



SUNO APPNA

MONTHLY NEWSLETTER

MARCH 2024 EDITION

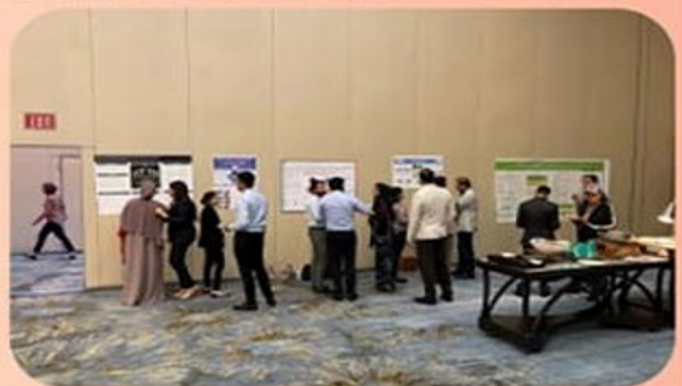
BUILDING THE FUTURE: A LOOK AT APPNA'S EDUCATIONAL LANDSCAPE

**APPNA
ACADEMY**

ONLINE MEDICAL EDUCATION



**APPNA
Young Physicians
Committee**



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PRESIDENT'S MESSAGE



Assalam U Alaykum, APPNA Family,

This is the second issue of Suno APPNA to our members. The highlight of this newsletter is the educational landscape of APPNA.

It has been my utmost priority as highlighted in the strategy meeting that our emphasis and focus should be providing the best educational experience to our fellow physicians and shifting the paradigm of APPNA to a more education focused organization. In order to achieve that, we have focused to bring best quality CME in all of our meetings, and also started specialty-based CME, with inviting best speakers in each specialty in the nation, including general internal medicine as well as in the

field of psychiatry. We have applied to have our own accredited CME rather than using a third party.

We are also working to coordinate the functioning of YPC, RESA and MERIT committees by bringing these committees under one platform namely create APPNA College of medicine, an idea of past President, Dr Rizwan Khalid. This will allow each committee to work in tandem and avoid overlapping educational efforts. It will also help us create an accredited institution, through which, we can offer Membership or Fellowship degrees to our colleagues in the future,

APPNA YPC has helped the medical students from Pakistan gain a solid footing in the United States and help them in residencies, as well as give them advice as they establish themselves in the US.

We intend to push through the APPNA College of medicine, many certificate and diploma courses to physicians in Pakistan, using Appnatube channel and eventually creating APPNA TV channel with focus on education and transfer of Technology to Pakistani physicians.

As we change the culture of APPNA to be a robust educational association, We request all of our members to help us achieve this by joining our CME lectures, as well as the courses that we will offer.

We hope to see a lot of our members in the CME in all the meetings.

Best wishes

Dr Asif Mohiuddin
President APPNA

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EDITOR'S NOTE



Dear APPNA Members,

As the holy month of Ramadan begins, I extend my warmest wishes to all our members observing this time of reflection, devotion, and community. May the spirit of Ramadan fill your hearts with peace and your homes with warmth. We hope the coming days bring you moments of deep spiritual renewal and personal growth.

رمضان مبارک

March issue of the *Suno APPNA* Newsletter will highlight the Educational Landscape of APPNA. As the premier professional organization of Pakistanis in America and Canada, the **Association of Physicians of Pakistani-descent of North**

America (APPNA) promotes excellence in healthcare, research, education, social justice, and humanitarian activities.

It facilitates the transfer of healthcare expertise and resources to deserving communities, provides advocacy, caters to cultural and social needs, is a vehicle for charitable projects, and seeks to nurture young physicians.

Over the years, APPNA has achieved significant milestones through creation of many successful educational committees such as Medical Education & Research International Training & Transfer-of-Technology (MERIT), Research, Education & Scientific Affairs (RESA), and Committee on Young Physicians (YPC).

These committees have been able to provide highly popular and impactful educational programs. It is high time that we took the next leap in the Educational & Research mission of APPNA to promote the educational footprint of the organization.

