

APPNA

49th Annual Convention



July 1-5, 2026 Orlando, FL

**Education
Innovation
Philanthropy
Medical Missions**

www.appna.org

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APPNA

Association of Physicians of Pakistani Descent of North America

President's Message



Welcome to the APPNA Summer Meeting 2026 – Orlando, Florida

Dear APPNA Members, Families, Friends, and Guests,

On behalf of APPNA leadership, it is my great pleasure to welcome you to Orlando for the APPNA Summer Meeting 2026.

I would like to extend my sincere appreciation to our Host Committee, Central Planning Committee, volunteers, and staff who have worked tirelessly to organize what promises to be an outstanding meeting filled with education, networking, professional development, and fellowship. Their dedication and hard work have created a program that reflects the excellence and spirit of APPNA.

This year's theme, "Innovation and Home First," reflects our commitment to embracing new ideas, technologies, and approaches while remaining firmly dedicated to serving our communities both in North America and in our homeland. As APPNA enters its next phase of growth, we are launching new initiatives and strengthening existing programs to increase our impact in healthcare, education, advocacy, mentorship, and philanthropy.

I am particularly excited about several new Task Forces and Ad Hoc Committees that will help shape APPNA's future. These include Healthcare Innovation, focused on leveraging technology and artificial intelligence to improve patient care; Early Career Physician Counseling, dedicated to supporting students, residents, fellows, and young physicians; Green APPNA, promoting environmental responsibility and sustainable practices; MedConnect, designed to foster collaboration and networking among healthcare professionals; APPNA Sur, a rapid-response initiative to mobilize expertise and resources during times of need; Corporate Relations, strengthening strategic partnerships to advance APPNA's mission; and the APPNA Academy of Medicine, which will serve as a platform for lifelong learning, leadership development, and academic excellence.

These initiatives complement our ongoing efforts in community service, humanitarian outreach, physician wellness, advocacy, and professional development. Together, they represent a renewed commitment to innovation, engagement, transparency, and impact.

I encourage you to take full advantage of the educational sessions, leadership forums, networking opportunities, and social events throughout the meeting. Reconnect with old friends, make new connections, share ideas, and help us build a stronger APPNA for future generations.

Thank you for your continued support and dedication to our organization. Working together, we can transform innovation into action and continue making a meaningful difference in the lives of our members and the communities we serve.

Welcome to Orlando, and welcome to APPNA Summer Meeting 2026.

Warm regards,

Babar K. Rao, MD, FAAD
President, APPNA



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Chair Host Committee Message



Welcome to the 49th APPNA Annual Convention!

From Affluence to Influence: Innovating, Connecting, and Leading Together
Dear Esteemed Colleagues, Families, and Friends

As the Chair of the Host Committee, it is my distinct honor to welcome you to the APPNA 49th Annual Convention. We gather from July 1–5, 2026, at the spectacular Rosen Shingle Creek Hotel in Orlando, Florida.

Under the leadership of APPNA President Dr. Babar Rao, our 2026 theme is "From Affluence to Influence." This year marks a pivotal shift for our organization. We are moving beyond professional success to solidify our collective footprint in healthcare innovation, advocacy, and strategic global philanthropy. Orlando is the launching pad for our future.

Our committee has curated an unforgettable five days that balance academic excellence with vibrant cultural reunions:

- High-Yield CME Credits: Accredited continuing medical education sessions covering critical clinical updates, preventive medicine, and global healthcare delivery.
- AI Innovation Seminar: A premier session showcasing how cutting-edge artificial intelligence is transforming clinical practice, diagnosis, and healthcare delivery.
- Geopolitical Social Forum: A highly anticipated dynamic platform featuring eloquent experts addressing the shifting global landscape.
- Next-Gen Mentorship: Programs celebrating young physicians and researchers paving the way for our future.
- Vibrant Cultural Night: A rich celebration of our heritage featuring authentic, diverse regional foods paired with a soul-stirring Qawwali Night and our traditional late-night Mehfil-e-Mushaira.
- Spectacular Musical Entertainment: A star-studded lineup featuring legendary Ghazal nights, the high-stakes APPNA Sur singing competition, and our grand Saturday banquet starring Asim Azhar and Yashal Shahid.
- Wellness & Sustainability: Seminars dedicated to physician well-being and the indoor APPNA Green Walk on July 4th.
- Authentic Culinary Experience: Exquisite, delicious Pakistani cuisine served daily across all 5 days of the convention to bring you the comforting taste of home.

Thank you to our host chapter, volunteers, and sponsors whose dedication made this grand event possible. I encourage you to immerse yourself in every session, catch up with old friends, and build new collaborations.

Let us use this time to transform our professional affluence into lasting global influence.

Warm regards,

Sajid Chaudhary, MD.
Chair, Host Committee
APPNA 49th Annual Convention



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Host Committee



Top Row - from left to right, Mr. Luis Joachim, Ashfaq Lodhi, Dr Sajid Hafeez, Tipu Ahmad, Dr Salim Afridi, Nisar Qureshi, Dr Naeem Moon and Laiq Siddiqui

Middle Row - from left to right - Dr Naseem Ahmed, Dr. Atif Khan, Dr Abid Rasool, Dr Babar Rao, Dr Sajid Chaudhary, Dr Abdullah Kamran Moosa & Dr. Danish Bhatti

Bottom Row: from left to right - Dr. Roh Afza Afridi, Dr. Amira Naseem, Dr. Musarrat Moon, Umbreen Hafeez, Dr. Naveen Darakhshan Dr. Madhia Syed, Sehba Joachim, Dr. Riffat Qureshi, & Dr. Tahira Qureshi



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Association of Physicians of Pakistani Descent of North America

From the Editor's Desk



Dear APPNA Members, Distinguished Guests, Sponsors, and Friends,
On behalf of the host committee, it is my great pleasure to welcome you to the APPNA 49th Summer Convention. This annual gathering represents far more than a conference—it is a celebration of professional excellence, lifelong friendships, community service, and our shared commitment to advancing healthcare and humanitarian efforts.

As we come together from across the United States and around the world, we are reminded of the remarkable strength of the APPNA family. The convention provides a unique opportunity to reconnect with colleagues, exchange ideas, learn from distinguished speakers, and inspire one another to continue making meaningful contributions to medicine and society.

This event would not be possible without the leadership of Dr Sajid Chaudhry, dedication and hard work of countless individuals. We extend our sincere appreciation to the Orlando host committee, APPNA president Dr. Babar Rao, chapter officers, volunteers, speakers, exhibitors, sponsors, and supporting staff whose tireless efforts have brought this convention to life. Their commitment, vision, and generosity have created an exceptional program that reflects the values and aspirations of our organization. Special thanks to Mr. Laiq Siddiqui for his expertise and support in producing this publication.

To our guests and first-time attendees, we offer a particularly warm welcome. We hope you will find this convention informative, engaging, and memorable. May the friendships you build, the knowledge you gain, and the experiences you share enrich both your professional and personal journeys. As you enjoy the educational sessions, cultural events, networking opportunities, and family activities throughout the convention, we encourage you to celebrate the spirit of unity, service, and excellence that defines APPNA.

Thank you for being part of this special gathering. We wish you a productive, enjoyable, and inspiring APPNA 49th Summer Convention.

Warm regards,

Abid Rasool, M.D.
Chair, Publication Committee
APPNA 49th Summer Convention



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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.



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Immediate Past President Message



Dear APPNA families!

Welcome to the beautiful city of Orlando as we celebrate the 49th annual convention of APPNA under the leadership of Dr Babar Rao President APPNA.

We welcome all chapter and alumni members as we stand together in support of APPNA .

The host committee has a very exciting program set up for you all to enjoy, from amazing continuing medical education to business meetings to social forums focusing on Pakistani American and Canadian community development to scrumptious dinners followed by Pakistani music.

Women Empowerment is an important issue that is once again being addressed through a seminar . Our outstanding Young physicians committee and Young Professionals Committee are as always in the forefront of fulfilling the needs of our early career physicians.

I would like to conclude by thanking the host committee chaired by Dr Sajid Chaudhry for their immense hard work and dedication.

Long Live USA. Pakistan zindabad.

Humeraa Qamar, MD MPH FAAP
PAST PRESIDENT APPNA





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Secretary Message



Dear APPNA Family,

It is both an honor and a privilege to serve as Secretary of APPNA in 2026. I am deeply grateful for the trust and confidence you have placed in me and for the opportunity to contribute to the continued growth and success of our organization.

On behalf of the Executive Council and Board of Directors, I extend a warm welcome to all attendees of the APPNA Summer Convention 2026. I hope this convention provides a rewarding experience filled with learning, networking, fellowship, and renewed commitment to our shared mission.

I would like to congratulate our President, Dr. Babar Rao, for his outstanding leadership and unwavering dedication to APPNA. I also extend my sincere appreciation to Dr. Sajid Chaudhary and all the Host Committee for their exceptional efforts in organizing what promises to be an outstanding convention.

This year began with a very successful Strategic Planning Retreat in San Francisco, California, where APPNA leadership came together to define priorities and establish a clear vision for our future.

Our Spring Meeting in Parsippany, New Jersey, was another remarkable success. Organized within a very limited timeframe, it demonstrated the dedication, teamwork, and commitment of our volunteers and leadership.

As Secretary, my focus has been on maintaining accurate records, promoting transparency, strengthening communication, and enhancing organizational efficiency. To date, APPNA has conducted nearly fifteen Board of Directors meetings and five Council meetings. I am pleased to report that all meeting minutes have been completed and made available to the membership through the APPNA website, ensuring accountability and accessibility.

