the clinic to understand their basic biology, potential toxicity, optimal dose, and medical utility. The safe and effective use of stem cells needs careful federal regulations, monitoring of unscrupulous clinics, and dissemination of reliable information from the healthcare agencies. Patients exploring stem cell therapies should verify the credentials of their clinics before embarking on this expensive and potentially risky treatment. In the event of questionable practices witnessed at a stem cell clinic, patients should reach out to the state medical board, FDA, or federal trade commission to report these dubious practices. We believe that oversight and vigilance will be necessary to realize the true potential of stem cell therapies.

Muzaffar H. Qazilbash, MD is Professor, Department of Stem Cell Transplantation, Division of Cancer Medicine, The University of Texas MD Anderson Cancer Center, Houston, TX

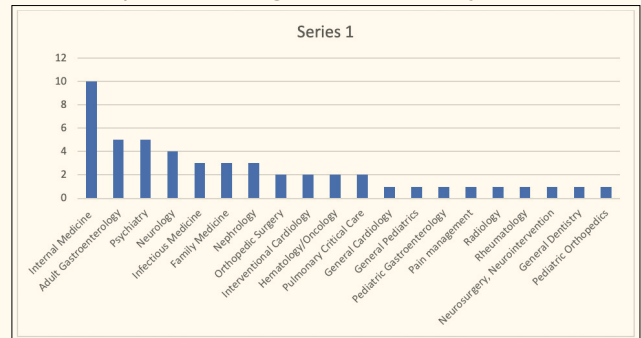
The healing we do and differences we make



Omer Suhaib, MD

Many physicians often wonder if our years of toil in medical school & the rigorous training that followed were worth it all? Not only for ourselves but also for the community we live in. Keeping this in mind, a survey composed of 15 questions was circulated amongst physicians of Pakistani descent in the state of Oklahoma. Lets get down to the grind and analyze the data that was collected as a result of 50 responses.

Amongst the respondents, 40% have been in practice for greater than 15 years, 24% for 1 to 5 years, 20% for 10 to 15 years and 16% for 5 to 10 years. Fourteen of us have spent greater than 15 years in Oklahoma while the remaining 22 have locally between 5 to 15 years thus having had an opportunity for meaningful impact in the local community.



Bushra Siddique, MD

Seven academics, 26 hospital employees and 17 doctors in private practice make up the majority of those who responded. We were delighted to see true entrepreneurship amongst our own as data showed that 25% (13/50) of us own or have shares in our respective practices. These Pakistani physicians facilitate employment of office staff as well. Our respondents report supervision of over 250 staff members who are either directly supervised by them or are employed to assist them in patient care.

As there is a nationwide shift towards more physicians serving

as leaders, our Pakistani physician expatriates in Oklahoma have also not remained on the sidelines. One out of four participants of the survey hold leadership positions at their respective institutes. Sixteen are medical directors, 1 Chief Medical Officer while the remaining 10 assume roles including Medical Directors and residency/fellowship program directors.

Most importantly, we were able to demonstrate that we have diligently continued our work to continue to heal to sick. The 50 physicians who participated in the survey reported 18,000 patient encounters on a monthly basis! If this number can be extrapolated to represent all 240 actively licensed Pakistani physicians, it amounts to an astounding estimate of 86,000 monthly patient encounters. This is a monumental contribution towards improving healthcare availability to Oklahomans. The pie chart below displays the focus of Pakistani-Oklahoman physicians between outpatient and inpatient care.



Beyond consultations, the local diaspora of Pakistani physicians supervise a multitude of procedures including endoscopies, PEG tube placements, bronchoscopies, pacemaker placement, cardiac catheterization, electromyography, electroencephalograms, bone manipulations, spine surgeries and endovascular neuro-intervention. A large number of these physicians are offering services such as lab draws, imaging, infusion therapy, rural outreach clinics, spirometry and motility studies.

We are confident that the results of our survey demonstrate that in the last decade, physicians of Pakistani descent have made tremendous contributions towards strengthening the healthcare system of the state they now call home. Moving forward, the enthusiasm of this small but very significant physician community promises exciting growth & outcomes.

A Piece of me

For Dr Arif Ahmad outdoors and writing are the passions that inspire each other. His farm, The Milky Way, with its stardust, the Big Dipper, Polaris, Jupiter, Venus, and a variety of wildlife and flora keeps inspiring him to write.

Meditating at the farm, many verses of the Quran come alive for him. The Optimist was his first formal piece of writing in 2003, Over the next decade, He kept writing pieces published at various sites. Finally, last year these wirings took the form of a book, A Piece of Me, an arrangement of words to inspire reflection. It became a best-seller on Amazon and is widely available at multiple outlets, major bookstores, and libraries, including Barnes and Noble, the Madison Public Library, the Yale University Library, and the library of Congress. In addition, some of its writings have been published in the Associated Press and CNN.

