



APPNA
Spring Meeting

May 8-9, 2026
New Jersey, USA



APPNA

Association of Physicians of Pakistani Descent of North America

President's Message



Home First: Turning Affluence into Influence for Meaningful Impact in the Homeland

Dear APPNA Members, It is my great pleasure to welcome you to New Jersey for the APPNA Spring Meeting on May 8–9, 2026.

This year's Spring Meeting was organized within a short timeframe following the postponement of our planned meeting in Pakistan due to regional circumstances. Despite this challenge, the New Jersey team has demonstrated exceptional dedication and leadership in delivering a high-quality and meaningful program. I would like to extend my sincere appreciation to Dr. Amina Saqib, Chair of the meeting, along with her outstanding team, Ali Abbas, Saqib, Zeeshan, Faizan, Fawzia, and our advisors, Haroon and Avais.

The meeting offers a rich combination of educational excellence and community engagement. Our program includes CME-accredited sessions, participation from distinguished faculty from leading institutions such as Harvard and New York City, and focused discussions on healthcare innovation, mental health, early-career physician development, and counseling. We are also pleased to host sessions on emerging technologies, including artificial intelligence, along with participation from representatives of the Governor's Office of New Jersey.

Beyond academics, the meeting provides an opportunity for meaningful connection through thoughtfully planned social events that reflect the spirit of collaboration and camaraderie within APPNA.

As I have shared throughout this year, our guiding theme is to create meaningful impact—beginning in the homeland—and to transform affluence into influence. In alignment with this vision, we have launched the Home First initiative, highlighted by a nationwide National Healthcare Day across APPNA chapters. I am pleased to share that over 25 chapters are already actively participating, with continued expansion underway.

In addition, we are strengthening our commitment to service through the expansion of food pantries across North America and the development of new free health clinics in the coming months. I am grateful to Rana Naeem, Amara Rahman, and Saima Zafar for their leadership in these efforts, with oversight support from our Board member, Fizza Rafiq.

I warmly invite you to join us in New Jersey for what promises to be an engaging, impactful, and memorable meeting. Together, we will continue to build on APPNA's legacy of service, education, and leadership.

Warm regards,

Babar K. Rao, MD, FAAD
President, APPNA 2026



From the Editor's Desk



Dear APPNA members,

On behalf of the Publication Committee, it is my privilege to welcome you all to Parsippany, New Jersey for the APPNA 2026 Spring Meeting and to present this year's Spring Meeting Journal. This edition features insightful reports and messages from APPNA's Board of Directors, Committee Chairs, and Presidents of Chapters and Alumni, along with engaging articles in both English and Urdu. The successful completion of the APPNA Spring Meeting Journal is a testament to the hard work and dedication of the Publication Committee, who carefully reviewed all materials to ensure a publication of the highest quality. I would like to express my sincere gratitude to the committee members, as well as my appreciation for the administrative and organizational staff whose continued support made this endeavor possible. Their professionalism and attention to detail remain invaluable to APPNA's mission.

I am pleased to announce that the Publication Committee will be organizing several competitions during the spring convention exclusively for high school students, including a youth essay competition, art and photography contests, as well as an Urdu poetry competition. We strongly encourage our members to motivate and support youth participation, and we invite all members to actively engage in and contribute to this initiative.

The winner of the Urdu poetry competition will have the distinguished opportunity to present their work at the Annual Mushaira during the spring convention. The winner of the essay competition will receive a monetary award. Selected entries from the art and photography contests will be showcased on the main screens during the Friday and Saturday banquets.

We hope you find this journal informative and intellectually enriching, and we look forward to an engaging and successful spring convention.

Faisal Wasi, MD
Chair, Publication Committee, APPNA 2026

Members, Publication Committee, APPNA 2026
Shaheen Mian, MD Shamim Salman, MD
Sarwat Shaheen, MD, ABFM Mirwat Shehzad Sami, MD, FACS



Dancing Queen: A luminous bloom emerges through molten layers, where fire and pigment fuse into a fleeting moment of vitality; Painted with real beeswax mixed with resin pigments, fused together with a high intensity propane fire torch. Courtesy of Umbreen Hasan



Front Journal cover Submission; courtesy of Naureen Shaukat



APPNA

Association of Physicians of Pakistani Descent of North America

Chair Host Committee Message



Dear APPNA Members,

It is with great honor and genuine pleasure that I welcome you, on behalf of the Host Committee and APPNA New Jersey, to the APPNA Spring Meeting 2026. For one remarkable weekend, New Jersey will become a meeting place for ideas, leadership, culture, and community at the very highest level.

This year's gathering has been envisioned as more than a conference—it is a celebration of excellence, leadership, and connection, bringing together physicians, policymakers, and thought leaders for a weekend that reflects the very best of APPNA. Set within the elegant surroundings of the Sheraton Parsippany, this meeting has been thoughtfully curated to showcase academic distinction, civic engagement, cultural pride, and the gracious hospitality of APPNA NJ.

At the heart of this year's program is a strong commitment to exceptional CME and forward-looking dialogue. Our academic sessions will feature timely clinical insight, meaningful professional exchange, and conversations centered on the ideas shaping the future of medicine—including the transformative role of AI and innovation in healthcare. We are also privileged to feature Atif Mian, whose internationally respected economic insights will bring extraordinary depth and perspective to this year's dialogue.

We are especially honored to welcome Governor Mikie Sherrill, along with mayors, members of Congress, and distinguished civic leadership. Their presence reflects the growing visibility, influence, and civic contribution of the physician community in shaping both public life and policy.

Beyond the podium, the experience has been curated with equal care. Friday Cultural Night will celebrate the richness of Pakistan by bringing together the four provinces in an evening of heritage, unity, and pride. Saturday evening will offer a more elevated social experience—defined by luxury hospitality, exceptional cuisine, and sophisticated entertainment—with performances spanning both modern and folk musical traditions.

With its proximity to New York City, the Jersey Shore, and the cultural energy of the Northeast, New Jersey offers a fitting and memorable backdrop for a gathering of this caliber.

May this gathering remind us that while medicine is our profession, service is our calling, excellence is our standard, and community is our enduring strength. Through scholarship, fellowship, and shared purpose, may APPNA Spring Meeting 2026 leave us not only better informed—but more deeply inspired to lead, to serve, and to shape the future with distinction.

With warm regards,

Amina Saqib, MD
Chair, Host Committee APPNA Spring Meeting 2026



APPNA

Association of Physicians of Pakistani Descent of North America

Host Committee



Amina Saqib, MD
Chair



Muhammad Ali Abbas, MD
Co-Chair



Saqib Zia, MD
Chair CME



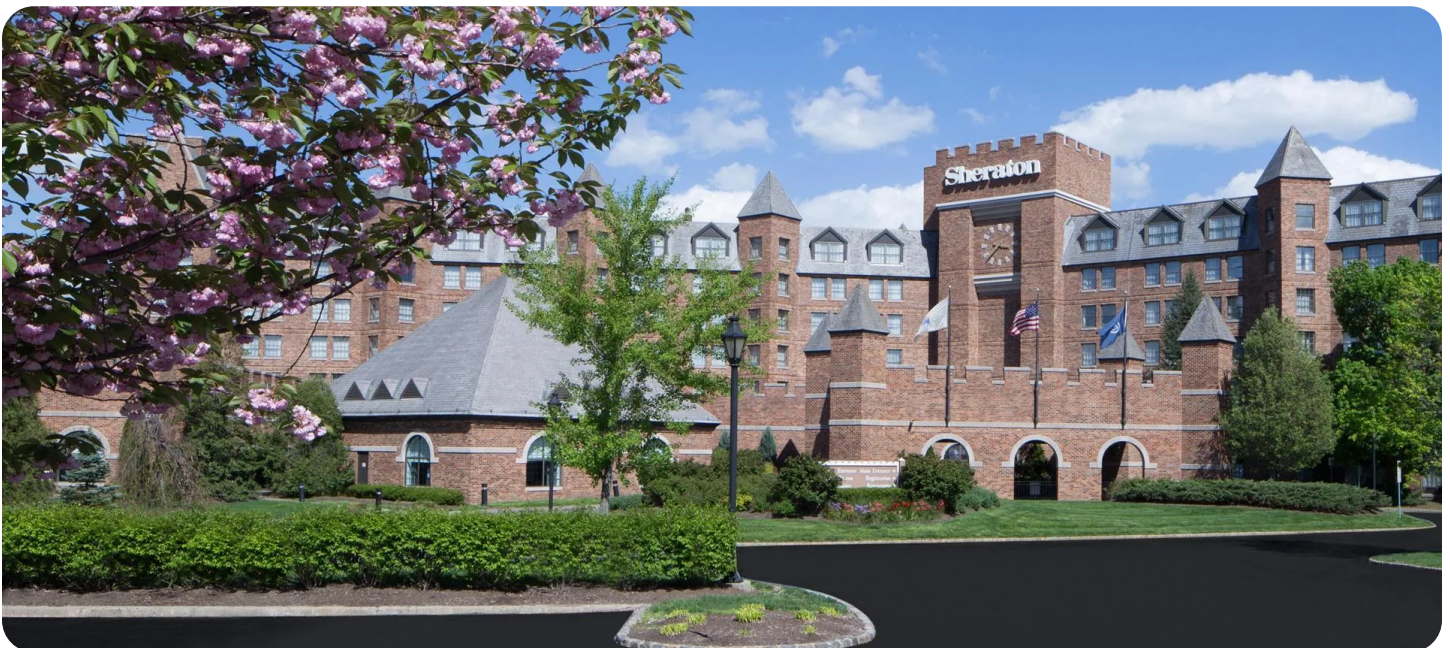
Muhammad Zeshan, MD
Co-Chair CME



Fauzia Anwar, MD



Faizan Anwar, MD





APPNA

Association of Physicians of Pakistani Descent of North America

President Elect Message



THE TRUE STORY OF APPNA.

A DEFINING MOMENT

We often say we are one of the strongest physician communities in this country. But today, we must ask ourselves honestly—

are we truly demonstrating that strength?

For decades, we have given generously—our time, our energy, and millions of dollars—to causes far away.

We gave with sincerity. With loyalty. With a deep sense of duty.

But now, it is time to ask a harder question:

What have we built here—for ourselves, for our children, for our future?

Do we have a decent office space for APPNA that reflects who we are?

Do we have our own nursing homes, assisted living facilities, or community centers that serve our people? As we approach our 50th Golden Jubilee, this is not just a milestone—

this is a moment of truth.

Will we only celebrate the past...

or will we finally build the future?

Imagine this:

A brand-new **APPNA headquarters** in the United States.

A space we proudly call our own.

A professional environment that reflects our identity and achievements.

A property that generates rental income—ensuring independence, stability, and sustainability.

A lasting legacy for generations to come.

This is not just a building.

This is who we are.

We do not need outside help.