I would also like to recognize the invaluable contributions of our Board-appointed and Council-appointed committees. The Chairs, Co-Chairs, and committee members have worked tirelessly throughout, dedicating countless hours to advancing APPNA's mission. Their efforts in education, advocacy, professional development, medical service, and community engagement continue to strengthen our organization and expand its impact.

APPNA's success is built upon the commitment and volunteer spirit of its members. I extend my heartfelt gratitude to all committee leaders, members, volunteers, and colleagues whose dedication makes our achievements possible. Your service exemplifies the values and vision upon which APPNA was founded.

Serving alongside such talented and dedicated physicians has been one of the greatest privileges of my professional life.

I remain humbled by the opportunity to serve as your Secretary and look forward to continuing our work together in advancing APPNA's mission and strengthening our organization.

Thank you for your continued support, engagement, and commitment to APPNA.

Sincerely,

Muhammad Aslam, MD
Secretary, APPNA



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Treasurer Message



Dear APPNA Members,

I would like to take this opportunity to update you on the main financial activities to date for 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.

The Islamabad meeting was delayed to December, so Dr. Amina Saqib and the New Jersey Spring Meeting host committee sprang into action. The APPNA BOD commends them for taking on this challenge on such short notice. The P&L for the Spring Meeting is in the process of being completed and will be presented during the Council Meeting of the Summer Convention.

The Projected Operations Budget for 2026 was reviewed and approved by the BOD in its April Meeting and later approved by the Council. This budget is in line with the itemized revenue and expenses from 2025.

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)	\$(8,600)
Total for D- Meetings	\$272,646	\$548,871
E. CME	\$9,400	\$47,788
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	\$452,388
Total for D- Meetings Disbursements	\$225,807	\$538,944
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



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As of June 12, 2026, there was \$99K in the APPNA Operations bank account, and approximately \$1.1 million in the Annual Meetings (with 2026 Summer expenses pending) and \$2.1 million in the International Meetings (with 2027 Antarctica expenses pending) bank accounts. Lifetime Investment Funds were at \$4.67 million (Hilltop Securities) plus \$2.53 million (Arch Global), for a sum of \$7.2 million. The net increase of Lifetime Investments from the end of year 2025 balance through mid-June 2026 was \$535,299. The balance on the COVID-related SBA loan is \$7,714, which should be paid off by the 3rd quarter of this year.

The accounting of all transactions for 2025 is complete and the annual audit for 2025 is in its final stages. 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 Summer Convention Council and General Body meetings to better address your questions and concerns.

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

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



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Association of Physicians of Pakistani Descent of North America

APPNA Advocacy Committee



I am honored to have the opportunity to chair the Advocacy Committee in 2026 and would like to thank President Babar for his trust and confidence 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 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.
- Conduct a series of webinars which highlight areas where APPNA Advocacy plays a role
- 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.

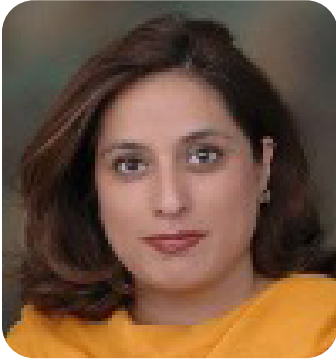
Advocacy committee is also planning to form a coalition with other South Asian medical organizations to jointly lobby for easing of visa restrictions and facilitate new medical graduates entering the US health care system.

A session in the upcoming APPNA Winter meeting is scheduled for medical aspirants to learn about the immigration process and share challenges in person. A PMDC representative will also attend and proactively help address common issues faced by graduates.

Dr. Samina Qureshi
APPNA Advocacy Committee Chair 2026

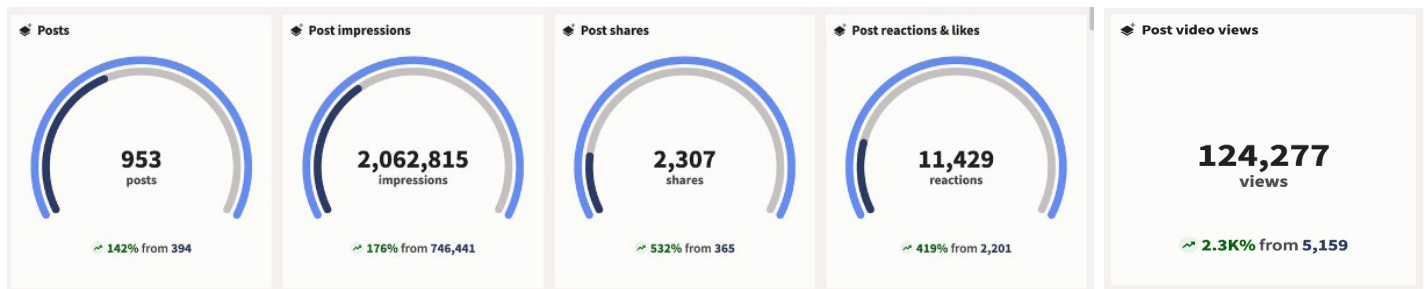


APPNA COMMUNICATION COMMITTEE AMPLIFYING APPNA'S VOICE THROUGH SOCIAL MEDIA



In an increasingly digital world, social media has become one of the most effective tools for communication, engagement, and brand building. Recognizing this opportunity, APPNA has strategically expanded its presence across Facebook, Instagram, X (formerly Twitter), LinkedIn, and YouTube to strengthen its connection with members, promote its initiatives, and amplify its voice within the healthcare community and beyond.

The results have been remarkable. During the past year, APPNA published 953 social media posts, representing a 142% increase over the previous period. These efforts generated more than 2 million impressions (2,062,815), reflecting a 176% increase in visibility and audience reach. Equally important, APPNA's content inspired meaningful interaction, with 11,429 reactions and likes—a 419% increase—and 2,307 shares, representing an extraordinary 532% increase. These metrics demonstrate that APPNA's message is not only reaching a larger audience but is also resonating with members and followers who are actively engaging with and amplifying that content.



APPNA Social Media Metrics (January 1, 2026 - May 31, 2026)

This increased engagement has strengthened APPNA's ability to connect with physicians, trainees, students, and alumni across North America. Through regular updates, educational content, member spotlight via APPNA cafe series, advocacy initiatives, and event promotion, social media has become an interactive platform that fosters dialogue, collaboration, and a stronger sense of community. Members are better informed about organizational activities and have greater opportunities to participate in discussions and share their accomplishments.

Beyond engagement, social media has become a powerful vehicle for building APPNA's brand. Consistent and professional communication across multiple platforms enhances the organization's visibility and reinforces its reputation as a leading voice for physicians of Pakistani heritage. Increased exposure helps attract prospective members, strengthen relationships with partner organizations, and showcase APPNA's contributions in healthcare, education, philanthropy, and community service.

Platforms such as LinkedIn and YouTube have further expanded APPNA's reach by highlighting professional achievements, leadership initiatives, specialty society activities, and educational programming. These channels not only promote the organization but also elevate the accomplishments of its members.

The impressive growth reflected in APPNA's social media metrics is more than a measure of online activity—it is evidence of a stronger, more connected, and more visible organization. By continuing to invest in digital engagement, APPNA is ensuring that its voice reaches broader audiences, inspires greater participation, and advances its mission well into the future.

Sophia Janjua, MD
Chair, Communication Committee 2026



APPNA Ethics & Grievance Committee (EGC)

Committee Membership

- Dr. Tariq Jamil – Chair
- Dr. Mubasher Rana – Co-Chair
- Dr. Irfan Saeed
- Dr. Imran Amir
- Dr. Nadeem Kazi
- Dr. Rizwan Khalid
- Dr. Tayyib Rana
- Dr. Tanvir Imam
- Dr. Shaheen Mian

Committee Activities and Complaint Review

The Ethics & Grievance Committee (EGC) remained actively engaged throughout 2026 in fulfilling its responsibility to review member complaints, address governance concerns, and provide recommendations to the APPNA Board of Directors (BOD) and Council. To date, the EGC has addressed 13 complaints and governance matters, meeting regularly to ensure that all concerns were handled fairly, impartially, when required confidentially, and in accordance with APPNA Bylaws and Policies.

One of the most significant matters reviewed by the EGC involved the dispute between APPNA and “APPNA Canada”. The Committee conducted a comprehensive review of the complaint, supporting documentation, prior mediation efforts, and applicable bylaws. Following extensive deliberation, the EGC concluded that the suspension of members requested by the APPNA BOD would be premature and instead recommended external binding arbitration pursuant to APPNA’s Conflict Resolution Policy. The Committee further recommended that all parties refrain from communications that could exacerbate the dispute while arbitration is pending.

The EGC also reviewed several governance-related matters involving committee appointments, membership eligibility, and implementation of prior organizational decisions. In each case, the Committee sought clarification from relevant parties, reviewed governing documents, interviewed individuals with pertinent knowledge, and issued recommendations designed to promote consistency, transparency, fairness, and compliance with APPNA Bylaws.

Another significant matter currently under review concerns the Wall Street Alliance Group agreement and related governance processes. The EGC requested information from APPNA leadership regarding the approval process, implementation of prior Board actions, and other governance-related questions. At the time of preparation of this report, the Committee's



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review remains ongoing. The EGC continues to evaluate the responses received and expects to issue its recommendations upon completion of the review process.

In addition, the EGC reviewed complaints involving organizational transparency and accountability. These included concerns regarding disclosure of the results of the 2025 Bylaws amendments vote, the status of financial documents requested by the Financial Compliance Committee (FCC), and implementation of prior governance actions. The Committee has sought information from the BOD and is currently evaluating these matters based on the facts presented.