This could be achieved through further growth of ongoing programs, creation of online educational programs for the membership, launching scientific journals and journal watch, enhancing presence of APPNA in other physician organizations with collaborative relationships and increasing APPNA's voice and impact on the policy making and future of medicine.

To achieve the above end, we proposed to make the **Task force on formation of APPNA College of Medicine (ACM)** in the strategy meeting, which was later approved by the APPNA's president and the board of directors.



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Under the leadership of Dr. Rizwan Khalid, the task force is asked to present their recommendations on the governance structure, funding structure, and outline of the scope of the ACM in the APPNA Summer Meeting Convention 2024.

The **ACM** will serve as an administrative educational unit within **APPNA**. Its primary role will be to oversee APPNA's medical education and manage all educational committees, including **MERIT**, **RESA**, and **YPC**. The chairs of these three educational committees will be ACM members, and they will directly report to the ACM chair. In turn, the ACM chair will provide updates to the president of APPNA.

The president of APPNA and the Board of Directors will have the ultimate authority over ACM. This umbrella association of all educational endeavors of APPNA will help provide following benefits:

- CME Accreditation without utilizing 3rd party help
- Educational Endowment
- Define clear roles of MERIT, RESA and YPC to avoid any overlap
- Increase coordination among all educational committees of APPNA
- Future Fellow status (FACM)
- Relationship with other professional associations
- Peer Reviewed Journal (APPNA Journal of Medicine)
- Journal Watch, Review Articles
- Quality Accreditation Initiatives
- Health Policy Initiatives

WFME Accreditation of PM&DC

The Pakistan Medical & Dental Council (PM&DC) has achieved a significant milestone by receiving accreditation from the World Federation for Medical Education (WFME) for a period of 10 years.

This accolade highlights PM&DC's dedication to maintaining superior medical education standards in Pakistan.

With the WFME accreditation, Pakistani medical graduates are eligible to pursue postgraduate medical education in the United States, Canada, Australia, and New Zealand.



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With this accreditation, all 185 existing medical colleges in Pakistan will be recognized by WFME, and any new medical colleges established and approved by PM&DC over the next decade will also receive automatic WFME accreditation.

This development promises to elevate the caliber and standards of medical education in Pakistan, ensuring they meet international norms and criteria.

The leadership of APPNA and the APPNA WFME Workgroup have been instrumental in collaborating with PM&DC to secure this accreditation.

APPNA extends its heartfelt congratulations and gratitude to PM&DC President Dr. Rizwan Taj and his team, Lt. General Dr. Mohsin Qureshi (Surgeon General of Pakistan), Dr. Baseer Khan Achakzai (Director General Health), and Dr. Saeed Akhtar (Chairman of PKLI) for their exceptional efforts.

Let us celebrate APPNA's spirit and its constant commitment to education and health care as we continue our journey.

Sincerely,

Nauman Ashraf, MD

Chair, APPNA Communications Committee 2024

Advisor, APPNA YPC 2024



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Research, Education and Scientific Affairs (RESA) Committee



Committee for 2024

Dr. Aamir Ehsan, MD – Chair	Dr. Amir Kamran Safi
Dr. Danish Bhatti – Advisor	Dr. Mujeeb Shad
Dr. Arshad Ali	Dr. Maria Viqar
Dr. Mansoor Mohiuddin	Dr. Wamique Yusuf
Dr. Shahid Rafiq	Dr. Naveed Zafar

Charter of RESA

The Committee shall oversee research, educational, and scientific affairs activities of the Association. This to include:

- Organization of the scientific sessions and educational programs at the time of the annual and the regional fall and spring meetings.
- Serves as a resource organization to the various chapters for organizing their scientific, educational programs.
- Responsible for overseeing and developing the scientific sessions of the Association's meeting(s) in Pakistan.
- Develop a network of Pakistani physicians involved in academic activities.
- Develop policies and procedures to honor physicians of Pakistani origin who have achieved academic excellence in medical sciences and technology.

