



# SUNO APPNA

**MONTHLY NEWSLETTER** *AUGUST 2024 EDITION*

## APPNA'S PHILANTHROPIC JOURNEY



Empowering communities through compassion.

### A Closer Look at APPNA's SWDRC Initiatives

APPNA's unwavering commitment to philanthropy has created a ripple effect of positive change. Join us as we explore the inspiring stories of our dedicated volunteers and the impactful projects of the Social Welfare and Disaster Relief Committee (SWDRC) that have transformed lives. Together, we can continue to make a difference in our communities.

**"The greatest gift is the gift of giving."**

[Donate Now](#)



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## PRESIDENT'S MESSAGE



Assalamu Alaykum APPNA Family!

August newsletter theme is APPNA charity work, but I want to begin with an important news regarding APPNA Canada. APPNA has registered as a branch in Canada as **APPNA Canada**.

APPNA Canada had its first inaugural annual meeting in Calgary, and it was a very successful meeting. The host committee in Calgary -Drs. Tariq Awan, Amir Aslam, Saad Yasin, Tehmina Munaf, Nusrat Asif and others helped organize this meeting and made it a resounding success. The CME arranged by Dr Sara Makhdoom was very comprehensive and well attended Appna Canada helped form a new APPNA Chapter in British Columbia thanks to efforts of Drs Jamil Akhtar, Natasha Mirza and Salman Subzwari.

The crown jewel charity project of APPNA and SWDRC in my point of view is the APPNA Cornea project spearheaded by Dr. Fawad Zafar in which we have donated 7000 corneas for transplant in Pakistan and Afghanistan using a vast network of 32 centers across two countries. An online donation campaign raised \$ 100 K towards this project as well as a big donation from the Aisha Zafar family.

Clean water projects have been ongoing in association with Qatra fund and many solar powered water wells, and filtration plants have been established to provide clean water supply to the needy population. An 8 Km water pipeline with underground water storage tanks was also developed.

Ramadan food drive Telethon raised \$100 k to provide free food during Sehri and Iftar and thousands of food packages were distributed with help of different NGOs in Pakistan.

Aisha Zafar memorial project has been working on establishing 10 beds in an emergency room at Children's Hospital Multan where thousands of children are treated yearly.

APPNA has always been in forefront where ever calamity hits and recently sanctioned aid to Flood victims of Bangladesh to establish medical camps in Bangladesh.





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Dr Sajid Chaudry and the entire SWDRC team has done a wonderful job as always and I thank Dr Sajid Chaudry for his humanitarian services and keeping the APPNA charity work going.

I also want to thank Dr Tariq bin Sagheer and Qatra fund team in helping with clean water projects in Pakistan.

Long live APPNA!

**Dr. Asif Mohiuddin**  
President, APPNA



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## EDITOR'S NOTE



Dear APPNA Members,

The American-Pakistani Physicians of North America (APPNA) has historically served as a source of hope and support for communities in both the United States and Pakistan. With a mission centered around improving healthcare and enhancing the quality of life for underserved populations, APPNA focuses on philanthropy as a critical component of its operations. Through various initiatives, including community outreach, health awareness campaigns, and dedicated programs like the APPNA Social Welfare and Disaster Relief Committee (SWDRC), APPNA has made substantial contributions to the well-being of individuals and families in need.

The APPNA SWDRC exemplifies the organization's commitment to disaster relief and humanitarian assistance. This committee acts rapidly in response to natural disasters that affect vulnerable populations, coordinating relief efforts, providing immediate medical assistance, and addressing the essentials of survival: food, water, and shelter. Designed to operate efficiently, the SWDRC mobilizes volunteers and resources to provide on-the-ground assistance in the wake of disasters.

In the realm of healthcare, APPNA has been instrumental in organizing medical missions, mobile health units, and free clinics. These initiatives provide critical medical services to underserved populations. For instance, APPNA's medical missions to Pakistan have included efforts to combat diseases such as HIV, Hepatitis C, and Polio. Additionally, the organization has supported cornea transplant programs and clean water projects, which are vital for improving public health.

The impact of APPNA's philanthropic work is amplified by its strong network of chapters and alumni associations across North America. These local chapters play a crucial role in organizing fundraising events, community outreach programs, and other charitable activities. The collective efforts of APPNA's members, who are deeply committed to giving back to their communities, have made a tangible difference in the lives of many.