The EGC remains concerned about delays in implementing certain recommendations and action items identified in prior EGC reports.

Throughout the year, the EGC remained committed to due process, fairness, confidentiality, transparency, and organizational accountability. The Committee appreciates the cooperation of APPNA members, officers, committees, and the Board of Directors in responding to requests for information and participating in the grievance resolution process.

The EGC remains dedicated to preserving the integrity of APPNA's governance structure, promoting transparency, and ensuring that all members are treated fairly and in accordance with the organization's Bylaws and Policies.

Respectfully submitted,

Dr. Tariq Jamil, Chair

Dr. Mubasher Rana, Co-Chair

On behalf of the APPNA Ethics & Grievance Committee (EGC) – 2026



APPNA Financial Compliance Committee: 2026 Progress Report

Members: Tauqeer Ali, Syed Taqi Azam, Saeed Ahmed Khan, Faisal G. Qureshi (Chair),
Lubna Naeem (Secretary), Fateh Shezad

The Financial Compliance Committee (FCC) is an independent oversight body established under the APPNA bylaws to assist the Board of Directors in fulfilling its fiduciary responsibilities through review of financial records, audit oversight, and regulatory compliance monitoring.

KEY ACTIVITIES & ACCOMPLISHMENTS

- **SOPs Adopted** — The FCC unanimously approved its 2026 Standard Operating Procedures in January, establishing a formal framework for oversight, reporting, and collaboration with the Board and Finance Committee. These SOPs, reviewed with the Treasurer and approved by the BOD, guide all FCC activities.
- **Financial Policy reviewed**—In 2024, APPNA Finance and Investment Committee (FIC) created a financial policy. The FCC reviewed this financial policy and submitted recommendations to the FIC for consideration
- **Accounting Firm Engagement** — The FCC met with Dynamic Accounting Solutions (Mustafa Naviwala, CPA), established direct communication protocols, and requested reconciled financial statements and meeting-specific reports to support ongoing oversight.
- **Audit Oversight** — The 2024 audit was completed in November 2025. The FCC established that going forward it must be engaged during — not after — the audit process. A motion was passed requiring that reconciled documents be shared with the FCC at least three weeks before submission to the external auditor. The 2025 audit is expected by June 2026.
- **Meeting Expenditures** — A review of financial reports identified expenditures that appeared disproportionate relative to event budgets, particularly in entertainment, food and beverage, and audiovisual services. The FCC recommends the Board establish clear spending standards and define surplus thresholds for each meeting, ensuring APPNA events are budget-neutral or generate a modest surplus directed toward programmatic and charitable goals.
- **Budget Transparency** — The FCC identified the absence of a standardized budget format and recommended adoption of a formal template showing revenues, expenses, net results, and variances with explanatory notes, to be implemented across all meetings and operations.
- **International Fund Compliance** — The FCC raised concerns regarding oversight of international meeting finances, including fund routing and compliance with IRS and U.S. Treasury regulations. Motions were passed requesting a formal SOP for international fund transfers and full documentation of prior transactions.

AT A GLANCE

Meetings Held	6 meetings + joint sessions (Feb – Apr 2026)
2024 Audit	Completed November 2025; FCC review complete
2025 Audit	In progress — expected completion June 2026
Motions Passed	5 (audit access, budget standards, international compliance)
Pending from BOD	International fund documentation; expenditure standards

LOOKING AHEAD

Key priorities for the remainder of 2026:

- Completion and review of the 2025 audit
- Implementation of a standardized budget template for all APPNA meetings
- Establishing a clear SOP for international meeting finances and fund transfers
- Ensuring timely BOD responses to outstanding FCC recommendations
- Developing a cloud-based document financial database and dashboard-style financial reporting

The FCC thanks the membership for its trust and remains dedicated to transparent, responsible stewardship of APPNA's resources.



APPNA

Association of Physicians of Pakistani Descent of North America

APPNA Liaison Committee

Updates as of June 2026

Advocacy and Policymaking:

1. APPNA has become an established member of the SSS of the AMA since 2025
2. Dr. Raffia Qutab represented APPNA at the AMA's 26th Annual Summer Convention in Chicago June 6th 2026 .
3. Following resolutions were supported
 - Safety of care and supported that its equally important that physician and staff experience to be added in the quality of care surveys
 - AMA's opposition towards any order by the Government against childhood vaccine schedule
 - Bariatric treatment options should be a mutual decision of the patient and the doctor
 - NPs evaluation needs to be supervised for patient's safety, better access to health care and to decrease the cost of ordering unnecessary tests

Webinars led by the Liaison Committee:

Professional Development for APPNA members The goals of our recently conducted webinars were to educate APPNA members about topics such as the use of AI in healthcare and introduction of Organized Medicine.

Career Development for IMGs and ITPs webinar topics involved credentialing and implementation of alternate pathways in different States and Evolving USMLE credentialing in 2026.

Keynote speakers included Dr. George Abraham, Chair of Board of Directors of FSMB and Emeritus Chair of Board of Registration in Medicine, MA, Dr. Jayesh Shah, President of the Texas Medical Association, Dr. Muhammad Sanaullah, member of the Oklahoma State Medical Board, Dr. Gulrayz Ahmed APPNA's Chair YPC, and council members of APPNE(Association of Pakistani Physicians of New England).

Through these webinars, our committee has been able to engage with more than 4,200 IMGs and ITPs. This is a phenomenal achievement and resounding success of the Liaison Committee to reach out globally.

Upcoming Webinars:

1. Research in collaboration with MENASA group and APPNA's CRIL Committee
2. Humanitarian causes and physicians well being

Raffia Qutab, MD
Chair APPNA Liaison Committee



Raffia Qutab, MD, Chair of Liaison Committee of APPNA with Bobby Mukkamala, MD, the President of AMA.

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

Evolving USMLE Credentialing and Pathways Licensure Trends For IMGs and ITPs
April 4, 2026 12 PM EST / 9 PM (Pakistan Standard Time)
Liaison Committee APPNA with other Professional Organizations
CEO Federation of State Medical Boards USA
President Texas Medical Association
YPC APPNA

AI IN HEALTHCARE AND MEDICAL REGULATION CREDENTIALING AND ELIGIBILITY FOR MASSACHUSETTS PHYSICIAN PATHWAY ACT
May 23, 2026 12 PM EST / 9 PM (Pakistan Standard Time)
Liaison Committee with other Medical Organizations of APPNA
Chair Board of Directors of FSMB
Emeritus Chair, Massachusetts Board of Medicine (BORM)
CEO Federation of State Medical Boards USA
APPNE (Association of Pakistani Physicians of New England)



APPNA

Association of Physicians of Pakistani Descent of North America

APPNA Membership Committee



The APPNA Membership Committee 2026 continued its mission of strengthening our organization by increasing member engagement, enhancing member benefits, and promoting the value of APPNA membership across North America and globally. A major focus of the committee this year has been value addition for our members while supporting APPNA's core mission of professional excellence, education, service, advocacy, and community building.

As of June 5, 2026, APPNA's total membership stands at 4,459 members, including 3,316 Lifetime Members, 587 Annual Members, 195 Alliance Family Lifetime Members, 116 Emeritus Members, 110 Student Members, 95 Physicians-in-Training, 37 Associate Members, 1 Affiliate Member, and 2 Alliance Family Annual Members.

Membership in APPNA offers a wide range of professional, educational, social, and humanitarian opportunities. Members benefit from high-quality Continuing Medical Education (CME) programs, workshops, leadership development initiatives, networking opportunities, mini-fellowships, research collaborations, academic activities, mentorship programs, and advocacy efforts that represent physicians of Pakistani heritage in the United States. APPNA also provides vibrant social forums, cultural programs, world-class convention entertainment, bazaars, and opportunities to support medical students and young physicians. Members actively participate in charitable and humanitarian projects through APPNA SWDRC, making a meaningful impact on underserved communities in Pakistan and beyond.

To further enhance membership value, several new partnerships and member benefits have been added during 2026. These include collaborations with Medipol University, Turkey, for educational and academic opportunities; Skybird Travels and Nova Travels for travel-related services; Turkish Airlines travel benefits; Medshine professional development resources; Premier Inc. discounts on medical practice supplies and services; TapTap Send for convenient online funds transfer; Foley & Lardner legal services discounts and access to healthcare law education and contract resources; Bank of Punjab banking services through Roshan Digital Accounts (RDA); Travel Tucker vacation planning and discounted travel packages; and United Transport Services providing corporate-rate vehicle rentals while traveling in Pakistan.

The Membership Committee remains committed to expanding benefits, strengthening member engagement, and growing APPNA's membership base. We encourage eligible physicians, trainees, students, and families to join APPNA and become active participants in this dynamic professional organization.

Please note that July 4, 2026, is the last date to become an APPNA member and be eligible to vote in the 2026 APPNA elections.

Nusrum Iqbal, MD FACP
Chair APPNA Membership Committee 2026



APPNA

Association of Physicians of Pakistani Descent of North America

APPNA Publication Committee



Dear APPNA members,

The Publication Committee has remained actively engaged throughout the year and played an integral role in the successful publication of both the Strategy Meeting Journal and the Spring Meeting Journal. These publications stand as a testament to the dedication, professionalism, and hard work of our committee members, who meticulously reviewed all submitted materials to ensure the highest standards of quality and excellence.

I would like to extend my sincere gratitude to every member of the Publication Committee for their unwavering commitment, thoughtful contributions, and countless hours of service. Their efforts have been instrumental in producing publications that reflect the mission, values, and scholarly spirit of APPNA.

