



SUNO APPNA

MONTHLY NEWSLETTER

APRIL 2024 EDITION

Celebrating Our Chapters:

Achievements & Projects in 2024

APPNA Chapters are the heart of our organization, driving initiatives that uplift communities across North America.

APPNA Chapters are engines of positive change. This issue celebrates their achievements and ongoing projects in 2024

Learn how these dedicated members are making a difference and get inspired to get involved!

Become a member and help strengthen APPNA's mission of empowering Pakistani American healthcare professionals.



With over 30 chapters and 15,000 physicians and healthcare professionals of Pakistani descent. Appna's impact is far-reaching.

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PRESIDENT'S MESSAGE



Dear APPNA Members,

Assalamu Alaykum,

The newsletter's theme for this month is our **CHAPTERS**. APPNA has 34 chapters throughout North America and Canada. These chapters are the very building blocks of APPNA. They represent our grassroots connecting us to our members in many parts of the US and Canada. I salute the efforts of all chapter Presidents and chapter members

to strengthen APPNA.

APPNA values these chapters. Every year we hold a contest where we award the chapter that has done the most valuable voluntary work. We encourage all members to participate in the chapter activities and become members of their own chapters.

APPNA encourages new chapters that are in places where there are no contiguous chapters, and we look forward to establishing brand new chapters.

We also encourage chapter members who are not APPNA members to become members of APPNA to strengthen our membership.

Our strength is our chapters like the DMV chapter which is probably our largest chapter in the US. As per tradition, we will be giving out awards to our best chapters and we hope to see some stellar work through these chapters.

Best wishes

Dr Asif Mohiuddin
President APPNA

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EDITOR'S NOTE



Dear APPNA Members,

The Association of Physicians of Pakistani Descent in North America (APPNA) serves as a beacon of community service and professional development. Its chapters, spread across the United States and Canada, embody the spirit of collaboration and philanthropy, striving to make a difference both locally and globally.

The establishment of chapters in a nonprofit organization is a strategic approach to decentralize operations and amplify impact. These localized branches enable the organization to extend its reach into diverse communities, fostering a deeper connection and understanding of the unique challenges and needs within different regions. Chapters act as the grassroots foundation of a nonprofit, mobilizing volunteers, and resources, and raising awareness in a manner that is culturally and contextually relevant. They serve as vital conduits for the organization's mission, translating overarching goals into actionable, community-specific initiatives.

The chapters of APPNA are more than just professional groups; they are lifelines to communities in need. They provide platforms for physicians to unite, share knowledge, and extend their services beyond borders. The chapters' activities, from educational events to social gatherings, foster a sense of fraternity and purpose among members.

The events organized by these chapters, such as summer picnics and end-of-year dinners, are more than mere social engagements. They are opportunities to celebrate achievements, plan future endeavors, and strengthen the bonds that hold the APPNA community together.

The APPNA chapters exemplify the organization's core values of service, excellence, and unity. Their activities not only benefit the members but also ripple outwards, touching lives and uplifting communities. As they continue to expand their reach and deepen their impact, APPNA's chapters stand as pillars of hope and progress in an ever-changing world, *let's celebrate our chapters!*

Sincerely,

Nauman Ashraf, MD

Chair, APPNA Communications Committee 2024

Advisor, APPNA YPC 2024

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APPNA Young Physician Committee Pakistan Medical Graduates Performance in 2024 NRMP® Match

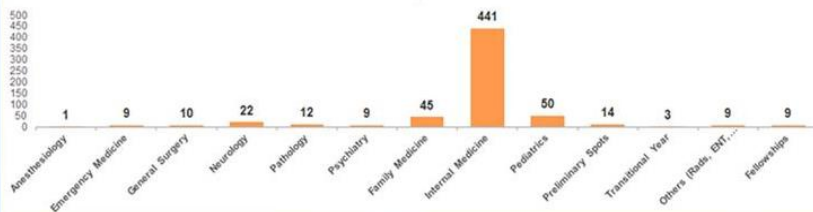
We are delighted to extend our heartfelt congratulations to the 600 plus young Pakistani physicians on their acceptance into a residency program in USA. Your dedication, hard work, and perseverance have paid off, and this achievement marks a significant milestone in your medical career journey!

