

# APPNA ANNUAL JOURNAL 2023

A publication of the Association of Physicians of  
Pakistani Descent of North America

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



# APPNA

Association of Physicians of  
Pakistani Descent of North America

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# APPNA Annual Journal 2023

## President's Message



It was a great privilege to have served as the president of APPNA 2023. Leading the largest organization of Pakistani professionals worldwide was a deeply humbling experience. To the esteemed membership of APPNA, I extend my most sincere thanks for entrusting me with the role of the 46th president. Your support and belief in me are truly appreciated.

In the year 2023, our aim was to break away from outdated practices and embrace fresh ideas, nurture new leadership, and guide the organization towards a more dynamic and proactive future. We were committed to steering away from entrenched norms where individuals overshadowed the collective, and where stagnant structures hindered growth.

As promised, we initiated significant changes to the committee structure, ensuring equal opportunities for all members to excel without the dominance of past figures.

This year marked a watershed moment in the history of APPNA as we implemented reforms that promoted new talent and innovative thinking. By reshaping the committee landscape and fostering a culture of inclusivity, we witnessed outstanding performances from our new leaders and committee members. The success of these changes debunked the age-old notion of individuals taking precedence over the institution, setting a new precedent for collaborative growth and excellence.

2023 was the first year in the history of the organization that nobody was appointed to more than one committee. This was done to ensure maximum opportunity to volunteers to rise and shine. No past presidents were appointed as chairs of any committees and no previous chair of a committee was reappointed as chair of that committee again.

Our meetings throughout the year were a testament to our commitment to progress and efficiency. From the strategic gathering in Chicago to the vibrant Spring meeting in Orlando, each event showcased our dedication to driving positive change within the organization.

The record-breaking summer meeting in Dallas exemplified our willingness to take calculated risks and challenge traditional norms for the betterment of the organization. By defying stereotypes, we were able to save close to two hundred thousand dollars on the cost of entertainment and food only. This was done without any compromise on quality.

The meeting broke all previous records for attendance and revenue generation. The most positive feedback from attendees further validated our strategic decisions and reaffirmed our commitment to excellence in all aspects of our organization.

Notably, the summer meeting featured a historic address by President Recep Tayyip Erdoğan of Türkiye, marking a significant milestone for APPNA. His gracious acknowledgment of APPNA's contributions to the earthquake relief efforts underscored the impact and significance of our collective endeavors.

The Fall meeting was held at Houston, and it very closely challenged the summer convention in almost all aspects. Once again, the host committee tried new ideas, rejecting long held fixed ideas of the past while being fiscally responsible at the same time. The meeting broke previous records for overall revenue for any non-summer meeting, and for most attendance for any spring or fall meeting.

Winter meeting was held at Rawalpindi, where we joined the Rawalpindi Medical University Alumni for their alma mater's Golden Jubilee celebrations, and at Peshawar.

Throughout the year, focus continued on APPNA's primary goals, education, social welfare and welfare of the

# APPNA Annual Journal 2023

membership. All committees remained active particularly the Young Physicians' Committee, MERIT, the SWDRC, RESA committee and Advocacy committee. The work of these committees has been wonderful over the years and their new leadership continued to excel.

The issue of APPNA's focus or the lack thereof, of the welfare and needs of its Canadian membership was realized and for the first time in APPNA's history, a separate Canadian Advocacy Committee was formed. For the first time, a dedicated Canada meeting was held at Mississauga, Ontario. Despite it being the first ever meeting, it was very well attended. The enthusiastic participation of Canadian physicians and their families proved that the organization has great potential to grow further in Canada.

We continued to engage with the government of Pakistan throughout the year for the welfare of our membership and for improving healthcare for Pakistani people. The first ever APPNA office in Pakistan was opened at the Rawalpindi Medical University Campus. Once fully staffed, it would help coordinate the organization's activities in Pakistan. Another office, dedicated to the affairs of Pakistani physicians in North America was opened at the Pakistan Medical & Dental Council in Pakistan. This office would help streamline issues such as registration and verification of documentation of our membership.

It was felt that the organization needed to be more proactive on technology social media. All APPNA committee work was brought under a single YouTube channel. The channel has since been successfully monetized. After some struggle, the X (formerly Twitter) handle @appna was acquired and within no time, the follower number increased by more than tenfold and continues to grow.

We also did preliminary work on starting an APPNA Sehat YouTube streaming program. It is envisaged that members from different specialties would discuss issues of health concern and take questions from viewers. I am hopeful that it would start soon. Besides education, social media can be an important source of revenue generation for the organization as well.

In 2023, membership reached record numbers. There were some hiccups through the year, but we were able to handle them with support of the membership. APPNA's membership has always been most supportive of its organization, and it continued through 2023. It is my hope that the membership will continue to stay actively involved with the affairs of the organization.

As we reflect on the achievements and milestones of 2023, let us continue to uphold the spirit of innovation, inclusivity, and collective success that defines APPNA. Together, we can build a stronger, more vibrant future for our organization and community.

I am grateful to the board for its support throughout the year. I am particularly thankful to the immediate Past-president Haroon Durrani and President Elect Asif Mohiuddin for their help and guidance throughout.

My most sincere thanks to Arif Ahmad and Nauman Ashraf for making sure that the 2023 Journal is published. It is these two gentlemen who insisted that the 2023 journal be published for archival purposes. My gratitude to our event coordinators, Tipu Ahmed & Laiq Siddiqui and our wonderful office staff, Nicholas Suh and Diana Trujillo for all their help.

Thank you APPNA family for your support. Thank you all for your unwavering support and dedication to our shared vision.

Last but not the least, a big thank you to my wife and best friend, Sahira, and children, Umar, Saba and Adam for their support, understanding and encouragement throughout my time on the APPNA EC/Board since 2000.

Arshad Rehan.

Dr. Arshad Rehan's talk with Dr. Nauman Ashraf - Video Link:  
<https://youtu.be/bnPI-SL0os>

# APPNA Annual Journal 2023

## APPNA Board of Directors 2023



Arshad Rehan, MD  
President



Asif Mohiuddin, MD  
President Elect



Haroon Durrani, MD  
Immediate Past President



Aftab Khan, MD  
Secretary



Tayyib Rana, MD  
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Board Member



Rizwan Naeem, MD  
Board Member



Shahzad Iqbal, MD  
Board Member



Irfan Aslam, MD  
Board Member

## From The Editor's Desk



Who are we?

Who are we at APPNA, Pakistan, and America, or any other organization or society starts with, "Who am I"?

My person is the net of my positive and negative traits and their control or concession over each other. An organization, society, or country is a combination of individuals, and who they are is the net of the combined positive and negative traits and their interplay of dominance and submission over each other. Thus, a society may have many good, quiet people overtaken by a handful of rowdy ones.

Leaders inspire by example, purpose, and rules. Their role is manifold with their influence over the individuals they lead. An inspirational leader is able to harness more positive energies and vice versa. The leaders are from us and our extension and often who we deserve as a group of people.

So, at APPNA, Pakistan, and America, we are precisely the sum of their components, which is us as individuals. Analyze the differences between the Pakistani citizens we were and the American citizens we are. Thus, any ultimate reform starts with the person within us. Where most reforms fail is trying to reform others while failing to reform oneself.

In asking for a more professional APPNA, we have to look at the sum of all our individual professionalism or the lack of it we bring to the table. The ultimate character of any place is the character of all its components. If APPNA and Pakistan are mired by mediocrity and America excels, it is a statement on what makes up these places, you and I. In asking for a more professional APPNA, all of us have to look inside and ask, "Are we the same professionals at APPNA as we are at our workplace?"

The ultimate answer to "Who are we?" lies in "Who am I?"

Arif Ahmad, MD, FACC, FHRS

References:

- The Uber Battles by Furrukh Malik (APPNA Spring Journal 2024)
- It is Time for a Professional APPNA- An Afterthought by Arif Ahmad (APPNA Spring Journal 2024)

# APPNA Annual Journal 2023

## President Elect's Message



Dear APPNA Family

Assalamu Alaikum,

As president elect of APPNA, 2023, I enjoyed the year thoroughly as I was in a unique position, where I did not have to shoulder any responsibility of running the association but had a front seat view of the affairs of the association. I learned a lot from Dr. Arshad Rehan and Dr Haroon Durani.

As president elect, you have all the exposure you need to learn and plan for the coming year making astute decisions such as picking a location for your meeting and chairs for your future APPNA meetings or international meeting destinations as well as planning CME or social forum events. These decisions are crucial as to how the next year will pan out and what you want to achieve in the coming year. Yet the fun part is that you are not directly responsible much and you can let the president make all the hard decisions and shoulder the blame for everything. I have thoroughly enjoyed my year as president elect APPNA 2023.

As BOD APPNA, we honor you and your membership and your attendance to such meetings which helps make APPNA a vibrant association.

As we age as an organization, the only way forward is for APPNA to have a new generation of physician graduates from US and Pakistan join us. We want to make this organization a 5000 member strong, and we ask you to please encourage your children who have newly become physicians to join the APPNA family. We will be working to change the membership structure to attract more members next year.

APPNA had a strong Summer meeting in Dallas and the BOD will continue to look for new cities for its events to engage new communities. I have already chalked out the APPNA local meetings and the international APPNA trips for 2024 well in advance for you to attend.

We recognize that APPNA needs to commit more resources and energy into research and innovation technology and engage the younger generation of Physicians of Pakistani origin to join us by setting up membership of value to them and the general membership.

APPNA has achieved greater heights as an association under the leadership of Drs. Rizwan Khalid, Haroon Durrani, and Arshad Rehan. However, it's only the beginning and we have much more to achieve. We need to invest our resources in the right places and stay united together under one banner with one goal to make APPNA a stronger organization.

We have faced many legal and other challenges this year that have kept us busy, and we have resolved this amicably and moved on. We need to promote an inclusive and a positive culture in APPNA and we will continue to defeat personal agendas for the betterment of the organization.

Long Live APPNA!

Best wishes,

Asif Mohiuddin, MD  
President Elect APPNA, 2023

# APPNA Annual Journal 2023

## Immediate Past President's Message



My dear APPNA family;

"God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

The small prayer has stayed with me since my school years. Life, to me, is about doing our best to make positive changes around us through our words and actions.

During my four years in EC/ BOD, APPNA experienced major transitions, and I can proudly say mostly positive changes.

I do consider one of the greatest achievements are the new bylaws, an overhaul was due since 4-5 decades, and a significant restructuring was needed to best suit the needs of our great organization.

There were unprecedented efforts by the CABL committee, headed by Dr Zia Moiz, to keep the process inclusive with constant feedback from the membership. Once approved by the CABL Committee, they were presented to the Council, where the bylaws were approved unanimously.

I was part of the BOD for two years under new bylaws and experienced firsthand the positive impact of the changed governance structure. However, I also kept a close eye on any shortcomings. Improving and restructuring our bylaws is an ongoing process, and amendments are much easier to pass under the new bylaws.

Indeed, our scope of work has increased, APPNA has redeemed its dignity and reliability, and the trust of the membership has been gained, which is reflected in successful and sold-out meetings and our international trips, which are sold within minutes of opening the registration. Our MERIT program, SWDR Committee work/ projects, and RESA Committee education projects are becoming robust and popular.

All these factors contribute to a higher workload. We now need to restructure the APPNA office, add more employees, specifically an in-house bookkeeper, and hire a grant writer who has great potential for projects that APPNA has not done before.

The last three years has been financially solid and beneficial for APPNA. There is huge potential for us to increase our revenues and come up with additional resources of income. In 2022, APPNA had record income highest in terms of sponsorships, international trips, and other sources. EC approved, at my request an amount of \$50,000 to hire Grant writer and another \$225,000 were earmarked to purchase real estate for rental income in future.

I do take great satisfaction and pride in the fact that APPNA is thriving and is on the track to be one of the strongest and influential organizations in USA and Pakistan.

I am truly and deeply thankful to our membership for trusting me with the responsibility to serve and lead our beloved organization, a task that was equally challenging and rewarding.

Special thanks to Dr. Rizwan Khalid, President APPNA 2021, Dr. Arshad Rehan, President 2023, and Dr. Asif Mohiuddin, President 2024, for their hard work and their ability to work together for the betterment of APPNA. I also want to thank all the EC/BOD during my four years for their cooperation and being team players, Tipu Ahmed, Laiq Siddiqui, office staff Nick Suh, and Dianna for their dedication and hard work.

Last but not least, I thank my better half, Maheen, and our children for their infinite support and my dear friends whose strength and wisdom allowed me to serve APPNA to the best of my abilities.

Long live APPNA!

Haroon Durrani  
Past President APPNA 2023



# APPNA Annual Journal 2023

## President of Türkiye, Recep Tayyip Erdoğan's live speech at APPNA 46th Annual Convention 2023 Dallas, TX



BISMILLAH AR-RAHMAN AR-RAHEEM

Dear Brothers and Sisters, Distinguished Guests,

With love and respect, I would like to greet you with the finest of greetings.

AS-SALAMU ' ALAIKUM WA RAHMATULLAHI WA BARAKATUHU.

I pray to ALLAH that your Association's 46th annual conference will be auspicious. At the outset of my remarks, please accept the greetings of your 85 million Turkish brothers and sisters.

Türkiye and Pakistan are two brotherly countries with special ties. Following the earthquakes on February 6th, we observed the latest manifestation of our shared fate. With the humanitarian aid they sent, our Pakistani brothers and sisters once again demonstrated their solidarity with us. Pakistani Americans also helped our country through the assistance effort organized by your Association. Our earthquake survivors will never forget your support during these trying times. We need your help and prayers to mend the scars of the earthquake that devastated our 11 provinces and killed over 50,000 of our people. I pray to Allah to make our unity and solidarity everlasting.

In order to tackle the rise of Islamophobia and xenophobia in Western nations, we must act in unity. The heinous assault on our holy book, the Quran, on the first day of Eid al-Adha in Sweden demonstrates the horrifying heights to which Islamophobia has reached. All of us, as Muslims, have an immense duty to ensure that such atrocities, which Türkiye strongly condemns, do not reoccur. No one in the World will have the courage to attack what Muslims hold sacred if we move forward with one heart and one voice. When we are "IN SOLID RANKS AS IF WE ARE ONE CONCRETE STRUCTURE" as our Prophet ordered, nobody can take us down. We cannot allow anyone to divide us based on ethnic, sectarian or cultural differences. I believe that Allah's grace will be with us if we all succeed in this endeavour.

