



SUNO APPNA

MONTHLY NEWSLETTER

JUNE 2024 EDITION

JOIN THE APPNA FAMILY!

**INVEST IN YOUR FUTURE, ELEVATE YOUR CAREER,
AND MAKE A DIFFERENCE**

As a Pakistani physician in North America, you have a unique opportunity to connect with a supportive community and propel your career forward. Joining the Association of Physicians of Pakistani Descent of North America (APPNA) strengthens our collective voice and empowers you to achieve your goals. Through APPNA membership, you gain access to invaluable resources like CME opportunities, mentorship programs, and networking events, allowing you to stay current in your field and build meaningful connections with colleagues. Furthermore, APPNA actively promotes advocacy and community service initiatives, giving you a platform to contribute your expertise and make a lasting impact.

By joining APPNA, you invest in your future, elevate your career, and become part of a powerful force for positive change.

WWW.APPNA.ORG



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PRESIDENT'S MESSAGE



Assalamu Alaykum APPNA Family!

This month's emphasis is on membership, and I can't stress enough that the most important part of APPNA is its membership.

I as President of 2024, have dedicated a lot of resources to encourage membership and create value to APPNA members. Our Association is what it is due to our members.

This year I have made a pledge to try and get to 5000 members. We are close to achieving the target, not only by adding more members, but also by providing them with quality content in our meetings, high quality of CME education and high quality of programs.

We continue to try and enroll young physicians as members as they will be the future of this association as most of us fade away, therefore, I have promoted younger leadership in NAMA, Caribbean and other alumni to create leaders of the future amongst these members.

I remain dedicated to providing the best member services, seamless registration for our members during our meetings as we continue to innovate and bring new technology to our association.

I encourage all Pakistani descent physicians, dentists, podiatrists to please become members of APPNA and I also encourage the parents to enroll their youngsters into APPNA and make this 5000+ member association!

Long live APPNA!

Best wishes,

Dr. Asif Mohiuddin
President APPNA

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ABBOTTABAD HILLS

Visit us at the
AAPNA 47th Annual Convention
4 - 6 July 2024, Stall 1022

This is an actual view from the Abbottabad Hills

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EDITOR'S NOTE



Dear APPNA Members,

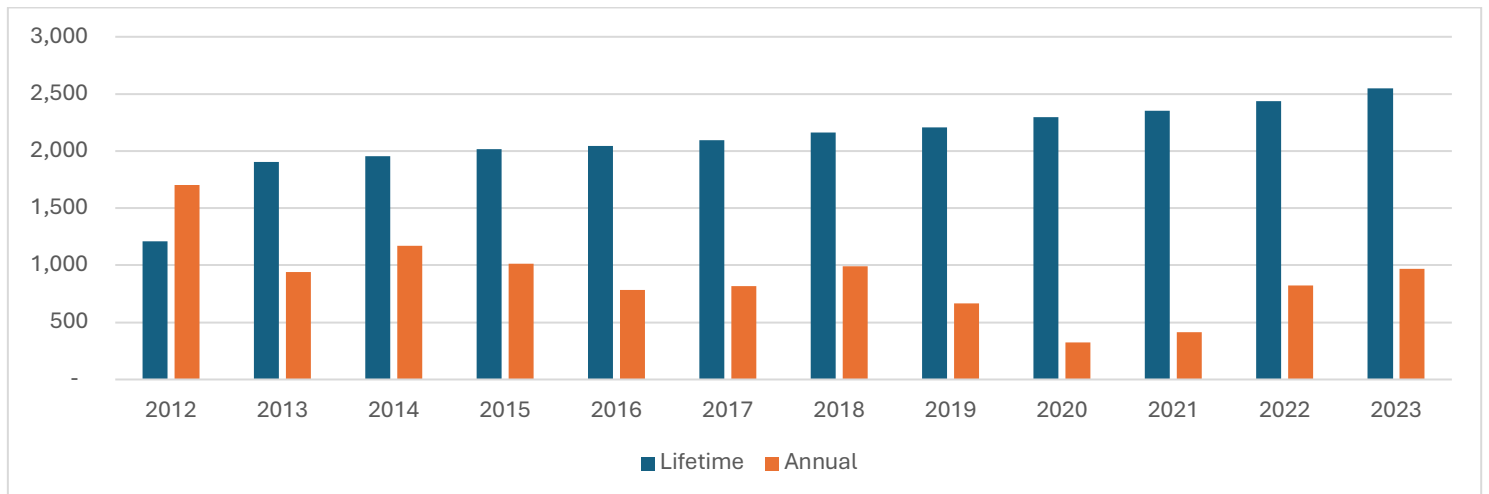
السلام عليكم اور عيد مبارك

APPNA membership is the lifeblood that sustains its ability to make a positive impact. These members, often volunteers and advocates, are the driving force behind the organization's mission, providing the necessary manpower, funding, and support.