We do not need to ask anyone else.

If each one of us steps forward—just once—with \$1,000...

we can raise \$ 5 million.

That's it. That's all it takes.

But what it truly requires is something deeper:

Belief. Unity. Ownership.

No one person can do this alone.

But together—**we can make history.**

Let us not miss this moment.

Let us not leave this unfinished for the next generation to question.

Let them say:

This was the generation that finally built something of its own.

Stand up. Step forward. Be part of this.

Because this is not just a project.

This is our identity.

Regards,

Aftab Khan

President-Elect, APPNA

630-631-8683

Donations can be sent to the APPNA office or by contacting me directly.



APPNA

Association of Physicians of Pakistani Descent of North America

Immediate Past President Message



Dear APPNA family!

It is my unique honor and privilege to welcome you all to APPNA SPRING MEETING 2026 in Parsippany-Troy Hills, NJ. A big shout out to President APPNA Babar Rao, Dr. Amina Saqib (Chair) Dr. M. Ali Abbas (co-Chair) and the rest of the team for their leadership and dedication.

These meetings have a unique way of bringing the APPNA family together, sharing awesome experiences of continuing medical education, APPNA legislation and cultural experiences like Pakistani food and music. NJ is a hub of Pakistani culture and a great choice for a meeting.

Enjoy with your family and see you all soon in Orlando for the annual convention.

Humeraa Qamar MD MPH FAAP
Past President APPNA 2026





APPNA

Association of Physicians of Pakistani Descent of North America

Secretary Message



Dear APPNA family,

On behalf of the Association of Physicians of Pakistani Descent of North America (APPNA), it is my distinct honor to welcome you to the APPNA Spring Meeting 2026, which is taking place in Parsippany, New Jersey from May 8–10, 2026.

This gathering represents a premier platform for professional development, academic exchange, and collaboration among healthcare professionals. The meeting will feature a diverse range of sessions addressing contemporary healthcare challenges, including the integration of emerging technologies such as artificial intelligence in medicine.

Attendees will have the opportunity to engage with distinguished experts, participate in interactive workshops, and foster meaningful professional connections. This event reflects APPNA's continued commitment to excellence, innovation, education, and service to the communities here locally and globally.

We look forward to welcoming you to an enriching and impactful meeting.

With gratitude,

Muhammad Aslam, MD
Secretary, APPNA 2026



Treasurer Message



Dear APPNA Members,

We are off and running in 2026!

The year started with the Strategic Meeting in San Francisco in January, followed by the Sri Lanka & Maldives International Trip in February. The P&L statements, as prepared by the accounting team, are listed below, with net gains ranging from \$40 to \$50 thousand each. I would like to commend the Dr. Naeem Rana and the Strategy Meeting team for hosting us in the beautiful Fairmont Hotel. I recall Dr. Naeem expressing his concerns about higher costs in expensive SF. By networking with Silicon Valley and Pharma, sponsorships reached approximately \$190,000 and ticket sales exceeded \$80,000, for total revenue of \$282,046. The main expenses were hotel costs (meeting rooms, catering, AV, etc.) at \$132,497 and a reasonable \$41,000 for entertainment.

Statement of Activity by Class		
ASSOCIATION OF PHYSICIANS OF PAKISTANI-DESCENT OF NORTH		
January 1, 2026-March 7, 2026		
Distribution account	2026 Strategy Meeting	SRILANKA 2026
Income		
D. Meetings		
Annual Meetings	\$83,636	
Contributions/Sponsorships-Mtg	\$173,000	
Exhibitor Booths	\$17,270	
International Meetings		\$555,471
Refunds	\$(1,260)	\$(5,600)
Total for D. Meetings	\$272,646	\$548,871
E. CME	\$9,400	\$47,798
Total for Income	\$282,046	\$596,669
Cost of Goods Sold		
Gross Profit	\$282,046	\$596,669
Expenses		
C- General		
Merchant & Portal Fees	\$12,389	\$18,368
Total for C- General	\$12,389	\$18,368
D- Meetings Disbursements		
Advertising & Promotion	\$1,100	
Audio Visual	\$9,855	
Cash		\$7,000
Catering	\$18,929	
Decoration	\$6,709	
Entertainment	\$41,000	\$4,014
Hotel Expenses	\$132,497	\$40,752
Management services	\$8,260	\$32,780
Postage & Shipping	\$1,546	
Professional Fees/Services	\$750	
Supplies & Materials	\$1,011	
Security Services	\$1,500	
Travel	\$2,650	\$452,398
Total for D- Meetings Disbursements	\$225,807	\$536,944
E. CME Expenses		\$1,500
Total for Expenses	\$238,197	\$556,812
Net Operating Income	\$43,849	\$39,858
Pending Refunds	\$(7,840)	\$(10,693)
Pending Expenses		\$7,000
Net Pending Charges	\$(7,840)	\$(3,693)
Net Income	\$51,689	\$43,550

The Islamabad meeting was delayed to December, so Dr. Amina Saqib and the New Jersey Spring Meeting host committee sprang into action.



APPNA

Association of Physicians of Pakistani Descent of North America

The APPNA BOD commends them for taking on this challenge on such short notice. Dr. Saqib submitted the projected budget for the Spring Meeting 2026, as listed below.

Expected Tentative Budget for Spring Meeting -2026	
Category	Amount
EXPENSES	
Coffee Breaks	\$ 4,600.00
Friday Breakfast	\$ -
Friday Lunch	\$ -
Saturday Breakfast	\$ -
Saturday Lunch	\$ -
Friday Dinner	\$ 54,000.00
Saturday Banquet	\$ 140,000.00
Exhibitors Expenses	\$ 16,000.00
Mangement Fees	\$ 10,700.00
Audio-Visual	\$ 15,000.00
Guest Rooms	\$ 5,000.00
Power /Electricity	\$ 4,000.00
Publication & Printing	\$ 4,000.00
Bags; Name Badges. Other supplies	\$ 1,500.00
Security / Ushers	\$ 3,500.00
Administration/Operational Temp Services	\$ 2,000.00
Misc.	\$ 3,000.00
Tips and Gratuities	\$ 3,000.00
IT/ AV Consulting	\$ 5,000.00
Sponsorship Commissions	\$ 8,000.00
Entertainment	\$ 10,000.00
Decorations	\$ 7,000.00
Photo & Videography	\$ 4,000.00
Staff Expenses	\$ 4,000.00
G. Total	\$ 304,300.00
INCOME	
Registration and other Programs	\$ 1,000.00
Exhibits/Vendors	\$ 35,000.00
Publication	\$ 10,000.00
Sponsors / Pharma Booths	\$ 120,000.00
Entertainment only	\$ 5,000.00
Friday Dinner Ticket Sales	\$ 40,000.00
Saturday Dinner ticket sales	\$ 110,000.00
G. Total	\$ 321,000.00
<u>Surplus/Deficit</u>	<u>\$ 16,700.00</u>

The Projected Operations Budget for 2026 was also reviewed and approved by the BOD in its April Meeting and will be presented to the Council during the Spring Meeting. This budget is in line with the itemized revenue and expenses from 2025.

As of April 10, 2026, there was \$162K in the APPNA Operations bank account and approximately \$1.4 million each in the Annual Meetings (with 2026 Summer expenses pending) and International Meetings (with 2027 Antarctica expenses pending) bank accounts. Lifetime Investment Funds were at \$4.52 million (Hilltop Securities) plus \$2.37 million (Arch Global), for a sum of \$6.9 million. The net increase of Lifetime Investments from the end of year 2025 balance



APPNA

Association of Physicians of Pakistani Descent of North America

through the first quarter of 2026 was \$166,789. The balance on the COVID-related SBA loan is \$14,852, which should be paid off by the 3rd quarter of this year.

Proposed Operations for Jan to Dec 2026	
Revenue	
Funds from 2025 for first 3 months of operation expenses in 2026	\$ 75,000.00
Annual Membership Dues	\$ 150,000.00
Election Fee Income	\$ 12,000.00
Meeting Gains - Strategic Meeting	\$ 50,000.00
Meeting Gains - Spring	\$ 5,000.00
Meeting Gains - Summer	\$ 390,000.00
Meeting Gains - Fall	\$ 50,000.00
Meeting Gains - Winter	\$ 10,000.00
Meeting Gains - Canada	\$ 3,000.00
Meeting Gains - Sri Lanka	\$ 40,000.00
Meeting Gains - Baltics	\$ 10,000.00
Meeting Gains - China	\$ 40,000.00
YPC	\$ 10,000.00
MERIT	\$ 20,000.00
Total Revenue	\$ 865,000.00
Expenses	
Wage Expenses (including wages, fees, tax, insurance) 2.5 FTE	\$ 250,000.00
Employee Health Insurance	\$ 25,000.00
RESA/YPC/MERIT Coordinators	\$ 30,000.00
Staff Bonuses	\$ 5,000.00
Office Bldg Association Dues	\$ 10,000.00
Taxes (property taxes and filing fees)	\$ 18,000.00
Business Insurance	\$ 2,500.00
SBA EIDL (Loan Repayment)	\$ 15,000.00
Canada YPC Scholarship	\$ 12,000.00
Accounting Services - Mustafa Naviwala	\$ 66,000.00
Audit Services (UAK CPA)	\$ 10,000.00
Bank Charges	\$ 7,000.00
Office Supplies	\$ 10,000.00
Office Repairs & Maintenance	\$ 6,000.00
Dues & Subscriptions	\$ 8,000.00
Election Expense	\$ 8,000.00
Internet	\$ 2,400.00
Legal & Professional Fees	\$ 60,000.00
National Health Care Day	\$ 10,000.00
Other Event Expenses	\$ 15,000.00
Printing	\$ 2,500.00
Shipping/Postage	\$ 5,000.00
Repairs/Maintenance	\$ 2,000.00
Telephone	\$ 4,000.00
Travel & Meals	\$ 1,500.00
Utilities (Gas & Electric)	\$ 12,000.00
ZOOM & Constant Contact	\$ 5,000.00
Funds to cover first 3 months operations expenses for 2027	\$ 75,000.00
Allocation for Real Estate Purchase	\$ 100,000.00
End of Year Philanthropic Project 2026	\$ 50,000.00
Total Expenses	\$ 826,900.00
Net	\$ 38,100.00

The final P&L assessment for 2025 is almost complete and the annual audit for 2025 has begun. The Finance (FIC) and Finance Compliance Committees (FCC) continue to collaborate in document reviews. FCC meetings have been arranged with the Treasurer, accountant, and auditing firm to ensure robust oversight.

On behalf of the BOD and my colleagues on the FIC, I look forward to sharing a more detailed presentation at the Spring Meeting and addressing your questions.