Other accolades for the book are as follows:

"A powerful collection of poetry and prose that reflects on religious and racial discrimination."

Booklife Reviews

"A novice poet delivers intriguing meditations on culture, politics, and humanity."

Kirkus Reviews

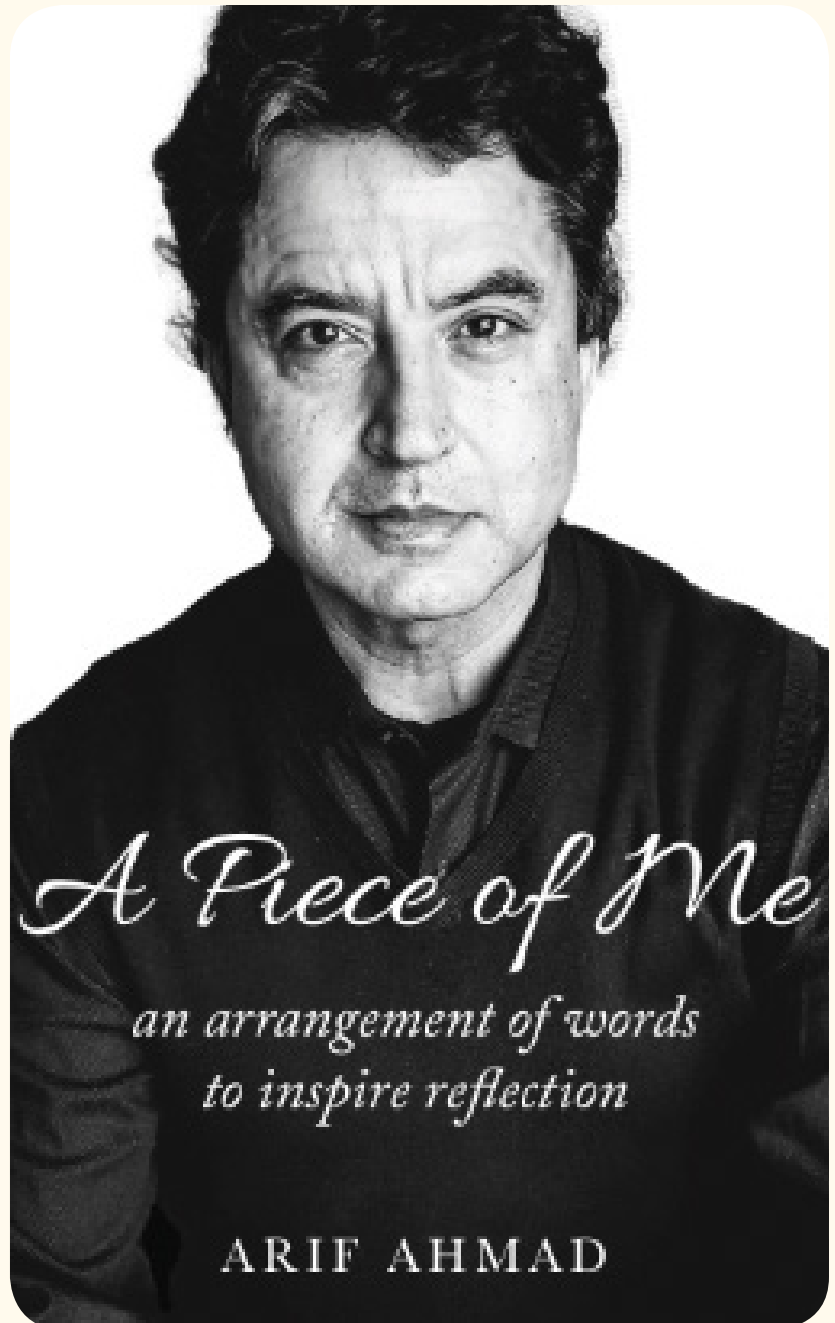
"Arif is a person who thinks and thinks deep."

Dr. Nasir Gondal (Ghareebkhana blog)

"The varied essays and poems of the autobiographical collection A Piece of Me are shared to inspire the community involvement that they model."

Foreword Reviews

2022 Bronze Medal Award Winner in the Poetry/Verse category for the Global Book Awards.



Iqbal's Poetry: Its Universality & Transcendence

by Abdul Rehman Abd, MD



Dr. Allama Muhammad Iqbal (1877-1938), the Poet of the East, or "Iqbal Lahori", as he is known in Iran, was undoubtedly a great scholar, a visionary, and a philosopher-poet of the 20th century. Well versed in Urdu, Farsi and Arabic languages and conversant in some European languages, he was a versatile orator and a great thinker. An attorney by profession, he took to heart, the hardship faced by the people of Indian subcontinent under British rule and chose the medium of poetry to arouse them against the tyranny.