APPNA recognizes the importance of sustainable development in its philanthropic efforts. The organization does not just address immediate needs but works towards creating systems that promote long-term health and well-being. One of the ways it does this is through partnerships with local organizations in Pakistan, enhancing the effectiveness of its initiatives. By collaborating with established entities on the ground, APPNA ensures that its projects are culturally relevant and strategically implemented, resulting in a more profound impact on the community.



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Education plays a pivotal role in APPNA's philanthropic strategy, particularly through its scholarship programs aimed at Pakistani students pursuing medicine. These scholarships not only alleviate the financial burden of medical education but also ensure that there is a future generation of healthcare providers dedicated to serving underserved populations. By investing in education, APPNA is working towards a self-sustaining cycle of care and philanthropy, where newly qualified medical professionals can return to their communities to provide essential healthcare services.

APPNA serves as a model for how professional associations can leverage their resources and expertise for the greater good. Through its philanthropic endeavors, APPNA not only uplifts communities but also inspires future generations to engage, act, and foster a cycle of care and compassion.

Sincerely,

**Nauman Ashraf, MD**

Chair, APPNA Communications Committee 2024

Advisor, APPNA YPC 2024

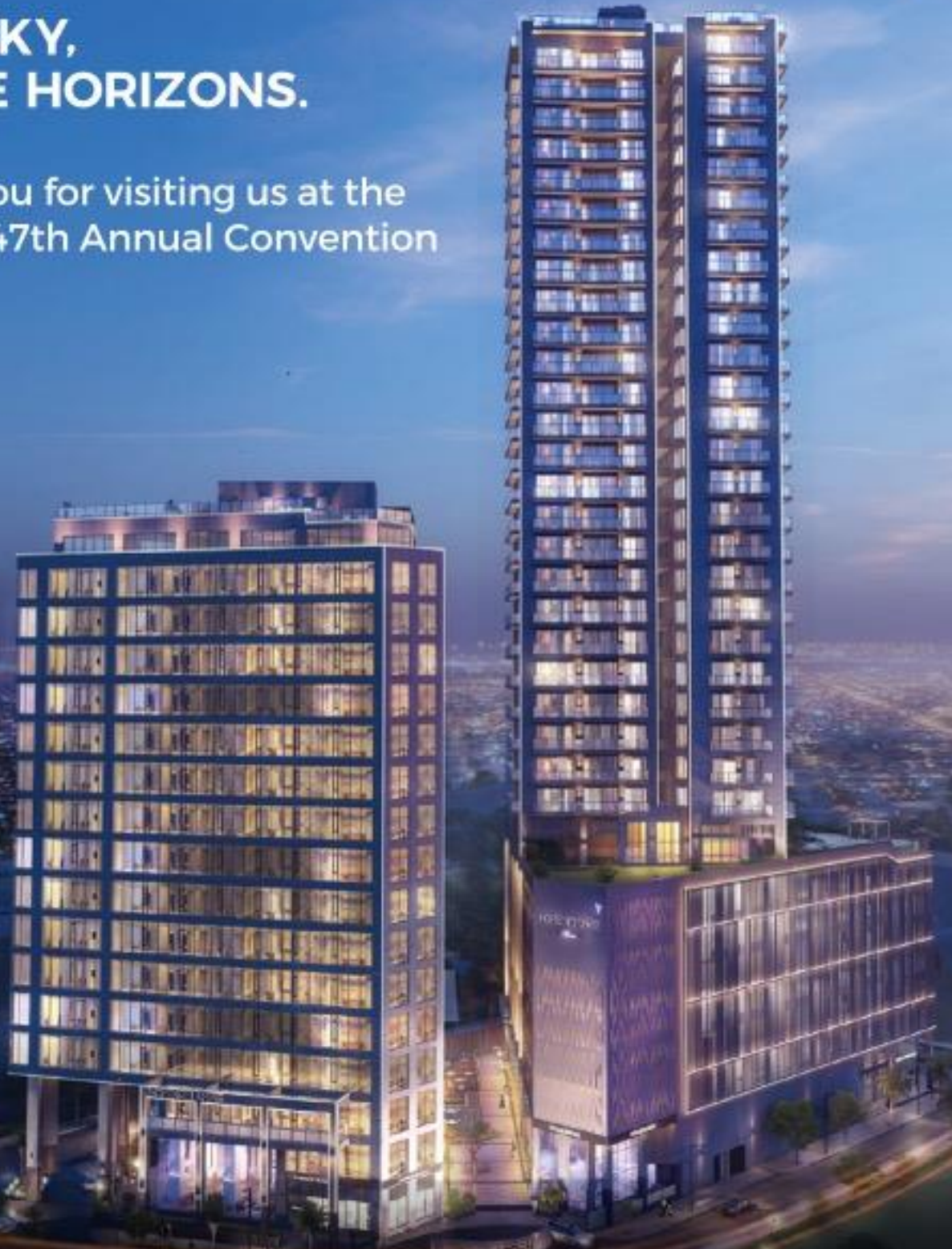


# SKYGARDEN



**ONE SKY,  
THREE HORIZONS.**

Thank you for visiting us at the  
APPNA 47th Annual Convention



📞 (+92) 308 8211142

☎ (+92) 213 5867645

*Riviera*

GROUP

🌐 [skygarden.pk](http://skygarden.pk)

📍 Clifton, Karachi



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## APPNA Canada Meeting 2024



Dear APPNA Members,

I am filled with pride as I share the highlights of the APPNA Canada Meeting 2024, hosted by the APPNA Alberta Chapter in Calgary. This gathering, which brought together participants from across the USA and Canada, was a testament to our commitment to collaboration, professional growth, and community building.

We were privileged to have APPNA's top leadership in attendance, including President Dr. Asif Mohiuddin, President-Elect Dr. Humera Qamar, Treasurer Dr. Shahzad Iqbal, Board of Directors members Dr. Muhammad Sanaullah and Dr. Sajid Mahmood, Past President Dr. Rizwan Khalid, and Minister Muhammad Yaseen. Their presence underscored the significance of this meeting and the continued growth of APPNA across North America.