The importance of membership lies in the collective strength it offers; everyone's contribution, no matter how small, adds up to a significant force for change. Members bring diverse skills and perspectives, enriching the organization's activities and outreach. They also play a crucial role in governance, often having voting rights that shape the organization's future directions and policies.

Membership drives are vital for the growth and sustainability of not-for-profit organizations. They serve not only to increase the number of supporters but also to renew the commitment of existing members. A successful membership drive can expand an organization's reach, increase its resources, and enhance its credibility within the community.

APPNA has a total of 4,119 members. The chart below illustrates the two important categories of membership and their growth over time.





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1. **Lifetime Members:**

- **Steady Increase:** The number of lifetime members has shown a consistent increase from 1,209 in 2012 to 2,551 in 2023. The growth rate appears to be relatively steady, with no significant drops or spikes.

2. **Annual Members:**

- **Fluctuations:** The number of annual members fluctuates more compared to lifetime members. It starts at 1,704 in 2012, reaches a low of 327 in 2020, and then increases again to 971 in 2023.

Key Observations:

- **Overall Growth:** Both lifetime and annual memberships show an overall growth trend, but annual memberships are more volatile.
- **Stability:** Lifetime memberships provide a stable base, while annual memberships might be more sensitive to short-term changes.

Here is a summary of the different categories of APPNA membership listed in the APPNA By-laws.

1. **Active Members:**

- Graduates from recognized medical, podiatry, or dental schools in Pakistan or of Pakistani descent from similar schools worldwide.
- Must hold an unrevoked medical license in North America or be involved in medical research, academia, or health administration.
- Eligible for annual or lifetime membership.

2. **Associate Members:**

- Professionals in human sciences or healthcare-related services are not eligible for active membership (e.g., physician assistants, nurses, dieticians).
- Annual dues are determined by the Board of Directors.

3. **Physicians-in-Training and Student Members:**

- Graduates from medical and dental institutions in Pakistan or similar schools worldwide in approved training programs in North America.
- Medical, dental, podiatry, or osteopathic students of Pakistani descent in North America.
- Exempt from annual dues, no voting or office-holding privileges.

4. **Emeritus Members:**

- Retired physicians who previously held annual APPNA membership or are new to APPNA.
- Dues exempt, no voting rights, cannot hold office, but may serve on committees or task forces.



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5. Honorary Members:

- Individuals with distinguished services or attainments in medicine or allied sciences, or who have rendered valuable services to the Association or humanity.
- Dues exempt, no voting rights, cannot hold elected office, but may serve on committees or task forces.

6. Affiliate Members:

- Physicians not of Pakistani descent residing in North America.
- No voting rights, cannot hold office, but may serve on committees or task forces.

7. Alliance Family Members:

- Spouses and adult children of APPNA members, and widow/widower/divorcee of an APPNA member.
- No voting rights or office-holding privileges in APPNA but can hold elections for their office bearers with Board approval.

Membership drives add more individuals with shared heritage and professional interests to the organization, fostering a stronger network of professionals who can support each other and contribute to the broader community.

Engagement of members is equally crucial for maintaining the vitality of a not-for-profit organization. Active participation ensures that members feel connected to the cause and invested in the organization's success.

Engaged members are more likely to contribute their time, skills, and financial resources. They also serve as ambassadors, spreading awareness and drawing in new supporters. For an organization like APPNA, member engagement can take many forms, from participating in medical missions and educational programs to contributing to disaster relief efforts and scholarship programs. By staying actively involved, members help APPNA to fulfill its mission of service and philanthropy.

Sincerely,

Nauman Ashraf, MD

Chair, APPNA Communications Committee 2024

Advisor, APPNA YPC 2024



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Membership Committee Chair's Report



Dear APPNA Members,

I'm glad to write a few lines for "SunO APPNA" on behalf of the membership committee. The membership committee is working to increase membership, to make the application process smooth.

To date, we have over **4000 members** of APPNA!

1. The membership committee, as discussed in the strategic meeting 2024, has sent an invitation letter to all physicians who are matched in residency programs. The letter explained that membership for physicians-in training is complementary as our gift.