Being a practicing Muslim and well versed in Islamic philosophy and spirituality, his poetic message is drawn from the Divine Scriptures and the teachings and the life of the Prophet of Islam. On top of that, since early on in his life, he took the great Master, "Mevlana Jalal-ud-Din Rumi" (1207-1273), as his virtual teacher and mentor, his message got more centered towards Islamic way of life and the philosophy of learning about oneself. Taking a lesson from a Quranic verse, he proposed the concept of "Khudi", or development of your "True Inner-self". This philosophy gave him an identity of his own and brought him up to the world stage as an original thinker and philosopher.

Iqbal's poetry is purposeful and inspirational. Except for some Urdu verses of his early years, all his poetry, especially the Persian language poetry, is meaningful and full of useful messages for life. He did not write poetry for the sake of just writing poetry. He used the envelope of poetry for his message. Going through his poetry, one can clearly see that he had a mission. He wanted to the Muslim Ummah, especially the Muslim Youth, to recognize their place in history and rise to the challenge. Except for the few early years of his life when he talk about Indian nationalism, he believed in the concept of all Muslims being one community (Ummah), regardless of the country they live in. He acknowledged the master poets of the past and the prominent ones of his time but specially credited Mevlana Jalal-ud-Din Rumi, whom he called his Master, Teacher, and a Mentor. Repeatedly in his poetry, Iqbal admits that he is who he is because of his master Rumi. Throughout Iqbal's poetry, his love for his Islam, the messenger of Islam and the Divine, is front and foremost as his clear source and the guiding light.

In my view, Iqbal was an "Extraordinary" person and an exemplary poet. He had a very special talent. He realized his potential and made no secret about it. In his poetry, one finds here and there, statements and clues to the fact people of his caliber come to the world but after a long period of waiting. I am of the opinion that he considered himself as one of those who are "Dana-e-Raaz" or knower of the secret. He said " Umrha, dar Kaaba o Butkhana mi naalid hayaat - Ta zeBazme naaz, yuk dana -e- raaz aayad barouN. (Life lays in wait, at the Divine and the worldly holy places, and only then a knower of the secrets comes out of the Assembly of the Pride and Passion. For this brief article, I will use Three of Iqbal's verses, from his different collections, to illustrate the point as to the caliber, vision and the essence of his message. Of course, books can be written and have been written, about different dimensions of Iqbal's poetry and the process will most probably continue way into the future. The most striking feature, to me, is the pertinence and the relevance that his work has today, despite its having been said over a century ago.

Iqbal says :-

, "Hadisa who Jo abhi parda-e-aflak meiN hey. - Ux us ka meray aaeina e idraak meiN hey".

حادثہ وہ جو ابھی پردہ افلاک میں ہے - عکس اس کا مرے آئینہ ادراک میں ہے

An incident that is as yet hidden behind the veils of the heavenly horizons, I see its reflection in the mirror of my profound and deep comprehension.

Iqbal's Poetry: Its Universality & Transcendence

by Abdul Rehman Abd, MD

This verse clearly indicates that Iqbal was aware of his rare and unusual ability of perceiving and foreseeing the events of the future. That kind of voracity and self-assurance is not mere poetic gloating or self-praise but a sure firmness of one's ability and understanding. We notice in his work that the way he analyzed the western powers, the moral decline of the west and the control of financial markets by a certain segment of the society is proving to be correct. His vision of a strong Islamic nation in Southeast Asia, spreading of Islam across the globe and the prediction that it will achieve "The Global Leadership" (Duniya ki imammat) again one day is not too far from the reality. He advises the youth of today, to learn the lessons of the Truth, Justice, and the Courage to be prepared for that leadership role.

Advising the youth, the leaders of tomorrow, he imparts the lessons of oneness of The Almighty, and the love of his beloved Prophet. He describes the status of the "Perfect Man", the one who bows down to only the Creator and who puts all his or her affairs in Divine hands, as the one who does the work of the Creator (with his permission and under His command) and is forever active. Such are the people, Iqbal says, who excel in their status by the day and never see a decline. They seem to set on one horizon only to rise again at another horizon.

Then he goes ahead once again and asserts that :-

"Bante hain meri kargah-e-fikr mein anjum. Aa apney muqaddar ke sitarey ko tou pehchaan.

بننے ہیں مری کارگہ فکر میں انجم - آ، اپنے مقدر کے ستارے کو تو پہچان

In the workplace (Factory) of my contemplation and thoughts, stars are being manufactured. Come and recognize the star of your destiny. He clearly is giving the message that if you are to follow the message in my poetry, you will be able to achieve your goals and reach your destiny and a bright future. His assertion is valid not only because he was in touch with the reality of the world military and financial powers but also because he was basing his message on the dictates of Divine message in the scriptures. He was well versed in the religious as well as politico-philosophical literature, to be sure of himself. His faith in the Creator is firm and unshakable.