The event began on Thursday, August 15 with a memorable day trip to Banff. Surrounded by the majestic Canadian Rockies, participants enjoyed networking and relaxation in one of the world's most beautiful natural settings. On August 16 & 17, attendees gathered in Calgary for dinner, featuring a soul-stirring Qawwali performance by Nitin Suran and a special performance by Alamgir, the legendary pioneer of pop music in Pakistan. These evenings were a celebration of our rich cultural heritage and a reminder of the unity that binds us. The accredited CME session, offering 6 credit hours, featured nine expert speakers and was followed by a session for young physicians and international medical graduates, addressing the unique challenges and opportunities faced by Canadian IMGs.

A significant highlight was the announcement by President Dr. Asif Mohiuddin of the establishment of the APPNA BC Chapter, marking a major expansion of our organization in Canada. Dr. Saad Yasin presented the inspiring journey of the APPNA Alberta Chapter, while Dr. Tariq Awan provided an insightful overview of the Advocacy Committee's goals and achievements. Dr. Sarah Makhdoom outlined programs designed to support Canadian IMGs. A special moment was the presentation of the Late Hussam Ul Haq Bawa Lifetime Achievement Award to Dr. Ejaz Ghumman and Dr. Riffat Bajwa for their outstanding contributions. Minister Muhammad Yaseen awarded Certificates of Appreciation to the Presidents of APPNA and the Alberta Chapter on behalf of the Government of Alberta.

The event concluded on August 18 with the APPNA Alberta annual walk, followed by a traditional Halwa Puri breakfast. We also celebrated the 77th Independence of Pakistan with a cake-cutting ceremony, symbolizing our shared heritage and the inauguration of APPNA Canada.





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I extend my heartfelt thanks to our Planning Committee members for their tireless efforts. The APPNA Canada Meeting 2024 has set a new standard for excellence, and I am confident that our future endeavors will continue to build on this strong foundation.

Warm regards,

**Dr. Amir Aslam**

Chair, APPNA Canada Meeting 2024



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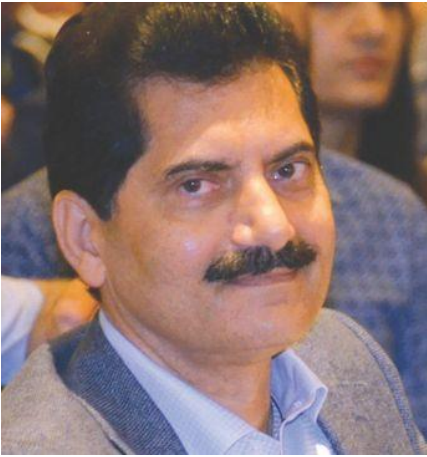




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## **Social Welfare and Disaster Relief Committee Chair Report**



Dear APPNA Members,

APPNA Ramzan food drive in March helped thousands of deserving families across Pakistan and USA.