As I conclude my speech on this note, I wish you all the best in your professional endeavours and once more express my hope that your conference will yield positive results.

Peace be upon you.

# *APPNA Annual Journal 2023*

President of Türkiye, Recep Tayyip Erdoğan's live speech at APPNA 46th Annual Convention 2023 Dallas, TX



**Youtube link:**

<https://youtu.be/XCWEEuAPt9o?si=cdy-0sEB03gCU2WY>

## ACP President's Remarks for IMM '24



Distinguished guests, esteemed recipients of Mastership, Fellowship and Awards, and Members of the American College of Physicians,

It is a profound honor to welcome you to our Convocation, a seminal event celebrating the new FACP, MACP and other Awardees of our illustrious College. Today marks not only a recognition of individual excellence but also a collective recommitment to the hallowed art of medicine—an art that embodies our shared humanity, spanning divides, and nurturing a healthy global community.

As we commemorate this significant milestone, we are reminded of the privilege and the enormous responsibility that come with our profession. Our calling represents a promise to those suffering, transcending prejudice, injustice, and intolerance. We honor every life's inherent dignity and dreams. Our legacy is etched not merely in our medical expertise; rather, it is anchored in our capacity for empathy, our engagement, and our healing touch.

We, as physicians, stand witness to the harsh realities of illness and injury. The rise in preventable death and healthcare disparities demand urgent action. It is past time for an affordable, accessible, and efficient healthcare system, not just for those with resources and influence, but for the entire global community. Let us be the voice of conscience, uniting across borders and boundaries, to build a world where the right to life and health is revered, and where the light of compassion illuminates even the darkest corners of despair.

Echoing the timeless words of Hippocrates, "Wherever the art of medicine is loved, there is also a love of humanity." In these challenging times, we find ourselves guardians of a sacred trust: to protect the very essence of life and the inalienable right to health that belongs to every soul. It is a call that demands courage, compassion, and fortitude. The confidence in the collective power of physicians brightens our path; our hands heal, our hearts feel, and our voices speak for the silent.

The unimaginable disparity in health and healthcare within our country is a sobering reality. It presents a striking paradox between deep desperation and steep prosperity, in a nation where ideals of justice and equality are cherished yet seem distant to so many. The decline in life expectancy over the past decade is distressing, to say the least. It compels us, as a nation, to renew our commitment to preventive healthcare and other vital healthcare interventions across a myriad of challenges. We must champion health equity, combat discrimination, and work tirelessly to create a healthcare system that serves the needs of all, replacing the present profit-driven chaos that benefits a select few.

Physicians have been leaders in progress and evolution throughout time, guiding civilization through its darkest and brightest moments. From the plague-ridden streets of medieval cities to the battlefields of the modern era, from the struggle against unseen viruses to the demand for social justice, physicians have led the charge. In an era where the challenges we face are as vast as they are complex, global pandemics to human-induced disasters, it is imperative that we embrace our role as leaders.

Standing at the crossroads of tradition and innovation, where the timeless wisdom of the past intersects with the transformative possibilities of the future, we must offer a dynamic and engaging alternative. Fostering a spirit of critical thinking, we must shed long held traditions that no longer serve us. We must replace walls of separation with bridges of integration; bridges that do not discriminate, do not segregate, but instead celebrate the profound beauty inherent in our diversity. This is not to erase the rich tapestry of

# APNA Annual Journal 2023

culture and belief, or to lose our identity; but to refine it, enrich it and to elevate it to a level where unity and peace are not just ideals, but tangible realities.

We are witness to the legendary poet, Rumi's affirmation: "the wound is the place where the Light enters you". We see this truth manifest in areas of war, conflict, and crisis, around the globe; as healthcare facilities become targets, healthcare professionals are threatened and killed, and access to essential medical care is denied, intensifying human suffering. Such outrage not only betrays our shared values but desecrates the sanctity of life itself. It tears at the fabric of our shared humanity.

Our role, as physicians, extends beyond physical healing to promoting peace, justice, and human dignity, addressing the scars and devastation left by violence and warfare. We must stand in solidarity with all who are terrorized, traumatized, and displaced by brutal hostility and aggression. We must be torchbearers of hope, source of healing, and proponents of peace in a world tormented by agony and turmoil. Human lives are invaluable and irreplaceable. Each loss is a deep tragedy, not to be diminished as "collateral damage". I challenge all of us to reach beyond our grasp, and venture into the vast expanse of what could be. Our mandate as physicians is not just to treat the physical wounds but also to mend the deep scars that violence leaves on the human spirit. In a world often divided, medicine offers and must continue to offer a refuge of unity and solace.

As you all embark on this journey, please remember that leadership is revealed through action. The courage and dedication of our colleagues worldwide underscore the transformative power of our collective endeavor. The courage and dedication of our peers, around the globe, epitomize the profound impact of our universal commitment across borders and cultures. Their stories, far from mere anecdotes, weave the fascinating fabric of our profession, highlighting the power of compassion in the face of suffering and injustice. Feats, like the selfless service of our Chair Board of Regents, Dr. Eileen Barrett, during the Ebola crisis remind us of the nobility within us all, aspiring to be embraced.

We, as members of the American College of Physicians, embody a dynamic force for change, committed to transforming healthcare into a domain where every person is valued and empowered.

As we approach the culmination of this evening, I find it only fitting to pause, for a moment, to cast, and to have all of you cast a loving glance at those precious souls who are the very essence of our strength and purpose. These cherished individuals elevate us, gently yet powerfully, raising our wings into the sky. It is with a heart brimming with gratitude and devotion that I find myself whispering the enduring words of Robert Browning, which resonate deeply with many: "Nay, Love, you did give all I asked, I think—more than I merit, yes, by many times." Their boundless generosity and unwavering faith in us far surpass anything we could rightfully claim as our due, fueling in us an ever-burning flame of love and resilience.

In closing, I offer not only my congratulations but also my profound respect and admiration for each of you. May this Convocation inspire us, uniting our spirits and strengthening our resolve to face future challenges with hope and unwavering determination. Let us advance, together, towards a future where our aspirations, service, and integrity shape a brighter, more inclusive world of healthcare and humanity. May this convocation be a celebration of the past, the present, and the limitless possibilities of the future.

Thank you

Omar T. Atiq, MD  
President, American College of Physicians

# *APPNA Annual Journal 2023*

## APPNA Honorary Members



Javaid Anwar  
Texas, USA



Tipu Ahmad  
Indianapolis, USA



Laiq Siddiqui  
Mississauga, Canada

# APPNA Annual Journal 2023

## APPNA Strategy Meeting 2023



APPNA strategic meeting for the year 2023 was held on January 27th and 28th in Chicago. Despite poor weather conditions in Chicago the meeting was very well attended.

The meeting had a morning session which started with a CME presentation on Opioid Use disorder. It was followed by the strategic planning meeting where all committees were introduced and the Chairs of each committee presented their goals for the year. There were 65 participants.

This was followed by an evening dinner and music where the total attendance was 220 .It was a sold out event .Overall the meeting was very productive and successful .

I would like to thank the office staff as well as the members of the host committee for their tireless efforts including Drs. Mansoor Alarm, Aftab Khan, Amara Rehman, Samina Hijab, Samina Khattak, Maleeha Ahsan, Naheed Qayyum, Asif Syed and Tehmina Bajwa.

It is worth mentioning that the financials of the meeting ended positive .

Dr. Hasina Javed  
Chair Host Committee



# APPNA Annual Journal 2023



# APPNA Annual Journal 2023

## APPNA Spring Meeting 2023



The 2023 APPNA Annual Spring meeting was held in Orlando from March 16-19. President Dr. Arshad Rehan inaugurated the meeting. Ms. Fariya Afridi arranged a talent show on the inaugural night where members displayed their talent in singing, poetry and acting. On Friday AMA certified CME was arranged by Co-Chair Dr. Khurram Moin. A total of 8 hours of CME sessions were held. APPNA Khudi talks series was hosted by Dr. Umer Khan and speakers talked about various topics including advocacy, innovation in healthcare, improving collective brilliance etc. Members did Eid shopping in the bazaar. Sponsors setup booths to display their products and services. Friday night banquet was well attended and followed by musical performances by Bilal Patel and Hassan Jehangir. Irfan Aslam was the master of ceremony. An Urdu mushaira was the final event of the day enjoyed by poetry lovers.

On Saturday, PSL final match was watched by the cricket fans. A medical malpractice question and answers session with defence attorneys was hosted by Dr. Khizzar Shaukat.

Social forum with Dr. Moeed Pirzada and Raza Rumi was hosted by Dr. Abdul Jabbar whereby the state of freedom of expression and rule of law in Pakistan was discussed in a rather emotionally charged but cordial atmosphere.

APPNA council meeting was hosted by APPNA President Dr. Arshad Rehan and was attended by the board of directors and council members.

Khyber Alumni retreat was hosted by legendary Pashto actor Ismail Shahid and Pashto musicians performed on Rabab and tabla.

A golf excursion, male and female cricket match, and tennis matches were also arranged. Saturday night banquet was attended by a large number of the members, five previous APPNA presidents, Dr. Moeed Pirzada, and consul general of Pakistan Mr. Ibrar Hashmi. The consul general was the keynote speaker as well.

APPNA secretary Dr. Aftab Khan and the president Dr. Arshad Rehan spoke about APPNA plans for the current year and president-elect Dr. Asif Mohiuddin spoke about plans for next year. Local host committee was recognized. Plaques were awarded to Dr. Khurram Moin and Dr. Hameed Ahmad for helping with sponsorship for the meeting. It was followed by a dinner and musical performances by Ather Sani and Komal Rizvi. Sabeen Aslam and Farheen Mohiuddin were the master of the ceremony.

Sunday morning was the last day of the meeting. Guests were served a special Halwa Puri breakfast. Food at the meeting was arranged by Sabri Nehari.

Participants appreciated the arrangements of the multi day meeting and termed it rather equivalent to a summer meeting with the number of activities and events arranged.

Sharif Uz Zaman Khan, MD  
Chair Host Committee, APPNA Spring Meeting 2023



# APDNA Annual Journal 2023



# APPNA Annual Journal 2023

## APPNA Annual Convention 2023



The vibrant city of Dallas, Texas, played host to the highly anticipated Summer Meeting of the Association of Physicians of Pakistani Descent of North America (APPNA) from July 4th to July 9th, 2023. With attendance exceeding 4,000 people, including APPNA members, their families, and friends, the event showcased the vitality of this organization.

Financially, this meeting turned out to be one of the most successful in the history of APPNA. The abundance of attendees, coupled with a robust vendor presence, contributed to a significant increase in revenue. This financial success underscores the organization's continued growth and its ability to support its mission and initiatives.

The highlight of the event was undoubtedly the video link address of Turkey's President, who served as the esteemed chief guest & Turkey's ambassador. His presence not only honored the event but also symbolized the importance of international collaboration and partnerships in the field of healthcare. The President's address & ambassador's presence provided a platform for fruitful discussions and opportunities for cross-border cooperation in medical research, education, and patient care.

Local food caterers added another layer of excellence to the event, serving the most delectable and authentic Pakistani cuisine ever. The sumptuous dishes delighted the palates of attendees, offering a culinary journey through the rich and diverse flavors of Pakistan. The fusion of food and culture left a lasting impression on all those in attendance, enhancing the overall experience of the meeting.

Throughout the meeting, CME attendees had the privilege of participating in a wide range of educational sessions, symposia, and workshops. These sessions covered topics of great relevance to the medical community, with a focus on innovations in healthcare, patient care, and the challenges faced by healthcare professionals of Pakistani descent in North America. The event served as a platform for the exchange of ideas, knowledge, and best practices within the medical field.

In addition to the intellectual and professional aspects of the meeting, APPNA members and their families had the opportunity to enjoy social events, cultural showcases, and entertainment that celebrated Pakistani culture and heritage. These festivities included traditional music and dance performances, art exhibitions, and a culinary journey through the diverse and delicious cuisine of Pakistan.

The Summer Meeting of APPNA in Dallas, Texas, was a resounding success, fostering a sense of community and collaboration among medical professionals of Pakistani descent in North America. The event not only provided valuable educational and networking opportunities but also celebrated the rich culture and heritage of Pakistan. As a testament to its growth and impact, the meeting drew record-breaking attendance and showcased the organization's commitment to advancing healthcare and fostering cultural exchange. APPNA continues to play a vital role in uniting professionals and making a positive impact on the healthcare landscape in North America.

All of this would not have been possible without our hard working and experienced team led by our both event organizers Tipu Ahmed and Laiq Siddiqui.

Dawood Nasir, MD  
Chair, APPNA 46th Annual Convention 2023, Dallas, TX

# APPNA Annual Journal 2023



# APPNA Annual Journal 2023



# APPNA Annual Journal 2023



# APPNA Annual Journal 2023

## 1st APPNA Canadian Meeting 2023



The Canadian Chapter had the privilege of hosting the inaugural APPNA Canada meeting, a wonderful initiative spearheaded by President Dr. Arshad Rehan.

This momentous event took place from September 2nd to 4th, 2023, in the vibrant city of Mississauga, Ontario, known as one of North America's most dynamic locales.

The gathering offered a rich array of activities, beginning with live telecast of the Pakistan vs. India cricket match, followed by a sold-out Cruise on the Toronto Harbour. Attendees were fortunate to enjoy a well-attended Musharria, a world-class CME session, and the pleasure of a performance by the talented Shazia Manzoor during the banquet.

It was a source of great pride for the Canadian Chapter to receive a Certificate of Appreciation from Honourable Senator Salam Attaullah Jan. This meeting attracted local physicians and their families, as well as several physicians and board members from the USA. The Alberta chapter was also well-represented.

One of the most crucial moments of the event was the announcement of the Election results for the upcoming year's Board of Directors and the President-Elect for 2025.

The First APPNA Canada meeting was a resounding success, bringing together healthcare professionals from Canada and the United States in the spirit of collaboration and growth. We look forward to many more fruitful gatherings and endeavors in the future.

Sincerely,

Humaira Haleem, MD  
Chair, 1st APPNA Canadian Meeting 2023

# APPNA Annual Journal 2023



# APPNA Annual Journal 2023

## APPNA Fall Meeting 2023



APPNA Fall Meeting 2023 was held at Hilton Americas in Houston from November 16-19, 2023 and was one of the most successful events in the history of APPNA. It was held in collaboration with APPNA South Texas Chapter (STC).