Along the same line of thinking, Iqbal paints a picture of not-too-distant future. He gives hope and encouragement to the youth that if they learn to believe in themselves and the prowess that they have, they will find the entire world at their feet, once they put those powers, hidden within them, in action. He gives them the hope and the inspiration to reach out to the stars. He says I love those young people that throw a hook and a trap to capture the stars of the sky. He repeatedly advises them to read through the lines and recognise the recipe for success hidden in his deep poetic message.

"Khoal kar aankhaiN merey aaeina e guftaar meiN, Aaney waaley daur ki halki si ik tasweer daikh.

کھول کر آنکھیں مرے آئینہ گفتار میں - آنے والے دور کی ہلکی سی اک تصویر دیکھ۔

Look into the mirror of my utterings with open eyes and see a brief expose of the coming Era.

Where else in poetry literature, one finds strong and clear statements like this. Iqbal was fully aware that purposeless poetry is discouraged in Islam. In Ghazal form, one could aggrandize and idolize the beloved and use poetic hyperbole but in the form of poetry that Iqbal delved in, there was no room for exaggerations or lies. At one point in his poetry, being sure of his message and its intent, he implies that if there was anything in his poetry inconsistent with the message the Divine Book, may he be deprived of the opportunity, on the day of judgement, to kiss the feet of the beloved Holy Prophet. He wrote from his heart and he believed in what he wrote. Such is the poetry that is permissible, admired and encouraged, as source of guidance and inspiration.

Reflections



Peace for All

Saleem A. Khan, MD
9/6/2022

Many people claim, 'Peace for all' is a dream.
Let us join hands together to make it a reality
And pray that one day everyone enjoys real peace.

We know peace can not happen with a few speeches,
Nor can it become a reality without sincere hard work.
Actually we have to walk on bumpy roads to achieve it.

We all realize,our final destination is nowhere near
And by being silent,nothing will change.
To accomplish peace for all,we will have to do a lot
more.

Let us keep spreading the powerful message;
Discrimination and disparity should end for ever
And equal rights,equity and justice shouldu prevail.

Saleem A. Khan, MD
10/10/2021

(This poem was recited at the Academy for Peace
In Delaware by the poet,Dr khan.)

Our War Heroes

Saleem A. Khan, MD
9/6/2022

September 6, is the Defense Day in Pakistan
You can see a lot of patriotic programs everywhere,
On television screens and live demonstrations.

Everyone likes to watch the special parades
And love to see fighter planes showing their skills,
As they quickly turn and twist in the blue sky.

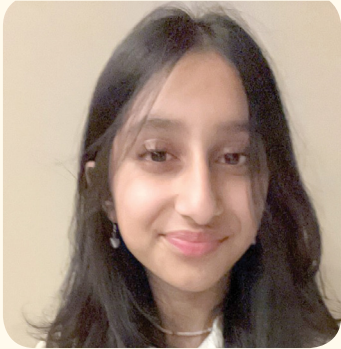
When young people look at military uniforms,
Their patriotic feelings increase immensely
And they start talking about serving the country.

All those heroes who gave their lives in wars,
Are remembered respectfully on this day
And people talk about their stories of heroism.

The families of those brave heroes feel so proud
Of the bravery their loved ones showed,
When they were defending their country.

The children and grandchildren of those heroes,
They want to continue the traditions of their elders.
May Allah bless the souls of those heroes,ameen.

Reflections



Rameen Noor Tahir

Rameen is a seventh grader at Mason Middle School, and is already an avid APPNA fan.

Where I'm From

Where I'm from
The national flag is bright
The crescent and star
Illuminated by the green and white

Where I'm from
The weddings are joyous
When everybody is joined
Nothing can destroy us

Where I'm from
The food has a smell
One that can make you hungry
Happy, as well.

Where I'm from
The clothes are pretty
Each sparkle shines bright
Like the lights of a city

Where I'm from
Urdu is the mother tongue
Each word unique
Spreading knowledge among

Where I'm from
The environment is rough
But the people are strong
We are all tough

Where I'm from
Things are hard
But we will keep fighting
And stand guard.

I am from Pakistan
Where everything is shared
Everyone deserves a voice
And we shouldn't be scared

I am from Pakistan
A beautiful place
With a unique culture
I must embrace

Where I am

Where I am
Freedom is key
Everyone gets it
Including you and me

Where I am
The culture has many parts
it hold components of other cultures
Each displayed like in a museum of arts

Where I am
Our flag has provided
Pride and comfort
Under it lies everyone united

Where I am
For the pledge we rise
Even if we look at the flag
Our hearts are being used, not our eyes

Where I am
The population is large
But everyone has a role in society
We are all in charge

Where I am
The healthcare is one of the best
If you see the work they do
You'd be impressed

Where I am
The education system is superior
it's very worth it
it's anything but inferior

I am in America
A place that's been through loads
However it will stay together
Strong, as the future decodes

I am in America
A place with many well-known norms
Norms that will only ever adapt
Never losing their core as what's to come forms

Reflections



Saleem A. Khan, MD
10/17/2022

Humanitarian of the Century

Where can you find such a kind soul,
Who cares about everyone.
When he sees people hurting,
He wants to take away their pain.