Over \$100k worth of food including ration packs and hot meals for iftar and Sahri were provided in collaboration with our partner organizations in various areas of Pakistan and USA in collaboration with our partner organizations including Saylani Welfare Trust, Custom Healthcare Society, CDRS and ICNA Relief USA.

A fundraiser telethon was arranged in April 2024 to raise funds for our ongoing projects including Cornea Transplant project and Clean water supply project. With generous contributions from our donors, 100k was collected during the telethon.

In the memory of a longtime volunteer, chair and donor of APPNA SWDRC, APPNA Dr. Aisha Zafar Memorial project has been initiated to establish 10 beds bay at ER Children hospital Multan in collaboration with Childlife Foundation. It will serve to provide emergency healthcare to 15 thousand children per year of South Punjab.

APPNA Cornea Transplant project, starting in 2017 to date over 7000 persons have received cornea transplant through this project at 32 centers across Pakistan as well as Afghanistan.

APPNA clean water project, starting in 2015 to date installed 10 solar powered water filtration plants, 30 brick water wells, 165 water hand pumps and an 8 KM water pipeline with 3 underground tanks (each tank has a capacity of 10,000 gallons) in various areas across Pakistan including water deprived areas of Thar and Choolistan.

If you would like to participate in any of SWDRC projects, you can donate as below.

Please use the link for online donation:

<https://portal.ideasregistration.com//Donation/Index?client=13>



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Or can mail checks to

APPNA  
6414 S. Cass Ave.  
Westmont, IL 60559-3209 USA  
Phone: 630-968-8585

APPNA is a tax-exempt non-profit 501(c)3 US based organization registered with the Internal Revenue Service (Federal EIN 36-0291079 (tel:36-0291079)).

May Allah bless you and accept your contributions towards helping the humanity.

Sincerely,

APPNA SWDRC  
Chair: Sajid Chaudhary, MD.  
Co-chairs: Saima zafar, MD. Syed Tariq Bin-Sagheer, MD.  
Advisor: Rashid Hanif, MD.

Members: Abdul Majeed, MD. Fazal Akbar Ali, MD. Khalid Alam, MD. Tahir Latif, MD. Amna Buttar, MD. Salman Bashir, MD. Nighat Mehdi, MD. Afzal Arain, MD. Ifzal Bangash, MD. Naushaba Butt, MD.





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## Celebrate Life's Milestones Together!



### August Specials

August specials

August is the eighth month of the year in the Gregorian calendar. August is named after the Roman emperor Augustus.



August is National Wellness Month in the United States.

The zodiac signs for August are Leo (July 23 – August 22) and Virgo (August 23 – September 22).

August 18, 1920: American Women Gain Voting Rights. ...

August 6, 1945 – The Atomic Bomb dropped on Hiroshima

August 14, 1947; Pakistan Independence Day

August 15, 1947: Indian Independence Day

August 21: National senior Citizen Day

August 21, 1959: Hawaii becomes the 50th state

You can simply reply to [appnacommunication@gmail.com](mailto: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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## Upcoming APPNA Meetings

Dear APPNA Members,

Get ready to have an unforgettable experience at our upcoming **WINTER MEETING** in Karachi, Pakistan!

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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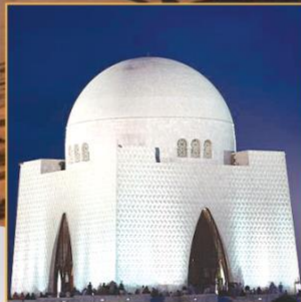
*Save the Dates*



## APPNA WINTER MEETING



DOW UNIVERSITY OF  
HEALTH SCIENCES



JINNAH SINDH  
MEDICAL UNIVERSITY

**December 18-22, 2024**

**Karachi, Pakistan**

*More information coming soon!*

**Saeed Sabir, MD**  
Chair Winter Meeting

**Asif Mohiuddin, MD**  
President APPNA

Registration opening soon at:  
[www.appna.org](http://www.appna.org)

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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](mailto: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.