As we prepare for the Summer Convention, we are excited to expand opportunities for creativity and engagement within our community. This year, we are organizing an Essay Competition for high school students, a Photography and Art contest, and an Urdu Poetry Contest. We look forward to showcasing the remarkable talents of our participants and encouraging the next generation of writers, artists, and thinkers.

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.

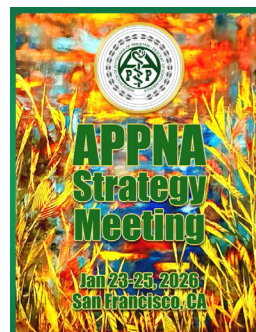
Looking ahead, the Publication Committee is already working toward the publication of the Fall and Winter Meeting Journals. We remain committed to delivering high-quality publications that inform, inspire, and strengthen connections across the APPNA community.

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



Spring Meeting Journal 2026



Strategy Meeting Journal 2026



APPNA

Association of Physicians of Pakistani Descent of North America

Empowering APPNA's Future: The APPNA YPC

APPNA Young Physician's Committee under the leadership of APPNA President continues to shine and has achieved unparalleled milestones in 2026. Through a multi-faceted approach prioritizing advocacy, clinical placement, academic enrichment, financial assistance, and mental wellness, YPC has cemented its position as a vital lifeline for young international medical graduates (IMGs) navigating the complex United States medical residency system.

Unprecedented Residency Match Success and Visa Advocacy

The most notable testament to the committee's influence is the historic success of the 2026 Residency Match cycle. Over 1,200 candidates successfully matched into competitive U.S. residency slots. Impressively, over 88% of these matched candidates actively utilized and benefited from YPC's resources. Recognizing that matching is only half the battle, the committee has spearheaded a robust, active visa advocacy campaign supporting over 1,000 matched applicants. By interfacing closely with administrative bodies, we have managed to maintain high visa attainment rate for our applicants, ensuring that bureaucratic hurdles do not prevent qualified physicians from starting their training on time.

Academic Excellence, Professional Development, and Institutional Outreach

Educational enrichment remained a cornerstone of the YPC's 2026 program. With our targeted webinars, the committee drew over 500 active attendees and accumulated more than 2,500 digital views, making academic mentorship more accessible than ever. The pioneering PRISM Program (Professionalism, Research, Interpersonal Skills and Mentorship) has been praised by many, hosting specialized "Research Month" and "Professionalism Month" initiatives.



YPC has also continued to foster significant academic output, preparing over 40 poster presentations to be featured during Research Day at the APPNA Summer Meeting. This research spirit is further bolstered by the official launch of the YPC Young Scholar Award. Furthermore, executive collaboration and outreach remain strong, as the committee maintains crucial, proactive relationships with central regulatory bodies, including the Educational Commission for Foreign Medical Graduates (ECFMG), the Federation of State Medical Boards (FSMB), and the National Board of Medical Examiners (NBME).



Social Media campaign addressing common myths associated with US Medical Residency applications is releasing 2 reels a week to have high impact short content for our viewers. We also launched our first newsletter this year to highlight our work.

Clinical Experience and Peer-to-Peer Networks

Securing U.S. clinical experience (USCE) remains a significant barrier for IMGs. To address this, the committee successfully coordinated close to 100 clinical observership placements. In tandem, the newly established Ambassadors Program has achieved representation across 95% of medical schools in Pakistan, organizing local networks to support candidates at the start of their career journey. To ensure vertical support, a formal peer-to-peer mentorship program is also set to launch soon, with active recruitment of qualified physician mentors already underway.

Financial Support and Comprehensive Well-being

Understanding the immense financial strain of the residency application process, the committee is extending interest-free loans to ten highly deserving students. Additionally, YPC has taken a progressive stance on mental health by hosting dedicated Mental Health Awareness Sessions to address burnout and stress among candidates. Looking toward financial stability during training, the committee is also preparing to launch a specialized Financial Wellbeing Podcast series.

Through these targeted initiatives, APPNA YPC continues to overcome systemic barriers, cultivating a thriving and resilient generation of healthcare leaders.

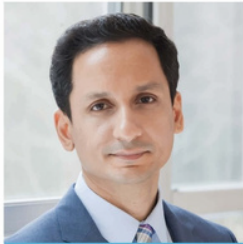
Gulrayz Ahmed, MD FACP
APPNA YPC Chair 2026



A Team of Fiduciaries for all your financial planning needs



Aadil Zaman, MBA
Partner



Syed Nishat, CFP®, CPFA®, BFA™
Partner



Johan Vako, CFP®
VP Wealth Management



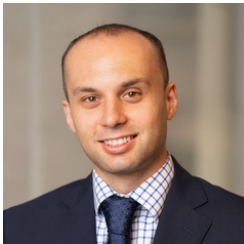
Keviin Shah, CPFA
Wealth Advisor



Nathan McKearney, CFA
Portfolio Manager



Kyle Jones, CFA
Portfolio Manager



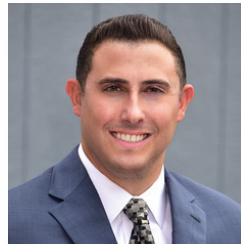
Jake Gross, CFP®
Wealth Advisor



Joe Perry, CFP®
Wealth Advisor



Maura Fay, ASA
Retirement Actuary



Andre Sigismondo
Relationship Manager



Joann Woodrops
Operations Manager



Elissa Levy
Senior Client Service Associate

As Seen In



Medscape

Bloomberg

All In-House Services



Estate Planning

Dynasty Trust and
Multigeneration Planning



Tax Planning

Tax Savings Strategies
and
Charitable Lead Trust



Asset Protection

LLC and Domestic Asset
Protection Trusts



Investment

Dynamic allocation with
Stocks, ETFs and Index
funds



Islamic Financial Planning

Sharia based will
and trust
and Sharia compliant
investment

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APPNA

Association of Physicians of Pakistani Descent of North America

APPNA YPC Canada Committee

APPNA Young Physicians Committee (YPC) Canada made significant strides during the first five months of 2026 through impactful initiatives focused on mentorship, professional development, wellness, and advocacy for IMGs across Canada.

Guided by a vision of service, mentorship, collaboration, and leadership development, YPC Canada continued to strengthen its role as a growing national platform supporting IMGs and early-career physicians. The committee's mentorship network now connects more than 300 IMGs, residents, and practicing physicians across the country, fostering peer support, professional guidance, and meaningful collaboration.

Major accomplishments during the first five months of 2026 included:

1. Organized multiple educational webinars, mentorship sessions, and panel discussions focused on CaRMS preparation, NAC OSCE preparation, the Practice Ready Assessment (PRA) route, interview preparation, physician wellness, resilience, leadership development, and transitioning into clinical practice in Canada.
2. Expanded IMG mentorship and observership support initiatives by providing one-on-one mentorship, guidance on alternative pathways, observership facilitation, and career counseling for aspiring physicians navigating the Canadian healthcare system.
3. Achieved an outstanding Match 2026 performance, with 24 out of 32 self-reported applicants successfully matching into residency programs, representing a 75% success rate compared to an estimated national IMG match rate of approximately 40%.
4. Launched Phase 1 of the APPNA YPC Canada Scholarship Program 2026, announcing 16 scholarships valued at CAD \$500 each as part of an initiative aimed at supporting and encouraging IMGs pursuing their professional goals in Canada.
5. Continued efforts to promote wellness, resilience, peer support, and community building among IMGs through interactive discussions and mentorship-driven initiatives addressing the emotional and professional challenges of the IMG journey.
6. Initiated planning for an in-person IMG educational and networking workshop scheduled for Fall 2026, aimed at bringing together mentors, residents, practicing physicians, and aspiring IMGs for collaborative learning and professional development.

These accomplishments reflect the growing need for structured mentorship, educational support, and professional networking opportunities for IMGs across Canada. The strong engagement and overwhelmingly positive feedback received throughout these initiatives further reinforced the importance of creating supportive and empowering platforms for future physicians.

YPC Canada remains deeply grateful to APPNA leadership, mentors, volunteers, speakers, and members whose continued encouragement and support made these initiatives possible. The committee remains committed to advancing mentorship, leadership development, wellness, and meaningful service for the IMG community in Canada.

Respectfully submitted,

Dr. Ammar Rashid
Chair, APPNA YPC Canada

APPNA YOUNG PHYSICIANS COMMITTEE YPC CANADA
Empowering IMGs. Building Leaders. Strengthening Communities.

STRONG START. MEANINGFUL IMPACT. A BRIGHTER FUTURE TOGETHER.
300+ IMGs, Residents & Physicians Connected

ACROSS CANADA

ONE MISSION: Mentorship. Growth. Impact.

MAJOR ACCOMPLISHMENTS (JAN – MAY 2026)

1. Organized multiple educational webinars, mentorship sessions, and panel discussions focused on CaRMS preparation, NAC OSCE preparation, the PRA route, interview preparation, physician wellness, resilience, leadership development, and transitioning into clinical practice in Canada.
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EDUCATE. CONNECT. EMPOWER.

MENTORSHIP. GUIDANCE. GROWTH.

APPNA YPC CANADA SCHOLARSHIP PROGRAM 2026 – PHASE 1
16 SCHOLARSHIPS ANNOUNCED | CAD \$500 EACH
Announced as part of our commitment to support and encourage IMGs across Canada.

IN-PERSON WORKSHOP COMING THIS FALL 2026
An in-person educational and networking workshop is in the works! Stay tuned for details. Together, let's learn, connect, and grow.

