



# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**

***Spring into Action! Recap & Highlights***  
***Unforgettable Sessions, Networking & Community***



***The APPNA Spring Meeting 2024 in Chicago brought together physicians from across North America***

***Under Dr. Sajid Mehmood's exceptional leadership and the tireless efforts of the host committee, the APPNA Spring Meeting 2024 in Chicago brought together physicians from across North America for a weekend of learning, collaboration and celebration.***

***"Top-notch CME sessions covered crucial topics for patient care."***

***"YPC seminars empowered young physicians for career success."***

***"Social forum fostered meaningful discussions about Pakistan's future."***

***"YPN fostered connections as young physicians shared experiences and built network."***

***"APPNA Bazaar buzzed as business connected with the APPNA Community."***

***Stay Connected! Be part of the APPNA community. Learn more inside.***

**WWW.APPNA.ORG**





# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**

## **PRESIDENT'S MESSAGE**



Dear APPNA Members,

Assalamu Alaykum APPNA Family!

We just concluded a very successful Spring meeting in Chicago. I want to foremost thank my chair for the Chicago meeting Dr. Sajid Mahmood and his entire house committee for an exemplary meeting to start the year. This spring meeting was well received by the members who attended the meeting and has been nothing but praise all around from the APPNA members.

The meeting had all the ingredients to make it a success and there were many sessions that were for everybody starting with a brilliant CME by Dr. Waseem Kagzi and the CME team who chose topics of real relevance for the members and was well-attended with standing room only.

Thanks to Dr. Khurram Siddique and the entire YPC team. We had several sessions arranged by YPC including a session for highschoolers or college students as to how to get into medical school as well as seminars for young graduates that are applying for Residences. A panel of program directors from different specialties gave insight as to the selection process and what to do and what not to do in a residency application and how to be successful in being matched into the residency program.

Through alliance and YPN we had a seminar on successful parenting by life coaches, such as Dr. Fazal Mehmood and Dr. Zeeshan and Dr. Abbasi followed by Mental awareness walk organized by Dr. Maleeha Ahsan

We had a great social forum discussing the possible future directions for Pakistan, and this was well-attended with again standing room only and very well-received by the membership.

We had a very successful YPN program thanks to committee chair Saba Mahmood. We had a well planned and well attended YPN Spring session.

The meeting was highlighted by Doctor Fozia Alvi who has a charity organization called Humanity Auxilium. She touched our hearts by informing the members of the first-hand account of what is taking place in Gaza and there was immense support for her organization and her charitable work among the members.



# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**

The food for Friday and especially Saturday was sumptuous and exemplary. People have praised that they have never eaten more tasty food than this in APPNA, in many years. Thanks to the food committee, Drs. Ahsan and Rahat Sheikh for the great food in Chicago spring meeting.

The musical program for both days was wonderful, and Sajad Ali did a great job on Saturday!

The meeting was well-attended, and the banquet dinners for Saturday was full to capacity.

The meeting was a very successful and well-attended meeting, which offered something for everybody and raised the benchmark for the future APPNA meetings.

I would like to thank all the host committee members, especially the Chair Dr. Sajid Mahmood for his wonderful job. I also want to thank all the members who attended the spring meeting in Chicago. Thank you.

Long live APPNA!

Best wishes,

**Dr. Asif Mohiuddin**

President APPNA



# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION

## EDITOR'S NOTE



Dear APPNA Members,

The APPNA 2024 Spring Meeting was held from April 25<sup>th</sup> through the 28<sup>th</sup> in Chicago.

The meeting had a purpose and tackled essential issues that impact both physicians and our society at large.

CME sessions, young physicians' seminars, social forum, and leadership development seminar were the highlights of the professional sessions held at the meeting.

It was heartening to see the participation of the members in the Council meeting. Most of the committee chairs were present and were able to update the membership on their respective committee's activities. We look forward to active engagement from the office bearers and the council members in upcoming council meetings.

**APPNA Spring Meeting 2024** offered a diverse range of educational sessions for the participants, as well as opportunities to network. The following educational programs provided up-to-date information and strategies that could be applied in clinical practice, research, and teaching.