Strategic Direction

In January 2024, during APPNA strategic meeting, the Chair of RESA – Dr. Aamir Ehsan presented a few RESA related initiatives. At the conclusion of strategic meeting, out of 16 actions items three items were related to RESA as follows:

- APPNA Incubator for Research and Biotechnology
- Enhancing the quality of CME and Centralizing all CME activities.
- Launch of Specialty focused CME

A. Research – APPNA Incubator for Research and Biotechnology

Vision: Create an Ecosystem of life sciences to foster translational research and clinical trials, access to grants, contracts and biobanking through network of APPNA physicians' groups, hospitals and biopharma sponsors

Background: APPNA network is comprised of physicians of various specialties in academic and private settings practicing in North America. Various APPNA chapters/alumni are working with local communities in USA/Canada in health care, social and charitable efforts. However, a dedicated, sustainable infrastructure forum is lacking to engage health care personnel such as physicians, dentists, midlevel/allied health care providers,



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researchers and scientists for the above vision. There is a growing need to engage them from the existing diaspora. Additionally, various alumni have strong ties to health care institutions in Pakistan and have the desire to support and enhance the infrastructure by bridging the talent and creating new and innovative opportunities in education, patient care and research.

Deliverables:

- Collaboration of APPNA will add goodwill value to its brand, customer base and reputation associated with efforts of APPNA Incubator.
- Opportunity to bring revenue to APPNA and its Physicians groups.
- Research learning opportunity for younger graduates.
- Meet virtually and in person – during APPNA meetings.
- Expand the network of APPNA diaspora.
- MOU to align with goals and objectives.
- Sustainable long-term model

B. Education

Based on current membership profile; APPNA members have the following specialty categories. There is some overlap of fields and specialties:

Internal Medicine (1500+)

Psychiatry (500+)

Family Medicine (500+)

Pediatrics (350+)

Cardiology (300+)

Neurology (200+)

Anesthesiology (150+)

Gastroenterology (150+)

Hospitalists (150+)

Nephrology (150+)

Heme-Onc (130+)

Pathology (120+)

Pulmonary Med (110+)

Surgery (110+)

Radiology (110+)

Dentistry (90+), Infectious Disease (60+), Endocrinology (50+), OB/GYN (50+), Ophthalmology (40+), Rheumatology (40+), PM&R (40+), ER (40+), Orthopedic (30+), Cardiothoracic surgery (30+), Neurosurgery (20+), Rad-Onc (20+), Allergy Immunology (20+), Dermatology (20+), Urology (20+), ENT (20+), Plastic Surgery (10+), Miscellaneous (10 or less)



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Centralized CME:

Starting 2024, all CME lectures from spring, summer, fall and international meetings will be centralized under RESA. This will help APPNA to streamline its process in a

Centralized and Standardized CME:

RESA to be responsible for initiating centralized CME program for strategic, spring, summer, fall and international meetings.

Specialty Based CME:

Quality and specialty-based CME will be offered in summer meeting in disciplines of Cardiology, Gastroenterology, Hematology-Oncology, Psychiatry and Podiatry.

A separate AI based lecture will be offered as well in the summer meeting.

Courses:

Various online courses will be offered in collaboration with the MERIT committee in neurology, stroke medicine and other topics.

Academic Faculty:

Several APPNA members and non-members serve as faculty members in various academic institutions in North America. Our goal is to create an online directory of our members and associates who are working in such a capacity and engage them in RESA related initiatives.

Program Directors

Several APPNA members and non-members serve as program directors (residency and fellowship) in various academic institutions in North America. Our goal is to create an online directory of our members and associates who are working in such a capacity and engage them in RESA/YPC related initiatives.

C. Scientific

Another charter of RESA is to promote scientific initiatives within APPNA and encourage younger physicians to participate in such activities. RESA plans to continue Journal Watch or Journal of Medicine. For this an editorial board will be formed who will continue to provide guidelines for abstract submission and establish the peer review process.