We would also like to extend our congratulations to the office holders of the Appna Young Physician Committee. Your leadership and dedication to serving the needs of young physicians are commendable. Your efforts to foster mentorship, professional development, and advocacy are invaluable in shaping the future of healthcare. Together, as a community of healthcare professionals, we can continue to make strides towards advancing patient care, medical research, and healthcare policy. We have no doubt that your contributions will be instrumental in shaping the future of medicine. Once again, congratulations to the new residents on this well-deserved accomplishment, and we wish you all the best as you begin your residency journey.

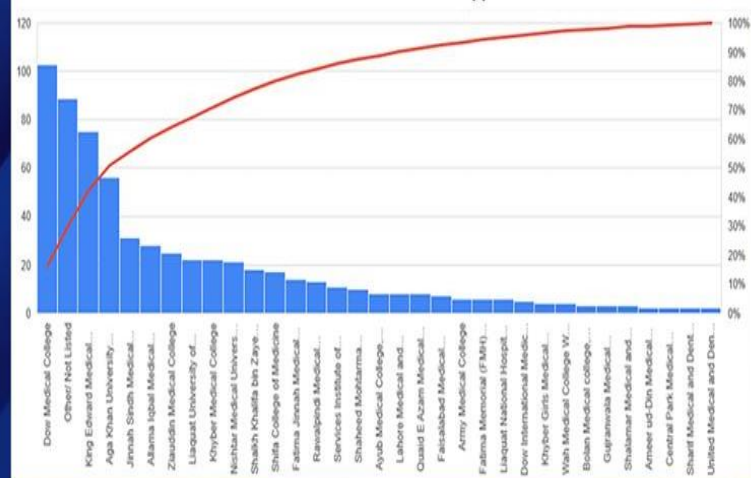
Total 634 Matched Applicants



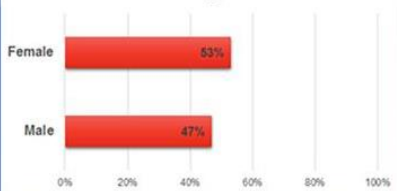
Matched Specialities



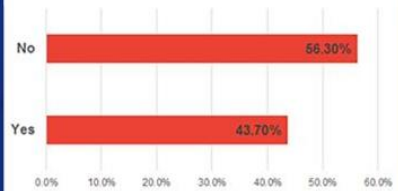
Medical Schools of All Matched Applicants



Gender Break up of Matched Applicants



Matched Applicants Supported by APPNA YPC Initiatives



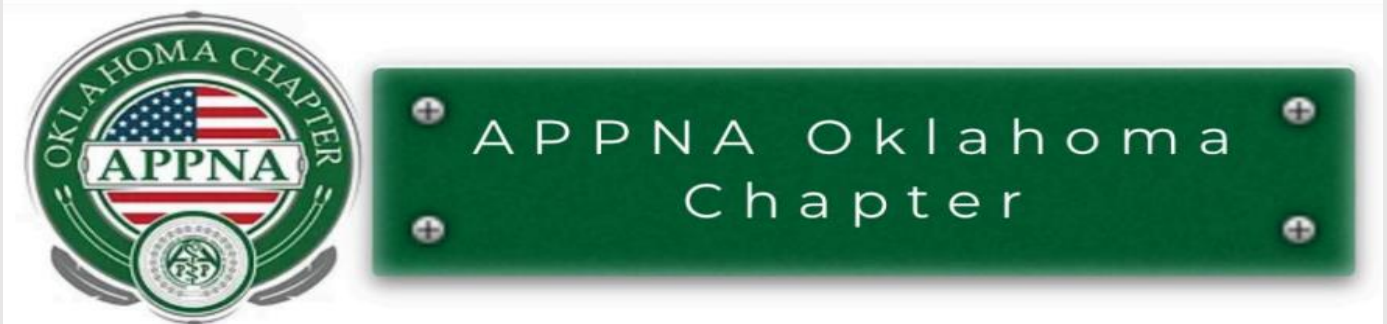
This is self reported data by applicants to APPNA YPC and participants could be missing who did not disclose their information.