Since leaving the Oval Office,
He never stopped working.
What he has been able to accomplish,
Many people only wish they could.

With his sincere intentions and wisdom,
He tried to create peace around the globe.
Many people in the world are free of diseases,
Because he worked hard to help them.

Because of his kindness and support,
Many individuals are benefiting every day.
We all know how he helped build houses,
For people who could not afford them.

We are so happy that he won the Nobel Prize,
Certainly an honor that was way overdue.
No one deserves this recognition more than him,
As he is really the Humanitarian of the Century.

Not only do we respect, we love President Carter.
May God give him strength to continue his mission,
The mission of promoting world peace
And reducing human pain and suffering.

(This poem was written on the day when President Carter received the Nobel Prize for Peace. The poem was read for the congressional minutes by then Senator Biden.)

Reflections



(Aftab Ahmad
10/24/21)

When its time to go

When its time to go, its time to go,
No ifs, ands or buts,
But it still begs the question,
What happened?
Only God knows,
When its time to go, its time to go.

What you built is standing, you are gone,
Those you help get in, got you out,
They chose to be deaf, mute and blind,
That's how they return the favors,
Only God knows,
When its time to go, its time to go.

All those well intentioned friends, unaware,
All those good deeds, gone wasted,
All those good people, silent,
Only thing you hear,
"They didn't handle it well",
Only God knows,
When its time to go, its time to go.

Every right thing you did, became wrong,
All good principles put aside, all rules
reinterpreted,
All those you disagreed with, gathered,
To weigh you down,
All those visionary leaders, blind,
Only God knows,
When its time to go, its time to go.

Now heading to an unknown place
Loved ones and some friends to say bye,
Still hoping for the best to happen,
You're hopeful but not sure,
Only God knows,
When its time to go, its time to go.

Being a believer you know,
There is a bigger plan, that you don't know,
This headwind that is blowing,
Is going to take you higher,
Only God knows,
When its time to go, its time to go.

نیک دھوکا

طیب اور دیگر علاج کرنے والے افراد جانتے ہیں کہ خوشگوار صارفین رکھنے کے لئے نقلی علاج کارگر ہیں۔ تھامس جیفرسن نے 1807 میں لکھا کہ، "سب سے کامیاب معالجین نے مجھے بتایا کہ انہوں نے آنے کی گولیاں، رنگین پانی کے قطرے اور راکھ کے پاؤڈر لوگوں کا علاج کرنے میں استعمال کیے ہیں۔ اس پریکٹس کو جیفرسن نے "نیک دھوکے" کا نام دیا۔

مریضوں کو سب سے ناپسندیدہ ہوتا ہے جب آپ ان سے کہیں کہ آپ کو کوئی جسمانی بیماری نہیں ہے یا آپ کی بیماری کو کسی دوا کی "ضرورت" نہیں ہے۔ سب مریض اپنی علامت کی توجیہ چاہتے ہیں۔ پلاسیمیو لاطینی زبان کا لفظ ہے جس کے معنی ہیں "میں خوش کروں گا زیادہ تر لوگوں کو ایسا لگتا ہے کہ جب تک ان کو کسی دوا کا نسخہ نہ دیا جائے، ان کی شکایات کو سنجیدگی سے نہیں لیا گیا۔ ٹیکا لگانے والے ڈاکٹر منہ سے دی جانے والی دوا دینے والے ڈاکٹر سے بہتر تصور کیے جاتے ہیں۔ دافزیشن فلم میں باربر کا کردار، راب کول سے کہتا ہے کہ علاج جتنا تکلیف دہ ہو، باربر کو اتنا ہی اچھا سمجھا جاتا ہے۔ تاہم پلاسیمیو ایک دوا کی گولی نہیں بلکہ ایک پروس ہے جو طیب پر مریضوں کے اعتماد سے شروع ہوتا ہے اور مریض کی شفایابی کے مکمل ہونے تک رہتا ہے۔

پلاسیمیو پر مبنی تحقیق سے یہ بات سامنے آتی ہے کہ اگر اس سے مریضوں کے علاج میں زیادہ مدد نہ بھی ملے تو بھی مریضوں کو اپنی زندگی پر زیادہ سے زیادہ قابو رکھنے کا احساس فراہم ہوتا ہے۔ پلاسیمیو اینکٹ کے ذریعے غذا یا طرز زندگی پر توجہ دینا مثبت نتیجہ برآمد کر سکتا ہے۔ خود اپنی زندگی کے تفصیلی مشاہدات کے عمل میں، ایک مریض اپنے مسائل پر قابو پانے میں اضافے کا تجربہ کر سکتا ہے، جو خود ہی ایک طرح کا علاج ہے۔