Sincerely,
 Mujtaba A. Qazi, M.D.
 APPNA Treasurer 2026
 APPNA BOD 2025-26



APPNA

Association of Physicians of Pakistani Descent of North America

Bridging Continents, Celebrating Heritage Inside the APPNA Winter Meeting 2025 in Lahore



From December 21–25, the historic city of Lahore hosted one of the most memorable Winter Meetings of APPNA, blending academic excellence, cultural pride, and global collaboration, while marking one of the highest attendance levels in recent history.

A pre-conference surgical workshop on laparoscopic hernia repair was held at AIMC. The meeting opened with a powerful two-day, 13-hour CME conference titled “Obesity Uncovered: From Pathophysiology to Holistic Solutions” and “Transforming Patient Care Through Collaboration and Innovation.” With more than 300 physicians in attendance and over 60 speakers across multiple specialties—including Medicine, Cardiology, Oncology, Infectious Diseases, Surgery, and Endocrinology—the CME set a high academic standard and emphasized collaborative approaches to modern healthcare challenges.

A diplomatic highlight included a luncheon welcoming U.S. Consul General Stetson Sanders and Minister Counselor Ray Castillo, reflecting strengthening ties between Pakistani and North American healthcare communities.

Cultural events showcased Lahore’s timeless grandeur. A magical evening at the UNESCO-listed Lahore Fort and a heritage visit to the iconic Badshahi Mosque celebrated the city’s rich history. A special highlight was the Golden Jubilee of AIMC, bringing together alumni and faculty in pride and nostalgia, with entertainment by Bhangra guru Abrar ul Haq.

APPNA delegates experienced Lahore’s timeless charm at a cultural night at the historic Haveli Barood Khana of Mian Yousaf Salahuddin - the event featured authentic Lahori cuisine and a soulful performance by Sahir Ali Bagga.

A curated heritage tour on December 24th guided delegates through the Walled City of Lahore. Beginning at Delhi Gate, the journey included visits to Masjid Wazir Khan, Shahi Hammam, Sadequain Baithak, and the iconic Badshahi Mosque. The tour concluded at the historic Lahore Fort, where delegates enjoyed traditional cuisine including saag and makai roti.

The grand gala attended by over 900 guests at Pearl Continental Lahore united physicians, families, and community leaders in celebration. The program featured a fashion show by Behbud Pakistan followed by a captivating musical concert by Rahat Fateh Ali Khan making the evening truly unforgettable.





APPNA

Association of Physicians of Pakistani Descent of North America

A defining diplomatic moment came when APPNA delegates were hosted at the Governor House Punjab by acting President of Pakistan and Chairman Senate Mr. Yousaf Raza Gilani highlighting the growing influence of the Pakistani medical diaspora in shaping dialogue across healthcare, philanthropy, and public service. The meeting concluded with a patriotic visit to the Wagah Border, leaving attendees with a profound sense of pride and connection.

Beyond its cultural and academic success, the Winter Meeting achieved a net profit of \$45,000, reflecting strong leadership and teamwork. Special recognition goes to APPNA President Dr. Humeraa Qamar for her guidance and to the dedicated organizing team, including Dr. Tahir Paul, Dr. Babar Rao, Dr. Atique Mirza, Dr. Fazal Ali Akber, Dr. Saad Usmani, Dr. Abbas Raza, Dr. Naeem Tahir Kheli, Dr. Kashaf Sherafgan, Mr. Laiq Siddiqui and APPNA BOD.

More than a conference, the APPNA Winter Meeting 2025 was a celebration of shared purpose — a living bridge between continents, communities, and the future of global medicine.

Nusrum Iqbal, MD FACP
Chair APPNA Winter Meeting 2025





APPNA

Association of Physicians of Pakistani Descent of North America

APPNA Strategy Meeting 2026

January 23-25, 2026 San Francisco, CA





APPNA Advocacy Committee



I am honored to have the opportunity to chair the Advocacy Committee in 2026 and would like to thank the President, Dr. Babar Rao for his trust and confidence in me for the role.

This responsibility carries with it numerous challenges to identify and prioritize the many issues which are deserving advocacy efforts. The primary challenge is to navigate and interpret the organization's constraints and designation as a non-political organization. The committee will ensure that all activities are approved by the President and Board of Directors.

For 2026 the Advocacy mission will focus on several key goals:

- Help address and resolve complex VISA issues of young physicians- The current legislation has heightened restrictions of J1 and H-1B visas which has increased the number of issues affecting our new physicians.
- APPNA Day on the Hill- Hold the Annual APPNA Day at US Capitol with focused objectives to present and discuss with the legislators we meet.
- Organize the first ever Annual APPNA Day at State Capitals across the country.
- Encourage physicians to actively participate in hospital and other workplace committees and encourage members to participate in local and state level boards.

We aim to reach out to APPNA chapters for their assistance in organizing and conducting the APPNA Day at State Capitals.

We also want to leverage the established long-term relationships with local and national legislators of our committee members to further healthcare policy, both in their states and at national level.

The Advocacy committee plans to conduct a series of webinars and in-person sessions in upcoming APPNA meetings.

Both platforms will allow new medical graduates the opportunity to learn how to face the current challenges and ask questions from our experts.

A session in the APPNA Spring meeting in Islamabad is scheduled for medical aspirants to learn about the immigration process and share challenges in person. We will also invite a PMDC representative to attend and proactively help address common issues graduates typically face.

Advocacy committee is also planning to form a coalition with other medical organizations to jointly lobby for easing of visa restrictions and facilitate new medical graduates enter the US health care system where they perform a key role.

The year long mission will be to achieve success in our focused and meaningful goals.

Samina Qureshi, MD
APPNA Advocacy Committee Chair 2026



APPNA

Association of Physicians of Pakistani Descent of North America



APPNA
Association of Physicians of
Pakistani Descent of North America



"MENASA Group is Joining Hands
With APPNA as a Strategic Partner"



Liaison Committee with other Professional Organization Report 2026

Chair: Raffia Qutab, MD (2025-2026)

Liaison Committee is dedicated to ensure its continued excellence and leadership through specific structured processes in advancing professional development with a strong focus on filling critical gaps and building bridges with other Professional Medical Organizations.

Key flagship projects of Liaison Committee for 2026:

1. The Liaison Committee is proud of its efforts in making APPNA a member of SSS, the largest Caucus of AMA. We will continue to strive in maintaining this professional union and to be involved in supporting policies which are in favor of our physicians.
2. We are working on building bridges with Sub-Specialty Medical Boards, shifting from a transactional relationship to a collaborative partnership—focusing on shared goals like quality improvement, lifelong learning, and professional development.
3. A relationship with the Federation Of State Medical Boards (FSMB) has been made to build a strategic and proactive approach to improve compliance, patient care and professional standing and will explore the evolving credentialing process and Licensure implementation of different pathways for IMGs and ITPs. We will be doing a series of webinars with the President and CEO Dr. Humayun Chaudhry to bring all this information. First webinar will be on 2/28/26 at 12 PM EST and 10 PM Pakistan Time.
4. The Liaison Committee is reaching out to Middle Eastern, Hispanic, and South Asian Medical Societies to amplify the voice and strength of APPNA .
5. Chair Raffia Qutab, MD will be representing APPNA at the MENASA Annual Summit in Chicago on 4/19/26 . We will conduct workshops and webinars with MENASA Group for the Professional development of our physicians to train them as clinical investigators for better therapeutic outcomes.
6. We are dedicated to its Humanitarian Mission and will continue its series of webinars in collaboration with the Medical Schools in Pakistan to advocate and bridge the gap for the well being of our next generation of Physicians in regards to their Physical, Mental And Social Health.

EVOLVING CREDENTIALING AND LICENSURE TRENDS FOR IMGs AND ITPs
February 28, 2026 12 PM EST / 10 PM (Pakistan Standard Time)

Liaison Committee APPNA with other professional organizations
CEO FEDERATION OF STATE MEDICAL BOARDS
APPNA LEADERS IN PHYSICIAN'S CAREER BUILDING

 HUMAYUN CHAUDHRY, MD, MScP President and CEO of Federation of State Medical Boards (FSMB)	 RAFFIA QUTAB, MD Executive Assistant/President of APPNA Liaison Committee	 AMNA QURESHI, MD FACAP	 SYEDA A. NAQVI, MD Director, International Liaison (International Medical Center, Rosalind Franklin University of Medicine and Science, Chicago, IL)
 MOHAMMAD HANIFULLAH, MD President of the American Society of International Physicians (ASIP)	 KEYNOTE SPEAKER	 PANELIST	 PANELIST

SCAN HERE

ZOOM LINK: [HTTPS://BIT.LY/4ALX48D](https://bit.ly/4ALX48D)

The Liaison Committee is building bridges with other professional organizations to enhance and foster professional development and to build a collaborative relationship between physicians and regulatory bodies like FSMB to update about the regulations designed for International Medical Graduates and International Trained Professionals seeking to advance their careers.

APPNA Liaison Committee:

Chair: Raffia Qutab, MD

Team:

- Amna Qureshi MD ,
- Hyder Alam MD,
- Saima Muzahir MD,
- Haroon Rashid MD,
- Sam Naqvi MD,
- Saira Ali MD,
- Mobeen Rathore MD



APPNA

Association of Physicians of Pakistani Descent of North America

APPNA Medical Corps: A Mission of Service, A Legacy of Healing



For decades, the Association of Physicians of Pakistani Descent of North America (APPNA) has represented more than professional achievement. At its heart lies a shared belief: physicians carry a responsibility that transcends borders—especially where human suffering is greatest. That belief finds its most visible expression through APPNA Medical Corps (AMC), APPNA's humanitarian and medical mission arm.

AMC brings together physicians, surgeons, nurses, and allied health professionals to deliver ethical, organized, and impact-driven medical care to underserved populations. Its work is guided by a simple principle: healing must be compassionate, credible, and sustainable.

Vision 2026: Going Global With Purpose

The year 2026 marks a defining expansion for APPNA Medical Corps. Building on years of experience, AMC is scaling its reach and specialization—transitioning from isolated missions to a coordinated global footprint grounded in trusted partnerships and continuity of care.

In 2026, AMC will deploy multidisciplinary teams across five countries, addressing both acute needs and long-term capacity building:

January – Guatemala: Primary for underserved communities

April – Bangladesh: Clinical services for vulnerable populations

June – Jordan: Refugee and host-community care in collaboration with Islamic Relief USA and UNHCR

September – Pakistan: primary care/internal medicine sub, Specialities, surgical support, and institutional collaboration

December – Kenya: Integrated care across refugee camps and local hospitals

These missions will involve physicians from internal medicine, family medicine, pediatrics, cardiology, general and orthopedic surgery, neurosurgery, dermatology, psychiatry, and other specialties—supported by nurses, trainees, and volunteers.