It was the largest non-Summer meeting in the history of APPNA in terms of attendance and one of the most profitable as well.

The meeting created many records and broke several. It was a sold out event for both Friday and Saturday evenings months in advance and the bazaar sold out within a few minutes.

The meeting generated close to \$190,000 net revenue for the organization.

The meeting started on Thursday, November 16th with a dinner and Qawwali performance by world-renowned Farid Ayaz and Abu Mohammed Qawwals and Brothers from Pakistan. The BBQ dinner catered by Tempura Food Management followed by devotional sufi performance mesmerized everyone.

On Friday and Saturday mornings, we had world class CME chaired by Dr Asim Shah. Several alumni and specialty networks arranged their reunions during the event. APPNA YPC arranged very well attended "Mission Impossible- Getting into medical school" and "Chat-GPT Workshop" in collaboration with NAMA. Mental Health Care walk was arranged in collaboration with PAPANA and very well attended.



Social Forum on Saturday was one of the most captivating events featuring Shahbaz Taseer and titled "Tales of a prisoner of the Taliban-Five years in captivity".

Houston is known as culinary capital of America and "Food Street" featuring local eateries was very well received. Friday and Saturday night dinners were catered by nationally renowned Aga Restaurant and Caterers and Tempura Food Management respectively and the variety of food and taste was spectacular and went beyond the expectations.

Friday night banquet featured Mayor of Houston Mr Sylvester Turner as Chief Guest who announced November 17th as APPNA Day in the city of Houston. Alamgir and Noori Band from Pakistan provided entertainment.



# APPNA Annual Journal 2023

Saturday night banquet featured Congressman Mr Al Green as Chief Guest who received a standing ovation for his speech. The event also featured Congresswoman Sheila Jackson Lee and many local dignitaries including Consul General of Pakistan in Houston. Guest of Honor, Mr Javed Anwar, announced a large grant in memory of his mother to support APPNA's mission.

The highlight of Saturday banquet and the meeting itself was the performance by world-renowned Ustad Rahet Fateh Ali Khan. His performance was one the best in APPNA meetings and received standing ovation from the audience.

One of the attendees mentioned, "I have been attending all APPNA meetings for last 16 years and this was the best I ever attended".

We are very grateful to APPNA, its membership and especially President APPNA 2023 Dr Arshad Rehan for giving us the opportunity.

Long live APPNA. Long live APPNA STC. Long live Houston.

Chair, APPNA Fall Meeting 2023  
Dr Syed Arman Raza

Co-Chairs, APPNA Fall Meeting 2023  
Dr Asim Shah  
Dr Haider Afzal  
Dr Naveed Zafar



# APPNA Annual Journal 2023



# APPNA Annual Journal 2023



# APPNA Annual Journal 2023

## APPNA Winter Meeting 2023



The APPNA 2023 Winter meeting was held at the Khyber Medical College, Peshawar, from December 20-23, 2023, at Peshawar. The meeting was a roaring success by all accounts.

The meeting began with formal inauguration by the caretaker Prime Minister of Pakistan, Mr. Anwaar-ul-Haq Kakar at the Peshawar Governor House. He declared APPNA an asset and pride of Pakistan and assured its membership of all help and cooperation from the government side. He also announced starting the process of upgradation of Khyber Medical College to the status of a University.

All scientific sessions were held at the Khyber Medical College with robust participation from medical students, post-graduate medical trainees and faculty of the college. CME speakers included APPNA members as well as local experts. These included world-renowned experts of their field, such as Professor Ashfaq Shuaib and Professor Zulfiqar Bhutta.

Special sessions were held for career counseling of the students with emphasis on USMLE steps and guidance for successful participation in residency matching programs.

The first night, the Principal of Khyber Medical College, Professor Mahmud Aurangzeb hosted a lavish dinner reception for the delegates and local faculty. Highlight of the dinner reception were local cuisines and performance of an excellent 'Attan' folk dance by students.

After the scientific sessions the next morning, participants of the meeting were taken on a guided tour of the historical inner city of Peshawar. The guide was none other but Professor Amjad Hussain, a founding member and fourth president of APPNA. Later in the



**APPNA WINTER MEETING**  
**DEC 20-23, 2023**  
Venue: Khyber Medical College

Registration is required to attend the CME at Khyber Medical College Campus

CME topics include Women and Children health, Stroke, Coronary artery disease and Diabetes.

Faculty:  
Faculty include Dr. Zulfiqar Bhutta, Dr. Ashfaq Shuaib and Dr. Amjad Hussain from North America.

Non CME programs which require registration and tickets, include:  
December 20, 2023  
-Dinner at Khyber medical College  
December 21, 2023  
-Afternoon, Peshawar city tour  
-Evening, Dinner at Balahisar Fort with entertainment by Athar Sani  
December 22, 2023  
-Afternoon, Charsadda tour with BBQ lunch  
-Evening Dinner at Peshawar Club with entertainment by Raga Boys  
December 23, 2023  
-Morning, Khyber Pass trip with lunch at Khyber Rifles mess

For registration and event tickets, please contact:  
**Dr. Amber Ashraf**  
Cardiology Department, Khyber Teaching Hospital  
Tel: 92 345 910 1932



# APPNA Annual Journal 2023

evening, dinner was hosted by APPNA at the historic Balahisar fort. As it drizzled lightly, a surreal performance of martial folk dances of the Khattak, Mehsud & Bhattani tribes by troops of the Frontier Corps North highlighted the evening.

The next day held more excitement as the participants visited the town of Charsadda, to visit the museum like historical house of one of Pushto's greatest poets, Ghani Khan and its surrounding gardens. A sumptuous luncheon reception was given in honor of the visitors by the late poets' grandnephew, Aimal Wali Khan. The delegates were treated to local delicacies such as 'ghatey wreejey' and of course multiple meat dishes!

Before the luncheon, the visitors were taken on a visit to the nearby agricultural fields and a 'gur' (jaggery) making 'ghaani'. They were treated to freshly made hot gur and also given more to take with them.

The finale of the meeting was a visit to the historic Khyber pass, right up to the Michni post, overlooking the Pak Afghan border. A luncheon was hosted at the historic Scouts' mess at Landi Kotal.

All in all, it was a most memorable meeting. My most sincere thanks to the President Dr. Arshad Rehan for bringing the meeting to Peshawar. I also want to thank Principal of Khyber Medical College, Professor Mahmud Aurangzeb, APPNA/KMCAANA local focal person, Professor Aamir Ghafoor and chair of the local host committee Professor Amber Ashraf for all their support. My special gratitude to members of our host committee and tireless workers, Rashid Hanif, Tufail Ijaz, Sharif-uz-Zaman Khan, Durkhani Mahboob and Sajjad & Shazia Savul for without their help, the meeting would not have been possible.

I also want to thank the XI Corps of the Pakistan Army for its all-out support and facilitation of the meeting.

Last but not the least, thank you all APPNA family that came to Peshawar and gave us the opportunity to host you.

Taimoor Khan, MD  
Chair APPNA Winter Meeting 2023



# APPNA Annual Journal 2023

## APPNA Winter Meeting 2023



# APDNA Annual Journal 2023



# APDNA Annual Journal 2023





# APDNA Annual Journal 2023



# APPNA Annual Journal 2023

## APPNA Young Physicians Committee



Dear APPNA Members,

I am humbled and grateful to have served as the Chair of the APPNA YPC for 2023. The year was marked by significant achievements, thanks to the collective efforts of our dynamic team, and invaluable support and guidance from advisors, APPNA BOD members, the APPNA central office and the APPNA President, Dr. Arshad Rehan. Together, we successfully accomplished the objectives and goals of the APPNA YPC, taking the committee to new heights!

### Residency Match 2023:

We witnessed a sizeable increase in the number of young Pakistani physicians who matched for the training spots in the US, which increased from 300 to 600. Most of these young physicians were helped with their visa processing by the members of the APPNA YPC and APPNA Advocacy Committee. We extended free membership of APPNA to all the applicants and added more than 200 new members in training.

### Program Directors' Advisory Group:

For the first time, we created an advisory group of more than 20 Pakistani program directors from the US that provides mentorship to our young physicians.

### YouTube Monetization and Digital Educational Resources:

One of the threats to APPNA has been insufficient investment in projects that create sustainable funding for the organization. As a chair of the YPC, I reached out to my counterparts in the RESA and MERIT committees earlier in the year to combine our efforts in creating an online repository of all the educational lectures that we offer through APPNA. We resolved to combine our separate YouTube channels to increase our subscriber base and public views to monetize one channel for all education committees. I am happy to report that in the first 5 months of the year, we added more than 600 new subscribers and 1,000 public views, which helped us Monetize our channel.

### Mentoring:

We added 4,000 new members to APPNA YPC Facebook group in 2023 and started a WhatsApp mentorship group for the fellows. Our selfless volunteers provide 24/7 mentorship to trainees through these portals.

### Webinars and Seminars:

APPNA YPC worked with most of our alumni and chapters in 2023 to conduct several webinars and seminars. Our most successful seminar was during APPNA's Annual Summer Convention in Dallas. More than 75 young physicians attended the Summer Convention APPNA YPC Seminar. We had a panel of five program directors from different specialties who participated in the

# APPNA Annual Journal 2023

interactive Q&A session with the applicants and judged their posters and oral presentations. We published the research proceedings from the meeting during our Fall meeting in Houston. This digital publication was also distributed as an inaugural edition of the APPNA Journal of Medicine. It can be accessed through this link:

<https://appna.org/wp-content/uploads/2023/12/APPNA-YPC-Research-Proceedings-2023f.pdf>

Observership Program:

Our Observership subcommittee put together a state-of-the-art program that provided around 150 Observership placements in 2023.

Mock Interviews:

Our Mock interview subcommittee, with the help of 120 volunteers, conducted EIGHT HUNDRED 1:1 mock interviews, which is a record in the history of APPNA YPC.

APPNA YPC Resource Guide for Trainees:

We revised and published the updated APPNA YPC Road to Residency guide after 4 years, which can be accessed through this link:

<https://appna.org/wp-content/uploads/2023/12/APPNA-YPC-GUIDE-2023-.pdf>

Medical School Admissions Seminar:

APPNA YPC collaborated with NAMA, under the leadership of Dr. Mujtaba Qazi, to arrange the first ever Medical School Admissions Seminar during APPNA Fall Meeting.

APPNA YPC Research Travel Award:

APPNA YPC initiated the Research Travel Award for medical students and trainees. These travel awards will go to 5 -10 top abstract presenters in the APPNA YPC poster session during our Summer Meeting Convention every year. This travel award will cover the cost of travel, lodging, and attendance at the APPNA Annual Convention for the awardees. We currently have travel awards for 12 students to give out in the 2024 Annual meeting. We have \$10,000 earmarked for the research endowment fund which will start soon, insha Allah. Our goal is to reach \$75,000 to make this program self-sustainable. Please donate towards this project by using the following link:

<https://portal.ideasregistration.com/Donation/Donation?id=159>

APPNA YPC – Tahira Khatoon Loan Program:

APPNA YPC also put together the APPNA YPC - Tahira Khatoon Loan Program. This program will provide financial assistance to needy medical graduates from different universities in Pakistan who want to pursue postgraduate medical education and training in the United States of America. We currently have \$145,000 available for the program which is earmarked for the loan program endowment fund. The program will become effective once we reach a total of \$200,000. Please donate towards this program by using this link:

<https://portal.ideasregistration.com/Donation/Donation?id=160>

# *APPNA Annual Journal 2023*

I would like to express my deepest appreciation to all my APPNA YPC committee members and volunteers for their selfless dedication to the cause of APPNA YPC.

I would like to thank Drs. Fateh Shahzad, Namirah Jamshed, and Sadiq Naveed for their guidance throughout the year. I am thankful to my Co-Chairs, Drs. Sarah Makhdoom and Tamour Tareen for working closely with me on all the projects, and APPNA YPC Advisor Dr. Attique Mirza for his support and advice. I would like to recognize Drs. Faraz Alam, Urooba Faheem, Munis Raza, Shahram Maroof, Ahmed Rehan Khan, Ariba Khan, and Asadur Rahman for their help with monthly webinars and mock interviews; and Drs. Ezza Fatima Tariq, Faran Ahmad, Asra Nayab, Ammar Javed, Manal Khan, and Kiran Khalid for their contributions to the APPNA YPC Road to Residency Guide.

I would like to mention a few of the APPNA YPC champions who have contributed significantly this year - Dr. Umar Tariq for helping us get our YouTube channel monetized and organizing our digital repository of the resources, Dr. Siddique Khurram for putting together a successful Observership program, Dr. Raheel Memon for Chairing the Summer meeting poster session and Dr. Gulrayz Ahmed for his exceptional selfless service to APPNA YPC in helping me revise the APPNA YPC Road to Residency Guide, organizing monthly webinars, mentoring students through our Facebook page and facilitating mock interviews.

To join the APPNA YouTube or APPNA YPC Facebook group, please use the following links:

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

[YouTube: https://www.youtube.com/@appna\\_org](https://www.youtube.com/@appna_org)

For suggestions, please contact us @ [ypc@appna.org](mailto:ypc@appna.org).

Sincerely,

Nauman Ashraf, MD  
Chair, APPNA YPC 2023

# APNA Annual Journal 2023



Photography by Dr. Atif Qureshi from Wisconsin

# APPNA Annual Journal 2023

## APPNA SWDRC Committee



Dear APPNA family!

On behalf of the APPNA's Social Work and Disaster Relief Committee (SWDRC), I would like to thank you all for your support to the SWDRC during the term of the committee 2023.

As the names implies, our committee is tasked to provide relief in times of disaster and sadly, there were quite a few this year as well. We started the year with a tragic bomb blast at the police lines Masjid in Peshawar killing dozens of members of the police force and wounding several hundred others. Just a few weeks later, a massive earthquake hit large areas of Turkiye and parts of Syria causing widespread devastation, deaths and injuries to thousands of people. Our members responded to our call with open hearts and donated close to \$400,000 to help provide relief to the victims of these catastrophes. This is the largest amount ever raised by APPNA members for relief work out side of Pakistan. We share very close ties of friendship with the people of Turkiye and therefor it came as no surprise. Our online fundraiser was attended by the ambassadors of Pakistan and Turkiye. The funds were handed over to the ambassador of Turkiye in a special meeting at the Turkish embassy by the APPNA's President Dr. Arshad Rehan.