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RESA plans to request submission for scientific abstracts from postgraduate trainees in Pakistan and USA. Best abstract will be awarded from each of the three categories as follows (\$500 each):

- Pakistan – ‘Best of Pakistan’ – 1 from Postgraduates in Pakistan
- USA – “Rising Star of APPNA” – 1 from Aspiring future residents
- USA – “Scholar of APPNA” – 1 from current ACGME Program

The abstract accepted will be published in an online version of the Journal.

We are excited for 2024 and looking forward to engaging our members, young physicians, residents, fellows, medical students and medical professionals to become part of the RESA community!!

Acknowledgement: Current 2024 RESA committee would like to appreciate efforts of prior RESA committee chairs and its members of their support during transition and their prior efforts.

Aamir Ehsan, MD
RESA Chair -2024



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Medical Education & Research International Training & Transfer of Technology (MERIT) Committee



Committee for 2024

Dr. Sadiq Naveed – Chair
Dr. Taimoor Khan -Advisor
Dr. Babar Rao
Dr. Tayyib Rana
Dr. Naheed Qayyum
Dr. Wajeeha Razaq

Dr. Shahid Rafiq – Co-Chair
Dr. Aamir Ehsan
Dr. Mohammad Sanaullah
Dr. Raheela Khwaja
Dr. Umair Anwar

Dear APPNA Membership,

My name is Sadiq Naveed, MD. I am the Psychiatry Program Director at the Eastern Connecticut Health Network, CT, and serving as the Chair of the APPNA MERIT Committee 2024. It is my distinct honor and privilege to serve as the chair of one of the most vibrant and dynamic committees of APPNA which comprises of well respected, dedicated, and motivated committee members. I would also like to appreciate the effort of Dr. Taimoor Khan, Chair APPNA MERIT

2023. APPNA MERIT Committee has grown to a 75+ member committee with 15 specific sub-committees.

As we proceed in 2024, we will continue to strive for excellence, membership engagement, to enhance the educational footprint of APPNA in collaboration with other committees and stakeholders. There are active discussions among APPNA leadership to streamline our efforts toward education, research, and innovation in the form of the American College of Medicine (under the auspices of APPNA). We look forward to collaborating with each other and working together.

I would like to take this opportunity to share a few of our initiatives for this year from the platform of APPNA.

1. APPNA MERIT Academy Courses

The mandate of APPNA MERIT includes capacity enhancement for the physician workforce in Pakistan. We achieve this goal in many ways including courses through APPNA MERIT Academy. We are currently delivering a Neurocritical care course and a Mini-Stroke Fellowship. Our Psychiatry course in collaboration with

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PAPANA and course on Infectious Diseases in collaboration with MMIDSP started in March 2024. We also plan to design and conduct Emergency Medicine, Pediatrics, Nephrology, and Data analysis courses this year. Our team members are closely working with each other to ensure timely development.

2. Webinars on the APPNA YouTube Channel

Through the APPNA YouTube channel, we are delivering weekly webinars covering topics, such as Research, HIV, Cardiology, and Nephrology webinars. These webinars are delivered by well-respected faculty physicians from the USA and Pakistan. These webinars are well received by our target audience and are highly appreciated.

3. APPNA Member's Access to MERIT Academy Courses

All APPNA members have free access to all the courses on MERIT Academy that were conducted until 2023. These courses are accessible through the APPNA Membership portal. I will urge all of you to access these courses and will appreciate your feedback. We hope that this will add value to being an APPNA member.

4. APPNA CME of Month

In collaboration with the RESA committee, we are starting APPNA CME of the Month from April 2024. Through this initiative, we will provide monthly CME sessions via APPNA MERIT Academy platform at a very nominal cost to APPNA membership. Considering the APPNA family belongs to different specialties, we are hoping that it will cater to the needs of every APPNA physician.

5. APPNA MERIT Leadership Academy

We hope to transform the culture of APPNA and better prepare the leadership of APPNA for today and tomorrow. We are planning to start the APPNA Leadership Academy. We are inviting Maxwell Certified instructors to design a course that will cover different aspects of being a physician leader. This course will be available at no cost to the Chairs and Co-Chairs of APPNA committees and at a low cost to APPNA members.