300+ IMGs, Residents & Physicians Connected

24/32 Matched in Match 2026

75% Success Rate (vs 40% National IMG Match Rate)

16 Scholarships Announced (CAD \$500 each)

Countless Lives Impacted. Futures Empowered.

YPC Canada is deeply grateful to APPNA leadership, mentors, volunteers, speakers, and members whose unwavering support and encouragement make our work possible.
We remain committed to advancing mentorship, leadership development, wellness, and meaningful service for the IMG community in Canada.

Respectfully submitted,
Dr. Ammar Rashid
Chair, APPNA YPC Canada



APPNA

Association of Physicians of Pakistani Descent of North America

APPNA New Jersey Chapter



New Jersey Chapter
Innovation, Service, and Collaboration

APPNA NJ continues to grow as a dynamic force in physician leadership, humanitarian service, and community engagement. Guided by collaboration and innovation, the chapter remains committed to strengthening professional connections, empowering future physician leaders, and expanding meaningful service initiatives locally and globally.

This year, APPNA NJ focused on mentorship and professional development by launching a Residents' Mentorship Program with Central APPNA YPC and expanding clinical observership opportunities for students and early-career physicians.

APPNA NJ continues to prioritize healthcare access and community outreach through impactful initiatives supporting underserved communities. A major upcoming project is the establishment of a free clinic in New Jersey in collaboration with APPNA's "Home First" program to provide essential healthcare services to uninsured populations.

The chapter has also strengthened partnerships with community organizations to expand humanitarian outreach. Collaborations with ICNA included mobile health clinics, food pantry programs, and back-to-school drives supporting families across New Jersey. APPNA NJ is also exploring future collaborations with Islamic Relief USA focused on disaster relief, healthcare outreach, and humanitarian initiatives.

Internationally, APPNA NJ partnered with Fatima Jinnah Medical University during Ramadan to support flood-affected families in Kashini Village and hosted Community Iftars to strengthen local partnerships.

One of APPNA NJ's proudest accomplishments was successfully hosting the National APPNA Spring Meeting 2026 on a short timeline. The meeting featured CME programming, breakout sessions, and discussions on artificial intelligence, healthcare innovation, economics, and philanthropy. Distinguished guests included the Governor of New Jersey, dignitaries from Pakistan, and physician leaders from across the United States.

With renewed energy and a forward-looking vision, APPNA NJ remains committed to advancing innovation, service, and collaboration while building lasting impact within the medical profession and the broader community. Through strategic partnerships, educational initiatives, and humanitarian outreach, the chapter continues to create opportunities that inspire physicians to lead with compassion, excellence, and purpose. As APPNA NJ looks toward the future, it remains dedicated to fostering unity, supporting underserved populations, and strengthening the role of physicians as advocates for healthier and more connected communities.

Amina Saqib, MD
President, APPNA NJ





APPNA

Association of Physicians of Pakistani Descent of North America

KEMCAANA

King Edward Medical College Alumni Association of North America



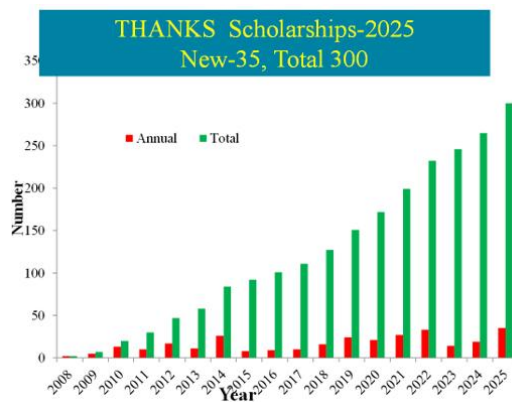
KEMCAANA 2025 THANKS SCHOLARSHIPS Report 35 New Scholarships



By the grace of Allah, THANKS Scholarship Endowment funded the tuition fees of all incoming **eligible** first and the second-year medical students. During the 2026 year, we are expanding this program to include all eligible students of the **first, second and third-year classes**. We believe, this program represents one of the truest forms of **Sadaqah-E-Jariyah**.

“THANKS” scholarships were initiated by Bashir and Tesneem Chaudhary in 2008 to help KEMU students with their tuition. The acronym “THANKS” represents **Tuition Help from Alumni for New KE Students**. Our goal is to meet the tuition needs of **all** students.

THANKS scholarships also provide us an opportunity to pay our thanks. We are thankful for the five magical years at our alma mater where we had the best teachers and made our lifelong friends. These are named scholarships and the pictorial web pages for these scholarships provide us an ideal way to thank the people in our lives who helped us to be what we are today. THANKS donations become part of the KEMCAANA Endowments and are invested in stock market. The THANKS endowment at the end of the year 2025 was at \$ 1,692,892. The total number of scholarships was 300.



Co-chairs: Bashir and Tesneem Chaudhary, KE 70, 74, Phone: 706-414-6665

Daud Ashai KE 1985, Ahmed Malik 1964, Riaz Lone 1970, Aman Munir 1995, Abrar Saleem 1988, Anjad Zaheer 1970, Danish Bhatti KE 2004, M. Farah Shahzad KE 1988, Sultan Mahmood KE 2009

266. Sardar Daud Khan	Honoring My Mother-in-Law
267. KE Class of 1975	Honoring Our Classmate, Saleem Khan
268. Abdul Ghafoor Chaudhry	Honoring Khalid Riaz
269. Riazul Imami	Honoring Prof. Nur Ahmad Khan Seyal
270. Riazul Imami	Honoring Pro. Akhtar Khan
271. Bashir and Tesneem Chaudhary	Why THANKS for all students
272. Jeanette Akhtar	Honoring My Husband-Javed Akhtar
273. KE Class of 1970	Honoring Khalid Riaz
274. KE-1970	Honoring Khalid Riaz
275. Anjad Zaheer	Honoring Khalid Riaz
276. KE Class of 1995	Honoring My Father-In Law
277. Fawad and Saima Zafar	Honoring Aisha Zafar
278. KE Class of 1970	Honoring Azam Malik
279. KE Class of 1970	Honoring Our Departed Classmates
280. Asim Chohan	Honoring KE
281. Bashir and Tesneem Chaudhary	Honoring Inam Ul Haq
282. Syed Saeed Bokhari	Honoring Barkat Jaffer
283. Abdul Rehman Chaudhry	Honoring My Departed Wife
284. Abdul Rehman Chaudhry	Honoring My Father
285. Sohail Rana	Honoring My Classmates
286. 1975 Classmates	Honoring Our Class
287. Nauman Qureshi	Honoring My Mother
288. Anusheh (D/O of Waseem Chaudry)	Honoring My Grandmother
289. Riaz Lone	Honoring Naheed and Ahmed Hilal
290. Mukhtar Gani	Honoring My friend, Yusuf Khan
291. Bashir and Tesneem Chaudhary	Honoring Masood Akbar
292. Saleem Khan	Honoring My Brother
293. Nasim Ahmad	Honoring My Friend, Naeem Pervaiz
294. Muneera Mahmood	Honoring My Father
295. Muneera Mahmood	Honoring My Mamoon
296. Taqdees Sheikh	Honoring My Parents
297. Anjum Iqbal	Honoring My Father
298. Naeem Akhtar	Honoring Zafar and Mir Foundation
299. Adnan Zaidi	Honoring My Parents
300. Samina Zaidi	Honoring My Parents

Scholarship Committee

Donors

Submitted by: Bashir and Tesneem Chaudhary, Chairs KEMCAANA THANKS Committee



APPNA

Association of Physicians of Pakistani Descent of North America

RMCAANA

Rawalpindi Medical College Alumni Association of North America



In the first half of 2026, the RMCAANA as an organization has made significant progress towards governance, fundraising, education, research, community service, and member engagement. The year began with a smooth and effective transition of leadership, ensuring continuity of operations and a structured handover of responsibilities. Multiple committees were established early and remained actively engaged, strengthening organizational capacity and execution.

Fundraising emerged as a major success. RMCAANA raised \$150,000 for the Child Life program and \$50,000 for the Qarz-e-Hasna program, representing the highest fundraising achievements supported by the EC to date. In addition, the EC helped raise over \$26,000 for a first-of-its-kind research initiative in Pakistan focused on premature coronary artery disease, reinforcing RMCAANA's commitment to impactful global

research.

Community engagement and humanitarian efforts were expanded through the signing of a Memorandum of Understanding with IR Pakistan, enabling support for orphans in Rawalpindi and Islamabad. The EC also invested substantial effort in planning the Islamabad Spring Meeting; although the meeting was ultimately canceled, the process demonstrated strong collaboration and organizational readiness. A historic milestone was achieved with the first Town Hall meeting in RMCAANA history, creating a new forum for transparency and member dialogue. Governance and infrastructure were strengthened through updates to standard operating procedures and the initiation of the largest overhaul of the CABL, currently in progress. The EC provided active support to RMU candidates pursuing U.S. residency training, contributing to one of the highest residency match rates in 2026. Engagement initiatives included the first welcome Zoom session for incoming residents and ongoing mentoring of new EC members.

Innovative leadership models were introduced, including the appointment of two co-chairs for the Summer Meeting, and Dr. Zahid Rafiq was elected as Executive Director for a four-year term. Digital outreach was enhanced through continued updates to the website and social media platforms. Notably, RMCAANA created its first paid position, the RMCAANA Liaison Officer, to support RMU-based academic, research, and philanthropic initiatives. Additional engagement efforts included strengthening the official WhatsApp group, offering free 2026 membership to 2025 members, and initiating SOP development toward establishing an RMCAANA Endowment.