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In Oklahoma, our tightly knit community takes great pride in celebrating our heritage and fostering a culture of altruism and societal contribution. Since its establishment in 2016, our local chapter has flourished with a current membership of 96, including 86 esteemed lifetime members. Our chapter has grown tremendously, remains vibrant, and actively engaged in philanthropic endeavors. Throughout the years, we have organized numerous fundraising initiatives, and last year was and this year will be no exception.

1. **Colon Cancer Awareness Walk:** APPNA Oklahoma organized a walk to raise awareness about colon cancer in March of 2023 and 2024. The event aimed to educate the community about the prevention, early detection, and treatment options for colon cancer. Participants walked together to show support for those affected by the disease and to promote a healthy lifestyle. The event has become a platform for community engagement and collaboration among many different entities and a source of pride for our chapter!
2. **Turkish Earthquake Relief Fundraiser:** APPNA Oklahoma conducted a fundraiser to support the victims of the earthquake in Türkiye. The chapter members and the local community came together to raise funds for providing immediate relief and assistance to the affected individuals and families. The fundraiser successfully collected \$32,750, which was used to provide essential supplies, medical aid, and shelter to those in need through the central APPNA initiative.
3. **Pakistan Church Tragedy Fundraiser:** In response to the tragic church incident in Pakistan, APPNA Oklahoma again participated in a fundraiser to provide support to the affected community. The chapter members actively participated in collecting donations. They successfully raised \$3,987.
4. **Cornea Program** was generously supported by donations from Chapter Members: APPNA Oklahoma members donated close to \$22,500 to central APPNA funds.
5. **Health Fair Initiatives:** APPNA Oklahoma organized health fairs to promote health and wellness in the community. These initiatives aimed to provide access to free health screenings, educational resources, and preventive care services. The chapter members collaborated with local community partners to ensure the success of these events and to create a positive impact on the community's overall well-being.



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We are immensely proud of the accomplishments and impact our community has made, and we remain steadfast in our mission to positively contribute to society.



Sincerely,

APPNA Oklahoma
Executive Committee

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APPNA Alberta Chapter Report



Members: Dr. Amir Aslam President, Dr. Tehmina Munaf President Elect, Dr Fouad Majeed General Secretary, Dr Ali Nomani Treasurer, Dr Nusrat Asif Director, Dr Abdul Sattar Tabani Director, Dr Saad Yasin Immediate Past President, Dr Tariq Awan Executive Director.

Dear Esteemed Members Assalam O Alaikum,

My name is Dr. Amir Aslam, I am incredibly honored and delighted to serve as the President of the APPNA Alberta Chapter for the term 2024-2025. It is with great pride and enthusiasm that I share with you the remarkable achievements and initiatives we have undertaken together in the early months of this year.

Our new year began with a heartwarming celebration of unity and gratitude as we participated in the seasons' greetings event at Foothills Medical Centre in Calgary, alongside our esteemed partners at ICNA. The event saw an impressive turnout of 2500 healthcare professionals, reflecting the strength and solidarity of our community. It was truly a joyous occasion as we came together to appreciate and honor the invaluable contributions of our fellow colleagues in the healthcare sector.

Building on this momentum, our chapter embarked on a series of community health awareness events in collaboration with the Pakistan Canada Association. In January and February, we hosted events in both Edmonton and Calgary, drawing significant participation from community members and physicians alike.

These events served as platforms for education, dialogue, and engagement, reinforcing our commitment to promoting health and well-being within our communities.