We invite you to explore more about APPNA MERIT on appna.org/merit and academy.appna.org. For any inquiries, please do not hesitate to reach out to us at appnamerit@gmail.com.

Thank you sincerely for your continued support.

Sadiq Naveed, MD, MPH
Chair, APPNA MERIT 2024



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Committee on Young Physicians (YPC)- US

Committee for 2024 – Core Members and Volunteers

Dr. Khurram Siddique Shaikh – Chair
Dr. Nauman Ashraf -Advisor
Dr. Umair Ahmad
Dr. Aisha Khattak
Dr. Ayesha Sattar
Dr. Umair Anwar
Dr. Arsala Khan
Dr. Ahmad Rehan Khan
Dr. Shafia Memon
Dr. Amna Qureshi

Dr. Gulrayz Ahmad – Co-Chair
Dr. Munis Raza – Co-Chair
Dr. Ariba Khan
Dr. Gohar Habib Dar
Dr. Sara Makhdoom
Dr. Adeel Ahmed
Dr. Raheel Memon
Dr. Rima Malik
Dr. Sara Andrabi
Dr. Sapna

Dr. Umar Tariq
Dr. Zarin Pirzada
Dr. Asad ur Rahman
Dr. Asif Bashir
Dr. Fateh Shahzad
Dr. Namirah Jamshed
Dr. Faraz Alam
Dr. Tamoor K Tareen
Dr. Safia Shaikh



It is humbling to contribute to the next edition of the APPNA publication and talk about our collective organizational brilliance. All the APPNA committees are excellent examples of how different members bring in their contributions to achieve something collectively that is much larger than what could be achieved by individual endeavors. As a chair of the Committee on Young Physicians (YPC), I have witnessed this phenomenon repeatedly.

The goal of the APPNA YPC is to assist young physicians of Pakistani descent in navigating the complex process of obtaining US residency and fellowship positions. In addition to this; YPC have added some additional sub committees to focus on local US based audience specifically high school and college students seeking admission into Medical Schools. YPC

has also established “Early Careerist Subcommittee” that will focus on helping the residents, fellows and recent graduates with job placement, setting up of private practices, financial awareness and visa issues.

One of the most important activities YPC team conducts are the regular monthly webinars and workshops for the applicants to guide our young physicians in every aspect of their journey to

becoming competitive candidates for the training spots in the US. This year in 2024, YPC conducted two webinars, on Rank Order List and SOAP, with a large audience and panelists answering queries of young physicians as they navigated through the match process. More webinars are planned in the future to continue to help young physicians as they start their careers in US. In past several years, YPC mentors conducted mock interviews for over 800 residency applicants; and we strive to continue this task this year also!

APPNA YPC will organize the annual YPC seminar at APPNA Summer Meeting in Maryland this year. We will host a distinguished panel of program directors from different residency and fellowship programs. A poster



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competition will follow the seminar. APPNA YPC will peer review all the abstracts and publish them electronically. The research travel award has been approved this year for top twelve submissions for the poster presentations, where each applicant will receive up to \$500 for travel grant.

To achieve collective brilliance, we must recognize that everyone has something valuable to contribute. We need to listen to each other and respect each other's ideas. 2023 started with this very realization of mutual respect and bringing everyone together to reach new milestones and the collaboration continued in 2024 and is ongoing. We worked with all our component societies and affiliate organizations to create a highly accomplished group of mentors that are helping our young physicians every day through our Facebook portal and other mentorship social media groups. We saw a sizable increase in the number of young Pakistani physicians who were matched for training spots in the US in 2023. We extended free membership of APPNA to all the applicants and saw a sizeable increase in the members. APPNA YouTube channel viewership is continually increasing due to the high-quality content being provided by the YPC team! In addition, the APPNA YPC Facebook group continues to grow and have reached close to 20,000 members. We also have started multiple WhatsApp groups for mentorship and visa guidance.