1. *8 hours of Continuing Medical Education, chaired by Dr. Waseem Kagzi.*
2. *Leadership Seminar on Mastering Parenting and Leadership in the Digital Age, organized by APPNA Family Alliance and APPNA YPN, chaired by Jabeen Bukhari and Saba Sabzwari.*
3. *Medical School Admissions and Targeting Residency Training and Fellowships Seminars, organized by APPNA YPC and NAMA, chaired by Dr. Khurram Siddique and Dr. Mujtaba Qazi.*
4. *"Done with training, what's next?" seminar, and a panel of program directors on, "How to be a successful residency candidate, Program Director's perspective," organized by APPNA YPC, chaired by Drs. Khurram Siddique, Gulrayz Ahmad and Munis Raza.*
5. *"APPNA Walk for Wellness," which highlighted the importance of breaking mental health stigma, organized by APPNA and PAPANA, and chaired by Dr. Maleeha Ahsan.*
6. *"Pakistan's Way Forward – inclusivity, diversity and progressivity," social forum, moderated by Dr. Jamil Farooqi and Dr. Sohail Khan.*





# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**

The partnership between APPNA YPC and NAMA has notably enhanced the quality of educational seminars at our conferences over the past two years. Over 50 young individuals attend these sessions every year. It is also one of the few sessions of APPNA that invite young panelists. Senior members from APPNA YPC and NAMA guide the junior panel members to nurture their leadership abilities and ensure the ongoing passage of wisdom across generations.

The mushaira chaired by Dr. Javaid Akbar saw a strong turnout and received positive feedback from the attendees.

The Spring Meeting received excellent feedback for its entertainment, food, educational sessions and overall arrangements.

A standout moment of the gathering was the heartfelt orations delivered by the guests during the Saturday Banquet, which resonated deeply with every attendee and culminated in a standing ovation.

I extend my warmest congratulations to Dr. Sajid Mahmood, Dr. Asif Mohiuddin, and the entire host committee for hosting an outstanding Spring Meeting.

Gratitude to our dedicated team— the TNL Combo -Tipu, Nick, and Laiq—for their support in making these meetings successful.

Sincerely,

**Nauman Ashraf, MD**

Chair, APPNA Communications Committee 2024

Advisor, APPNA YPC 2024



# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION

## Spring Meeting Chair's Report



Dear APPNA Members,

My hardworking members of Host committee and I are grateful to you all who took off their busy practices & family time to visit APPNA Spring meeting at Sheraton Grand Riverwalk, Chicago from April 25 – 28, 2024. We are humbled and delighted to hear positive and appreciating remarks from most of you about your pleasant experience throughout the duration of the event enjoying the full-house sessions of CME, Social forum, Career seminars, YPN event and so forth. As Chicago is well known for its best desi food, therefore, we put extra efforts into not only arranging the best variety of food but also creating the right ambience in order for you

to enjoy to its fullest.

First and foremost, I want to appreciate my dear friend and APPNA President Dr Asif Mohiuddin for his trust in tasking me with the responsibility of Chairing the event as well as continuous assistance all along without micromanagement. I also want to take this opportunity to appreciate my entire Host committee for making my job much easier by working as a team in countering the challenges throughout the organization of the event. Special thanks to our Advisor Dr M. Sohail Khan, President PPS Dr Tariq Butt, Co-Chairs Dr Amin Nadeem, Dr Rahat Sheikh, Dr Samina Hijab, Chair CME Dr Waseem Kagzi and Dr Nureain Mirza for their timely assistance and full cooperation. I can't thank enough to my wife Saba for not only providing active assistance in organizing the event but also relieving me from my family commitments in recent months in order for me to focus better.

The festivities kicked off right from the Welcome reception dinner on Thursday night where we hosted approximately 200 member & non-member friends both from within and out of town as opposed to the anticipated 125-150 guests. CME sessions on both Friday & Saturday were well-attended witnessing larger than usual registrants compared to usual Spring or Fall meetings. Thanks to our dynamic CME committee led by Dr Waseem Kagzi and world class speakers as this year, we have planned to touch those areas which were previously not considered worthy of spending time like Lifestyle Medicine as well as Artificial Intelligence in Healthcare. The Mental Health awareness walk on Friday afternoon was also well-attended despite the not so friendly weather. The theme of 'Jashan-e-Bahaaran' was well received & liked by the guests especially the peaceful Spring ambience created indoor with delicacies belonging to 4 major provinces of Pakistan including freshly squeezed sugarcane juice on site adding to elegance of the event. Besides, we have also arranged a Mushaira night on Friday keeping in view the interest of a sizeable proportion of our membership with literary taste.



# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**

On Saturday, we had a packed schedule running parallel sessions throughout the day given the fact of having maximum attendance. CME session, YPN get together, Career & Leadership seminars, YPC sessions for medical students & graduating Residents, Social forum highlighting the challenges faced by today's Pakistan as well as Class/Alumni reunions were the defining features of a successful and oversold Spring conference. As we have saved the best for the last, dinner for Saturday night banquet presented an innovative grazing table with LIVE nihari station along with usual traditional desi food.