In March, we proudly organized our annual Ramadan fundraiser, demonstrating our unwavering dedication to serving those in need. Through the collective efforts of our members, we raised an astounding \$37,250 to provide food hampers for underprivileged and needy individuals in remote areas of Pakistan. This act of generosity embodies the spirit of compassion and solidarity that defines our chapter.

Looking ahead, we have an exciting event planned for April 20, 2024– the APPNA Alberta Eid Party. This celebration will provide an opportunity for physicians and their families to come together on the joyous occasion of Eid.

As we reflect on these achievements, I am filled with gratitude for the dedication and support of each member of our chapter. Together, we have demonstrated the power of collective action and the profound impact we can make when we unite in service to others.

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With warm regards,

Dr. Amir Aslam
President, APPNA Alberta Chapter



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APPNA South Central Texas Chapter Report



In a world often characterized by challenges and disparities, nonprofit organizations stand as beacons of hope, striving to make a positive impact in their communities. Among these, APPNA has emerged as a formidable force, dedicated to empowering and uplifting the lives of those in need.

With a mission centered on addressing key social issues, the organization has tirelessly worked to foster positive change and create opportunities for growth and development, with individual chapters making a difference on a community level. Over the last couple of years APPNA SCT chapter has done significant work resulting in a positive impact.

APPNA SCT arranged a community Eid event in 2023, through which the local APPNA chapter not only brought the community of San Antonio together after a long halt due to COVID but was also able to raise a significant amount and extend efforts globally by helping victims of the Turkey earthquake.

APPNA SCT organized a successful health fair for the San Antonio community. This event promoted health awareness, provided free health consultation to those with no immediate access to a health system and created opportunities for individuals to connect with healthcare providers and learn about available resources in their area.

The blood donation drive was able to help South Texas Blood and Tissue with the help of our community volunteers. We were joined by the San Antonio Mayor who appreciated and supported this cause. “Be the match” bone marrow drive was also a part of the health drive where participants submitted data for bone marrow match for people in need of a bone marrow transplant.

As APPNA SCT continues to expand its reach and impact, the organization remains guided by its core values of compassion, integrity, and service. We are looking forward to another successful year ahead, hosting the fall meeting in September 2024 in San Antonio as well as a health fair in fall/winter.

Dr. Fatima Hamid

President APPNA South Central Texas Chapter

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APPNA St. Louis Chapter Report



The vision set forth by the APPNA STL chapter for the year 2024 embodies a commitment to elevate the APPNA brand, promote the exceptional APPNA talent, and foster the APPNA family. With focus on cultivating diversity and inclusivity across all levels of the organization, from medical students to faculty, we aim to ensure inclusivity and representation for all.

In pursuit of this vision, our chapter recently convened a groundbreaking "Think Tank" meeting, inviting former chapter presidents and emerging young physicians. This innovative session sparked robust dialogue and collaborative brainstorming, resulting in a wealth of insightful ideas for organizational growth and development.

Efforts in 2024 will include collaborating with local health care entities to promote the APPNA brand and amplify our impact within the community. Through these alliances, we seek to leverage resources and expertise to better serve the community.

We are also inaugurating to recognize young physicians of APPNA STL by spotlighting physicians who exemplify excellence in their specialties. By acknowledging them, we aim to inspire others and foster a culture of continuous improvement and achievement.

Dr. Mujtaba Qazi, former president of the APPNA Greater St. Louis Chapter, returned from a mission trip to Pakistan from February 19th to 25th that involved a series of grand rounds, outpatient consultations, surgeries, and teaching cases in 8 clinics and academic institutions in Karachi and Rawalpindi. As a member of the APPNA Corneal Transplant Project (<https://appna.org/appna-corneal-transplant-project/>), Dr. Qazi transported 20 donor grafts from the US, which were transplanted by six surgeons. All surgeries were successfully performed on patients free of charge, including at Civil Hospital, Karachi and Al-Shifa Trust Eye Hospital, Pindi. Advanced endothelial or "sutureless" transplant techniques were taught to residents and junior attendings to expedite recovery and visual rehabilitation.