RMCAANA EC

Dr. Faisal Masud – President 2026
DR. Iftikhar Ali Chaudhry- President Elect 2027
DR. Rizwan Iqbal- Immediate Past President 2025
Dr Faiz Cheema – General Secretary
Dr Attiya Haroon – Treasurer
Dr Zahid Rafiq – Executive Director
Dr Shazia Ali – Councilor
Dr Sana Imran- Councilor
Dr Tehreem Irfan – Councilor
Dr Shazad Ansari- Councilor
Dr Omar Khohkar- Councilor
Dr Asmat Ullah – Councilor





APPNA

Association of Physicians of Pakistani Descent of North America

Memories

Zahida Bhutto

I graduated from Dow Medical College in 1981, an era that feels ancient now without computers, cell phones, beepers or social media. Back then, we relied on landlines for communication, and it worked remarkably well for us. Friends would simply show up at your home to take you out or stay for tea. Boyfriends knocked on hostel doors and chaukidar would announce loudly inside from the ground floor, the arrival of family or boy friend, which could be heard up to third floor in each and every room of hostel...

That was a norm.. There was only one landline telephone in the covered patio area with one desk chair to sit while using the phone.. the calls were connected via college operators only, who wouldn't mind at times listening to the private conversations.

Reflecting on those times, society felt much more progressive than it does today. There were no religious barriers among friends of different beliefs, and men and women enjoyed healthy, casual friendships..





Integrity in leadership: Building institutional trust

Dr. Syed Wajid Ahmed, MBBS, MAS, MSc, FRCPC

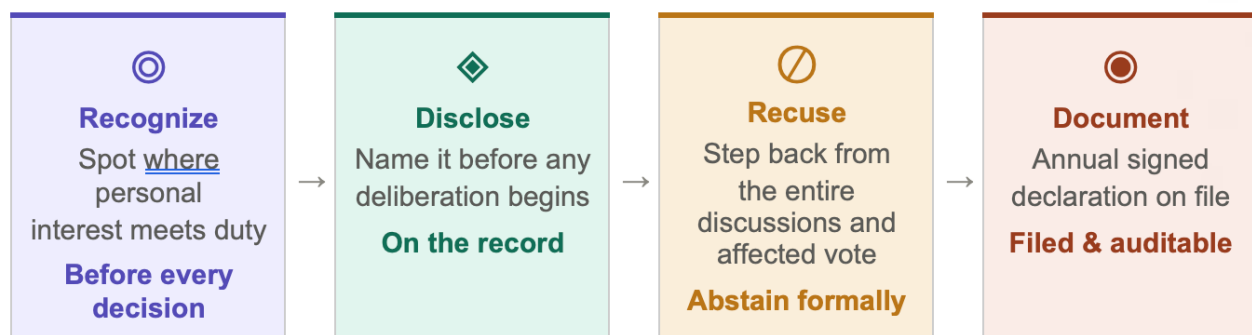
Physicians live and breathe integrity. It is embedded in the Hippocratic tradition, demanded by licensure boards, and enforced by the Sunshine Act in the USA and the Health Sector Payment Transparency Act in Ontario. When APPNA members step into leadership roles, that same standard travels with them; as physicians, we honor it by documenting conflicts and taking proactive actions to mitigate them.

To protect this standard, a robust and strictly enforced conflict of interest policy is essential. A conflict of interest is not synonymous with wrongdoing. It simply represents an intentional effort to identify the intersections where personal interest and organizational duty meet. For physicians, doing the right thing means transparent disclosure, not avoidance. Whenever a physician accepts a speaker's honorarium, a device company's advisory fee, or a research grant, that arrangement becomes a mandatory part of their disclosure statement before speaking on that topic. At APPNA, we carry this same responsibility because we uphold the same standard: disclose, recuse where needed, and let institutional policy decide rather than any single individual.

What distinguishes good governance from great governance is not just practicing integrity but documenting it. An annual signed declaration from all office bearers creates an auditable record that protects both the individual and the institution. It signals to the membership that APPNA's decisions are merit-driven and not based on personal likes or dislikes. It models the professional standards that every physician already meets in daily clinical life.

Formalizing this process is not a corrective measure. It is an affirmation of the values APPNA members already hold, and a professional record worthy of the physicians who lead. Integrity practiced in private deserves to be documented in writing.

THE INTEGRITY FRAMEWORK



Outcome: Institutional trust built

Dr. Syed Wajid Ahmed, MBBS, MAS, MSc, FRCPC
Associate Chief Medical Officer of Health,
Ministry of Health, Government of Ontario

Adjunct Professor of Public Health and Preventive Medicine,
University of Ottawa and Western University
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Lifestyle and Longevity

Nusrum Iqbal, MD FACP DipABLM DABOM DABOIM



A healthy lifestyle is a way of living that promotes physical, mental, and social well-being while reducing the risk of chronic diseases. Scientific research has consistently shown that healthy habits can improve quality of life, increase life expectancy, and support successful aging. One of the most fascinating examples of healthy living comes from the world's "Blue Zones," regions where people commonly live beyond 100 years of age while maintaining good health and independence. These areas include Okinawa, Ikaria, Sardinia, Nicoya, and Loma Linda. Studies suggest that residents of these regions often live longer than average populations and experience lower rates of chronic diseases.

Six major components of a healthy lifestyle contribute significantly to well-being and longevity:

1. **Balanced Nutrition:** A diet rich in fruits, vegetables, whole grains, legumes, nuts, and healthy fats provides essential nutrients and protects against heart disease, diabetes, and obesity. Blue Zone populations primarily consume plant-based foods and eat processed foods sparingly.
2. **Regular Physical Activity:** Daily movement helps maintain cardiovascular health, muscle strength, and mobility. In Blue Zones, people stay active through walking, gardening, and household work rather than intensive gym workouts.
3. **Stress Management:** Chronic stress can accelerate aging and increase disease risk. Blue Zone communities practice stress-reducing activities such as prayer, meditation, social gatherings, and relaxation rituals.
4. **Strong Social Connections:** Family ties, friendships, and community involvement provide emotional support and reduce loneliness, which is associated with better mental and physical health.
5. **Sense of Purpose:** Having meaningful goals and a reason to wake up each day contributes to psychological well-being and resilience. In Okinawa, this concept is known as "Ikigai."
6. **Adequate Rest and Sleep:** Quality sleep allows the body to recover, strengthens immunity, and supports cognitive function, all of which contribute to longevity.

The Blue Zones concept has inspired the Blue Zones Project in the United States, a community-based initiative that helps cities and counties create environments that encourage healthy behaviors. More than 80 American communities have participated, focusing on healthier food options, walkable neighborhoods, social engagement, and wellness programs. These projects aim to make healthy choices easier and improve both longevity and quality of life for residents.

In conclusion, a healthy lifestyle is built on proper nutrition, physical activity, stress management, social relationships, purpose, and adequate sleep. The remarkable longevity observed in Blue Zone regions demonstrates that these habits can help people live longer, healthier, and more fulfilling lives. By adopting these principles and supporting community wellness initiatives, individuals and societies can promote greater well-being and longevity.



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 Rosen Shingle Creek
Hotel, Orlando, FL



JULY
2 – 4
2026

Day: 1

Thursday, July 2, 2026 (08:00 AM – 3:30 PM)

8:00am – 10:10am

The 2026 Clinical Update: What Changed This Year

8:10am – 8:40am



The GLP-1 Revolution: Obesity, Metabolic dysfunction associated Fatty liver & Beyond Diabetes

Adnan Muhammad, MD, FACC

Gastroenterologist and Transplant Hepatologist at AdventHealth West Florida

8:40am – 9:10am



ACLS Updates: What's New in 2026

S. Hamad Sagheer, MD

Anesthesiologist and Assistant Professor at University of Florida Health

9:10am – 9:40am



Space Medicine at the Final Frontier: Lessons for Healthcare on Earth

Emmanuel Urquieta, MD, MS, FASMA

Vice Chair of Aerospace Medicine and Associate Professor at University of Central Florida

9:40am – 10:10am



Non-Opioid Pain Management: Journavx and the Post-Opioid Era

Ahtsham Niazi MD, FRCPC

Anesthesiologist and Associate Professor at University of Toronto

10:35am – 12:35pm

Neuro-Psychiatry Session

10:35am – 11:05am



Paradigm Shifts in the Management of Schizophrenia

Mujeeb Shad MD, MSCS, DFAPA

Psychiatrist and Psychiatry Program Director at The Valley Health System

11:05am – 11:35am



Rewiring the Brain Through Neuroplasticity: TMS for Treatment-Resistant Depression

Furqan Rizvi MD

Owner, Founder, and Medical Director of Medical City Frisco Mental Health and Wellness Center



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11:35am–12:05am

Substance Use Disorders and Screen
Addiction – Neurobiology and Management



Muhammad Zeshan, MD
Session Chair, Neuro-Psychiatry CME
Committee
Psychiatrist and Assistant Professor at
Rutgers New Jersey Medical School



Nauman Ashraf, MD
Associate Professor and
Psychiatry Program Director at
Kansas City University

12:05am–12:35pm

Rapid Review: Management of ADHD
for primary care physicians



Sadiq Naveed, MD
Psychiatrist and Psychiatry
Program Director at Manchester
Memorial Hospital

Parallel Workshops

1:30pm–3:30pm

TRACK A: Aesthetic Botox & Fillers – Principles
for Physicians



Attiya Haroon, MD, PhD, FAAD
Dermatologist and Assistant Professor
at California Health Sciences University



Neelam Khan MD, FAAD
Dermatologist and Founder of Neely
Dermatology and Aesthetics