In keeping with previous traditions, the committee raised funds to sponsor food rations in Ramazan in different parts of Pakistan and in North America and provided matching funds to the monies raised by our chapters and alumni. The four APPNA-ICNA mobile clinics provided medical screening services in different parts of the country several times throughout the year.



**APPNA TELETHON FOR CORNEA PROGRAM**  
APPNA SWDRC is holding an urgent online zoom telethon to raise funds for the APPNA's cornea transplant program.  
**OCTOBER 1ST, 2023**  
**2 PM EST**  
The APPNA programs to provide the gift of eyesight to the poor blind patients in Pakistan can only continue with your ongoing support.  
Blindness due to corneal opacity is a common condition in Pakistan. APPNA's corneal transplant program started in 2017, has given the gift of sight to more than 6000 people in Pakistan. On an average it costs \$350 per cornea. Including shipping by air to Pakistan. Patients receive these corneas completely free.

# APPNA Annual Journal 2023

The cornea project is one of APPNA's flagship project which has given the gift of sight to thousands of people in Pakistan since its inception in 2017 pioneered by one of our own Dr. Fawad Zafar. Given the increasing need, SWDRC held an online fundraiser for the cornea project raising about \$170,000.

Following is a brief summary of SWDRC activities during the year 2023.

Project	Donations	Disbursements
Cornea	\$281,320	\$265,169
Turkiye/Syria Earthquake	\$397,897	\$397,897
Qurbani	\$15,125	\$15,125
Ramazan Food	\$130,372	\$130,372
Christian Jaranwala Fund	\$14,687	\$14,687
Peshawar Bombing Victims	\$48,280	\$48,280
Water Project	\$34,600	\$23,500
Zakat	\$7,613	To be distributed
APPNA-OBAT Scholarship Program	\$25,250	To be distributed

Loads of gratitude and thanks to the members of SWDRC for their full support time, and efforts to provide the best that we could, in times of need. On behalf of the committee, I would like to thank APPNA's President, Dr. Arshad Rehan and APPNA Board of Directors for their support and facilitation of the committee's work.

Best Regards

Rashid Hanif  
Chair APPNA SWDRC

Majeed Arain  
Co-Chair

Syed Tariq Bin Sagheer  
Co-Chair

Naeem Khan  
Advisor

Shahid Yousuf

Zafar Khan

Nighat Mehdi

Ifzal Bangash

Waris Ali Wari

Afzal Arain

Khalid Memon

Naushaba Butt

Danish Saeed

Salman Nusrat

Ayaz Qureshi

# APPNA Annual Journal 2023

## APPNA Cornea Project



In 2023, the cornea transplant project expanded to 42 hospitals in Pakistan. We also started sending corneas to 2 hospitals in Afghanistan. Total number of hospitals served was 44. All patients had free cornea transplants including postoperative care which was also free.

On January 1st 2023 we were at 5174 corneas. At the end of President Rehan's Presidency in December we were at 6,478 corneas. A total of 1,304 corneas were sent in 1 year. President

Rehan also led 2 fundraisers for corneas and raised 150,000 dollars for the cornea project.

Fawad Zafar, MD





# APPNA Annual Journal 2023

## APPNA Family Alliance



I had the unique distinction of being the first man to lead APPNA Family Alliance and its previous iteration APPNA Alliance during 2023. As APPNA Alliance had been beset with infighting and turmoil since 2019, we were turning a new page in 2023 as APPNA Alliance had now become APPNA Family Alliance in accordance with the new APPNA CABL. Under the new CABL adult children of APPNA members were now eligible to become members of the group in addition to spouses which was already the case.

My fellow committee members Mariah Jamal and Maliha Shaikh and I set our first task of getting a new constitution and bylaws drafted for APPNA Family Alliance as requested by the APPNA Board of Directors. After two months of discussion we presented a draft constitution and bylaws to the APPNA Board of Directors in March for approval. In June the APPNA Board of Directors approved the new bylaws, and APPNA Family Alliance was able to be a co host of the APPNA Cultural Night during the APPNA Summer Meeting in Dallas on Thursday night. After the Summer Meeting, in close coordination with the APPNA Board of Directors and the Election and Nomination Committee headed by Khalid Alam we were able to approve the membership list for the election and nomination process. The nomination and election process was then conducted by the Election and Nomination Committee and four new committee members were elected unopposed in November to serve on the committee for 2024.

Prior to the Fall Meeting when the war in Gaza began senior APPNA Family Alliance members Saima Khalid Niaz and Bina Shaikh suggested that a protest march be arranged in support of the Palestinians in Gaza during the Fall Meeting. This was agreed to and Saima Khalid Niaz and Bina Shaikh coordinated with the local ICNA Chapter in Houston to arrange a very successful protest march in support of the Palestinians in Gaza during the Fall Meeting in Houston.

APPNA Family Alliance had the honor of hosting a meeting



# APPNA Annual Journal 2023

featuring The GiveLight Foundation during the Fall Meeting in Houston on November 18, 2023. Mariah Jamal, Maliha Shaikh, and myself invited the organization's founder, Mrs. Dian Alyan to speak about her foundation's newly built home for children in Multan. Needless to say, there wasn't a dry eye in the house when Mrs. Alyan spoke about her journey to help orphans throughout the world, and especially in everyone's native Pakistan. After her amazing presentation, there were numerous individuals who wanted to help her cause, not only in Pakistan, but throughout the globe as well. Dr. Haroon Durrani, Dr. Muhammad Zeeshan, Dr. Shehla Sarki and Dr. Muhammad Sanaullah, were pivotal in offering any assistance necessary, which has proven to be invaluable in the overall running of the home in Multan. We are beyond grateful to Mrs. Alyan for bringing this worthy cause to our attention and for those involved in its success in the cause for helping give a loving home, education and security to our children in Pakistan. We are proud to say that the Multan Home is up and running after its grand opening in February 2024.

I would like to thank APPNA President 2023 Dr. Arshad Rehan for showing his trust and confidence in me when he appointed me chair for 2023. Most importantly I would like to thank my fellow committee members Mariah Jamal and Maliha Shaikh for all the hard work they put in during 2023. Also I would like to thank Saima Khalid Niaz, Bina Shaikh, Shani Kazi, and Fatima Elahi for all the encouragement, support, and advice they gave to me during the year.

Zeeshan Shah  
Chairman  
APPNA Family Alliance 2023



# APPNA Annual Journal 2023

## APPNA Greater Cincinnati Chapter



APPNA Greater Cincinnati Chapter had another successful year in accomplishing its core missions; community engagement, education and philanthropy. We partnered with ChildLife Foundation and helped them raise funds to continue to provide free world class healthcare to poor and needy children in Pakistan through their vast network of healthcare facilities. Our annual educational forum was held in May and as always was attended and appreciated by community physicians. Several pharmaceutical companies supported and sponsored the event. The topics included Complications of Peripheral Edema, Cardiac Transplant, and Role of physicians in providing quality care; all pressing issues of today's medicine. This year we had the first APPNA GC Picnic to appreciate our lifetime members and Friends of APPNA GC. Pakistani Mangoes were the highlight of this picnic. During our annual dinner and Gala in October, we invited Indus Hospital and Healthcare Network and helped them raise funds to add more primary care clinics throughout Pakistan (cost around 50000/ year to run a rural Clinic). Our annual gala was well attended and in addition to great food, it featured performances from Bushra Ansari and her sister Asma Abbas. Our event concluded with an entertaining concert by Komal Rizvi. Twenty five percent of the proceeds from Gala ticket sales were donated to Islamic Relief USA to help the humanitarian crisis in the Middle East.

This year we had to transition our leadership from Dr. Farhan Zafar to Dr Khurram Bari mid year due to Dr. Zafar moving to Boston, Thanks to our executive committee, this transition was seamless. We are very thankful for the years of volunteer service Dr. Zafar provided to our chapter.

Dr Khurram Bari  
President APPNA GC 2023

# APPNA Annual Journal 2023

## APPNA Maryland Chapter



The Maryland APPNA chapter (founded in 2021) is still young but has accomplished many goals.

As one of the founding members we have collectively registered the Maryland chapter with the state of Maryland, as a tax-exempt non-profit 501c3 organization and continue to steadily increase our membership. We have done several social welfare projects. We have collaborated with ICNA and held extremely successful health fairs at several locations.

We have administered hundreds of flu vaccines as well as free lipid panels and screening tests for the community, distributed face masks, and provided diabetic education. We continue to provide health education to local places of worship.

We will soon start a collaboration with an organization in aiding Maryland women transitional housing for victims of domestic abuse. In addition, we are exploring projects in Pakistan in development of housing and schools in rural villages as well as to support food security.

Our current project, Zubaida Ajmal Independent Living Centre, is for the welfare of women with disabilities. The project works for the education and training of girls with disabilities; sign-language and Braille Classes, provision of wheelchairs and accessible infrastructure. The focus is on the livelihood of women with disabilities for their economic growth and development.

In the US some of our social welfare projects include helping the local refugees, funding local school libraries and continuing active participation in community health fairs, in collaboration with ICNA to provide free health care services to minority communities. Our chapter is being recognized statewide and has resulted in an invitation to the Governor's house for Iftar reception. We are collaborating with the Chief of Staff for the Maryland Governors office for community collaboration initiatives.

We strive to promote membership engagement and have held several successful events including quarterly meet and greet events, summer picnics and annual gala dinners in the winter. We held our 3rd Annual Maryland APPNA chapter dinner and CME on November 4th, 2024. This event was a great success as it was attended by approximately 200 people, complete with live entertainment.

Our aim is to maximally grow and engage the Maryland physician community and provide a platform for physicians to volunteer, network and give back to their communities. Our platform is to collaborate fully with local organizations and enhance their offerings as well as take on new projects. Please donate to <https://mdappna.org> and collaborate with us on our many welfare projects.

Let us all work together to grow our APPNA Maryland chapter community!

Samina Qureshi, MD  
President, APPNA- Maryland Chapter 2023 and 2024  
email: [squreshi15@hotmail.com](mailto:squreshi15@hotmail.com)

# APPNA Annual Journal 2023

## APPNA St. Louis Chapter



Achievements and Synopsis for year 2023

Greater Saint Louis chapter of APNNA during the Year 2023, tirelessly dedicated its efforts to fostering education, promoting social, literary and professional activities.

A fundraiser was held for the flood victims in Turkey and Syria on February 28th 2023. We collected 50 thousand US dollars which were equally distributed between SAMS (local organization for Syrian Americans) and the Local collaborating Turkish organization.

We collaborated with local organizations like PAAS and Celebrated Pakistan day in August 2023, Specific highlights were promotion and display of Pakistani food, clothing, art and Music. Local dignitaries participated and appreciated our efforts.

The first of a kind grand APPNA Mushaira was held on September 16th 2023. We had poets from all over North America. It proved to be a landmark literary and cultural promotion event. Counselor General of Pakistan Chicago, Mr. Tariq Karim graced the occasion and highlighted the significance of the event towards cultural rejuvenation.

To navigate the current situation, we held workshops, in collaboration with CAIR , IFGSTL, in order to address the developing global situation and social psycho-emotional concerns of the community, promoting a holistic approach to community development. We demonstrated an unwavering commitment to building bridges across various sectors, facilitating connections and cooperation to achieve common goals and benefit the community.



# APPNA Annual Journal 2023

Annual Gala for Greater Saint Louis Chapter of APPNA was held December 1st 2023, our ongoing efforts and commitment to unity, compassion and community upliftment were recognized and first time ever; a proclamation was issued from office of Dr. Sam Page, Saint Louis County Executive. December 1st 2023, was proclaimed as APPNA St. Louis Day.

Greater Saint Louis Chapter of APPNA Executive committee 2023

President: Sumbul Meraj MD

President Elect: Ayaz Ahmad MD

Immediate past President: Amana Nasir MD

Executive Director: Dr. Tariq Jawaid Alam MD

General Secretary: Mohammad Farrukh Malik MD

Treasurer: Dr. Reema Syed MD

Councilor: Asim Ayaz MD

Councilor: Haseena Mazhar MD



# APPNA Annual Journal 2023

## APPNA Minnesota Chapter



MAPP continues to stay engaged with Appna projects as well as community activities in Minnesota

Mn chapter raised \$ 3,400 for the Appna cornea project 2025 with an equal match by a generous anonymous Appna donor. it will be \$ 6,800 on behalf of MAPP, which will go towards the cornea project, Alhamdulillah.

Total funds raised for food pantry project: \$1000 (With the Appna match ), the total will be \$1500, which will be returned to Minnesota for our local food shelf.

War and atrocities happening in Gaza have been heartbreaking for everyone in all communities. As President of MAPP, I have stayed proactive in raising funds for Gaza and sending my donations through reliable local organizations that can help the people of Gaza.

MAPP has been a supporter of the Human Development Foundation (HDF) and has raised funds for HDF to improve the quality of life in the areas of health, education, and clean water.

Many MAPP members, including myself, continue to serve in free clinics in our two local mosques.

JAK for all generous donors in our local Minnesota community and MAPP members. We will continue to support APPNA's vision and mission in bringing a positive change here in the US and back home in Pakistan.

Sincerely

Bushra Dar MD  
President MAPP ( Mn Association of Pakistani Physicians in Minnesota)



# APPNA Annual Journal 2023

## AIMCAANA

### Allama Iqbal Medical College Alumni Association of North America



Dear APPNA members,

We, at AIMCAANA are excited to share with you the latest news and updates from the past year 2023.

Firstly, Young Physicians Committee AIMCAANA held several events throughout the year to keep our members and Iqbalian students connected. These events included networking opportunities for young Iqbalian graduates, guest speaker sessions, mentoring Iqbalian students, and social networking with our fellow alumni in APPNA. We are in the process of starting a mentorship program where alumni can connect with current students to provide guidance and support. It was great to see so many of our alumni come forward and share their skills and knowledge with young Iqbalians. As a result of these efforts, more than 35 young Iqbalians were successful in 2024 Residency Match in USA.

Secondly, we were able to send 185 Ramzan Rashan packages for needy employees of AIMC. AIMCAANA also donated a Frozen section machine to our Pathology Department with generous donations from our alumni. Fundraising for our Scholarship program/AIMCAANA House was undertaken and will continue through 2024. I would like to thank all donors for opening their pockets for these noble causes.