The APPNA YPC Observership subcommittee successfully placed more than 150 students last year for their clinical rotation. Continuing this year we have already connected 100 applicants with their preceptors for gaining US clinical experience, through a rigorous process and accepting

applications via APPNA YPC forum, we will continue to ensure all applicants get observership throughout the year in anticipation of Match 2025.

To help our medical students from Pakistan more competitive for the training spots in US, APPNA YPC has created a mentorship subcommittee of leaders from undergraduate medical education, faculty, fellows and residents to provide one to one mentorship sessions to the students. This mentorship program will greatly help the students to work with their mentors on building stronger CV and participate on mock interviews to better prepare for the match cycle.

APPNA YPC is working with different chapters to organize orientation seminars and boot camps for incoming interns. APPNA YPC will organize its multiple in person seminars at annual APPNA Meetings. Our first in person seminar will be held at APPNA Spring meeting in Chicago.

APPNA YPC loan subcommittee is working closely with APPNA leadership and to reactivate and initiate the interest free loan program for young physicians.

APPNA South Texas Chapter has started APPNA STC House in Houston area that will provide subsidized fully furnished accommodation to Pakistani medical students graduates that are in US temporarily for their exams and rotations.



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We are off to a great start of the year, and we are certain that the exemplary and selfless team members of YPC will carry out all these activities that will greatly benefit the future generation of Pakistani physicians in the US. I appreciate and would like to thank APPNA President Dr. Asif Mohiuddin for his vision and support, and APPNA BODs for their continued help and dedication!

For suggestions, please contact us [@ypc@appna.org](mailto:ypc@appna.org) or [@https://www.facebook.com/ groups/308140919099/](https://www.facebook.com/groups/308140919099/).
YouTube: https://www.youtube.com/@appna_org.

Muhammad Siddique Khurram, MD
Chair, APPNA YPC 2024



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Committee on Young Physicians (YPC)- Canada



Committee for 2024

Dr. Sara Makhdoom- Chair
Dr. Yasmin Majeed
Dr. Humaira Ali
Dr. Naila Khan
Dr. Razee Saeed

Dr. Saad Yasin- Co-Chair
Dr. Naushad Noorani
Dr. Muhammad Arshad
Dr. Amir Aslam

2024 is the Inaugural year for APPNA Young Physicians committee, Canada!

Our vision is to explore and expand the services for Pakistani Canadians applying to USMLE and CARMS.

We are a group of Family Physicians and Internists who will be assisting with guidance into all matters of Residency Applications and other pathways to practice Medicine in Canada and USA.

Our first meeting of APPNA YPC Canada was on Feb 21st, 2024. It was attended by Dr. Sarah Makhdoom, Dr. Saad Yasin, Dr Ayesha Chandana, and Dr Amir Aslam.

We talked about our own pathways to medicine in Canada and how we can guide IMGs. Each province has its own rules, and they keep evolving. We would like to know the challenges and gaps in other provinces to guide candidates effectively in their training journey.

The Calgary Chapter is quite well organized and has been helping IMG'S in matching to Residency as well as Practice Readiness Assessment.

Our committee is planning to involve local physician to launch webinar series on pathways to FM and IM training in Canada. Our planned webinars for this year include Family Medicine in Canada, how to get into practice as an IMG, Internal Medicine scope for IMGs, Essentials for CV and Personal letters in your CARMS application. What is Physiciansapply.ca? Life as a Canadian Rural Physician, and scope of practice and expectations.

Dr. Sarah Makhdoom

Chair, APPNA YPC Canada, 2024



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Celebrate Life's Milestones Together!



March Specials

Daylight savings begins: March 10th

Daylight Saving Time (DST) is a practice where clocks are adjusted forward by one hour during the warmer months, typically in spring, and then adjusted backward by one hour during the cooler months, usually in autumn. The primary goal of DST is to make better use of daylight and to conserve energy.

By shifting the clock forward in spring, evenings have more daylight, which can lead to reduced electricity usage for lighting and heating in homes and businesses. Additionally, proponents argue that DST promotes outdoor activities and boosts retail sales during the longer, brighter evenings.