پلاسیمیو اور نوسیمیو کے اثرات ہمیں سکھاتے ہیں کہ کس طرح ہم دنیا کو اپنے الفاظ سے بدل سکتے ہیں۔

لیون آرن برگ نے کہا کہ "پلاسیمیو اینکٹ" کہنے سے علاج کے نفسیاتی پہلوؤں کو بدنام کیا گیا ہے اور اب وقت آچکا ہے کہ اس لفظ کو زبان سے خارج کر دیا جائے۔ آئیے ہم اسے کسی ایسی اصطلاحات سے بدل دیں جیسے کہ "نگہداشت کا رد عمل"، "ڈاکٹر کا رد عمل"، یا شفایابی کا رد عمل۔ کیونکہ یہ طاقتور ہے، دوا کے اثر سے کچھ کم نہیں ہے اور مریض اور ڈاکٹر کے تعلق کا اہم حصہ ہے۔ نگہداشت کا یہ رد عمل امید فراہم کرتا ہے اور مریض کی حوصلہ افزائی کرتا ہے۔ یہ یقین دہانی کا وہ اطمینان ہے، جو بیماری میں غیر فعال کردار کے بجائے سرگرم عمل ہوتا ہے۔ یہ بیماری کے مفہوم کی تشریح کرتا ہے۔ یہ غلط ہوگا اگر ہم سمجھیں کہ "پلاسیمیو" طبی معاملے کی ایک بنیادی خصوصیت کی وضاحت کرنے کے بجائے محض دلیل پرستی کا تقاضا کرتا ہے۔ ہمیں اس کے تدارک کے بجائے اس سے شفایابی کے رد عمل کے بارے میں تقسیم لینا چاہیے۔



لبنا مرزا، ایم ڈی

متاع لوح و قلم

چراغِ سحری

ہمارے راستوں میں جب اندھیرے آئے
اُس چراغ سے روشنی مانگی ہم نے
آج کہاں ہے وہ چراغِ سحری؟
کیا وہ مجھ گیا ہمیشہ کے لیے؟

وہ کیسا چراغ تھا جو مجھ گیا
مگر ہر سوا سکی روشنی نظر آئے

تیری روشنی تیری تحریروں میں ہے
تیری روشنی تیری کتابوں میں ہے
تیری روشنی تیرے شاگردوں میں ہے
تیری روشنی تیری اولادوں میں ہے

تیری روشنی اک صدقہ جاریہ ہے
جو یہاں بھی ہے اور سمندوں پار بھی

تیری روشنی مشعلِ راہ بنی رہے گی
سب آنے والی نسلوں کے لیے
تیری روشنی روشن کرتی رہے گی
سب چھوٹے بڑے چراغوں کو

اے چراغِ سحری!

خدا تیری لحد کو بھی یوں جگمگادے
جیسے اُس نے تیری زندگی کو روشن کیا تھا

۲-۵ ستمبر ۲۰۰۱

برطانیہ ۱۳ رمضان ۱۴۲۲ ہجری

(اپنے والدِ بزرگوار پر وفیسر معصوب الدین خان کی وفات پر اُنکے بیٹے
سلیم احمد خان نے اپنے جذبات کے اظہار میں یہ الفاظ قلمبند کیے)



سلیم احمد خان



جاويد اکبر

غزل

ستم پہ درگزر اک اور اب مجھ سے نہیں ہوگا
 میں پھر سے بھول جاؤں سب یہ سب مجھ سے نہیں ہوگا
 کسی حد تک تو ممکن ہے راہ الفت ستم سہنا
 میں خود کو مار لوں ایسا غضب مجھ سے نہیں ہوگا
 میں تیرا منتظر ہوں آج لیکن تجھ کو مجبوری
 یہ ممکن ہوگا جب تجھ سے تو تب مجھ سے نہیں ہوگا
 شبابہت دیکھ کر آئینے میں احساس جاگا ہے
 امنگ نوجوانی کا سبب مجھ سے نہیں ہوگا
 منافق جلوہ گر ہوں گے اگر جاوید محفل میں
 تو برپا بزم میں رنگ طرب مجھ سے نہیں ہوگا

غزل

شب وصال کی لذت کو ڈھونڈتا ہوا میں
 کسی وجود کی حدت کو ڈھونڈتا ہوا میں
 اس ایک ترچھی نگاہ سے ہے پیار کی امید
 رواج و ریت میں بدعت کو ڈھونڈتا ہوا میں
 وہ خاک ہو گئے سب خواب جو بنے میں نے
 اب ایک خواب حقیقت کو ڈھونڈتا ہوا میں
 خلوص قتل ہوا سازشوں کے ہاتھوں میں
 گئے خلوص کی عصمت کو ڈھونڈتا ہوا میں
 ہر ایک شہر میں نفرت براجمال جاوید
 اور ایک شہر محبت کو ڈھونڈتا ہوا میں