Beyond Treatment: Building Capacity

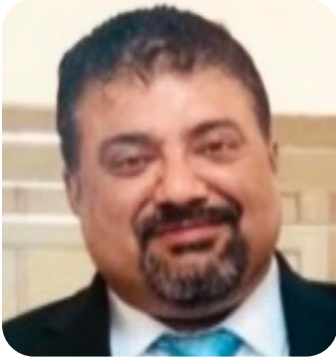
What distinguishes AMC is its commitment to education, ethics, and sustainability. Each mission integrates hands-on training, bedside teaching, and professional exchange—strengthening local systems while delivering high-quality care today.

APPNA Medical Corps is powered by professionals who choose service and by partnerships built on trust. As AMC goes global in 2026, its mission remains unchanged: to heal without borders, to serve with dignity, and to leave systems stronger than we found them.

Dr. Fazal Akbar Ali
Chair APPNA Medical Corps 2026



APPNA Scholarship Endowment Program



APPNA Alumni Scholarship Project was started in 2013 with a pledge of generous donation by an alumni member in the amount of ONE MILLION DOLLARS. The Scholarship Program is intended to help deserving students enrolled at respective medical colleges in Pakistan to defray some of their educational expenses. This is a way for us to Thank God Almighty for all the blessings we have had and help future students with their studies. The money is distributed from the appreciation and income of invested funds and we are hoping that this program will be continued for years to come. The Scholarship Committee Members, in collaboration with the respective Alumni, have worked very hard to raise funds for this noble cause and have been able to raise over 1.5 million dollars.

The GOAL of the program is to help the extremely bright deserving students at various medical colleges to ease the financial burden during their studies. Most of these students belong to under privileged families and many of them have other siblings studying at other institutions concurrently making it hard for their parents to pay for their education.

These funds are being invested in the dedicated APPNA Scholarship Endowment Account with sub-accounts for each alumni, according to the APPNA Finance Committee Guidelines. These funds are RESTRICTED exclusively for undergraduate scholarship recipients of PARTICIPATING Alumni colleges.

A generous donor has contributed \$100,000.00 in 2025 to APPNA Scholarship Program for the benefit of deserving students at various medical colleges in Pakistan. Scholarship Committee has decided with consensus to allocate \$25,000.00 as matching grant to NAMA, Bolan Medical College Alumni, Dental Alumni and DOW Medical College Alumni to encourage them to participate in the APPNA Scholarship Program. The Scholarship committee has been actively working with the current leadership of all the mentioned Alumni to raise funds for the benefit of their students.

Since its inception the program has made tremendous progress. We have been able to disburse over \$360,000.00 over this period of time and helped hundreds of undergraduate students at various medical schools in Pakistan with their educational expenses.

Following is Current Account Value as of January 31, 2026

Medical College	Current Account Value
Nishtar Medical University:	\$2,001,692
King Edward Medical University:	\$ 988,793
Jinnah Sindh Medical University:	\$ 390,137
Quaid-I-Azam Medical College:	\$ 270,841
Allama Iqbal Medical College:	\$ 225,899
Rawalpindi Medical University:	\$ 221,186
Fatima Jinnah Medical University:	\$ 184,019
Khyber Medical College:	\$ 63,430
Bolan Medical College:	\$ 43,679

The Scholarship Program is ongoing. All donations are TAX DEDUCTIBLE. These scholarships are distributed to the deserving medical students at various medical colleges in Pakistan. This is the best way to donate your Charity Funds. Please visit www.appna.org to donate online or to download and print the pledge form to make your payment by check or credit card.

Respectfully Submitted,

Rizwan Iqbal, MD
Chair – Scholarship Committee

Masood Akbar, MD
Co-Chair - Scholarship Committee

Ahmad Saeed Khan, MD
Advisor - Scholarship Committee

445 Brick Blvd, Suite 106
Brick, NJ 08723

340 State Route 34 S, Suite 203
Colts Neck, NJ 07722



BOARD CERTIFIED
DERMATOLOGIST



IN COLTS NECK AND BRICK NJ

Trained at Rutgers-RWJ School of Medicine, Dr. Khokher specializes in skin cancer and medical dermatology for all ages with a special interest in Hair Loss & Cosmetic Dermatology including Botox, Fillers, Lasers, and more.

Compassionate care for your entire family by a board-certified dermatologist, Sairah Khokher.



Book Today!
732-677-2049
www.kdermnj.com

The APPNA Spring Meeting Host Committee is delighted to welcome all APPNA delegates to the vibrant and beautiful state of New Jersey.



APPNA

Association of Physicians of Pakistani Descent of North America

APPNA Alabama Chapter

The APPNA Alabama Chapter remains committed to engaging both locally and nationally in meaningful dialogue on how Pakistanis can become an effective voice within local systems. We cannot afford to isolate ourselves or ignore our surroundings as a professional organization. True influence comes from participation — not separation.

Healthcare policies directly affect:

1. Patient care and access
2. Physician well-being
3. System sustainability
4. Medical education and training

If we want policies that reflect the best interests of our patients and our profession, we must remain present at the table. Influence is earned through service, expertise, and constructive collaboration. Engaging respectfully with policymakers, civic leaders, and community stakeholders allows us to advocate effectively for patient-centered care.

When physicians stand together, our message carries credibility and weight. Supporting policies that enhance patient benefits and physician well-being is part of our To integrate into the broader U.S. healthcare and civic systems with dignity and professionalism. To advocate for policies that protect patients and support physicians.

To ensure our community remains visible, engaged, and impactful. By staying relevant, informed, and united, we can be a stronger voice for our shared cause and long-term purpose. Engagement is not optional — it is essential.

Ehtsham Haq, MD
President Alabama Chapter





APPNA

Association of Physicians of Pakistani Descent of North America

APPNA British Columbia Chapter

VISION TO IMPACT — APPNA British Columbia Chapter

Alhamdulillah, APPNA British Columbia Chapter successfully held two Meet & Greet events in Summer 2025, followed by its Inaugural Annual General Meeting CME Conference and Whistler Day Trip on August 2–3, 2025, in Vancouver, BC.

This landmark event brought together physicians from across Canada and the United States, marking the formal launch of chapter activities. The conference featured high-quality CME sessions with nationwide participation. We were honored by APPNA leadership, including Dr. Humeraa Qamar (President), Dr. Babar Rao (President-Elect), and Board Members Dr. Armaan Raza and Dr. Sajid Mahmood, along with Dr. Aftab Khan and Dr. Fiza Rafiq, whose presence reflected strong institutional support.

The gala evening was a highlight, featuring cultural performances by Dr. Zafar Iqbal and fellow physician-artists, fostering a spirit of unity and celebration.

APPNA Maternal & Child Health Clinic Rawalpindi Foundation stone laid in December by APPNA leadership and APPNA BC. Construction is underway, This flagship project of APPNA, first of a kind, Land donation by the APPNA BC chapter, it aims to provide essential healthcare services to underserved communities.

National Healthcare Day 2025
Successfully held on November 1, 2025, in collaboration with the British Columbia Muslim Association, focusing on healthcare awareness and community service.

Flood Relief for Pakistan APPNA BC chapter Raised \$20,500 to support medical aid, shelter, and rehabilitation for flood-affected communities. collaboration with ICNA Relief Canada in 2025.

APPNA Food Pantry Program 2026
Successfully launched in British Columbia to support local families facing food insecurity.

The chapter continues to strengthen its committee structure to enhance governance, engagement, and effective program delivery.

With the blessings of Allah (SWT) and the dedication of our members, APPNA British Columbia remains committed to expanding its impact in Canada and serving communities in Pakistan.

Dr. M. Jamil Akhtar
President, APPNA British Columbia Chapter
Secretary APPNA Foundation
Chair Advocacy committee, Canada





APPNA

Association of Physicians of Pakistani Descent of North America

APPNA New Jersey Chapter



APPNA NJ continues to build on a strong foundation of leadership, service, and humanitarian commitment while charting an ambitious and strategic course for the future. Guided by collaboration and innovation, the chapter remains focused on expanding its impact both locally and globally, strengthening professional networks while advancing meaningful community service.

In 2025, APPNA NJ translated vision into measurable results through impactful fundraising and outreach initiatives. The Spring Meeting, held in collaboration with the Pakistan Stroke Initiative, generated more than \$150,000 to support the development of a state-of-the-art stroke facility in Karachi, strengthening access to advanced neurological care. The Annual Gala further advanced humanitarian

efforts through a dedicated blindness prevention fundraiser supporting ophthalmologic services and a blindness hospital project. These achievements reflect the generosity and unity of the APPNA NJ community while reinforcing the chapter's commitment to improving healthcare access in Pakistan.

Looking ahead, APPNA NJ's strategic priorities center on strengthening partnerships and building sustainable, high-impact programs. The chapter aims to deepen collaboration with national APPNA, APPNA-PUN NJ, and AAPI through coordinated engagement that amplifies advocacy, professional development, and community outreach. By aligning missions and resources, APPNA NJ seeks to expand opportunities for its members while increasing collective impact. Innovation remains central to the chapter's forward agenda. Plans are underway to expand Continuing Medical Education offerings and modernize the chapter's website to enhance transparency, communication, and member engagement. In partnership with APPNA, the chapter is launching a structured Residents' Mentorship Program to provide career guidance, leadership development, and networking opportunities for trainees across specialties.

A key initiative being revitalized this year is the development of a free clinic in New Jersey to deliver accessible, high-quality care to underserved and uninsured populations. By mobilizing volunteer physicians and community partners, the chapter aims to establish a sustainable local service model aligned with its mission of healthcare equity.

In 2026, in celebration of Muslim Heritage Month, APPNA NJ partnered with Fatima Jinnah Medical University on a Ramadan initiative supporting families in flood-affected Kashini Village, alongside hosting Community Iftars to strengthen local mosque partnerships.

With energized leadership and a clear strategic vision, APPNA NJ moves forward with purpose—advancing collaboration, innovation, and service at home and abroad.

Amina Saqib, MD
President APPNA New Jersey Chapter





APPNA

Association of Physicians of Pakistani Descent of North America

APPNA South Texas Chapter

Dear Mr. President, Board and Respected Members of APPNA,

On behalf of the APPNA South Texas Chapter representing Houston area, I am pleased to submit our annual report highlighting achievements and growth during the past year. The year was defined by expanded engagement, impactful service, and strong alignment with APPNA's mission.

A cornerstone of our success was the continued expansion of robust Young Physicians programs. Through structured mentoring, APPNA STC supported 140 students, offering guidance in academics, residency preparation, and professional development. APPNA House further strengthened this effort by housing more than 100 observers, providing access to clinical exposure and professional networking.

To promote educational equity, APPNA STC launched the Maula Kareem Scholarship Fund for underprivileged medical students from Pakistan. This program offers annual scholarships of \$50,000 and reflects a long-term commitment to supporting deserving students and investing in future healthcare leaders.

APPNA STC also emphasized wellness and community building through recreational and social initiatives. Sports day featuring badminton and table tennis encouraged participation and teamwork, while a cricket day event attracted more than 180 members. A cruise was also organized and attended by over 100 members, fostering camaraderie and engagement.