1:30pm–3:30pm

TRACK B: MasterClass on Healthcare
Leadership



Faisal Khosa, MD
Radiologist at University of British
Columbia

Day: 2

Friday, July 3, 2026 (08:00 AM – 12:35 PM)

8:00am–10:05am

AI Plenary Session

8:05am–8:35am

Building Your Digital Health Strategy:
From EHR Optimization to AI Integration



Danish Bhatti, MD, FAAN
Neurologist and Associate Professor at
University of Central Florida

8:35am–9:05am

AI in Pathology: Computational
Diagnostics & Beyond



Babar Rao, MD, FAAD
Founder & Co-Owner of Rao Dermatology
and Founder & Research Fellowship Director
of NIDI Skin and Professor and Clinical
Research Director at Rutgers RWJMS

9:05am–9:35am

Agentic AI & Autonomous Workflows:
The Future of Healthcare Delivery



Umair Khan
Founder and Executive Chairman of
Follo3 Software Inc

9:35am–10:05am

AI Driven Healthcare
Technologies: Building the Future
of Clinical Intelligence in the USA



Prof. Dr. Murtaza Najabat Ali
CEO at Revie Medical tTechnologies Inc. and
Professor of Biomedical Engineering at NUST

10:30am – 12:05pm

AI Innovation Session

10:35am–11:20am

Building the AI Enabled Practice: From
Scribes and Decision Support to the
Clinical Interaction Layer



Adil Haider, MD
Chief Artificial Intelligence Officer (CAIO) at
the Carle Illinois College of Medicine and
founder of Boston Health AI

11:20am–12:05pm

DEMO: The Practicing Physician's Guide
to Clinical AI: Smarter Tools, Safer
Practice



Rehan Qayyum, MD, MHS, FAHA
Chairman of Department of Medicine at
Eastern Virginia Medical School

12:05pm–12:35pm

AI Innovation Panel Discussion

Moderator: Danish Bhatti, MD

Day: 3**Saturday, July 4, 2026 (08:00 AM – 12:30 PM)****8:00am – 10:05am****Business of Medicine****8:05am–10:35am****Billing, Coding & Prior Auth:
Maximizing Reimbursement
in 2026****Ishrat Khurshid**
Chief Executive Officer at eServMD**8:35am–9:05am****Polypharmacy & Medication
Safety in the Elderly****Namirah Jamshed, MD**
Geriatric medicine specialist and
Medical Director at UT Southwestern of
Care of the Vulnerable Elderly (COVE)
Home-Based Primary Care Program**9:05am–9:35am****Contract Negotiations & Risk
Management for Physicians****Meryem Kahloon Esq.**
Attorney at White Coat Law, PLLC**9:35am–10:05am****Physician Wellness, Burnout
Prevention & Career Resilience****Faisal Masud, MD, FCCP, FCCM**
Chairman, Anesthesiology and Critical
Care at Houston Methodist Hospital &
Professor of Clinical Anesthesiology at
Weill Cornell Medicine**10:30am – 12:30pm****Frontiers of Medicine****10:30am–11:00am****Robotics in Medicine:
Pulmonary care and Robotics****Fawad Chaudhary, MD,
FCCP, DAABIP**
Pulmonologist and Critical Care
specialist at OU Health**11:00am–11:30am****Genomic Testing as Public
Health tool****Rizwan Naeem, MD**
Professor of Pathology and Director of
Molecular Pathology and Cytogenetics
at Montefiore Medical Center and the
Albert Einstein College of Medicine**11:30am–12:00pm****Advances in Spine and
Neurosurgery****Nauman S. Chaudhry, MD**
Neurosurgeon at Orlando Regional
Medical Center**12:00pm–12:30pm****Future of Clinical Trials and
Research****Faisal Cheema, MD**
Associate Professor at University of
Houston and Director of Research at
HCA Gulf Coast**(08:00AM – 12:35PM) Parallel Session: GI Symposium****8:10am – 8:45am****Approach to Diagnosis and
Management of GERD****Saeed Ali, MD**
Gastroenterologist at AdventHealth
Orlando**8:45am–9:20am****Updates in Management of
Metabolic Associated
Steatohepatitis (MASLD/MASH)****Raiya Sarwar, MD**
Gastroenterologist and Clinical
Assistant Professor of Transplant
Hepatology at NYU Langone Health**09:20am–10:00am****What's New in IBD in 2026****Asad ur Rahman, MD, FACP**
Medical Director of Inflammatory Bowel
Disease Center at Weston Hospital**10:25am–11:00am****Updates in Colon Cancer
Screening and Surveillance****Aasma Shaukat, MD, MPH**
Gastroenterologist at NYU Langone
Health**11:00am–11:35am****Beyond the Scope: How Advanced
Endoscopy is Replacing Surgery****Maham Hayat, MD**
Gastroenterologist and Assistant Professor
of Medicine at CIE AdventHealth Orlando**09:20am–10:00am****Cholestatic Liver Disease and
Primary Biliary Cholangitis****Bilal Hameed, MD**
Professor of Medicine and Ambulatory
Director of Hepatology at University of
California San Francisco**12:10pm–12:35pm****Panel Discussion and Q&A**

(7:45AM – 12:00PM) Parallel Session II: Cardiology Symposium

7:50am – 8:20am

Contemporary use of coronary CTA for plaque analysis



Shazib Khawaja, MD,
FACC, FSCAI, FFSM
Cardiologist and Medical operations leader at Tanner Health System

8:20am–8:50am

Saphenous vein Graft PCI – Latest Update and Newer Insights



Naeem Tahirkheli, MD
Interventional Cardiologist at Oklahoma Heart Hospital

8:50am–9:20am

Rare diseases in cardiology: Amyloidosis, Sarcoidosis, etc



Mahwash Kassi, MD
Assistant Professor of Cardiology at Houston Methodist

9:20am–9:50am

How close we are to routine clinical Xenotransplantation



Mansoor Mohiuddin, MD
Professor of Surgery and Director of Cardiac Xenotransplantation Program at the University of Maryland

10:00am–10:30am

From Crisis to Control: Rewriting Pakistan's Cardiovascular Future Through Prevention, Research, and Registries



Bashir Hanif, MD
Interventional Cardiologist and Executive Director & Chief of Cardiology at the Tabba Heart Institute in Karachi, Pakistan

10:30am–11:00am

Cardiogenic Shock and Cardiac Arrest



Tanveer Rab, MD
Interventional Cardiologist and Professor Emeritus of Medicine at the Emory University School of Medicine

11:00am–11:30am

From Hype to Heartbeats: The Strategic Playbook for AI in Clinical Practice



Furrugh Malik, MD
Cardiologist at Vanderbilt Heart & Vascular Institute and Centennial Medical Center

11:30am–12:00pm

A Cardiologist's Cyber Journey



Amin H. Karim, MD
Interventional Cardiologist at Houston Methodist Hospital and Director of AngioCardiac Care of Texas

(08:00AM – 12:30PM) Parallel Session III: Hematology–Oncology Symposium

8:10am–9:10am

Modern Lymphoma management : CART, Bispecifics and Beyond



Madiha Iqbal, MD
Assistant Professor of Medicine at Mayo Clinic Hospital

9:10am–10:10am

Historical Perspective and Advancements in Treatments of NSCLS



Asad Ali Sheikh, MD
Director of Oncology at Orlando Health Cancer Institute at South Seminole Hospital

10:30am–11:30am

KRAS–Targeted Therapy in Pancreatic Cancer: From “Undruggable” to Clinical Reality



Umair Majeed, MD
Oncologist at Mayo Clinic Hospital

11:30am–12:30am

Bladder Cancer 2026: Practice–Changing Updates Across Disease Stages



Moazzam Shahzad, MD
Assistant Professor Hematology–Oncology at H. Lee Moffitt Cancer Center in Tampa, Florida, University of South Florida

Host Committee and Chairs



Sajid Chaudhary, MD

Chair of 49th Annual APPNA Convention
Infectious Disease Specialist at Advent
Health and Orlando Health Orlando
Regional Medical Center



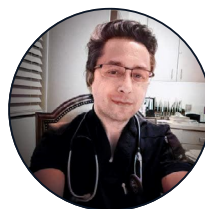
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Chair of 49th Annual APPNA
Convention CME Program
Session Chair of AI Plenary Session
Neurologist and Associate Professor
at University of Central Florida



Babar Rao, MD, FAAD

APPNA President 2026
Session Chair of AI Innovation Plenary Session
Founder & Co-Owner of Rao Dermatology and
Founder & Research Fellowship Director of
NIDI Skin and Professor and Clinical Research
Director at Rutgers RWJMS



Mohammed A Moosa, MD

Chair of 49th Annual APPNA
Convention CME Program
Internist and Geriatrician at Advent
Health, Orlando



Abdul Jabbar Sorathia, MD

Session Co-Chair, Hematology & Oncology
CME Committee
Oncologist at Halifax Health



Asad Ur Rahman, MD

Session Chair, Gastroenterology CME
Committee,
Medical Director of Inflammatory Bowel
Disease Center at Weston Hospital



Talha Badar, MD

Session Co-Chair, Hematology &
Oncology CME Committee
Hematologist-Oncologist at Mayo Clinic



Khurram Moin, MD

Session Chair, Cardiology CME
Committee
Cardiologist at Advent Health



Muhammad Imam, MD

Session Co-Chair, Hematology &
Oncology CME Committee
Oncologist at AdventHealth Orlando