Mark your calendars for the highly anticipated annual APPNA STL medical conference and gala, scheduled for October 26th, 2024. Join us as we work together to elevate our chapter, strengthen our APPNA family, and make a difference in healthcare.

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Ayaz Ahmad, MD
Saba University School of Medicine, Class of 2017
President, APPNA St. Louis



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APPNA South California Chapter Report



APPNA Southern California chapter held its Annual Gala dinner and entertainment by Adeel Burkee on September 23rd, 2023, at Sheraton Garden Grove Hotel. Approximately 200 people attended a one-hour non-CME lecture on the Role of Primary care in reducing Cardiovascular Risks given by Dr. Marriyum Moten, followed by a social hour, a few speeches, dinner, and Entertainment by Adeel Burkee, who performed superbly.

We had a health fair in December 2023 in Pamona, California, in collaboration with the Ishan Foundation. Western University students helped us do Basic Vital signs, including BP and blood sugar testing. Visitors received flu and COVID-19 vaccines. Onsite Cardiologist Dr Zahid Bhutto and Psychiatrist Dr. Sanobar Baig gave advice to the patients. It was a very successful event!

Inshallah, we are planning a Picnic this year in July 2024, an annual Gala Dinner in September, and possibly another Health fair in December.



Yasmin Qasim, MD, FASCP

President Local Chapter APPNA SoCal



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APPNA DMV Chapter Report



It is my honor and privilege to be the President of the APPNA DMV Chapter this year. This most vibrant Chapter, is full of potential that is well on its way to fruition. Our membership is now greater than five hundred strong.

Our Chapter is the first Chapter in APPNA history where the entire EC and the vast majority of the Council consist of NAMA / Caribbean members and female physicians.

Our Meet and Greet was a resounding success with an oversold turnout of new members wanting to get involved. It was an evening filled with collegiality, friendship, and camaraderie. Our next event is our Eid Milan Gala. It will be a celebration with families of our rich culture with activities for the entire family.

Our social welfare is going strong. The Chapter partnered with Koochi Ghot Women's Hospital in a fund raiser. All of the donations will support ongoing care at the only hospital in Karachi solely dedicated to women's care and which is entirely free.

We are continuing to provide monthly meals to Carpenter's Homeless Shelter and have also done coat and clothing drives. We are looking forward to working with the Disabled American Veterans Voluntary Service Programs. We will be delivering care packages and helping with transport.

We will also be working with Clean Fairfax by "adopting a park" and making it APPNA DMV's responsibility to keep it clean. By involving our Chapter in local community volunteer services, we intend to incorporate ourselves into mainstream public activities and continue our journey of community service.

These activities will get the entire Chapter family involved, including the children, and reinforce the value and joy of selflessly serving those in need and in giving back to the community. We endeavor to continue growing the Chapter and its philanthropic activities.

We are also hosting the APPNA Summer Convention and are so excited to welcome you to our home!

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Reema Chaudri, MD

President APPNA DMV

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Celebrate Life's Milestones Together!



April Specials

April is recognized as Autism Awareness Month, dedicated to increasing understanding, acceptance, and support for individuals on the autism spectrum. Throughout the month, various activities, events, and initiatives are organized globally to promote awareness about autism spectrum disorder (ASD), highlight the importance of early diagnosis and

intervention, and celebrate the unique talents and abilities of individuals with autism. These efforts aim to foster a more inclusive society where individuals with autism can thrive and reach their full potential. Additionally, Autism Awareness Month serves as an opportunity to advocate for research, policies, and resources that improve the quality of life for individuals and families affected by autism.