Additionally, we had a phenomenal AIMCAANA Annual Meeting during APPNA Summer Convention 2023 at Dallas with a Record-Breaking attendance by Iqbalians/APPNA members. Many of our Iqbalians received professional and service awards during Summer Convention as they excelled in leadership positions. Our very own Iqbalian, Humeraa Qamar, was elected as APPNA President Elect 2024, which was an exciting victory for all Iqbalians. We are proud of each one of our alumni and their accomplishments.

Our Membership Committee had been working diligently to reach out to Iqbalians residing in North America to bring them into APPNA folds. We were able to add 90 new members to APPNA during 2023.

Looking towards the future, we have several plans in the works to continue to support our Alma Mater. Thank you APPNA for providing us a platform to get together, communicate and reunite with your continued support.

Sincerely,  
Naghma Malik  
President AIMCAANA 2023



# APPNA Annual Journal 2023

## DOGANA Dow Graduates Association of North America



Dear APPNA members,

At the end of 2023, I reflected on my tenure as President of DOGANA with a deep sense of gratitude and accomplishment. It was a privilege to serve our distinguished Dowites community and our Alma Mater, Dow University of Health Sciences (DUHS).

This year has been a testament to our collective commitment and dedication. Despite the unique challenge of not having an Executive Director, our Executive and Central Council, along with the invaluable support of DOGANA Committees and our esteemed Seniors, ensured a year of remarkable success and achievement.

Highlights and Milestones of 2023:

1. Meetings and Advocacy Trips: We successfully conducted three crucial DOGANA meetings. Our end-of-year Dow-DUHS trip was a pioneering effort to support our Alma Mater, marking a significant first in our history.

2. DOGANA Annual Retreat in Anaheim, California: This event was not just a gathering for Dowites to connect but a landmark in terms of profitability, generating nearly \$34k in revenue a first in many years and a record for a retreat held in California.

3. DOW Alumni Night at APPNA Summer Convention: The Alumni Night in July and the General Body meeting at the APPNA Summer Convention saw excellent participation. Our innovative approach, including the use of SWOT Analysis for the first time in DOGANA's history, fostered meaningful dialogues among our members.

4. DOGANA Brunch at APPNA Fall Meeting\* Held in November 2023, this event was a celebration of Dowite leadership, with over 130 attendees, including students and trainees, fostering a strong sense of community and connection. We supported our Junior Dowites for future DOGANA leadership.

5. Educational Outreach and Support: My visit to DUHS in December for the lecture 'Mastering the Journey: Navigating Residency in the US' was a crowning moment. This event, held in the Muin Auditorium and attended both in-person and online, was a significant step in supporting the aspirations of young Dowites and others embarking on their residency training in the US.

6. DOGANA DUHS Cancer Registry Project (DDCRP)

My President's Initiative.

Initiated in 2022 during my time as President-Elect and a memorandum of understanding signed in 2023, this project is a cornerstone of our contributions. It aims to establish Pakistan's first-ever Tumor Registry at DUHS, addressing the critical need for a Certified Tumor Registrar and an established Cancer Registry in Pakistan. This initiative is pivotal for patient tracking, research, and securing funding and grants.



**DOGANA President 2023**  
Associate Program Director  
University of California, Riverside at St. Bernardino Medical Center  
Associate Professor, Clinical Professor  
University of California, Riverside School of Medicine  
Hospital & University Community Institute  
UCLA Health Primary Care

**Tuesday 5<sup>th</sup> December 2023**  
at 10:30 am to 11:30 am

Venue: Muin Auditorium, Dow Medical College  
Virtual facility: Dr. Ishrat Ul Ibad Hall, DIMC

For more details please visit: [www.duhs.edu.pk](http://www.duhs.edu.pk)

dow\_university dow\_uni dow\_university DUHS



# ADPNA Annual Journal 2023

Committee Contributions and Initiatives in 2023:

- The Membership Committee's Spring drive significantly boosted our ranks, especially among students and trainees, essential for our community's growth and future. We had a significant increase in lifetime DOGANA members.
- The Communication Committee broke new ground with the first-ever DOGANA TOWN HALL meeting, enhancing member engagement and organizational transparency.
- Our Disaster Relief Committee, in partnership with Edhi, led a successful Ramadan drive and established a first ever ZAKAT DONATION link on our website, reflecting our commitment to societal well-being.
- Magazine Committee did a wonderful job in compiling excellent DOGANA Annual magazine and its financial attributes.
- The Young Professionals Committee (YPC) and the Loan Committee provided invaluable support and guidance to our younger members, from mentorship to financial assistance.
- DOGANA Loan Program, close to my heart has made strides in supporting financially challenged Dowites yet again successfully this year.
- The completion of the DOGANA Genome Project and the inauguration of the DIGS institute at DUHS marked significant advancements in medical research and education.

SOCH : We completed our previous project and signed a memorandum of understanding for a new cleaning project in DUHS .

- Continued support for established programs, like the Visiting Faculty and the University of Maryland project, advocacy efforts, and facilitating document verification through the DOGANA website, further underscored our commitment to our community.

All these programs are a testament to our commitment to impactful Initiatives

Our goal of being transparent and communicating about DOGANA projects, celebrations, obituaries and community happenings this year has been fulfilled.

Looking Forward:

As we forge ahead, our focus remains on upholding the principles of transparency and open communication. Keeping our members informed about our events, achievements, and future plans is paramount as we continue to nurture and strengthen our bonds.

In closing, I am immensely proud of what we have accomplished in 2023. Dowites support and dedication to DOGANA and our shared mission have been the driving force behind our success.

Thank you for a remarkable year of progress, unity, and achievement.

Alhamdulillah, and heartfelt thanks for an incredible year at the helm of DOGANA.

Warm regards,

Samia Faiz  
President, DOGANA 2023

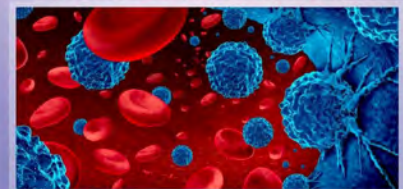


PRESIDENT DOGANA 2023 INITIATIVE  
NEW DOGANA PROJECT : DDCRP

DOGANA  
DUHS  
CANCER  
REGISTRY



TRAINING OF CERTIFIED TUMOR  
REGISTRAR AND SETTING UP TUMOR  
REGISTRY DEPARTMENT IN DUHS



DONATE NOW:

WWW.DOGANA.ORG OR  
PORTAL.IDEASREGISTRATION.COM/DONATION/DONATION?ID=153  
ZELLE AT: INFO@DOGANA.ORG



Dow University of Health Sciences  
Official

Dec 6, 2023 · 🌐

Dow University of Health Sciences expresses its profound gratitude to Dr. Samia Faiz, MD FACP, President DOGANA, an esteemed alu... See more



# APPNA Annual Journal 2023

## KEMCAANA

### King Edward Medical College Association of North America



Thank you all for entrusting me with the noble task to serve as President of King Edward Medical Alumni Association of North America (KEMCAANA) in 2023. I am extremely humbled. We have started and made progress with several projects with a mission to serve KEMU graduates, students, and our patients. I would like to share it with my fellow Kemcolians:

We have created the United States clinical experience pathway on the KEMCAANA website. KEMU graduates and students will be able to apply for observer-ship through this portal. United States clinical experience (observer-ship) is a pre-requisite for residency application. Present residency application guidelines are requiring at least three months of United States clinical experience. At present, we are projecting > 100 rotations in the first year and our objective

is to increase the number to > 500 by the year 2025. We already have students and recent graduates who are doing rotations through this pathway. Dr. Sultan Mehmood, Faran Ahmad, Usama Aman, Amer Suleman, Usman Khan, and Afzal Bhatti are a few of the many who have been and will continue to be helping out with this project.

We have also been diligently working on getting medical schools in Pakistan approved by the World Federation of Medical Education. Assistance from my long-time friend Lt General Dr Mohsin Qureshi, a fellow Kemcolian was very valuable. He made sure that PMDC followed the required process with complete accuracy to ensure approval. We connected him with delegates from WFME who visited Pakistan for the review process and at this time, following completion of review, we are awaiting final decision from WFME. According to my conversations with various authorities, we are hopeful for a positive outcome. Additionally, Mayo Hospital Dialysis Project was initiated and is progressing well. We worked over the last three years to create infrastructure for providing peritoneal dialysis in Pakistan. All supplies used in this form of dialysis are now being manufactured in Pakistan. We started our clinical operation in February of 2023. We are providing free peritoneal dialysis treatment to patients who are not able to afford this. We are presently treating 10 patients whose quality metrics are comparable to or even better than our experience in USA. We truly appreciate generous donations from fellow Kemcolians and other personal friends who made this mission possible. We are hoping for continued growth of this project. We especially appreciate the help and contribution from Dr Nauman Tareef, Dr Mohammad Anees, and Dr Nauman Butt.

KEMCAANA Nursing Education Initiative was started. We are teaching courses in English language as well as Computer Science to our nursing students for improvement in their patient care skills. We would like to thank Dr Maqbool Arshad for spearheading and starting this project and all his services in this regard.

ERCP project at North Medical Ward: We started ERCP project at North Medical Ward this year. Local physicians are being trained to provide this much-needed service. We appreciate the help and input from Dr Sultan



**YPC Webinar on VISA Processing in Collaboration with KEMCAANA**  
Demystifying US Residency Visa: What, Why, When, Where, & How?

**SPEAKER AND MODERATOR**  
UMAR TARIQ, MD  
Attending Interventional Radiologist, Rush University, Copley Medical Center  
Chair YPC KEMCAANA 2023

**PANELISTS**  
MOHAMMAD FATEH SHAHZAD, MD  
Internist, Ephraim McDowell Hospital, Louisville, Kentucky  
Immediate past president KEMCAANA  
Advisor advocacy committee Appna  
Member finance compliance committee Appna

AHMAD REHAN KHAN MD  
Assistant Professor of Psychiatry  
Virginia Tech Carilion School of Medicine  
Lead, YPC Advocacy Subcommittee

MUHAMMAD USAMA, MD  
Attending Physician, Marshfield Clinic  
Assistant Professor of Medicine, UW-  
Madison and Medical College of Wisconsin

**CHAIR**  
NAUMAN ASHRAF, MD, FAPA  
Chair, APPNA YPC 2023  
Associate Professor of Clinical Psychiatry, University of Missouri  
Adjunct Clinical Associate Professor of Psychiatry, KCU  
Program Director, General Psychiatry and Addiction Medicine Fellowship Programs, KCU - Joplin

March 26th, 2023  
11 am EST  
ZOOM LINK:  
<https://asu.zoom.us/j/89681857749>  
MEETING ID: 89681857749

# APDNA Annual Journal 2023

Mehmood, Dr Wasseem Aziz, and Dr Abdul Rehman for making this possible. Special thanks to the class of 2005 for raising and donating funds for this mission- Dr Hameed Khan and Dr Abdul Rehman - we appreciate all your efforts. Dr Sultan Mehmood is working on creating a visiting fellowship pathway for GI trainee graduates in Pakistan who will be given opportunities to come to the USA to gain further experience.

**Mayo Hospital Heart Failure Program:** We have started working on to create a formal Heart Failure program at Mayo Hospital. We hope that by end of 2025, this program will be fully up and running. Dr. Salman Gohar took the lead in this project and is working with Dr. Furrukh Malik and Dr Asim Chohan to create infrastructure at Mayo Hospital. Our initial plan will be to provide goal-directed medical treatment to our patients with heart failure in Pakistan.

**KEMCAANA YPC committee :** Several teaching sessions and webinars have been conducted under the leadership of Dr Umar Tariq to facilitate young physicians in their USA Residency Pathway.

**KEMCAANA retreat in Chicago** was a success and we were able to generate positive revenue with this event. We have re-initiated the tradition of the KEMCAANA Retreat and encouraged others to continue with this tradition every year. Attendance from young Kemcolians in training was one of the salient features of this event. We would like to especially thank Dr Aftab Khan, Dr Omar Nasib, and Dr Sohail Rana for helping out with the retreat.

**KEMCAANA Foundation - application** was re-initiated at the beginning of this year, following decline of our application in 2022 . At this point, our current application has been approved by Punjab authorities. We have filed for the final step to get this approved by the Economic Affairs Division in Islamabad that required Foreign Service approval (done) Intelligence Bureau (pending) and ISI (pending ) as final few steps to approve our application. Once the last two steps are approved we would have a functional account to transfer funds.


**Residency Interview Spots:** We have worked with the Infirmary Health System Residency program located in Mobile Alabama to create interview spots for KEMCOLIANS. We have more than 15 KEMCOLIANS who have already interviewed with this program and we are hopeful several will match. We are also having discussion with this hospital system to consider providing twenty observer-ship spots per months in various specialty to KEMU graduates. We have also asked for assigning permanent interview spots for KEMU graduates who will be prescreened through a preliminary interview with the KEMCAANA committee. Please join me in thanking Dr Furhan Younis, who is a fellow KEMCOLIAN and renowned Oncologist in the USA. Dr. Younis had previously provided several residency spots to KEMU graduates during his affiliation time with the University of Memphis Health Center.

We have added one more IT staff member Mr Waleed Chaudhry to the Pakistan staff who is now a very valuable member of our team. I thank Dr Danish Bhatti for his recommendation of Mr. Waleed Chaudhry. Over the next 1-2 years we are planning to give more structure and organization to KEMCAANA administrative staff.

Dr Arif Agha donated \$100,000 to KEMU for the renovation project, we thank him for his generous donation.




**OFFICE OF THE  
REGISTRAR, JOINT STOCK COMPANIES,  
LAHORE**

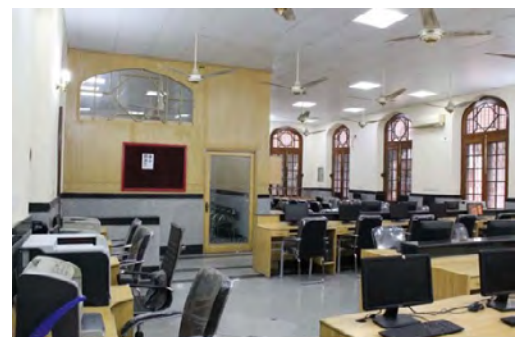


In the matter of \* KEMCAANA FOUNDATION, HOUSE NO.594, B-BLOCK,  
SABZARAK SOHNS, MULTAN ROAD, LAHORE\*.