However, DST also has its critics. Some studies suggest that the energy savings from DST are minimal or even negligible, while others point to negative impacts such as disruptions to sleep patterns, adverse effects on health, and increased risk of accidents, particularly in the days immediately following the time change.



Ramzan/Ramadan: First day of fasting (in USA) : March 11th

Ramadan is the ninth month of the Islamic lunar calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection, and community. It commemorates the first revelation of the Quran to Prophet Muhammad, making it a deeply spiritual time for Muslims. Fasting during Ramadan, from dawn until sunset, is one of the Five Pillars of Islam and entails abstaining from food, drink, smoking, and other physical needs. It fosters self-discipline, empathy for the less fortunate, and a stronger connection to God. The pre-dawn meal, Suhoor, and the breaking of the fast at sunset, Iftar, are cherished communal rituals. Beyond fasting, Ramadan emphasizes acts of charity, increased prayer, and seeking forgiveness. The month concludes with Eid al-Fitr, a joyous celebration marking the end of Ramadan, characterized by feasting, giving gifts, and special prayers.



Good Friday : March 29th

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Easter: March 31st

Good Friday and Easter are significant Christian observances commemorating key events in the life and death of Jesus Christ. Good Friday marks the crucifixion of Jesus, believed to have occurred on a Friday during the Passover week, and is a solemn day of reflection and mourning for Christians worldwide. It symbolizes Jesus' sacrifice for humanity's sins, emphasizing themes of redemption, forgiveness, and the triumph of love over death.

Easter Sunday, occurring three days after Good Friday, celebrates the resurrection of Jesus from the dead, as described in the New Testament of the Bible. It is the most important Christian holiday, signifying victory over sin and death and the promise of eternal life. Easter is celebrated with joyous church services, music, feasting, and the tradition of Easter eggs and bunnies, symbolizing new life and fertility.

Together, Good Friday and Easter form the culmination of Holy Week, which also includes Palm Sunday, Maundy Thursday, and sometimes Holy Saturday. For Christians, this period represents the core of their faith, reaffirming beliefs in salvation, hope, and the transformative power of God's love.



Pakistan Day : March 23rd

The 23rd of March holds immense significance in the history of Pakistan as it marks the historic Lahore Resolution, also known as the Pakistan Resolution, which laid the foundation for the creation of Pakistan as an independent state for Muslims of the Indian subcontinent.

On 23rd March 1940, at the annual session of the All-India Muslim League held in Lahore, under the leadership of Muhammad Ali Jinnah, the Muslim leaders and delegates adopted the Lahore Resolution. The resolution called for the establishment of autonomous states in Muslim-majority regions of British India, to safeguard the political, cultural, and economic rights of Muslims.

The Lahore Resolution marked a crucial turning point in the struggle for independence from British colonial rule and the demand for a separate homeland for Muslims. It provided a clear and unified stance of the Muslim community, laying the groundwork for the eventual creation of Pakistan in 1947.





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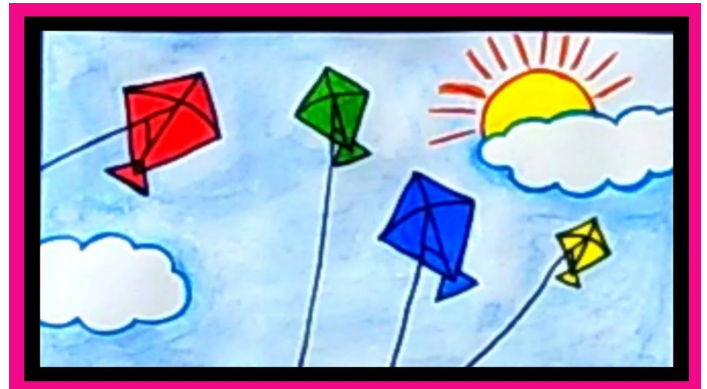
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Each year, Pakistan observes 23rd March as Republic Day, commemorating the Lahore Resolution and celebrating the ideals of unity, freedom, and self-determination. It serves as a reminder of the sacrifices made by the founding fathers and the ongoing journey towards upholding the principles of democracy, justice, and equality in Pakistan.