It was notified to the incoming residents that they have the following benefits:

- Help with visa or immigration related issues concerning new physicians coming to the US.
- Network and connect with APPNA members who can help them to settle in their new hometown.
- Board examinations study, fellowship placement, job searches, contract negotiations, and practice startup.
- Access to APPNA meetings, CME activities, leadership courses and entrepreneurship guidance.

As a result of the above letter, we have over 100 new members in only about a month's time.

2. We will have APPNA membership booth in all meetings (spring, summer and fall meetings)
3. We plan to send letters to those members who were members in previous years and have not renewed their membership.
4. We recommended APPNA leadership to have 2-3 meetings in a year where leadership should interact with NOT only current members of APPNA, but also with physicians of Pakistani descent who are not members of APPNA yet, explain them the projects of APPNA and answer their concerns.



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5. We are planning to make changes to the application process to make it simpler, are asking members to give input (if any) and can contact the membership committee with the suggestions.

6. Membership committee plans to split US into multiple zones and assign a zone to a member of the committee to work on arranging zoom meetings with the help of local chapter presidents where nonmembers are also invited to have Q&A sessions to increase the membership of APPNA.

I request all our members to encourage other physicians of Pakistani descent to become members of APPNA. They can use the following link to apply for membership.

[Welcome \(ideasregistration.com\)](https://ideasregistration.com)

Best wishes

Syed Iftikhar Rizvi, MD

Chair, APPNA Membership Committee 2024

Scan the code or visit the link to join APPNA:



<https://portal.ideasregistration.com/appna/member-signup>



NINETEEN

RIVIERA LAGOON



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AAPNA 47th Annual Convention
4 - 6 July 2024, Stall 1022

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Celebrate Life's Milestones Together!



June Specials

The name June has ancient Roman origins, coming from the Latin word 'Junis'. It's believed that Junis comes from the Roman goddess of marriage, Juno. On the 20th of June, each year is the solar event we know as the solstice.

During the month of June, we celebrate Father's Day (usually the 3rd Sunday of June) and several awareness events, including Juneteenth, Pride Month and PTSD Awareness Month.

1-**Father's Day** is a celebration honoring fathers and father figures, recognizing their contributions, love, and influence in their families and society. The holiday provides an opportunity to express gratitude and appreciation for the role that fathers play in nurturing and guiding their children.

The origins of Father's Day in the United States can be traced back to the early 20th century. It was first celebrated in Spokane, Washington, on June 19, 1910, inspired by Sonora Smart Dodd, who sought to establish a day to honor her father, a Civil War veteran and single parent who raised six children. Over the years, the idea gained popularity, and in 1972, President Richard Nixon signed a proclamation making Father's Day a permanent national holiday.

The day also serves as a reminder of the importance of fatherhood and the positive impact that engaged and supportive fathers can have on their children's lives. It highlights the diverse roles that fathers and father figures play, from providing emotional support and guidance to serving as role models and partners in parenting.

2-Juneteenth, also known as Freedom Day, Jubilee Day, and Emancipation Day, is a federal holiday in the United States that commemorates the end of slavery. It is celebrated on June 19th, marking the day in 1865 when Union General Gordon Granger arrived in Galveston, Texas, and announced the end of the Civil War and the emancipation of enslaved African Americans. This announcement came more than two years after President Abraham Lincoln's Emancipation Proclamation, which had officially outlawed slavery in the Confederate states on January 1, 1863.





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3-Pride Month is an annual celebration that takes place in June to honor the LGBTQ+ community and commemorate the Stonewall Riots, which occurred in June 1969 in New York City. These riots were a series of spontaneous demonstrations by members of the LGBTQ+ community in response to a police raid at the Stonewall Inn, a gay bar in Greenwich Village. The events at Stonewall are widely considered a catalyst for the modern LGBTQ+ rights movement.



The rainbow flag, a symbol of LGBTQ+ pride and diversity, is prominently displayed during Pride Month. Created by artist and activist Gilbert Baker in 1978, the flag's vibrant colors represent the diversity of the LGBTQ+ community and the spectrum of human sexuality and gender.

4-PTSD Awareness Month is observed in June to raise awareness about Post-Traumatic Stress Disorder (PTSD), a mental health condition that can develop after experiencing or witnessing a traumatic event. These events may include combat, natural disasters, accidents, physical or sexual assault, and other life-threatening experiences.



The goal of PTSD Awareness Month is to increase public understanding of the condition, reduce the stigma associated with mental health issues, and promote access to resources and support for those affected by PTSD. Throughout the month, various organizations and advocacy groups engage in activities such as educational campaigns, community events, and social media initiatives to disseminate information about PTSD symptoms, treatment options, and coping strategies.