I hereby certify that the under noted documents(s) has/have this day been duly filed, pursuant to the provisions of the Societies Registration Act, 1860/ Companies Act, 2017:  
Memo of fee Rs. 1050/- (Thousand One Hundred and Fifty Only).  
\*List of office bearers for the year, 2023\*.  
No. 22/2979-1/2/13/ 787 Dated Lahore, the 18-05-2023

Forwarded to the \* KEMCAANA FOUNDATION, HOUSE NO.594, B-BLOCK,  
SABZARAK SOHNS, MULTAN ROAD, LAHORE\*.

  
**District Officer**  
for Registrar Joint Stock Companies,  
Lahore



# APPNA Annual Journal 2023

The winter meeting was a success. We had a great scientific session. Dr Maqbool Ahmad was recognized for a donation of the Maqbool Ahmad block to KEMU by being awarded the KEMCAANA lifetime achievement award. The Chief Minister of Punjab has agreed to initiate paperwork to honor him with the civil award which is in progress, and we are hopeful that Prof. Mahmood Ayyaz will follow up on it and get it approved. Dr Masood Akbar was awarded the APPNA Lifetime Achievement award for services to the KEMCAANA Scholarship committee.

Document Verification Process: this process is now computerized and is now functional on the KEMCAANA website, with a routine application turnaround time of 14 days and an urgent application turnaround time of 5 days. We have seen the first few applications go through this process without any issues. Dr Asim Malik thank you for bringing up this issue, and as promised we have delivered on it.

KEMCAANA Journal was published last year. Dr. Mariam Khalid did an excellent job as an Editor. Dr Sohail Rana helped out with advertisements. Will like to thank Mariam and Sohail for their help and contribution.

We are also working on making KEMCAANA more relevant on the APPNA platform. Dr Furrukh Malik was elected to the APPNA board in 2023.

Computer Lab Upgrade : At the start of my year, computer lab operations were in disarray, only 20 of the 50 units were working in marginal capacity. We took up a Computer lab upgrade project. We have replaced most of the old computers with new ones. Added 2 additional rooms on the ground floor which will have convenient handicapped access as well. These rooms will also serve as a CRC-clinical research center (data center). With the completion of this project, we will have more than 70 computers. Once again join me in extending special thanks to Dr Arif Toor (late) for being the pioneer of the computer lab, and thanks to all KEMCAANA members for making it possible.

Burn Unit: The burn unit was established by KEMCAANA in 2022. At the start of 2023, it was not operative. Our constant dialogue, guidance, and assistance to local authorities helped out in getting it functional. Dr. Shahzad Khan and Dr Faiqa Qureshi got involved with the local administration to guide and encourage them to make this project functional. Dr Sharif ( chief of the burn unit at Mayo) was invited to attend our retreat in Chicago to plan out our future goals. We connected him with Pakistan's armed forced medical division. Lt General Dr Mohsin Qureshi arranged to invite Mayo burn unit staff to the Army's state-of-the-art burn center in Kharian to provide them with all the necessary training.

Dr. Masood Akbar, Dr. Tipu Sultan, Dr. Faiqa Qureshi, Dr. Naseem Akhtar, Dr. Zafar family, Dr. Ayesha Najib, Dr Bashir Chaudhry, and other members of the scholarship committee and Thanks Scholarships committee have continued to provide scholarships to our graduates and undergraduates. Thank you all for your selfless contributions and services.

We have made a lot of progress during last year. We want to continue our mission of Reaching out, Giving back, and changing lives through education, research, and services. Let's keep on progressing, because "best has yet to come".

Best regards

Irfan Munir, MD

President KEMCAANA 2023

**MY APPNA CHARTER**

ORGANIZATION

MEMBERSHIP AND GROWTH

EDUCATION AND RESEARCH

SOCIAL WELFARE AND PHILANTHROPY

**LET'S WORK TOGETHER TO ENHANCE ALL ASPECTS OF APPNA.**

**FURRUKH MALIK**  
BOARD OF GOVERNORS ACC  
GOVERNOR ELECT ACC TN  
FOR APPNA BOARD OF DIRECTORS 2024



# APPNA Annual Journal 2023

## KMCAANA

### Khyber Medical College Association of North America



Dear APPNA family,

I, as President of KMCAANA, would like to share with you the achievements and contributions of KMCAANA over the last year.

It was a hectic year as our very own Dr. Arshad Rehan was the President of APPNA and our alumni put in all possible efforts to arrange some successful meetings for APPNA members, culmination in a very successful Winter meeting in Rawalpindi and Peshawar.

Delegates enjoyed great AMA certified CMEs, musical performances and visits to the walled city of Peshawar, Torkhum border and a tour of the legendary poet Ghani Khan's private residence, in Charsadda.

KMCAANA awarded 85 financial need based scholarships to KMC students last year and will be awarding another 100 this year. We contributed \$30000 to APPNA cornea program and Dr. Arshad Rehan contributed \$50000 to the cornea project. In addition we supported a Stoma back at Khyber Teaching Hospital as well. We sent Ramazan food ration packages to more than 200 families this year.

Last year our alumni started a stroke program in KP for the first time to administer thrombolytic therapy to stroke patients. We have been donating pacemakers to Hayatabad Medical complex in collaboration with Association of Pakistani descent Cardiologist in America (APCNA).

This year Khyber Medical College was elevated to the status of medical university through the efforts of our alumni. We arranged mentorship programs and workshops for USMLE applicants. We have almost doubled our paid membership this year.

I want to thank the executive committee of KMCAANA: President-elect Tufail Ijaz, Secretary Shazia Ahsan Savul, Treasurer Hameed Ahmad, immediate Past President Taimoor Khan, Executive Director Rashid Hanif, immediate past President APPNA Arshad Rehan, past leadership and members of KMCAANA for their continued support. I am grateful for the support we received from APPNA leadership and the APPNA family. Your support, indeed, makes everything we do possible.

Regards,  
Sharif Uz Zaman Khan  
President KMCAANA



Peshawar: Caretaker Prime Minister Anwar ul Haq Kakar in a group photo with senior member doctors of the Association of Physicians of Pakistani Descent of North America (APPNA) at the 46th Winter Khyber Medical College Convention organized in collaboration with APPNA on 20 December 2023.

**APPNA  
WINTER MEETING  
DEC 20-23, 2023  
Venue: Khyber Medical College**

Registration is required to attend the CME at Khyber Medical College Campus.

CME topics include Women and Children health, Stroke, Coronary artery disease and Diabetes.

Faculty include Dr. Zulfiqar Bhutta, Dr. Ashfaq Shuaib and Dr. Amjad Hussain from North America.

For registration and event tickets, please contact:  
**Dr. Amber Ashraf**  
Cardiology Department, Khyber Teaching Hospital  
Tel: 92 345 910 1932

**Non CME programs which require registration and tickets, include:**  
December 20, 2023  
-Dinner at Khyber medical College  
December 21, 2023  
-Afternoon, Peshawar city tour  
-Evening, Dinner at Balahisar Fort with entertainment by Athar Sani  
December 22, 2023  
-Afternoon, Charsadda tour with BBQ lunch  
-Evening Dinner at Peshawar Club with entertainment by Sage Boys  
December 23, 2023  
-Morning, Khyber Pass trip with lunch at Khyber Rifles mess

## The Imperative of Conduct and Governance at APPNA

Saima Anis, MD, MPH - DUHS 1998



In the vibrant tapestry of healthcare, the American Pakistan Physicians of North America (APPNA) stands as a beacon of excellence, unity, and innovation. As we gather for the Spring, Summer and subsequent Meetings, amidst a landscape of evolving challenges and opportunities, it is imperative to reflect on our collective journey, celebrate our accomplishments, and chart a course that honors our commitment to advancement and collaboration. In the last edition we upheld the construct of Iqbal's "Khudi" and recognized the accomplishments of brilliant leaders that made it their modus operandi. In the current edition we honor the ethos that makes up APPNA as it stands with a view to conducting our affairs with well established governance mechanisms.

We realize that at APPNA'S core, is the realization that it is paramount to recognize and uphold the organization's IRS 501(c)(3) status. This designation not only reflects our commitment to transparency and accountability but also underscores our dedication to serving the community with integrity and responsibility.

Maintaining our 501(c)(3) status is not merely a legal requirement but a testament to our unwavering commitment to ethical conduct, financial stewardship, and adherence to the highest standards of governance. It signifies our pledge to use resources judiciously, prioritize the public good, and operate in a manner consistent with our charitable mission.

As stewards of APPNA's legacy, we must ensure that every action we take aligns with the principles of nonprofit excellence and serves the best interests of our members and the communities we serve. By upholding our 501(c)(3) status, we demonstrate our dedication to transparency, accountability, and ethical leadership, setting a standard of excellence for healthcare organizations worldwide.

In the spirit of service and solidarity, let us recommit ourselves to the values that have defined APPNA since its inception, ensuring that we continue to make a positive impact on the lives of those we serve while upholding the highest standards of ethical conduct and governance.

## Gold Bangles

Hafsa Nawaz, MD



A “price” was given to my mother for her husband’s life. My father’s life. She was told by OR staff to pay a large lump sum prior to his emergent procedure. In the cold, damp waiting room of the only cardiac hospital in my small home town of Pakistan, my mom steadied herself as waves of shock ran through her. She just brought her husband here in a motor rikshaw after he woke her an hour ago with chest pain.

The weight of the cost shook her foundation. A housewife with no financial means of her own, a mother of 5 young daughters, she found herself lost, but responsible for securing payment for my father’s critical heart surgery as he lay in a semi-conscious state inside the operation theater. Her world froze.

The air in the waiting room got dense with odor of antiseptics and the worn-out chairs. Her mind wandered in the mid night quiet. The Clerk voice broke the silence, “Madam you need to arrange this money so we can operate on your husband who

will die without this surgery, so it’s all on you”

Her husband, her protector, her life partner, father of her five daughters and the only breadwinner of the household, will die. This is not how she imagined her future; it is not the way things are meant to be. The thought of losing him is unbearable. His absence threatens the very foundation of their daughters’ future. She finds herself compelled to take action, to unearth a means to get the money.

In the solitude of 1 am in the year 1991, no cellphones to call a relative and no banks open, she cried and plead. Desperation drove her to lift her hands to pray. In the midst of seeking a miracle, the gold bangles on her wrists shimmered in the dim flickering fluorescent lights of the waiting room. Gold bangles are precious symbol of a married woman in Pakistani culture and the sole valuable possessions she owned. Wiping her tears, she summoned the clerk, announcing that she had found the money.

As the clerk arrived, she extended both arms, offering her cherished gold bangles to cover the cost of the surgery. The clerk looked into her eyes, now dry but dilated with horror. Accepting her heartfelt offer, the clerk requested her to remove the bangles. She attempted to do so but unable to slide them off from her swollen wrists.

Several years ago, my father gifted these bangles to his bride on their wedding day. Since then, they dangled on her wrists as an ornament, never once removed. However, years filled with household responsibilities and five pregnancies, her wrists swelled, imprisoning the bangles. The clerk noted, “Madam, you can’t take them off, then what.” She screamed, “Then cut them off!” The clerk ran and disappeared into the theater, returning with a scalpel—the very same tool that will later be used to open my father’s chest.

As the sharp blade glided through the gold metal, it produced a delicate slicing sound, like a refined whisper into her ears “you are doing it right”. After a couple of nervous attempts, the bangles conceded and slipped off my mom’s wrists, leaving her feeling noticeably lighter as if a burden had been lifted. The clerk with shaking hands placed the slightly misshapen bangles into a metal tray before disappearing into the theater.

A price was paid. Surgery was started and ended in success. My father survived. Looking back, she recalled that her prayers had been answered, never mentioning to the sacrifice made. Over the next decade, they joyfully raised five daughters, nurturing them with love, independence, and gave them the gift of higher education.

While this tale was rarely retold in our household, its significance became palpable as I embarked on my residency journey. Upon receiving our very first paychecks as internal medicine residents, my two friends eagerly made plans to indulge in new bags and shoes. Yet, without a shred of uncertainty, a smile played on my lips as I steered my car towards the jewelry store.



# APDNA Annual Journal 2023



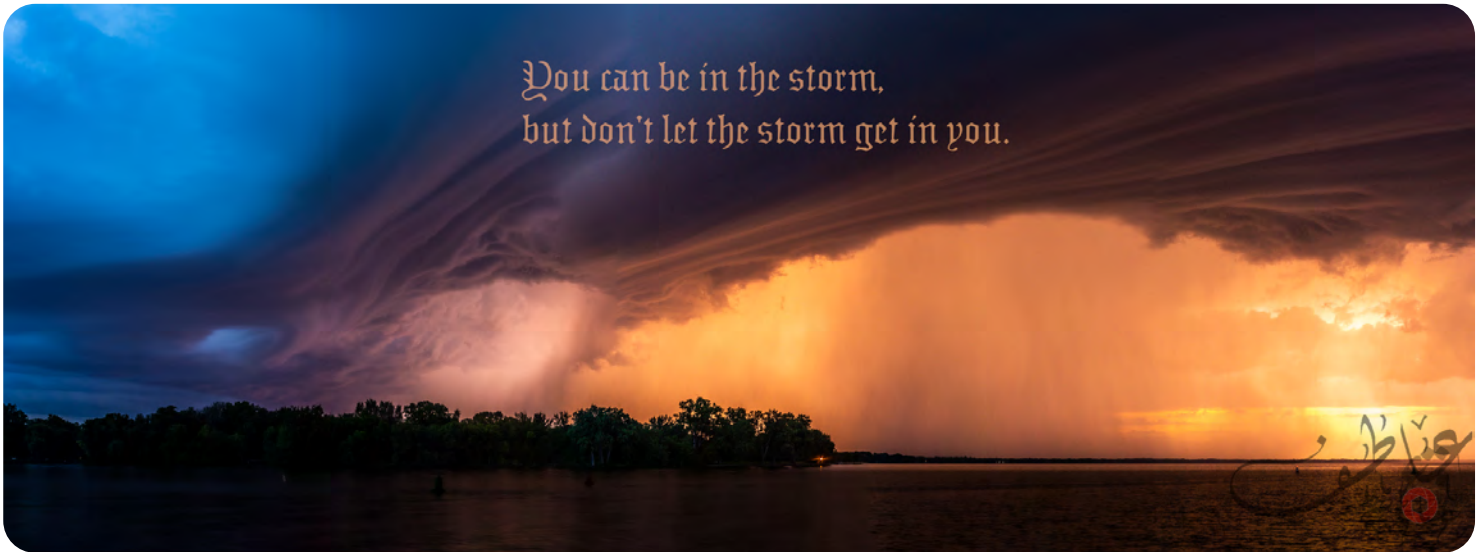
عشق کی اک جست نہ طے کر دیا قصہ تمام  
اس زمین و آسمان کو بیکراں سمجھا تما میں



ہیں تلخ ٹہنت ہندۂ مزدور کے اوقات



حسینا علیہ السلام



You can be in the storm,  
but don't let the storm get in you.