غزل

سر زمانہ میں چپ تھا خیال اس کا تھا
 جواب دیتا بھی کیسے سوال اس کا تھا
 میں سوچتا تھا کہ کچھ پل تو میرے بھی ہوں گے
 مگر وہ چار دنوں کا بھی سال اس کا تھا
 اسی کی سانسوں میں ڈھل کر مٹا دیا خود کو
 جو میں نہ مرتا تو جینا محال اس کا تھا
 میرے سخن بھی اسی کے رہیں منت تھے
 دبیز لہجے میں پنہاں جلال اس کا تھا
 وہ ساری وحشتیں دل کی اسی کی تھیں جاوید
 عیاں تھا چہرے سے میرے ملال اس کا تھا

متاع لوح و قلم



ناصر گوندل شہرِ کرشمہ

تختی لگا رہا ہوں کہ میری ہے یہ زمیں
بے گھر ہوئے یا مارے گئے اولیں مکین

یہ کس طرح مسطح ہوا دامنِ دمن
مزدورِ مغویانِ فریقہ تھے کوکین

اس سطحِ مرتفع کو جو ہموار کر گئے
کتنے یہاں پہ جبرِ غلامی میں مر گئے

میں جس میں رہ رہا ہوں مقدس مقام ہے
ہر اک قدم یہاں پہ رینِ غلام ہے

ایسے نہیں ہے شہرِ کرشمہ کمال کا
شامل ہے اس میں خونِ پسینہ بلال کا

ایسی کشش سے کھینچا کہ ہم آ گئے یہاں
تھوڑا سا کشت کاٹا تو پھر ہو گئے رواں

ہم نے بھی اک زمین کا ٹکڑا کما لیا
سر پہ مکاں بنانے کا سودا سما لیا

بنیاد کھودنے کو جہاں پھاڑے چلے
بد حال و بے کفن کئی لاشے وہاں ملے

ویسے حقیقتاً یہ چھپایا نہیں گیا
مجھ کو لگا کہ مجھ کو بتایا نہیں گیا

میرا قصور تھا کہ میں اس سے تھا بے خبر
جائے وقوعِ جرم ہے کہتا ہوں جس کو گھر

میرے مکاں کا قصہ نہیں یہ سبھی کا ہے
اپنا سمجھ رہے ہیں وہ رقبہ کسی کا ہے

چرچا تھا اس نگر کا فقید المثل ہے
تعبیر ہائے خواب میں حدِ کمال ہے

زرخیز ہے زمیں تو فضا سازگار ہے
ہر غنچہ خیالِ نوید بہار ہے

محنت کرو گے اور ثمر اس کا پاؤ گے
جو بھی تمہارا حق ہے اسے نہ گنواؤ گے

حق میں برابری ہے ہر اک خاص و عام کی
ہے سلطنت یہیں جو کہیں ہے عوام کی

قسمت یہاں کھلے گی اسے آزمائے
اس کو وطن بنا کے وطن بھول جائے

متاع لوح و قلم



نرا حے کے بے تاج بادشاہ جناب خالد عرفان خاص طور پر کراچی سے تشریف لائے ان کے ساتھ محفل کو چار چاند لگانے کیلئے جناب ڈاکٹر خالد مسعود بھی موجود تھے۔

کینیڈا سے محترم اشفاق حسین، ٹیکس سے جناب غضنفر ہاشمی اور شکاگو سے جناب غلام مصطفیٰ انجم نے خاص طور پر تشریف لاکر ہماری عزت افزائی کی۔

میزبان شعراء میں جناب ڈاکٹر عبدالرحمن عبد، ڈاکٹر ناصر گوندل، جناب ڈاکٹر سعید تقویٰ، ڈاکٹر سلیم تورانتہ، ڈاکٹر انوار احمد نے سٹیج کو اپنی موجودگی سے جلا دی۔

مجھے یاد ہے کہ بھوپالی صاحب نے فرمایا کہ ایسا مشاعرہ تو انہیں یاد نہیں جس میں عہد حاضر کے اردو ادب کی اتنی محترم شخصیات ایک سٹیج پر موجود ہوں۔

جناب امجد اسلام امجد نے کہا کہ انہوں نے اپنا کے پلیٹ فارم سے بہت سارے مشاعرے ایڈنڈ کیے ہیں مگر ایسا مشاعرہ پہلے کبھی نہیں ہوا۔

محترم افتخار عارف نے کہا کہ وہ بہت خوش ہیں کہ وہ ایک احساس اور خلوص کی کرنوں سے مزین شام کا حصہ بن سکے۔