5-Hajj In addition to the above events / celebrations we do have Hajj and Eid ul Azha this month: Hajj is an annual Islamic pilgrimage to Mecca, Saudi Arabia, and is considered one of the Five Pillars of Islam, which are fundamental acts of worship and devotion. It is a mandatory religious duty for Muslims that must be carried out at least once in their lifetime by all adult Muslims who are physically and financially capable of undertaking the journey and supporting their family during their absence.



Hajj takes place during the Islamic month of Dhu al-Hijjah, specifically from the 8th to the 12th day.



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Completing the Hajj is a profound spiritual experience, symbolizing unity, equality, and submission to Allah. It also serves as a reminder of the shared faith and history of the Muslim community worldwide. After completing the Hajj, pilgrims are often honored with the title "Hajji" or "Hajja," signifying their fulfillment of this sacred obligation.

6- Eid ul-Adha, also known as the "Festival of Sacrifice," is one of the most significant Islamic holidays, celebrated annually by Muslims around the world. It commemorates the willingness of the Prophet Ibrahim (Abraham) to sacrifice his son Ismail (Ishmael) in obedience to Allah's command. At the moment of sacrifice, Allah provided a ram to be sacrificed instead, symbolizing His mercy and the importance of faith and obedience.

Eid ul-Adha begins on the 10th day of the Islamic month of Dhu al-Hijjah, following the completion of the Hajj pilgrimage.

Eid ul-Adha is a time of reflection, gratitude, and community, highlighting the themes of faith, sacrifice, and charity that are central to Islam.



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 appnacommunication@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, MD

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ONE SKY,
THREE HORIZONS.

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Upcoming APPNA Meetings in USA

Dear APPNA Members,

Get ready to ignite your summer with an unforgettable experience at our upcoming **SUMMER MEETING!**

Join us for days filled with the warmth of friendship, the excitement of educational sessions, and the thrill of entertainment.

Dive into lively discussions and gain valuable insights from our educational sessions.

But that's not all! Indulge

your taste buds with delicious food and enjoy some retail therapy with our shopping opportunities and prepare to be entertained with thrilling performances and activities.

Don't miss out on this incredible opportunity to connect, learn, shop, and have a blast! See you there!

Warm regards,

APPNA communication committee

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Thank you for all the hard work by
Convention Host Committee

Host Committee



Tariq Mahmood, MD
Chair



Tayyib Rana, MD
Co-Chair



Khalid Ali



Reema Chaudri, MD



Mansoor Mohiuddin, MD



Habib Chotani, MD



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Irfan Saeed, MD



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Sohail Qarni, MD



Adnan Hyder, MD



Usman Akhtar, MD



Yousuf Khan, MD



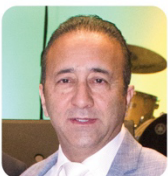
Batool Razvi, MD



Mohammad Akbar, MD



Nicholas Suh



Tipu Ahmad



Laiq Siddiqui



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APPNA 47th Annual Convention 2024
July 3-7, 2024 Gaylord National Harbor, MD

APPNA 47th Annual Convention
July 3-7, 2024 Gaylord National Harbor, MD

Friday, July 5, 2024

FIRST TIME
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Tickets will be available on-site at
APPNA Registration Desk

Tariq Mahmood, MD
Chair APPNA Convention

Tayyib Rana, MD
Co-Chair APPNA Convention

Asif Mohiuddin, MD
President APPNA

For more information about the APPNA Convention:
bit.ly/4bk1kHL

APPNA 47th Annual Convention
July 3-7, 2024 Gaylord National Harbor, MD

Saturday, July 6, 2024

Live
ATIF ASLAM

Tariq Mahmood, MD
Chair APPNA Convention

Tayyib Rana, MD
Co-Chair APPNA Convention

Asif Mohiuddin, MD
President APPNA

For more information & registration:
bit.ly/4bk1kHL

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APPNA Classified Section (Newsletter Version)

We are pleased to announce a new section in “SUNO APPNA” newsletter which offers advertising space for your ads.

You can place your ad related to business promotion, job opportunities and etc.

For more information about advertising rates, please send us an email on laiq.siddiqui@appna.org

Terms & Conditions:

- All the ads submitted will be placed after the payment has been made to APPNA Central Office.
- All the ads are subject to approval by APPNA Communication Committee. APPNA has all the rights to deny any advertisement based on APPNA's policies.