Photography by Dr. Atif Qureshi from Wisconsin

## The Uber Battles

### Conscious incompetence to Unconscious competence

Furrukh S Malik FACC

Faculty Vanderbilt School of Medicine, Board of Directors APPNA

Member Board of Governors American College of Cardiology

Governor American College of Cardiology TN



We all talk about leadership. We attribute qualities to a great leader and expect a lot in return. We know of a great leader when we see it, how to define it is a difficult narrative.

Mr. Sully Sullenberger was the pilot of US airways flight 1549, that had to make an emergency crash landing in Hudson River, New York in 2009. All 155 people on board survived. Sully was an unknown pilot for over 20 years, a fighter pilot before and a diplomat later but became a household name as he landed his crippled Boeing on that frigid morning. He made a monumental decision in under 30 seconds based on the composite of

experience, intuition, and instinct. It could easily have been a disaster and today Sully would be an American villain.

How did Sully come to that decision in under 30 seconds and became a public hero and a leader overnight?

The answer lies in his career. Sully had been a competent pilot all his life. He had flown as a US fighter pilot and then over 20 years as commercial Pilot. He was unconsciously competent and practiced his skills thousand of hours before that fateful morning. His experience and training helped him to quickly calculate the fateful seconds needed to land at an airport or take his chances in the river. In the end he had just enough time to make it to the river saving 155 lives.

This brings us to the most important lesson of leadership. Leadership is an unconscious competence trait entirely about you as a person and being better at knowing your business.

According to John Maxwell "5 levels of leadership", leadership is much less about what you do and much more about who you are, one must learn to lead oneself before leading others.

Personal insecurity, ego and blind spots are the impediments to our growth, dimming our horizon. To brighten the horizon, we must enlighten ourselves in this journey, as leadership is a journey and not a destination. Addressing and dealing with your fears, egos and poor habits is a lifelong challenge but most important on this personal journey of leadership as Shirzad Chamine points out in his remarkable masterpiece, Positive Intelligence. The journey to unconscious competence is one of repetition, a constant desire to address the blind spots and attain perfection culminating after thousands of hours of application.

In our quest of leadership, at times we all are looking at the differences between us and them. To succeed we have two options, either we elevate ourselves or we demote others. Many a times

# *APPNA Annual Journal 2023*

we chose to stifle other's ideas, block their paths to success to maintain our elevated status. Our yardstick of success is the difference between us and bottom others, so if we cannot rise, we must keep others down. The growth of ideas follows this path and if leaders do not have innovative ideas, they cannot lead their organization by blocking the promising ideas of others. In the end your group, organization is the ultimate sufferer. The road to conscious competence is exploring all ideas and learning from most.

Winning ideas needs empowerment support and resultant success will highlight all of us, a collective gain in limelight. Developing people and their ideas is not additive it is a multiplier. Developing others require leaders to listen, coach and inspire without fear of losing their advantage. Paul O'Neill (Secretary of treasurer 2001-8) aptly put "With leadership anything is possible, without it nothing is possible". It has been refined to good effective leadership. The beliefs and behavior of people in leadership can make or break a team, group, or organization. The idea of collective growth and positive culture is a learned trait in the leadership journey and adds to unconscious competence.

For any degree of professional competence setting goal and aspiration is paramount in the journey of leadership. Articulation of that goal is not only a personal target but inspirational mantra for all. Gandhi in 1920s on his return from South Africa claimed, "I am going to get freedom for our country". Many thoughts of this minute brown human to be delusional. But his courage and conviction propelled him to a high pedestal.

In our leadership journey from conscious incompetence to unconscious competence and more, we all must strive to be successful individually, address our incompetencies/blind spots, raise our fellow colleagues, empower innovative ideas, and learn to bask in the collective success and its bright Horizon.

Furrukh S Malik FACC  
Faculty Vanderbilt School of Medicine  
Board of Directors APPNA  
Member Board of Governors American College of Cardiology  
Governor American College of Cardiology TN

# APPNA Annual Journal 2023

## Books on Leadership & Equity, Diversity and Inclusion by Faisal Khosa

Dr. Faisal Khosa is an APPNA lifetime member and active in serving APPNA. He has contracts with publishers Bloomsbury and Elsevier to author a book series on Leadership and Equity, Diversity and Inclusion, respectively.

The contract with Bloomsbury is for a book series on styles of Leadership (Autocratic, Affiliative, Bureaucratic, Coaching, Democratic, Dynastic, Populist, Servant, Strategic, Situational, Transactional, Transformational and Visionary). The first book in the leadership series **The Making of Martyrs in Bangladesh, Pakistan & India: Indira Bhutto & Mujib** (<https://faisalkhosa.com/books/>) has been included in the curriculum of South Asia Schools around the world. The second book in the leadership series has been accepted by Bloomsbury for publication with expected publication in November 2024 Politics of **Blood, Sweat & Tears: Rajiv Gandhi, Benazir Bhutto & Sheikh Hasina Wazed**.

Dr. Khosa has also signed a contract to author and edit a book series on Equity, Diversity and Inclusion with the publisher Elsevier. The first book in this series **Equity, Diversity, and Inclusion in Healthcare Across the Globe: From Knowledge to Practice** will be published by in October 2024. This book covers 10 Healthcare Professions, and each chapter is authored by a team of EDI experts in their discipline (Speech & Language Therapy, Optometry, Physiotherapy, Pharmacy, Occupational Therapy, Nursing, Medicine, Dentistry, Dietetics, Chiropractic). [https://books.google.ca/books/about/Equity\\_Diversity\\_and\\_Inclusion\\_in\\_Health.html?id=Xiyc0AEACAAJ&redir\\_esc=y](https://books.google.ca/books/about/Equity_Diversity_and_Inclusion_in_Health.html?id=Xiyc0AEACAAJ&redir_esc=y). The second book in the **Equity, Diversity and Inclusion series Equity, Diversity & Inclusion: Sisyphean Undertaking to an Achievable Reality** covers 15 Academic Disciplines. Each chapter is authored by a team of EDI experts in their discipline (Arts & Science, Business, Dentistry, Education, Engineering, Graduate Studies, Health Science, Law, Medicine, Veterinary, Pharmacy, Public Health, Psychology, Religion, Music) and its publication is expected in September 2025.

Dr. Faisal Khosa's accomplishments include 284 peer-reviewed manuscripts on Leadership and Equity, Diversity and Inclusion. His research has been cited more than 5,000 times and he is the recipient of awards of excellence in the USA, Canada, Europe, the Middle East and Pakistan.

Michael Smith Foundation – Health Professional Investigator Award (2023 - 2028)  
[https://healthresearchbc.ca/award\\_researcher/faisal-khosa/](https://healthresearchbc.ca/award_researcher/faisal-khosa/)

Don Rix Leadership Lifetime Achievement Award (2022).  
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Tamgha-e-Imtiaz by Government of Pakistan (2013).  
<https://www.youtube.com/watch?v=2zHQDrT0Rgo>

# ADPNA Annual Journal 2023

تندی باد مخالف سے نہ گھبرا اے عقاب  
یہ تو چلتی ہے تجھے اونچا اڑانے کیلئے



عقاب  
یا  
عقاب

جھپٹنا، پلٹنا، پلٹ کر جھپٹنا  
لہو گرم رکھنے کا ہے اک یہاں



عقاب  
یا  
عقاب

Photography by Dr. Atif Qureshi from Wisconsin

# APNA Annual Journal 2023

## A Piece Of Paper By Meerbaz Khan

In the quiet of the classroom, beneath the harsh glare,  
A sheet of paper whispers, a promise and a snare.  
It holds the weight of futures, of dreams both young and old,  
A silent judge with power to extol.

Upon this page, we scribble, in hopes of finding grace,  
In ink, we pour our souls, our frantic race.  
Each letter forms a shackle, each number carves a chain,  
Unseen cries of effort made in vain.

The clock ticks ever louder, as hearts beat out of time,  
A symphony of worry, aspirations climbed.  
Balancing acts so delicate, a dance upon a thread,  
Each step a gamble, each misstep fills with dread.

Peers become rivals, in contests never said,  
Comparisons like daggers, in silence of the head.  
Parental eyes are watching, expectations high as walls,  
Generations misunderstood, their echoes fill these halls.

In the exam chamber, breath becomes a task,  
Air thick with tension, studious masks.  
Nights spent wide awake, under lamp's gaze,  
Hunger ignored, in pursuit of praise.

Bodies pushed to limits, minds frayed at seams,  
All for a piece of paper, ephemeral dreams.  
A piece of paper haunts, in ways unseen,  
A testament to struggle, a veil on what could've been.

In a world where freedom's whispered, in ethos of our kind,  
Bound by expectations, need to align.  
Let not a piece of paper define worth and place,  
Seek freedom in a more compassionate space.

## 5 TOP INTERMITTENT FASTING BENEFITS

Taqi Azam, MD, MPH – Expert, Obesity Medicine

**Intermittent Fasting (IF) is currently one of the world's most popular health and fitness trends.**

Besides assisting with weight loss, IF has many additional health benefits I will share in this article.

By definition, intermittent fasting is an eating pattern that involves regular, short-term fasts — or periods of minimal or no food consumption. Intermittent fasting is an eating pattern where you cycle between periods of eating and fasting.

Here is the most common way IF is performed. You start your eating at noon and your last meal at 8 pm.

You are technically fasting for 16 hours every day, and restricting you're eating to an 8-hour eating window. This is the most popular form of intermittent fasting, known as the 16/8 method.

**The following are 8 evidence-based health benefits of intermittent fasting.**

- 1: There is a significant positive impact on insulin levels and human growth hormone (HGH) levels. While IF has been found to decrease insulin levels, HGH will increase. This all facilitates fat burning. IF in turn has a positive impact on reversing insulin resistance. Studies indicate that fasting can help boost your HGH levels. One such study found that after a 3-day fast, your HGH levels increase by more than 300%. A week later, they go up by a whopping 1,250%.
- 2: IF has been found effective in helping you lose weight but even more important is losing visceral fat. Visceral fat is the harmful fat in the abdominal cavity that causes disease. Short-term fasting actually increases your metabolic rate, helping you burn even more calories.
- 3: Intermittent fasting has been found to be beneficial for heart health. Lowering triglycerides, LDL and lowering blood pressure are just few of the cardiovascular benefits.
- 4: IF shows promise in improving brain health. There is strong evidence that forms of intermittent fasting can delay the onset and progression of Alzheimer's disease and Parkinson's disease in animal models. "In animal studies, intermittent fasting has been shown to increase longevity, improve cognitive function and reduce brain plaque as

# ADPNA Annual Journal 2023

compared with animals fed a regular diet," said Allan Anderson, MD, Director of the Banner Alzheimer's Institute in Tucson.

5: One of the most exciting applications of intermittent fasting may be its ability to extend lifespan. In the one study researchers zeroed in on how fasting impacts life span. About 2,000 people who had undergone a cardiac catheterization procedure were followed for an average of 4.4 years, including 389 "routine fasters" who had been fasting regularly for at least five years. After adjusting for various factors, researchers discovered the routine fasters had a 45% lower mortality rate than the non-fasters during the follow-up period.

## **Summary:**

Besides intermittent fasting having value in weight-loss, its benefits extend beyond that. It can help you live a longer and all-around healthier life too, according to studies involving animals and humans.

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IF and Inflammation

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[https://academic.oup.com/eurpub/article-abstract/30/Supplement\\_5/](https://academic.oup.com/eurpub/article-abstract/30/Supplement_5/ckaa166.216/5914370)

[ckaa166.216/5914370](https://academic.oup.com/eurpub/article-abstract/30/Supplement_5/ckaa166.216/5914370)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7476366/>

Alzheimer's and IF

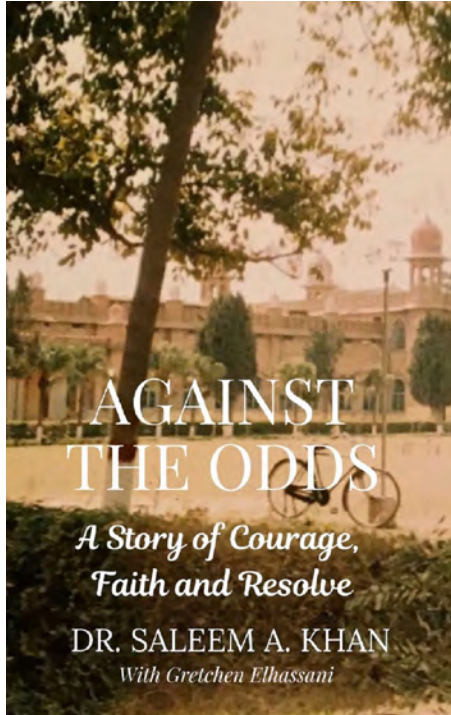
Lifespan and IF

<https://www.karger.com/Article/Abstract/212538>

Fasting and Lifespan



## Against the Odds



Professor Musahib-Ud-Din Khan was born in a small city in India and grew to become the head of the Pakistan Agriculture Research Council in the 1970s. Decades after his passing, his son lovingly tells the story of Professor Khan's early life, his honesty in the face of corruption and his tenacity as he moved into old age.

From Panipat, an historical city in India, Professor Khan journeyed to Lyallpur (now present day Faisalabad). His parents did not have the money to send him to college, and the British colonial government discouraged native youth from getting higher education. Musahib-Ud-Din was not dissuaded. He continued to search for solutions, first attending a free junior college and then matriculating into a very renowned agricultural college in Lyallpur.

Winning the only available scholarship, young Musahib-Ud-Din was able to move into the dorms and study hard. He received his degree at the top of his class, winning a gold medal for his accomplishments.

After starting a teaching job at the college, he brought his young wife to live with him and started a family. At the end of World War 2, he was instrumental in helping extended family members resettle.