We were fortunate enough to have Rep Delia Ramirez of Illinois, Rep Jamaal Bowman of New York in attendance on Saturday night as well as virtual presence of Rep Ilhan Omar of Minnesota via a video-recorded message coming up with a unified message of ceasefire in war-ravaged GAZA to prevent further loss of lives. That was preceded by a heart-wrenching video presentation from a selfless volunteer Dr Fauzia Alvi who has spent time on the ground providing necessary medical care to the victims along with her team. As APPNA has a rich tradition to provide monetary & healthcare assistance to those affected by natural and manmade disasters, we were able to raise more than \$50,000.00 in donations/pledges in no time.

Eventually, the Meeting concluded with Sunday morning 'Halwa-Puri' breakfast and attendees leaving the hotel with good memories of time spent.

Best wishes,

**Sajid Mahmood, MD**

Chair, APPNA Spring Meeting 2024

APPNA BOD 2024



# SKYGARDEN



ONE SKY,  
THREE HORIZONS.



Step into a world of elegance at SkyGarden, the epitome of luxury living in Pakistan where you immerse yourself in the opulence of royalty and high-end architecture.

NO. OF BEDROOMS	SQ. FT.	UNIT PRICE (US \$)
3 Bedroom Apartment	3,900	570,000
4 Bedroom Apartment	4,130	625,000
5 Bedroom Apartment	8,840	1,355,000

Get in Touch

(+92) 308 8211142

(+92) 213 5867645

Learn More

[skygarden.pk](http://skygarden.pk)

Locate Us

Clifton, Karachi

*Riviera*

GROUP





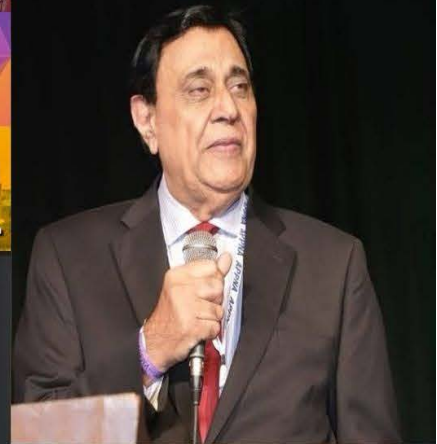
# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION



**APPNA**  
**SPRING MEETING**  
April 25-28, 2024 Chicago, IL



[WWW.APPNA.ORG](http://WWW.APPNA.ORG)





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION



WWW.APPNA.ORG





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION



[WWW.APPNA.ORG](http://WWW.APPNA.ORG)





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION



**APPNA**  
**SPRING MEETING**  
April 25-28, 2024 Chicago, IL



[WWW.APPNA.ORG](http://WWW.APPNA.ORG)





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION



**APPNA**  
**SPRING MEETING**  
April 25-28, 2024 Chicago, IL



[WWW.APPNA.ORG](http://WWW.APPNA.ORG)





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION



**APPNA**  
**SPRING MEETING**  
April 25-28, 2024 Chicago, IL



[WWW.APPNA.ORG](http://WWW.APPNA.ORG)





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION



**APPNA**  
**SPRING MEETING**  
April 25-28, 2024 Chicago, IL



[WWW.APPNA.ORG](http://WWW.APPNA.ORG)





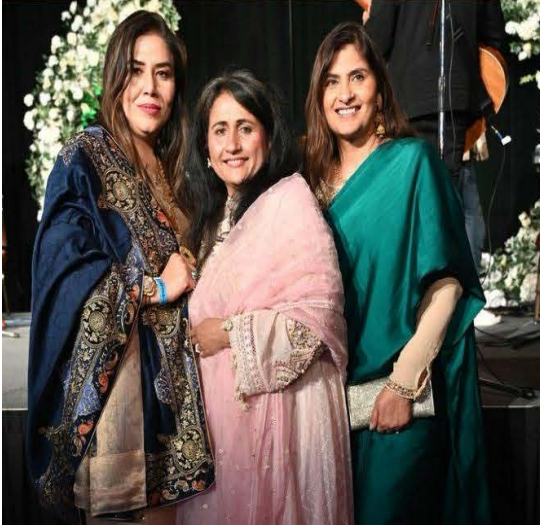
# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION



**APPNA**  
**SPRING MEETING**  
April 25-28, 2024 Chicago, IL



[WWW.APPNA.ORG](http://WWW.APPNA.ORG)





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION

## Celebrate Life's Milestones Together!



### May Specials

1-Mental Health Awareness Month (May) is an important time to shed light on the significance of mental well-being and to reduce the stigma surrounding mental health issues.