2- A rare Solar Eclipse

Is anyone in America not aware that a rare total solar eclipse will occur on April 8th? A solar eclipse occurs when the moon passes between the Earth and the sun, temporarily blocking out the sun's light. This phenomenon typically happens during the day and can be either partial, total, or annular, depending on the alignment of the sun, moon, and Earth. During a total solar eclipse, the moon completely covers the sun, creating a breathtaking sight as the sky darkens and the sun's corona becomes visible. Solar eclipses are rare events that capture the fascination of people around the world. They provide scientists with opportunities to study the sun's corona and its effects on the Earth's atmosphere. Additionally, solar eclipses have cultural significance in many societies, with various myths, traditions, and rituals associated with them throughout history. It's important to note that viewing a solar eclipse directly without proper eye protection can cause permanent eye damage. Specialized solar viewing glasses or indirect viewing methods, such as pinhole projectors, should be used to safely observe the eclipse.





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This year it will be seen by tens of millions of Americans as it cuts across the United States from Texas to New England before traveling through southeastern Canada and out into the Atlantic Ocean. Grab your solar glasses to watch as darkness spreads across the land.

Tax Day, typically observed on April 15th in the United States, is the deadline for individual taxpayers to file their federal income tax returns. It's a significant day for taxpayers and the government alike, marking the culmination of the annual tax-filing process. Taxpayers are required to submit their tax returns to the Internal Revenue Service (IRS) and pay any taxes owed for the previous year. For many individuals and businesses, Tax Day can be a stressful time as they gather financial documents, complete forms, and ensure compliance with tax laws. However, it's also an opportunity to fulfill civic responsibility and contribute to public services and infrastructure through taxation. Extensions are available for those who need more time to file their taxes, typically granting an additional six months until October 15th. Nevertheless, it's essential to meet the Tax Day deadline or file for an extension to avoid potential penalties and interest on unpaid taxes. Tax Day serves as a reminder of the importance of financial planning, record-keeping, and understanding tax regulations to navigate the tax system effectively and responsibly.



April 22nd: Earth Day

Earth Day, celebrated annually on April 22nd, is a global event dedicated to environmental protection and raising awareness about the importance of conserving our planet's natural resources. First established in 1970, Earth Day has grown into one of the largest secular observances worldwide, with millions of people participating in various activities to demonstrate support for environmental sustainability. Earth Day serves as a reminder of the interconnectedness of all living beings and the Earth's ecosystems. It encourages individuals, communities, governments, and organizations to take action to address pressing environmental issues such as climate change, pollution, deforestation, and loss of biodiversity. On Earth Day, people engage in a wide range of activities, including tree planting, beach cleanups, recycling initiatives, environmental education programs, and advocacy campaigns. These efforts aim to promote sustainable practices, reduce carbon





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footprints, and protect natural habitats for current and future generations. Earth Day also provides an opportunity for reflection on the environmental challenges facing our planet and the collective responsibility to enact positive change. It inspires individuals to adopt eco-friendly habits in their daily lives, support environmental policies and legislation, and participate in efforts to mitigate the impacts of climate change. Ultimately, Earth Day serves as a powerful reminder that each of us has a role to play in preserving and protecting the Earth for the well-being of all its inhabitants and future generations. By coming together on Earth Day and beyond, we can make meaningful strides towards a more sustainable and resilient planet.

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



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Congratulations Dr. Arain!



We are thrilled to announce that Dr. Fouzia Arain is a distinguished recipient of the 2024 – 2025 SAMHSA Minority Fellowship Program (MFP) Grant by the American Psychiatric Association (APA)!

This is a remarkable achievement and a testament to your dedication and potential in the field of psychiatry. Your APPNA family wishes you continued success and growth in your career!

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APPNA EDUCATIONAL RESOURCES

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MERIT**



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ACADEMY**



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appnamerit@gmail.com

**APPNA
YPC**



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**YPC
EMAIL**



ypc@appna.org

**APPNA YOUTUBE
EDUCATIONAL
CHANNEL**



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**APPNA
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EMAIL**



appnaresa@gmail.com

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Upcoming APPNA Meetings in USA



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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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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Congratulations to **Dr. Sajid Mahmood** and his team for conducting a successful Spring Meeting 2024!

Here are some of the highlights from the meeting, we will cover all sessions of the meeting in the upcoming issue of the, "SunO APPNA" in two weeks.



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