He survived the horrific massacres of Partition, when independence was granted to both Pakistan and India and ordinary people rose up to slaughter each other. In one harrowing day, he guided two Sikh colleagues and their families to the India-Pakistan border to ensure their safety. His parents experienced hardships as they fled from Panipat to Lyallpur. Professor Khan opened his home to relatives who had lost theirs, and spent many years helping his mother, father, aunts and uncles resettle in a new country.

Never one to rest on his laurels, Professor Khan decided to pursue continuing education. He attended the University of California in Berkeley, authored a paper after he had discovered that grapefruits had Beta carotene in them. He completed his second masters degree in just one year.

Throughout his journey, Professor Khan gave freely to those who needed his help. Numerous friends, colleagues, students and family members were the beneficiaries of Professor Khan's generosity.

Against the Odds: A Story of Courage, Faith and Resolve is not just the story of one man. It is the history of the birth of Pakistan as told through the eyes of a prominent family. Professor Khan is an inspiration, and his story loses no immediacy with the passing years.

## How Wrong We Are?

We think we have all the answers  
And everyone else knows less than us  
How wrong we are?

We give advice to others  
But we do not listen to anyone  
How wrong we are?

We do not respect others  
But expect others to show respect  
How wrong we are?

When everything points to our faults,  
We adamantly deny any wrong doing  
How wrong we are”

How nice it would be,  
If we did some soul searching  
And realized how wrong we are.

**Saleem Khan**

## Another Chance

Sometimes, in my dreams,  
I see myself on the day of judgement,  
Standing in front of the kind Lord,  
Along with billions of others,  
From all over the world.  
These are people of  
All imaginable races, religions and colors.

At one point, they all say,  
“Dear Lord, we did not do,  
What You wanted us to.  
We mistreated each other  
And we killed people in Your name,  
But our Lord, can You please give us another chance?”

In my dreams, I hear God replying,  
“When you were on the Earth,  
I gave you a lot of chances.  
Now it is time for final judgment.  
Those of you who were good to your fellow beings,  
Today, you will enter into my paradise.”

And then all of a sudden, I wake up.  
I thank the kind Lord  
I am still alive  
And have another chance  
To help my fellow human beings.

**SALEEM KHAN**



## **"Smile Under The Palm Trees' Shade"**

**I had a dream so vivid and bright  
The Dome of the Rock gleamed at night.  
The fireworks painted the sky,  
As children's laughter soared so high.  
Colorful balloons filled the air,  
Hijabi women with elegance rare.  
Men in thobes of brilliant white,  
A scent of musk through the night.  
Elderly people with flowery eyes  
Sharing stories of their lives .  
Prayer mats laid in a peaceful land,  
Awaiting to break their fast, hand in hand.  
Smiles under the palm trees' shade,  
In Masjid Al-Aqsa freedom displayed.  
But upon waking tears escape my eye.  
Seeing the world's truth made me sigh.  
War's harsh grip where horrors abide.  
Innocents hurt with nowhere to hide.  
Doctors lost, children in crossfire caught.  
Hospitals gone & destruction sought.  
Inhuman acts that history will note  
But hope lingers; don't underestimate.  
He saved Moses from Pharaoh's might  
Will protect the holy land in near sight.  
A day will dawn, dreams coming true.  
World celebrating, starting anew.  
Masjid Al-Aqsa frees its fate.  
Dome of the Rock gleams by the gate!**

**Sarah Alam.**

## A Tale of Resilience

Muhammad Asim Khan, MD, FRCP, MACP, MACR

Professor Emeritus of Medicine

Case Western Reserve University , Cleveland, OH

This poignant narrative recounts the extraordinary journey of a remarkable individual whom I had the honor of caring for at our teaching hospital's Arthritis Clinic. Despite my role as the Director of the Division of Rheumatology, I made sure to see and take care of her myself.

She faced profound challenges, being deaf, mute, and completely blind, compounded later in life by rheumatoid arthritis. Yet, she defied her limitations by mastering Braille, using this tactile language to communicate and engage with the world. Despite facing adversity, she maintained a steadfast determination to lead a fulfilling life.

During each visit, she would bring a note typed meticulously on her typewriter, detailing her symptoms and questions. These notes showcased her remarkable resilience in the face of chronic arthritis, her proactive approach to exploring treatment options, the strong connection she felt with me as her healthcare provider. She would often share insights on current events from the Braille edition of The New York Times, showing her continued engagement with the world despite her challenges. Unfortunately, due to word count limits, I cannot include these notes here, but they truly demonstrate her strength of character and will forever be remembered.

A social worker proficient in Tactile American Sign Language (Tactile ASL) and the Alphabet of Sign Language used to accompany her during each visit to the Arthritis Clinic to assist with communication. She would communicate by forming shapes with her fingers and thumbs to spell out words on the social worker's hands, and vice versa. Through diligent care, I was able to mitigate the progression of arthritis in her fingers and thumbs, preserving her vital tactile method of communication.

She trusted in my abilities as her physician, appreciated my recommendations and was willing to try any treatments to relieve her symptoms. She often asked me about my sons and showed great interest in my homeland,



# APDNA Annual Journal 2023

Pakistan. She shared her recent readings on arthritis management, which gave her hope and renewed optimism about living with the disease.

Despite occasional discouragement, she always expressed determination to live a near-normal life. With no family of her own, she maintained an independent lifestyle. She graciously invited me to her apartment and allowed me to capture moments through photography, one of which is featured here.

Ms. L.C.'s passing at the age of eighty-eight marked the end of a remarkable journey, commemorated by funeral services held on Thanksgiving Day in 1989.

Recommended Readings: 1. Khan MA. The patient-doctor. Ann Intern Med. 22000, 133: 233-235.  
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Figure 1: Legend: Ms. L C in her apartment with her typewrite and copies of the Braille version of the New York Times.



Photography by Dr. Atif Qureshi from Wisconsin

## A kind soul, no longer with us

And then we heard,  
She passed away  
And went back to her Creator.

We knew,  
That moment was coming...  
Still, it shook us badly.

We come to this world,  
Play our role and then  
One day we depart forever.

She is no longer on the earth,  
But her memories are with us  
And we will always cherish them.

We will remember her,  
For her generosity, friendliness and her love for everyone.

We can certainly learn from her,  
How to face challenges patiently  
And how to be always thankful.

Saleem A. Khan, MD  
12/17/2023

(Expressing the feelings of family and friends on the passing of  
a devoted wife, mother, grandmother and great-grandmother.)

# APPNA Annual Journal 2023

## APPNA African Safari Imran Khawaja





## IQBAL'S POETRY (Its Universality & Transcendence) Dr. Abdul Rehman Abd



Dr. Allama Muhammad Iqbal (1877-1938), the Poet of the East, or "Iqbal Lahori", as he is known in Iran, was undoubtedly a great scholar, a visionary, and a philosopher-poet of the 20th century. Well versed in Urdu, Farsi and Arabic languages and conversant in some European languages, he was a versatile orator and a great thinker. An attorney by profession, he took to heart, the hardship faced by the people of Indian subcontinent under British rule and chose the medium of poetry to arouse them against the tyranny.

Being a practicing Muslim and well versed in Islamic philosophy and spirituality, his poetic message is drawn from the Divine Scriptures and the teachings and the life of the Prophet of Islam. On top of that, since early on in his life, he took the great Master, "Mevlana Jalal-ud-Din Rumi" (1207-1273), as his virtual teacher and mentor, his message got more centered towards Islamic way of life and the philosophy of learning about oneself. Taking a lesson from a Quranic verse, he proposed the concept of "Khudi", or development of your "True Inner-self". This philosophy gave him an identity of his own and brought him up to the world stage as an original thinker and philosopher.

Iqbal's poetry is purposeful and inspirational. Except for some Urdu verses of his early years, all his poetry, especially the Persian language poetry, is meaningful and full of useful messages for life. He did not write poetry for the sake of just writing poetry. He used the envelope of poetry for his message. Going through his poetry, one can clearly see that he had a mission. He wanted to the Muslim Ummah, especially the Muslim Youth, to recognize their place in history and rise to the challenge. Except for the few early years of his life when he talk about Indian nationalism, he believed in the concept of all Muslims being one community (Ummah), regardless of the country they live in. He acknowledged the master poets of the past and the prominent ones of his time but specially credited Mevlana Jalal-ud-Din Rumi, whom he called his Master, Teacher, and a Mentor. Repeatedly in his poetry, Iqbal admits that he is who he is because of his master Rumi. Throughout Iqbal's poetry, his love for his Islam, the messenger of Islam and the Divine, is front and foremost as his clear source and the guiding light.

In my view, Iqbal was an "Extraordinary" person and an exemplary poet. He had a very special talent. He realized his potential and made no secret about it. In his poetry, one finds here and there, statements and clues to the fact people of his caliber come to the world but after a long period of waiting. I am of the opinion that he considered himself as one of those who are "Dana-e-Raaz" or knower of the secret. He said "Umrha, dar Kaaba o Butkhana mi naalid hayaat - Ta zeBazme naaz, yuk dana -e- raaz aayad barouN. (Life lays in wait, at the Divine and the worldly holy places, and only then a knower of the secrets comes out of the Assembly of the Pride and Passion.

For this brief article, I will use Three of Iqbal's verses, from his different collections, to illustrate the point as to the caliber, vision and the essence of his message. Of course, books can be written and have been written, about different dimensions of Iqbal's poetry and the process will most probably continue way into the future. The most striking feature, to me, is the pertinence and the relevance that his work has today, despite its having been said over a century ago.

Iqbal says :-

"Hadisa wo Jo abhi parda-e-aflak meiN hey. - Ux us ka meray aaeina e idraak meiN hey".

حادثہ وہ جوابھی پردہ افلاک میں ہے - عکس اس کا مرے آئینہ ادراک میں ہے

*An incident that is as yet hidden behind the veils of the heavenly horizons, I see its reflection in the mirror of my profound and deep comprehension.*

# APDNA Annual Journal 2023

This verse clearly indicates that Iqbal was aware of his rare and unusual ability of perceiving and foreseeing the events of the future. That kind of voracity and self-assurance is not mere poetic gloating or self-praise but a sure firmness of one's ability and understanding. We notice in his work that the way he analyzed the western powers, the moral decline of the west and the control of financial markets by a certain segment of the society is proving to be correct. His vision of a strong Islamic nation in Southeast Asia, spreading of Islam across the globe and the prediction that it will achieve "The Global Leadership" (Duniya ki imamat) again one day is not too far from the reality. He advises the youth of today, to learn the lessons of the Truth, Justice, and the Courage to be prepared for that leadership role.

Advising the youth, the leaders of tomorrow, he imparts the lessons of oneness of The Almighty, and the love of his beloved Prophet. He describes the status of the "Perfect Man", the one who bows down to only the Creator and who puts all his or her affairs in Divine hands, as the one who does the work of the Creator (with his permission and under His command) and is forever active. Such are the people, Iqbal says, who excel in their status by the day and never see a decline. They seem to set on one horizon only to rise again at another horizon.

Then he goes ahead once again and asserts that :-

"Bante hain meri kargah-e-fikr meiN anjum. Aa apney muqaddar ke sitarey ko tou pehchaan.

بنتے ہیں مری کارگہ فکر میں انجم - آ، اپنے مقدر کے ستارے کو تو پہچان

*In the workplace (Factory) of my contemplation and thoughts, stars are being manufactured. Come and recognize the star of your destiny.* He clearly is giving the message that

He clearly is giving the message that if you are to follow the message in my poetry, you will be able to achieve your goals and reach your destiny and a bright future. His assertion is valid not only because he was in touch with the reality of the world military and financial powers but also because he was basing his message on the dictates of Divine message in the scriptures. He was well versed in the religious as well as politico-philosophical literature, to be sure of himself. His faith in the Creator is firm and unshakable.

Along the same line of thinking, Iqbal paints a picture of not-too-distant future. He gives hope and encouragement to the youth that if they learn to believe in themselves and the prowess that they have, they will find the entire world at their feet, once they put those powers, hidden within them, in action. He gives them the hope and the inspiration to reach out to the stars. He says I love those young people that throw a hook and a trap to capture the stars of the sky. He repeatedly advises them to read through the lines and recognise the recipe for success hidden in his deep poetic message.

"Khoal kar aankhaiN merey aaeina e guftaar meiN, Aaney waaley daur ki halki si ik tasweer daikh.

کھول کر آنکھیں مرے آئینہ گفتار میں - آنے والے دور کی ہلکی سی اک تصویر دیکھ۔

*Look into the mirror of my utterings with open eyes and see a brief expose of the coming Era.*

Where else in poetry literature, one finds strong and clear statements like this. Iqbal was fully aware that purposeless poetry is discouraged in Islam. In Ghazal form, one could aggrandize and idolize the beloved and use poetic hyperbole but in the form of poetry that Iqbal delved in, there was no room for exaggerations or lies. At one point in his poetry, being sure of his message and its intent, he implies that if there was anything in his poetry inconsistent with the message the Divine Book, may he be deprived of the opportunity, on the day of judgement, to kiss the feet of the beloved Holy Prophet. He wrote from his heart and he believed in what he wrote. Such is the poetry that is permissible, admired and encouraged, as source of guidance and inspiration.

## اپنا

ڈاکٹر عبدالرحمن عبد

مرحبا! وہ لوگ، کہ تخلیق فرمایا مجھے

رکھ کر میرا نام "اپنا"، تاج پہنایا مجھے

مجھ پر اپنے وقت اور سرمائے کو نثار

آبیاری کی میری، اک شان تک لایا مجھے

رفتہ رفتہ وہ مگر مجھ سے جدا ہونے لگے

پھر نئے اطوار کے اپنوں نے اپنایا مجھے

ناگہاں، میں کچھ عجب اپنوں کی جھولی میں گری

قدر کیا کرتے میری، جب مفت میں پایا مجھے

کچھ سخن سازوں نے پھر، درگت بنا ڈالی میری

بے وزن کہنے لگے، اور بے سرا گیا مجھے

جو میرے معمار تھے، بیزار ہو کر ہٹ گئے

روزوشب کا یوں بدل جانا نہ راس آیا مجھے

فکر لاحق ہے کہ گر جائے نہ معیار ادب

مثل جان، پیارا ہے یہ اردو کا سرمایہ مجھے

شاعر صاحب نظر تھے، جعفری سید ضمیر

بر محل، یہ شعر ان کا آج یاد آیا مجھے

بر نظر بس اپنی اپنی روشنی تک جا سکی "

"بر کسی نے اپنے اپنے ظرف تک پایا مجھے



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