Community outreach remained central to our mission. Two health fairs were conducted, delivering preventive care and health screenings to more than 300 individuals. In addition, APPNA STC initiated the APPNA Shifa Clinic, expanding access to subsidized healthcare services for underserved populations.

Civic and cultural engagement was highlighted through partnership with the City of Houston for the Mayor's Iftar, which was attended by over 2,000 people and promoted unity and interfaith collaboration.

Our annual APPNA Gala welcomed more than 800 attendees and served as a flagship event celebrating service and organizational excellence.

Humanitarian efforts extended beyond local initiatives. APPNA STC contributed \$20,000 toward relief efforts for flood victims in Pakistan, reaffirming our commitment to global responsibility. Membership growth remained strong, with the addition of 100 new members over the past year.

We are grateful for the continued guidance of Central APPNA and look forward to further advancing our shared mission in the year ahead.

Respectfully,

Dr. Mansoor Zaidi
President APPNA South Texas Chapter 2026



A Return to FJMU: A Homecoming

Umbreen Chaudhary

Nearly thirty years later, this past December, I stood once again at the front steps of Fatima Jinnah Medical University, the same steps I had climbed on my first day as a student, carrying quiet hopes. Time seemed to pause as past and present met in a single moment. The emotions were so powerful that they could only be described as a homecoming.

Fjmcaana was honored to return to FJMU this past winter for the annual Scientific Conference. Our speakers shared insights on women's health, preventative care, and diverse career pathways. Our favorite part was engaging with students and offering encouragement and mentorship. It was the time spent with students that left the deepest impression, reminding us why these connections matter.

For me personally, visiting FJMU for the first time since 1997, standing among familiar surroundings yet seeing them anew, brought a sense of gratitude. In that moment, it felt as though the years folded gently into one another.

A highlight of the visit was the gracious hospitality extended by Vice Chancellor Prof. Dr. Khaile Masood Gondal and FJMU faculty, who hosted an elegant dinner on the final evening for FJMCAANA and UK alumni delegates on the hostel grounds. For many of us, it was more than a gathering, it was a return to a space filled with memories from another time.

Fjmcaana members also attended the Appna winter meeting in Lahore. From the luncheon at the Governor's house, where conversation centered on service, to walking through the streets of Old City Lahore, every moment carried a sense of heritage and pride. The evening at Barood Haveili brought the experience full circle, warm hospitality, soulful music, laughter among colleagues who have carried their alma mater across continents. It was more than a series of events. It was a reminder that wherever we practice, the spirit of community, mentorship, and cultural belonging continues to guide the Fjmcaana family forward





AKUAANA: A Year of Milestones and Momentum



This past year marked a defining chapter for AKUAANA, highlighted by historic milestones and renewed commitment to strengthening our alumni network.

In September 2025, we proudly hosted our first-ever Inaugural Gala in Houston, Texas, welcoming over 650 attendees in a remarkable display of unity and alumni pride. This proved to be a landmark event that brought together alumni from all over the country and across the world, representing more than an evening of fellowship - it

signaled the beginning of a new era focused on structured engagement, visibility, and long-term sustainability. In addition to the celebration, we hosted CME events that emphasized shared knowledge and lifelong learning, reinforcing our commitment to academic excellence. The enthusiasm and participation affirmed the strength of our community and the desire for deeper alumni connection.

In December 2025, AKUAANA leadership attended the APPNA Winter Meeting in Pakistan, reconnecting with colleagues and our alma mater in a setting rich with heritage and shared purpose. The gathering fostered meaningful dialogue and renewed collaboration, while reminding us that although our alumni practice across continents, our shared commitment to mentorship, community, and service continues to unite us.

We also welcome our new Executive Committee of 2026, led by President Dr. Hina Hussain, Secretary Dr. Mirwat Sami and Treasurer Dr. Sunniya Khan, supported by our immediate Past-President Dr. Faisal Wasi and Chair Board of Advisors Dr. Aqueel Pabaney. AKUAANA is entering a focused phase of expansion, alumni outreach and creating meaningful opportunities for involvement.

A central goal of the new leadership is to support incoming graduates and medical students. We are working to develop structured pathways for mentorship, networking, and guidance regarding electives and career planning. By connecting established alumni with the next generation of physicians, we aim to create a sustainable culture of support and professional development.

To promote greater engagement, membership dues have been eliminated to lower barriers to entry. We are also prioritizing a collaborative partnership with APPNA through our representatives on the BOD Dr. Habib Chotani and numerous other alumni participating in various APPNA committees.

As we move forward, AKUAANA remains committed to fostering lifelong connections, promoting academic excellence, and empowering our global alumni community.

Mirwat S. Sami, MD, FACS
General Secretary AKUAANA 2026





RMCAANA Ushers in a New Era of Growth , Governance and Vision



The Rawalpindi Medical College Alumni Association of North America (RMCAANA) has officially entered a transformative new chapter. Marking a historic milestone, the organization successfully concluded its first-ever democratic election, boasting an extraordinary 85% participation rate. This unprecedented turnout signals a powerful shift toward collective ownership, transparency, and renewed trust among RMC graduates across the continent.

The election has ushered in the RMCAANA Executive Committee 2026, led by President Dr. Faisal Masud and President-Elect Dr. Iftikhar Chaudhry, Immediate Past President Dr Rizwan Iqbal The executive team—including Secretary Dr. Faiz Cheema and Treasurer Dr. Attiya Haroon - Councilors: Dr. Sana Imran, Dr. Omar Khokar, Dr.

Asmatullah, Dr. Shahzad Ansari, Dr. Shazia Ali, and Dr. Tehreem Irfan. Representing a vital generational and geographic shift. To ensure long-term continuity, Dr. Zahid Rafiq has been appointed Executive Director for a four-year term, while Dr. Sophia Janjua chairs the newly constituted Board of Trustees.

A Vision for Growth and Impact

The Executive Committee is moving forward to strengthen our community through several key initiatives:

- 1. Membership & Collaboration** To encourage growth, our Membership committee has reduced membership dues to lower the barrier for new members. We are also prioritizing our partnership with the Association of Physicians of Pakistani Descent of North America (APPNA)
- 2. Academic & Professional Excellence** We are expanding our support for the next generation of physicians by:
 - Launching an Innovation & Research Committee.
 - Reinvigorating the Clinical and Observership Committee.
 - Expanding the Qarz-e-Hasana program for deserving medical students.
- 3. Philanthropy & Social Welfare** Recognizing our blessings as physicians, the newly established Community and Social Welfare Committee will support high-impact initiatives, including the Child Life Foundation, Pakistan Coronary Artery Disease Research (PCAD), and programs for Orphans and Widows.
- 4. Sustainability** The launch of the RMCAANA Endowment Fund will provide the long-term financial foundation necessary to sustain our mission for decades to come.

Commitment to Transparency

Reinforcing our commitment to inclusivity, we held our first Town Hall on February 1, 2026. The session was well-attended and recorded, ensuring every member has a voice in our direction.

While we have our work cut out for us, we will work hard to meet the expectations of our alumni.

Faisal Masud, FCCM, FCCP
President RMCAANA 2026





Don't Ignore the Signs: Colon Cancer in Our Community

Sophia Janjua, MD

Colon cancer, also known as colorectal cancer, has traditionally been considered a disease of Western countries. However, recent trends show a concerning rise in colon cancer rates among South Asians, including the Pakistani population. Changes in lifestyle, diet, and health behaviors—both in South Asia and among diaspora communities—are contributing to this growing public health issue.

The risk of developing early onset colorectal cancer is higher among South Asians as compared to the Caucasian population. In the United Kingdom, early onset of colon cancer was more common among South Asians (17.9 % diagnosed at age less than 50 years) as compared to the Caucasian subgroup (5.5%).

Several risk factors disproportionately affect the Pakistani population. Diets high in red and processed meats, low fiber intake, physical inactivity, obesity, smoking, and betel nut (paan) use all increase colon cancer risk. Additionally, conditions such as diabetes and metabolic syndrome—highly prevalent among Pakistanis—are associated with a higher likelihood of developing colorectal cancer. Genetic factors and family history also play an important role, yet are frequently underrecognized.

Cultural barriers further complicate prevention and early detection. Conversations about bowel habits, rectal bleeding, or colonoscopy are often considered taboo, leading many individuals to delay seeking medical care. Symptoms such as persistent constipation or diarrhea, blood in the stool, unexplained weight loss, and abdominal pain are frequently ignored or attributed to less serious conditions like hemorrhoids or indigestion.

Screening remains the most powerful tool for prevention. Colon cancer is highly treatable—and often preventable—when detected early. International guidelines recommend routine screening beginning at age 45, or earlier for individuals with a family history or other risk factors. Yet screening rates among Pakistanis, both in Pakistan and abroad, remain alarmingly low.

Addressing colon cancer in the Pakistani community requires culturally sensitive education, open dialogue, and engagement from healthcare providers, religious leaders, and community organizations. By breaking stigma, promoting healthier lifestyles, and encouraging timely screening, lives can be saved. Colon health is not a private issue—it is a family and community responsibility.



“When Systems Lose Balance: Parallels Between Alcohol intoxication and Power Intoxication”



Human beings are wired for balance. At every moment, our bodies work to maintain homeostasis—a dynamic equilibrium that keeps us functioning. When something disrupts that balance, the body doesn't simply surrender; it compensates. But compensation isn't the same as health. Sometimes the adjustments we make to survive create a new, unstable normal.

Consider what happens during alcohol intoxication. Alcohol enhances the activity of GABA, the brain's primary inhibitory neurotransmitter. This leads to relaxation, slowed thinking, and reduced inhibition. But the brain, always vigilant, senses this tilt toward sedation. To counteract it, it increases glutamate, the main excitatory neurotransmitter. The result is a temporary, artificial balance—an abnormal homeostasis. It works in the moment, but it comes at a cost. When the alcohol wears off, the elevated glutamate remains, leading to withdrawal symptoms: anxiety, irritability, tremors, even seizures in severe cases. The system is out of sync because the compensation was never meant to be sustainable.

Political and organizational systems behave in strikingly similar ways.

When pathways for principled, competent, and well intentioned individuals are blocked - whether through favoritism, or structural barriers - the system senses the imbalance. People feel resentment, frustration, disillusionment and detachment. A vacuum forms.

That vacuum is quickly filled by people who may be underprepared, ethically flexible, or driven more by ambition than service. They fill the space not because they are the best choice, but because the system has distorted its own equilibrium. Over time, this becomes the new normal—an organizational abnormal homeostasis. It may function, but it is neither healthy nor stable. Just as the brain's compensatory glutamate surge leads to withdrawal and dysfunction, a political system that compensates with poor leadership eventually experiences its own form of withdrawal: polarization, mistrust, and institutional fragility.