زندگی چلتے رہنے کا نام ہے۔ میری دعا ہے کہ ہمارے اپنا کے پلیٹ فارم سے ایسی محفلیں سبجتی رہیں۔

شعر و سخن کے گلشن پہ شبنم بکھرتی رہیں۔ اور اپنی خوبصورت میراث اردو کی گہرائی اور لہجے سے اپنے دلوں کو روشن رکھیں۔

متاع لوح و قلم

ایک مشاعرہ، ایک تاریخ جو رقم ہوئی

جاوید اکبر کے قلم سے

گزشتہ ۱۵ سال سے میں اپنا کی ادبی سرگرمیوں کے ساتھ منسلک ہوں۔ کئی مشاعرے منعقد کرانے کا اعزاز ملا۔

اٹلانٹک سٹی نیو جرسی ۱۲ جولائی جمعرات کی شام کو منعقد کئے گئے مشاعرے کا سیاق و سباق اور روداد دونوں ہی مختلف ہیں۔

محترم ہارون درانی، ڈاکٹر سعید نقوی اور ڈاکٹر ناصر گوندل جیسے صاحب ذوق لوگوں کا ساتھ ملا۔

اس مشاعرے کی صدارت عہد حاضر کے جید اور معتبر اہل قلم جناب افتخار عارف نے کی۔ آپ کی ذاتی دلچسپی اور لگن کے ہم دل سے قائل ہیں اور شکر گزار ہیں۔

مشاعرے کے مہمان خصوصی جناب امجد اسلام امجد تھے۔ آپ خاص طور پر لاہور سے یہاں بسنے والوں کی محبت کی وجہ سے تشریف لائے۔

موجودہ دور کی غزل کے افق کے ایک درخشندہ ستارے جناب عباس تابش بھی شرکت کے لئے تشریف لائے۔

ہندوستان سے خاص طور پر ہماری

بھرپور کوشش اور اصرار پر جناب منظر بھوپالی بھی اس خوبصورت محفل کا حصہ تھے۔

علاوہ ازیں لاہور کی ادبی سرگرمیوں کے روح رواں جناب سعود عثمانی، علی اکبر ناطق، شوکت فہمی نے بھی اس شام کی خوبصورتی میں بے پناہ اضافہ کیا۔



متاع لوح و قلم

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 وڈاؤن 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 دھیماسا دلا سہ 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

متاع لوح و قلم

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۔ سبزپتوں 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 بنیادیوں 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 انھیں نہ آیا)

جو ممالک خط استوا کے قریب واقع ہیں انھیں 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 دیکھی امریکی صدر صاحب کو بھی یہ خیال آیا کہ سریدیوں 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

بیٹھے رہیں تصورِ جاناں کیے ہوئے



ڈاکٹر ہناء خان



اداریہ

وقت گزرتا جاتا ہے۔ مصروف زندگی کچھ ایسی ہے کہ روز و شب، ماہ و سال کا پتہ ہی نہیں چلتا۔ یہ قانون قدرت ہے جسے بدلا نہیں جا سکتا۔ وقت کا دھارا روکا نہیں جا سکتا، تو پھر کیا کیا جائے۔

میرے خیال میں قیمتی کچھ لمحے بہت سالوں پر بھاری ہو سکتے ہیں۔ خوشی کی کیفیت کے ساتھ گزرا وقت ہی حاصل زندگی اور کامیابی کی تعریف ہوتا ہے۔ ایسے میں اگر تجزیہ کیا جائے تو "محبت اور خوشی" ایک طرح سے لازم و ملزوم نظر آتے ہیں۔ کیا ہم نفرتوں کی جگہ محبت کو دینے پر آمادہ ہو سکتے ہیں۔ نفرت زہر اور محبت زندگی کا امرت ہے۔ کیا محبتیں بانٹی جا سکتی ہیں؟

جی ہاں محبت ایک ایسا خزانہ ہے علم کی طرح جسے جتنا خرچ کیا جائے یہ اتنا زیادہ ہوتا ہے۔

آئیے عہد کریں کہ سال نو 2023ء میں ہماری زندگیوں میں نفرت کی جگہ نہیں ہوگی۔ ہر طرف محبت کے سوتے پھوٹیں گے اور ہم بجا کہہ سکیں گے کہ "میرا پیغام محبت ہے جہاں تک پہنچے

اس شمارے میں آپ کو بہت سارے لکھاری پڑھنے کو ملیں گے۔ امید ہے آپ کو تمام کاوشیں پسند آئیں گی۔

آپ کی آراء کا انتظار رہے گا

جاوید اکبر۔ ایڈیٹر اردو سیکشن



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سالانہ جریدہ



جلد ۲۸ - نمبر ۶ دسمبر ۲۰۲۲



اگلی نسل کی اپنا۔ جذبے اور مقصد کا امتزاج