It's a time to promote understanding, empathy, and resources for those struggling with mental health challenges. This includes raising awareness about different mental health conditions, emphasizing the importance of self-care, and seeking help when needed, and fostering open conversations to break down barriers and misconceptions.



By coming together as a community during Mental Health Awareness Month, we can work towards creating a more supportive and compassionate environment for everyone's mental well-being.

### 2-Mother's Day

Mother's Day is a celebration honoring mothers and motherhood, as well as the influence of mothers in society. Mother's Day in the United States is annually held on the second Sunday of May.

It's a day to express appreciation for the maternal figures in our lives, whether it's our own mothers, grandmothers, aunts, or other influential women. It's not just about giving gifts but also about showing love and gratitude through gestures like spending quality time together, writing heartfelt notes, or simply expressing thanks verbally. It's important to recognize that for some, Mother's Day can also be a difficult time, perhaps due to the loss of a mother or strained relationships, so offering support and understanding is also key. Overall, Mother's Day is an opportunity to honor and celebrate the incredible women who have played vital roles in our lives.







# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**

3-Cinco de Mayo, which translates to the “fifth of May” in English is a holiday meant to commemorate the Mexican Military’s victory in the 1862 Battle of Puebla during the country’s war with France.



4-Memorial Day (originally known as Decoration Day) is a federal holiday in the United States for honoring and mourning the U.S. military personnel who died while serving in the United States Armed Forces. Their courage and selflessness have ensured the freedoms we enjoy today, and we are forever grateful for their sacrifice. From 1868 to 1970, it was observed on May 30. Since 1971, it is observed on the last Monday of May.







# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**

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](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





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION

**Pride of APPNA!**



I'm delighted to introduce our Treat Addiction podcast with WGTE. Every other week, we will address the various addictions, from opioids to sugar, with the main focus being on treatment.

Please listen wherever you get your podcasts, and share: [Treat Addiction - WGTE Public Media](#)

Mahjabeen Islam, MD

**WWW.APPNA.ORG**





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION

## APPNA SOCIAL MEDIA HANDLES

*Please subscribe to APPNA's official social media*

*handles to get timely updates and to support your beloved organization.*



@ appna



@ appnasocial



@ appnatube



@ appna



@ appna



[www.appna.org](http://www.appna.org)



[WWW.APPNA.ORG](http://WWW.APPNA.ORG)





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION

## APPNA EDUCATIONAL RESOURCES

APPNA  
MERIT



@meritappna

APPNA  
ACADEMY



<https://academy.appna.org/>

MERIT  
EMAIL



[appnamerit@gmail.com](mailto:appnamerit@gmail.com)

APPNA  
YPC



[www.facebook.com/groups/308140919099](https://www.facebook.com/groups/308140919099)

YPC  
EMAIL



[ypc@appna.org](mailto:ypc@appna.org)

APPNA YOUTUBE  
EDUCATIONAL  
CHANNEL



<https://www.youtube.com/channel/UCg4wPG-bFfwF8Bh-GYfj34g>

APPNA  
RESA  
EMAIL



[appnaresa@gmail.com](mailto:appnaresa@gmail.com)

WWW.APPNA.ORG





# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**

## 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

**WWW.APPNA.ORG**





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION

APPNA 47<sup>th</sup> Annual Convention  
July 3-7, 2024 Gaylord National Resort, MD

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](http://bit.ly/4bk1kHL)

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

*Friday, July 5, 2024*



**LIVE**  
*Shafqat*  
*Amanat Ali*

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](http://bit.ly/4bk1kHL)





# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**



## 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*



**For more information and registration for APPNA Convention,  
please click on the link below:**

**<https://www.appna.org/appna-47th-annual-summer-convention-2024/>**

**WWW.APPNA.ORG**





# SUNO APPNA

MONTHLY NEWSLETTER

MAY 2024 EDITION

## Upcoming APPNA International Meetings

### APPNA *37th International Meeting*



*Brazil*

Rio de Janeiro, São Paulo,  
Manaus 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



WWW.APPNA.ORG





# SUNO APPNA

**MONTHLY NEWSLETTER**

**MAY 2024 EDITION**

## 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.