Healthy bodies require genuine balance, not forced compensation. Healthy organizations and nations require the same. When systems allow good people to participate, contribute, and lead, equilibrium is restored—not artificially, but authentically. And that kind of homeostasis is the only one that lasts.

Nauman Ashraf

Professor of Psychiatry

Program Director, General Psychiatry & Addiction Medicine Fellowship Training Programs



When Failure Feels Fatal: A Call to Protect Our Medical Students

Somewhere in Pakistan tonight, a medical student is awake at 3 a.m. Not studying. Not scrolling. But silently wondering if they have disappointed their parents beyond repair.

The rising suicides among medical students in Pakistan are not isolated tragedies. They are warning signals. Behind every white coat is a son or daughter who once dreamed of healing others — and now feels unable to heal themselves. In our culture, academic success is often tied to honor. Rank becomes identity. Failure becomes shame. A single exam can feel like a verdict on one’s worth. The fear of embarrassing parents can become unbearable. Silence becomes suffocating. When achievement becomes identity, failure feels like extinction. But failure is not fatal. Shame is. As a psychiatrist working with young people across cultures, I have seen a painful pattern: students rarely break because of one exam. They break when they believe they have nowhere safe to land. When vulnerability feels forbidden. When struggle feels like weakness. Our students do not need less rigor. They need more support. They do not need comparison. They need compassion.

The Qur’an reminds us: **“Allah does not burden a soul beyond that it can bear.” (2:286)**

Our students may be capable of great endurance — but endurance must not mean isolation. APPNA has the moral responsibility and institutional capacity to lead change. Let us:

- Establish structured mentorship networks linking APPNA physicians with medical colleges across Pakistan.
- Fund confidential tele-mental health access for high-risk campuses.
- Train faculty in recognizing early warning signs of depression and suicidality.
- Integrate resilience, emotional regulation, and failure-normalization into medical education.

Let this Spring Meeting be remembered as the moment we chose courage over silence. Failure is part of becoming a physician. Losing a future healer to shame is not. Let us protect their brilliance. Let us protect their humanity. Let us protect their lives.

With Gratitude:

Muhammad Zeshan, MD
Board Certified Child & Adult Psychiatrist
Certified Master Parenting and Maxwell Leadership Coach

The Growing Crisis: Suicide Among Medical Students in Pakistan

Suicide rate among medical students is alarmingly rising in Pakistan.

- Failure and academic pressure
- Fear of embarrassing parents
- Lack of mental health support

Mental Health is Critical
Sacrificing bright futures is not acceptable

Protecting our medical students from Suicide

Mental health support in medical colleges of Pakistan is severely lacking.

LET US PROTECT THEIR BRILLIANCE. LET US PROTECT THEIR HUMANITY. LET US PROTECT THEIR LIVES.

- Promote mentorship & mental health resources.
- Normalize mental health training for educators.
- Break the silence around failure, normalize emotional support.

“ When a student stumbles, they don’t need comparison — they need compassion. — Dr. Z



APPNA

Association of Physicians of Pakistani Descent of North America

Syrian Medical Camp – November 2025

APPNA Experience

Bushra Dar, MD

Co-Chair APPNA Medial Corps Team 2025/ 2026

Participating in the APPNA Medical Corps camp in Amman, Jordan, in collaboration with Islamic Relief USA (IRUSA), was a deeply humbling and transformative experience for me—both personally and professionally.

Serving Syrian refugees in these medical camps compels one to pause and reflect on life, history, and shared humanity. Displacement and migration are not new; immigration has been part of Allah's divine plan since the beginning of time. Our beloved Prophet Muhammad himself was forced to migrate from Makkah to Madinah when he and his companions were persecuted for spreading the message of Islam. The hardships endured by the Prophet, his family, and the Sahaba left a lasting legacy of resilience, faith, and compassion.

Allah reminds us of the dignity and rights of those who migrate in the Qur'an:

"[Charity is] for the poor emigrants who were expelled from their homes and their properties, seeking bounty from Allah and His pleasure and supporting Allah and His Messenger." — Surah Al-Hashr (59:8)

As many of us now call the United States our home—a country where we may have spent more years than in our lands of origin—the current political climate has stirred discomfort and confusion regarding identity, belonging, and what "home" truly means.

Wars and political violence have devastated countless nations, including Syria. Refugees displaced by these conflicts have been living in camps in Jordan for years, enduring prolonged uncertainty, inadequate living conditions, and limited access to basic necessities. Children growing up in these environments face lifelong psychological and emotional trauma. At the same time, the world has witnessed immense suffering in Gaza, followed by famine. As a global community, we have fallen short in preventing or stopping these atrocities.

Caring for people who were forced to migrate solely in search of safety and a better future for their children is not a political choice—it is a humanitarian obligation. They deserve dignity, compassion, and care.

While the current global political order clearly requires change to ensure justice and security worldwide, we must continue to do our part wherever we can to make a difference.

I am sincerely grateful to APPNA for providing this opportunity to serve and to bear witness.



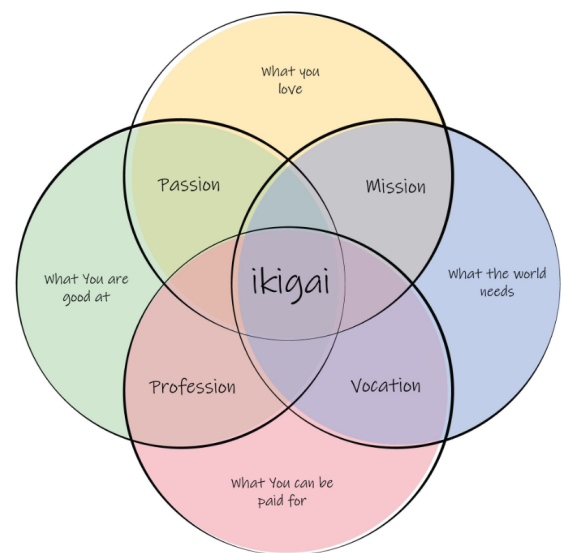
The Ikigai of the Physician

Farrukh Suhail. MD

Ikigai is a Japanese concept commonly translated as “a reason for being.” It refers to the deeper sense of purpose that makes life feel meaningful and worthwhile. Ikigai is often illustrated as the intersection of four elements: what one loves, what one is skilled at, what the world needs, and what provides livelihood. Unlike external indicators of success such as professional status, economic stability, or material attainment, Ikigai emphasizes internal alignment and sustained fulfillment. Individuals who engage all four components experience greater resilience, motivation, and long-term well-being.

The four components of Ikigai. Meaning arises when all elements are integrated, supporting professional fulfillment and personal well-being.

In professional life, many achieve recognition, social standing, and financial security, yet still feel dissatisfaction. Medicine is no exception. Physicians may attain prestige and professional authority, but these alone rarely sustain meaning over decades. When career focus becomes dominated by metrics or external validation, a deeper sense of purpose may gradually erode.



Applying Ikigai to medicine highlights the importance of balance. Physicians are trained in what they are skilled at, and patient care addresses what the world needs. Medicine also provides economic stability. The dimensions of what one loves and why the work matters are frequently realized through teaching, mentorship, philanthropy, and social engagement—activities central to APPNA. Engaging in these roles extends the physician’s impact from individual accomplishment to collective service, reinforcing connection, identity, and fulfillment.

Ikigai evolves across life stages. Early career physicians may prioritize skill development and achievement, while later stages often emphasize leadership, mentorship, and legacy. Recognizing this natural evolution allows physicians to redefine success without loss of purpose.

Ultimately, the Ikigai of the physician lies not solely in external achievement, but in the integration of competence, compassion, service, and sustainability. By consciously engaging all four elements of Ikigai, physicians can cultivate a durable sense of meaning that supports personal well-being, professional longevity, and contribution to both community and humanity.



Women Leadership

Naghmana Bajwa, MD

Women's leadership is defined by how women lead, not simply who they are!

Across industries - healthcare, technology, energy, finance, manufacturing, retail, and the public sector - effective women leaders blend resilience, dynamism, inclusive culture-building, disciplined strategic execution, and ethical stewardship to deliver durable results with composure, vision, and confidence. In 2026, as organizations shift from hypergrowth to sustainable performance, women are steering through volatility with strong outcomes focus and stakeholder trust - bringing wonderful clarity, elegant problem solving, and tenacity grounded in sound reasoning and a commitment to societal and workforce health. They are reshaping norms by coupling data driven rigor with human centered decision making, building diverse teams, embedding governance and compliance into strategy, and aligning capital allocation with long term mission rather than short term optics.

Three cross industry dynamics stand out. First, inclusive leadership has moved from aspiration to operating model. Women leaders are advancing measurable equity - closing pay gaps, broadening representation in P&L and technical roles, and hard wiring accountability through accelerating innovation while improving risk awareness. Second, digital and AI transformation is being guided by women who insist on responsible deployment: protecting privacy, mitigating bias, ensuring safety and regulatory validity. This safeguards customers and citizens, strengthens brand integrity, and speeds adoption. Third, fiscal responsibility is reframed not as austerity but as disciplined investment: tying budgets to outcomes, integrating enterprise risk management, and using scenario planning to navigate macro uncertainty while sustaining impact in product quality, supply resilience and community wellbeing.

Progress is real, but unfinished. Targets and mentorship help, yet sponsorship into high stakes, revenue owning, and mission critical roles and parity in capital access remain essential. The path forward requires measurable commitments: faster promotion velocity into P&L and technical leadership; transparent metrics on pay, advancement, and attrition. The leadership model for 2026 is pragmatic and principled, valuing integrity over optics, inclusion over homogeneity, and stewardship over short term wins. Women leaders demonstrate that strong ethics, clear accountability, and composure in complexity are competitive advantages. The mandate is clear across industries: lead with inclusion, safeguard trust, invest where impact endures, and execute with elegant, confident, and resilient tenacity to build institutions that thrive through change.



Beyond Deterrence: Why an Asian Alliance Could Anchor Global Harmony

The world has entered an era where the greatest threats to human survival no longer respect borders. Nuclear weapons, cyber warfare, climate disruption, pandemics, and economic coercion operate at scales far beyond the capacity of any single nation-state to manage alone. In this environment, security defined purely through deterrence is no longer sufficient. Survival now demands cooperation at a higher level.

Asia, home to more than half of humanity and some of the world's most dynamic economies, is uniquely positioned to lead this transition. While Asia's diversity—cultural, religious, political, and economic—is often portrayed as a vulnerability, it is in fact its greatest untapped strength. Harnessed constructively, this diversity can form the foundation of a stabilizing Asian Alliance.

Such an alliance need not be a military bloc aimed at confrontation. Rather, it could function as a security-economic compact grounded in four priorities: mutual non-aggression and conflict containment; a balanced security architecture based on minimum deterrence and risk reduction; deep economic interdependence that makes war economically irrational; and a human-security framework that treats climate resilience, food and water security, public health, and digital inclusion as core security concerns.