Basant

The Basant festival, also known as the Kite Festival, is a vibrant and joyous celebration held predominantly in Punjab, Pakistan, marking the arrival of spring. Traditionally observed in Lahore, the festival has also spread to other cities in the region. Basant is characterized by colorful kites filling the sky, cultural performances, music, and feasting.

During Basant, people of all ages come together to fly kites from rooftops, parks, and open spaces. The skies become a kaleidoscope of colors as participants compete in kite-flying battles, aiming to cut down each other's kites while showcasing their skills and creativity in crafting and maneuvering the kites.



The festival is also an occasion for cultural festivities, including traditional music, dance performances, and food stalls offering local delicacies. It promotes a sense of community and joy,

bringing people from diverse backgrounds together to celebrate the beauty of spring and the spirit of togetherness.

However, in recent years, concerns over safety, particularly related to the use of sharp kite strings (manja), have led to regulations and even bans on the festival in some areas. Despite these challenges, Basant remains a cherished cultural tradition in Pakistan, symbolizing renewal, optimism, and the vibrant spirit of the people.

Please take a moment to let us know about any upcoming or recent personal milestones in your life, especially those occurring this month. Feel free to include a brief note or any pictures you'd like to share. Your stories contribute to the rich tapestry of our community, and together, we can create a supportive and joyous environment.

You can simply reply to appnacomunication@gmail.com with your news, and we'll make sure to highlight and share these moments during our community updates.

Let's celebrate life's journey together!

Best Regards,

Fariya Afridi



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Congratulations Dr. Abbasi!



We are thrilled to extend our heartfelt congratulations to Dr Farah Abbasi on being selected as a member of the APA Foundation. This prestigious honor is a testament to her outstanding contributions and dedication to the field.

Her commitment to advancing psychiatry and supporting the APA's mission is truly commendable, and we have no doubt that she will continue to make significant contributions as a member of this esteemed organization.

Once again, congratulations to Dr Abbasi on this well-deserved achievement. We look forward to witnessing her continued success and impact within the APA Foundation.



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Please subscribe to APPNA's official social media handles to get timely updates and to support your beloved organization.



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SUNO APPNA

MONTHLY NEWSLETTER

MARCH 2024 EDITION

Upcoming APPNA Meetings in USA

APPNA Spring Meeting

April 25-28, 2024 Chicago, IL

Chair - Dr. Sajid Mehmood



APPNA Summer Convention

July 3-7, 2024

National Harbor, MD (D.C.)

Chair - Dr. Tariq Mahmood

APPNA Fall Meeting

September 26-29, 2024

San Antonio, TX

Chair - Dr. Aamir Ehsan



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SUNO APPNA

MONTHLY NEWSLETTER

MARCH 2024 EDITION

Upcoming APPNA International Meetings

APPNA *37th International Meeting*



Brazil

Rio de Janeiro, São Paulo,
Manuas with Amazonian cruise
July 20-29, 2024

APPNA 38th International Meeting

China

October 12-20, 2024

Group 1

Beijing - Xian - Shanghai

Group 2

Shanghai - Xian - Beijing



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SUNO APPNA

MONTHLY NEWSLETTER

MARCH 2024 EDITION

See you in Chicago!

APPNA SPRING MEETING

April 25-28, 2024

**Sheraton Grand Riverwalk
301 East North Water Street, Chicago, Illinois**

For information & registration:

www.appna.org/appna-spring-meeting-2024/

Chair

Dr. Sajid Mehmood

President APPNA 2024

Dr. Asif Mohiuddin

Co-Chairs

Dr. Amin Nadeem

Dr. Rahat Sheikh

Dr. Samina Hijab

Advisor

Dr. M. Sohail Khan

Chair CME

Dr. Waseem Kagzi

President PPS 2024

Dr. Tariq Butt

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