Economic integration already binds Asia together through supply chains, energy corridors, manufacturing hubs, and technology ecosystems. Strengthening these linkages would reduce incentives for conflict while expanding shared prosperity. Peace sustained by opportunity is far more durable than peace enforced by fear.

The long-term promise of such an alliance extends beyond Asia. Continental cooperation can become a bridge to inter-continental collaboration—linking Asia with Europe, Africa, the Americas, and Oceania through trade, climate action, infrastructure, and innovation. A future council of continental alliances could modernize global governance for 21st-century risks.

Power in the nuclear age carries moral responsibility. Asia's philosophical traditions of balance, restraint, and collective well-being offer a model for evolving power from domination toward stewardship.

In an age when humanity can destroy itself many times over, wisdom lies not in perfecting deterrence, but in building systems that make peace inevitable.

Written by: Inam ur Rahman, MD
Past President, Hawai'i Medical Association

Author of commentary published in Civil Beat and Ka Wai Ola
<https://www.civilbeat.org/2026/01/how-hawaii-can-get-the-hmsa-hph-affiliation-right/>
<https://kawaiola.news/hai-manoa-opinion/three-practical-fixes-to-jumpstart-honolulu-housing-supply>



Role of Data in Strengthening Public Health Systems

Dr. Amber Sayed is an epidemiologist and public health leader with over 18 years of experience in evidence-based policy, and program development, health workforce analytics, and system planning.

Public health systems are increasingly being called upon to respond to complex and evolving challenges, including aging populations, workforce shortages, and inequities in access to care. In this context, data has emerged as a critical asset for enabling informed decision-making, improving system performance, and ensuring that resources are aligned with population needs.

At its core,

a strong public health system relies on the ability to understand who is being served, who is not, and where gaps exist. Data enables this understanding by providing insights into population health status, service utilization, and workforce capacity. For example, linking administrative health data with population projections can help identify regions where demand for primary care is likely to exceed supply. Similarly, workforce data can be used to assess distribution imbalances, such as shortages in rural or underserved communities.

One of the most important roles of data is in identifying unmet need. Measuring unmet need, however, is not straightforward. It requires clear definitions, robust methodologies, and integration of multiple data sources. For instance, determining whether an individual is attached to a primary care provider may depend on enrollment models, billing patterns, or geographic considerations. Small variations in methodology can lead to significantly different estimates, which in turn influence policy decisions. This highlights the importance of transparency and consistency in analytical approaches.

Beyond measurement, data plays a key role in planning and forecasting. Predictive analytics can be used to model future workforce requirements based on demographic trends, disease burden, and service utilization patterns. These insights allow policymakers to move from reactive responses to proactive planning. For example, understanding trends in nurse practitioner supply or physician attrition can inform education and recruitment strategies well in advance of emerging shortages.

However, the value of data is contingent on the systems and processes that support its use. Fragmented data infrastructure, limited interoperability, and inconsistent data governance can hinder the ability to generate timely and actionable insights. Investments in integrated data platforms, standardized definitions, and data-sharing frameworks are essential to unlock the full potential of data in public health.

Equally important is the need to translate data into action. Data alone does not drive change; it must be paired with effective knowledge mobilization and strong leadership. This includes presenting findings in clear and accessible ways, engaging stakeholders in interpretation, and ensuring that evidence is embedded into decision-making processes. Building analytical capacity within organizations is also critical, as it enables teams to move beyond descriptive reporting toward more advanced, decision-oriented analytics.

Finally, the use of data in public health must be grounded in principles of equity and ethics. Data should be used not only to improve efficiency but also to identify and address disparities. This requires intentional efforts to capture data on underserved populations and to ensure that analyses consider factors such as geography, socioeconomic status, and access barriers.

In an era of increasing complexity, data is not simply a technical tool; it is a strategic asset. Strengthening public health systems will depend on our ability to harness data effectively, integrate it across sectors, and use it to inform policies that are responsive, equitable, and sustainable. By investing in data infrastructure, analytical capacity, and evidence-informed leadership, we can build public health systems that are better equipped to meet the needs of the populations they serve.

Disclaimer: This article is written in a personal capacity. The opinions and perspectives expressed are solely those of the author.



Baltics: Finland - Latvia - Estonia

August 1-9, 2026



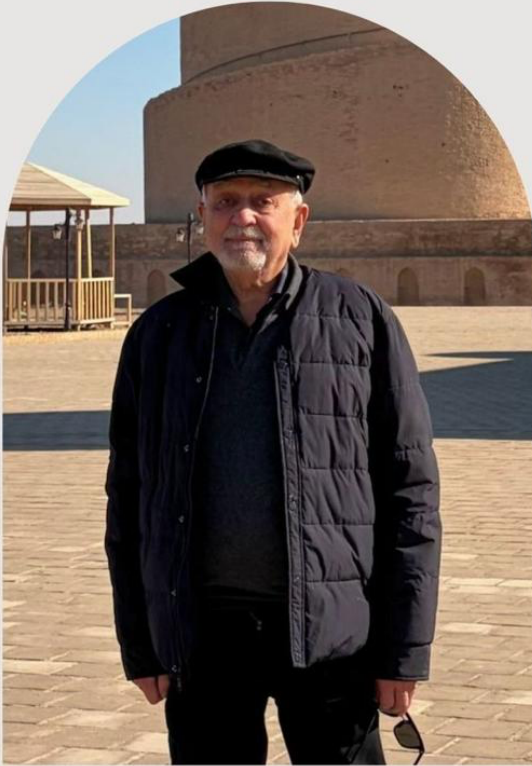
China - A New Itinerary

**Chongqing (Futuristic city); Yangzi River Cruise;
Zhangjiajie (where Avatar movie was shot) and re-
gion know for its breathtaking landscape.**

October 2-11, 2026



In Loving Memory: Dr. Zia-ur-Rahman Khan



October 13, 1947 - February 4, 2026

It is with deep sadness that we announce the passing of Dr. Zia-ur-Rahman Khan: a respected physician, devoted family man, and lifelong advocate for compassionate medical care. He passed away peacefully, leaving behind a legacy of service, integrity, and kindness.

He is survived by:

- His wife, Dr. Sameera Khan
- His children and their spouses:
 - Dr. Fahd Khan and Dr. Mehreen Khan
 - Ahad Khan and Fatima Saqib
 - Nida Khokar and Dr. Naveed Khokar
- His seven loving grandchildren: Laya, Lana, Amina, Hasan, Omer, Aisha, and Eman

A Life of Service and Excellence

A proud member of the Class of 1970 at King Edward Medical College, Dr. Khan exemplified the highest traditions of medical excellence. He served as a Captain in the Medical Corps of the Pakistan Army before continuing his specialized education at the Royal Ear, Nose, and Throat Hospital in London. After immigrating to the United States, he completed his training in Otolaryngology-Head and Neck Surgery at Case Western Reserve University. Dr. Khan eventually settled in Cleveland, Ohio, where he served his community for decades. He was widely admired by patients and colleagues alike for his clinical acumen, surgical skills, and calm demeanor.

Character and Interests

Beyond medicine, Dr. Khan was an avid sportsman and sports fan, finding joy and camaraderie in the spirit of the game. Whether through his professional leadership or his personal hobbies, his presence was marked by thoughtfulness, warmth, and an unwavering sense of responsibility. In retirement, he moved to the San Francisco Bay Area to be closer to his family, where he continued to share his wisdom and gentle leadership.

Leadership and Community Impact

Beyond his clinic, Dr. Khan was a pillar of the professional and civic community. He was a man of wisdom and generosity who took great pride in mentorship. His leadership included:

- Lifelong Member of APPNA.
- Past President of the KEMC Alumni Association.
- Past President of the Pakistan American Congress on Capitol Hill.
- Founding Member of the Cleveland Pakistan American League.
- Founding Member of the Ibn Sina Society (Northeast Ohio).
- Benefactor of a girls' school in his ancestral home of Pasrur, Punjab.

May his soul rest in eternal peace, and may his legacy continue to inspire future generations.



Obituries



Dr. Mohammad Nafees Nagy (1943-2026)

Dr. M. Nafees Nagy was a highly accomplished oncologist and public servant who made significant contributions across medicine, military service, education, entrepreneurship, and global philanthropy.

After graduating from King Edward Medical College in Lahore, Dr. Nagy continued his training in the United States, completing his residency and fellowship. He became widely respected for his clinical skill, leadership, and dedication to mentoring future healthcare professionals.

Dr. Nagy served in the U.S. Army Reserves during Operations Desert Shield and Desert Storm, ultimately retiring as a Lieutenant Colonel in recognition of his leadership and dedication.

Dr. Nagy remained committed to giving back, helping establish Indus Hospital in Lahore—a major cancer care facility that provides treatment to all patients regardless of their ability to pay, reflecting his enduring dedication to service and compassion.

Dr. Nagy is survived by his wife and two sons and is remembered as a devoted family man whose legacy of service, education, and compassion lives on through them.

Dr. Nagy is remembered for his humility, leadership, and lasting impact on patients, students, and communities worldwide through his dedication to service.



Obituary: Dr. Majid Ghauri (1966-2026)

Dr. Majid Ghauri began his medical journey at Rawalpindi Medical College and went on to complete advanced training in anesthesiology, pain management, and critical care at leading U.S. institutions.

With over 25 years of experience, Dr. Ghauri was board certified in multiple specialties and was respected for his leadership as Chief of Anesthesia Services and his work in interventional pain management.

Beyond his medical career, Dr. Ghauri was a respected leader who fostered unity, mentorship, and community service, guided by principles of collective strength and selfless dedication.

He is survived by his wife, daughter, and son, who carry forward the love, strength, and legacy he leaves behind.



Obituary: Dr. Shahid Khan (1961-2026)

Dr. Shahid Khan, a King Edward Medical University graduate and lifelong APPNA member, was a dedicated and compassionate family physician in Calgary who earned deep respect for his ethical and empathetic care.

Beyond his medical practice, Dr. Khan was actively involved in community service, contributing to humanitarian efforts through his role as Treasurer of MD-International.

Dr. Khan was a devoted husband and father whose humility, kindness, and integrity left a lasting and inspiring legacy.



- حوالہ جاتی کتب، نصابی کتابیں یا ہدایت نامے
 - ایسی صحافتی تحریروں کے مجموعے جو بنیادی طور پر رپورٹنگ ہوں (یہ صحافت کی کٹیگری میں آتے ہیں)
 - اسکرین پلے، فلمیں یا ملٹی میڈیا پہ ہونے والا کام
- لہذا، پلٹرز کے منطق کے مطابق، تصاویر پر مشتمل کوئی کتاب—خواہ وہ کتنا ہی طاقتور اظہار کیوں نہ رکھتی ہو—ادب کے زمرے میں نہیں آئے گی، کیونکہ اس میں اظہار کا بنیادی ذریعہ بصری ہے، لسانی نہیں۔ ان کتب کو کسی دوسری کٹیگری میں شامل کیا جاسکتا ہے لیکن ادبی انعام کے مقابلے کے لیے نہیں۔
- دیگر ادبی انعامات میں بھی کچھ اسی قسم کی تعریف متعین کی گئی ہے اور اس بات پہ سب ہی متفق ہیں کہ ادب انسانی جذبات، خیالات اور تجربات کا وہ فنکارانہ اظہار ہے جو کسی زبان کے ذریعے وجود میں آتا ہے۔ محض حسن کاری ادب نہیں ہے۔ اس حسن کا متن کی صورت میں جلوہ گر ہونا بھی ضروری ہے



APPNA

Association of Physicians of Pakistani Descent of North America

Dr. Uzma Farman Farooqui
Professor,
Department of Urdu,
University of Karachi,
Karachi, Pakistan

uffarooqui@uok.edu.pk



ڈاکٹر عظمیٰ فرمان فاروقی

پروفیسر شعبہ اردو

جامعہ کراچی

کراچی، پاکستان

ادب کی تعریف

ادب اپنی ماہیت میں زندگی کی طرح ایک سیال اور متغیر تصور ہے اور اس کی کوئی حتمی اور قطعی تعریف طے کر دینا اسی طرح ناممکن ہے جس طرح ”زندگی“ کی تعریف متعین کر دینا۔ تاہم جس طرح معالج کو طبی نقطہ نظر سے زندگی اور موت کی ایک تعریف متعین کرنا پڑتی ہے۔ اسی طرح مخصوص حالات میں فیصلہ سازی کے لیے ادب کی تعریف بھی متعین کی جاتی ہے۔ ادارے، نصابات، قوانین یہاں تک کہ تنقیدی نظریات بھی مبہم تصورات پہ کھڑے نہیں کیے جاتے۔ لہذا ادب کی ایک واضح تعریف ناگزیر ہو جاتی ہے۔ ایسی تعریف جو عملی مقاصد کو پورا کرنے، فیصلوں کو سیاق و سباق مہیا کرنے، اور تنقیدی مباحث کو آگے بڑھانے میں مدد کر سکے۔ مثال کے طور پہ پلٹزرز Pulitzer Prize کی متعین کردہ تعریف کو ہی دیکھیے۔ جب پلٹزر پرائز ”ادب“ کی بات کرتا ہے تو ایک خاص مفہوم مراد لیتا ہے۔

پلٹزرز کی اصطلاح میں ادب سے مراد یہ ہے:

ایسا نثری یا منظوم متن جو کسی ایک واضح طور پر شناخت ہونے والے مصنف کا لکھا ہوا ہو، ریاستہائے متحدہ میں کتابی صورت میں شائع ہوا ہو، اور جس کا مقصد تخیلاتی یا دانشورانہ ہو۔ نہ کہ محض معلومات فراہم کرنا یا توضیح کرنا۔ مزید یہ کہ پلٹزرز کے نزدیک قابل قبول ادبی اصناف یہ ہیں:

- فکشن — ناول یا افسانوی مجموعے
- ڈراما — اصل تھیٹر ڈرامے
- شاعری — شعری مجموعے
- سوانح — ادبی خصوصیات کے ساتھ لکھی گئی زندگی کی کہانی
- تاریخ — سخت علمی اصولوں کے تحت لکھی جانے والی بیانیہ تاریخ
- عمومی نان فکشن — فکری طور پر بلند پایہ غیر افسانوی نثر جو نہ خالصتاً تعلیمی ہو اور نہ محض صحافتی رپورٹنگ
- یہی نہیں، ادب کی مذکورہ تعریف کی بنا پر کچھ چیزیں پلٹزرز کے نزدیک ”ادب“ نہیں سمجھی جاتیں:
- تصویریں کتابیں یا بصری فن کے مجموعے (چاہے ان کے ساتھ کمپین بھی ہوں)
- مرتب شدہ انتخاب جن میں کسی ایک مصنف کی نمایاں آواز نہ ہو



۲

کا اظہار کرنے کی صلاحیت بے نپاہ ہوتی ہے۔ اردوان تمام شرائط پر پوری اترتی ہے۔ اس کے مقابلے میں علاقائی زبانوں میں یہ صلاحیت نہیں ہوتی۔ صدیاں گزرنے کے باوجود وہ اپنی جغرافیائی حدود سے باہر نہیں نکل پاتیں۔ اس کا مطلب یہ ہرگز نہیں ہے کہ قومی زبان اردو اور علاقائی زبانیں ایک دوسرے کی حریف ہیں۔ حقیقت اس کے برعکس ہے۔ قومی زبان اور علاقائی زبانیں ایک دوسرے کی معاون اور حلیف ہوتی ہیں۔ اردو کی ترقی و ترویج میں علاقائی زبانوں اور ان کے بولنے والوں کا جو بھرپور کردار ہے کسی سے پوشیدہ نہیں۔ اردو کا مقابلہ تو انگریزی زبان سے ہے۔

اس امر کے باوجود کہ پاکستان کے آئین میں واضح طور پر درج ہے کہ پاکستان کی قومی اور سرکاری زبان اردو ہے، اس پر عمل درآمد نہیں ہو رہا ہے۔ سرکاری اور غیر سرکاری دفاتر اور عدالتوں میں سارا کام انگریزی میں ہو رہا ہے اسی طرح کالج اور یونیورسٹی کی سطح پر ذریعہ تعلیم پیشتر انگریزی زبان ہے۔ اس بات کی ضرورت ہے کہ اس روش کو بدلا جائے اور اردو کو ہر سطح پر فوری تر پر نافذ کیا جائے۔ اگر کوئی مشکلات ہیں تو ان کو حکومت اور نجی اداروں کی مشترکہ محنت سے دور کیا جاسکتا ہے۔ اس کام کو ہنگامی بنیادوں پر کرنے کی ضرورت ہے، اسی میں پاکستان کی ترقی کا راز پنہاں ہے۔



اردو کیوں ضروری ہے

ڈاکٹر ابصار علی

اردو ضروری ہے پاکستان کی بقا کے لئے، اس کی ترقی کے لئے، ملک کو دنیا کے صفِ اول کے ممالک میں شامل کروانے کے لئے، اپنی تہذیب، تمدن، ثقافت اور روایات کو پروان چڑھانے کے لئے، اور سب سے بڑھ کر پاکستان کی بنیاد یعنی اسلامی تشخص کی حفاظت کے لئے۔

تحریک پاکستان کی شروعات سے قیام پاکستان تک، برصغیر پاک و ہند کے مسلمانوں نے یہ بات ایک مسلم حقیقت کے طور پر قبول کر لی تھی کہ آزادی کے بعد پاکستان کی قومی اور سرکاری زبان اردو ہوگی۔ یہ بات بالکل اٹل اور صاف تھی۔ اس میں کسی قسم کا کوئی ابہام نہیں تھا۔ مسلم لیگ کے کئی سالانہ اجلاسوں میں اردو کی تائید میں قراردادیں منظور کی گئی تھیں۔ مسلم لیگ کے منشور میں یہ بات شامل تھی کہ آزادی کے بعد پاکستان کی قومی اور سرکاری زبان اردو ہوگی۔ اس کے ساتھ ہی قائد اعظم محمد علی جناح نے اپنی تقاریر میں یہ بات واضح کر دی تھی کہ اردو زبان اور علاقائی زبانوں میں کوئی تصادم نہیں ہے ہر علاقے کے لوگوں کو مکمل آزادی ہوگی کہ صوبائی سطح پر جس زبان کو چاہیں اپنائیں۔

یہاں پر قومی زبان اور علاقائی زبان کے فرق کو بھی سمجھنے کی ضرورت ہے۔ قومی زبان محض رابطے کی زبان نہیں ہوتی۔ بلکہ اس میں ایسی صلاحیت ہوتی ہے جو اس کو بین الاقوامی زبان کا مقام دلاتی ہے۔ اس کا دائرہ اثر بہت وسیع ہوتا ہے۔ اس کے بولنے والوں کی تعداد، اس کے لفظی، علمی، ادبی ذخائر اور نئے نئے علوم و فنون کو اپنے اندر سمیٹ لینے اور ان



دل پر لگے نشان جو خیر و شر کے ہیں
یارو یہ سب کمال اسی باہنر کے ہیں

بکھری ہیں ارد گرد بظاہر حقیقتیں
پر سب ہیں خوش گمانیاں، دھوکے نظر کے ہیں

جسکی ستم اوائی سے گھائل ہیں بے شمار
چہرے تمام شہر ہیں اس بے ضرر کے ہیں

ظلمت پر ستکاروں کی کوشش کے باوجود
آہار آسمان پہ سارے سحر کے ہیں

دنیا اگرچہ کھینچتی ہے ہر فقیر کو
ہم کیوں ادھر کو جائیں گے، ہم تو ادھر کے ہیں

مدت لگی مگر ہمیں محنت کا پھل ملا
یہ لذتیں، یہ ذائقے سب اس ثمر کے ہیں

کشتی شکستہ حال ہے انوار سوچ لو
کیا بادیاں میں حوصلے تازہ سفر کے ہیں

سید انوار احمد



APPNA

Association of Physicians of
Pakistani Descent of North America

Education
Innovation
Philanthropy
Medical Missions

www.appna.org

ZTCORPORATE.COM
INVESTMENTS@ZTCORPORATE.COM
713.627.2000

Z T C O R P O R A T E

YOUR PRIVATE INVESTMENT PARTNER

Founded in 1997, ZT Corporate is a private investment firm built on an owner-operator model, offering investors direct participation alongside the firm's capital. The platform focuses on owning and operating businesses primarily across healthcare and automotive.

Houston | New York | Los Angeles
Newport Beach | Las Vegas



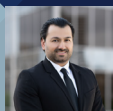
JAVED IQBAL
SENIOR VICE PRESIDENT



MOHSIN MALIK
SENIOR VICE PRESIDENT



NICK MEHDI
VP INVESTMENTS & OPERATIONS



AHMED KHAN
SENIOR CLIENT ADVISOR, LAS VEGAS

Today, ZT oversees a diversified portfolio generating more than

\$1 BILLION+
In annual revenue

1,500+
Unique investors

HEALTHCARE

21 Freestanding ERs
6 Micro-Hospitals

AUTOMOTIVE

16 Dealerships
4 States
15 Brands

This information is for discussion purposes only and is not intended to be a formal offer to sell or the solicitation of an offer to buy any securities issued by ZT Corporate or its affiliates. The material in this presentation has been prepared by ZT Corporate on a best-efforts basis and is general background information about its activities current as of the date of this brochure; it does not purport to be complete or errorless. Evolving conditions and/or findings may render some or all information herein to become obsolete or incorrect.