Adnan Akhter, MD

Session Co-Chair, Hematology &
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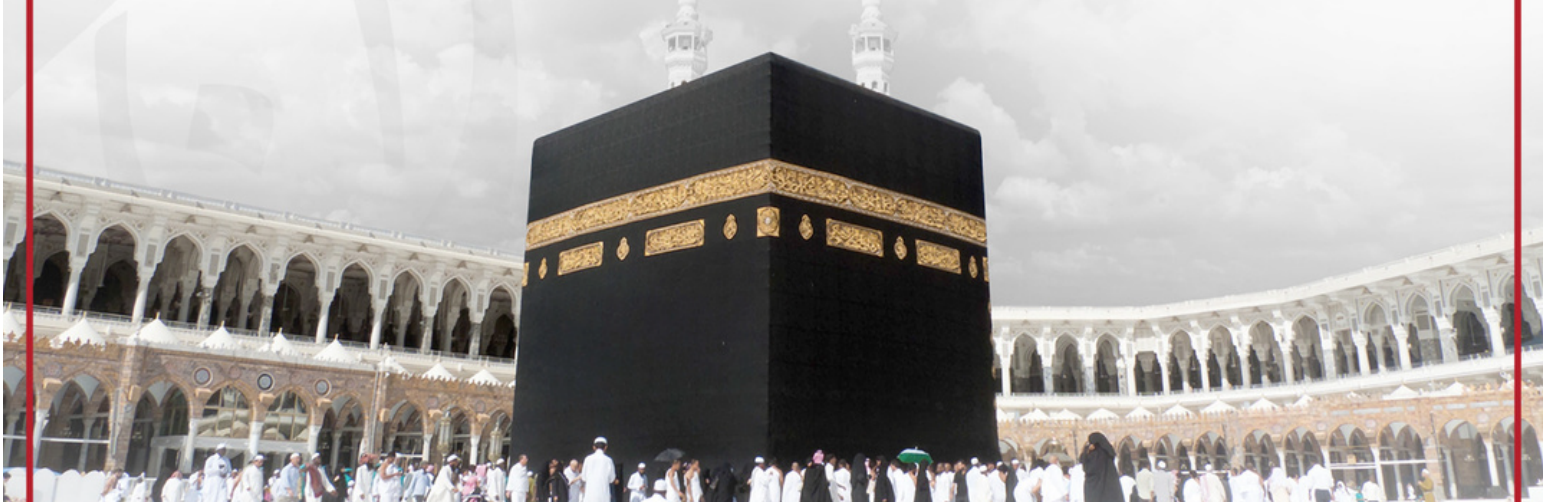


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Manos Juntas opens its doors every Saturday

Dr. Lubna Mirza, MD FACE

Manos Juntas opens its doors every Saturday. Today, I picked up two of my students and headed there to volunteer. Both are young doctors from Pakistan: Dr. Zaeem Faisal from Lahore, and Dr. Ashraf Ali from Peshawar. They are completing a rotation in Endocrinology and Internal Medicine at our Norman Endocrinology center, gaining firsthand experience in the American healthcare system.

Both hope to train in the United States, then return to serve their hometowns. On our drive, we had thoughtful conversations. They asked me about my own journey as a physician midway through my career. I reminded them that while many dream of returning home, the reality is complicated. America is built by immigrants, and as the saying goes, "You can never truly go back." By the time people establish a new life here, they are deeply rooted. I stayed in Norman for my children. Seeing the University of Oklahoma, I knew I wanted them to study there, and it took years of work and saving to make that possible.

They asked whether it is better to settle in the US or return to Pakistan. I told them there isn't one right answer, it depends on what matters most to each person. Dr. Ashraf nodded thoughtfully. "I'm beginning to understand," he said, "that our priorities define us." Both were experiencing America for the first time, and I reminded them how travel opens our eyes to the world and its people. When we arrived at Manos Juntas, we set up in Dr. Shook's old office. He used to see patients there before he passed away two years ago. The space feels brighter since Dr. Zaeem Faisal and I cleared the clutter a couple of weeks ago and vacuumed. The summer heat has begun to ease, though one of the air conditioners remains broken because of financial constraints. Working in the warm rooms, I sometimes felt dizzy, a reminder of how getting older changes the body's ability to regulate heat.

"Who runs this clinic?" Dr. Ashraf Ali asked.

"We do," I told him. "Volunteers, supported by donations."

That day, we cared for many patients. Most spoke Spanish; one woman from Cameroon spoke French, and we used Google Translate to communicate. We treated diabetes, hypertension, cholesterol issues, infections, anemia, and obesity. An elderly couple preparing to return to Mexico requested a three-month supply of their medications. A young woman of about 26 came in with a respiratory infection. Seeing her curiosity and energy, I encouraged her to volunteer as a medical assistant. Her eyes lit up as she asked how, and she soon picked up an application form at the front desk. Whenever I meet young people with potential, I try to inspire them to grow and improve their lives. By lifting one person at a time, we lift the world.

Dr. Ashraf Ali was deeply moved. "My brother is an optometrist," he shared. "Together, we provide free eye and ear exams for people back home." His words reminded me how human connection transcends borders. No matter the language, culture, or religion, we are united by our shared humanity.

At the close of the clinic, volunteers gathered over pizza and oranges. The students live together as paying guests with a local Oklahoma family. Zaeem cooks, while Ashraf does the dishes. "He makes



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too many dirty dishes," Ashraf joked, "and by the time I finish washing them, the food he fed me is already digested!" We laughed together, sharing the warmth of friendship.

Afterward, I dropped them off in Bricktown so they could explore Oklahoma City, who knows if they'll ever have the chance again?

Every Saturday, Manos Juntas opens its doors to serve the community, and every Saturday it becomes a classroom, not just for medicine, but for humanity. This is the heart of what we do. We provide much-needed care to the community while nurturing the next generation of physicians, helping them grow into compassionate healers. In giving, they learn. And in learning, they build a better world.

<https://giveb.co/m/K8ABxx>

Sincerely,

Dr. Lubna Mirza, MD FACE

ABIM certified in Internal Medicine and Endocrinology

Medical Director

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800 Wall Street

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Our books are still here (Iran school bombing)

Lara Zuberi



This is what you said to us:
Where others enslave you
We will surely save you
We will liberate you from oppression
And create a world
Where you will be equal to men
Where books will be your companions
Where shackles will break
And lives will mend

This is what you promised us:

Where others enslave you
Surely, We will save you

But then you said
before we save you
Surely we will slaughter you

We will slaughter you
As you learn of the Roman Empire and the Mughal Kings; of the visionaries and the tyrants;
As you read Shakespeare and recite Tabrezi and Rumi;
As you absorb the composition of chemicals and marvel at the mixing of molecules
As you make calculations in your head and draw perfect circles with your compass inside equilateral triangles
As you rejoice after kicking the soccer ball and scoring a winning goal
As you stroke your paintbrush creating landscapes of brick houses with yellow flowers and skies as blue as the ocean
As you envision your doting father picking you up soon and your mother waiting with open arms at the door, your favorite meal warm on the stove;

This is what you told us:
Before we save you
Surely We will slaughter you
While you dream of becoming
doctors and nurses
pilots and poets
Professors and presidents
Attorneys and astronauts
writers and revolutionaries

Before we save you
Surely We will slaughter you
As you sit in your classroom whispering a joke in your friends ear



before she tugs at your scarf trying in vain to suppress her laugh
As your teacher catches you both and lightly reprimands you,
but does so with a chuckle
knowing well that this innocent exchange will not interfere with your thirst for knowledge,
nor be a deterrent to your learning
and that this moment will become yet another thread in your friendship
and a star bright in the galaxy of your memories

See what you have done ?

You have kept your promise
surely you have saved us
You have not enslaved us
For Decimated as they may be
our books are still here

Our Books are still here,
with Rumis broken verses and Tabrezis fractured wisdom
The misshapen map of the world scattered across the soccer field
It's lines obscured partially by shards of glass from broken windows and shattered dreams

Our Books are still here, those that speak of injustice and genocide, of senseless wars and its victims, and
of history's unbreakable habit of repeating itself

Our Books are still here,
The ones with our paintings, the house destroyed, the flowers crushed, the skies a plume of black smoke

Our Books are still here, a bloodstain expanding slowly, a scarlet circle within the perfect circle within the
perfect triangle
It is juxtaposed now with another triangle,
the edge of a scarf ripped off

This must mean we are liberated, yes?
The laughter has stopped, the screams have ceased
A new shape is taking form-a rectangle-rows and rows of them, dug up in the ground
A deafening silence spreads for miles
Our books are still here
But we —are gone



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3

Bedrooms



3

Bathrooms



1

Living Room



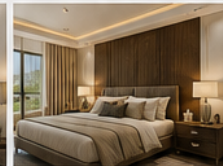
1

Modern Kitchen



2

Balconies



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Pakistani Sports Heritage: Why Collectibles Matter More Than We Think

Omar Khokhar



There is something fascinating about what people choose to preserve.

A signed cricket bat from the 1992 World Cup.
A ticket stub from Sharjah.

These things rarely hold financial value at first. They hold emotional value. Memory value. Identity value. Over time, however, they become cultural artifacts.

For decades, US sport has preserved history. Entire generations can trace the evolution of their sports through cards, autographs, photographs, and archives. They are timestamps of emotion. Look no further than SEC football or Big Ten basketball — it turns grown men into kids again, except now they have money!

In Pakistani culture and sports, particularly cricket, we have historically underappreciated this concept. Today we live in an era where Pakistani athletes and musicians are globally recognized, digitally followed, and emotionally connected to millions of fans around the world. Yet surprisingly little of that history has been formally preserved in ways future generations can hold, collect, and revisit.

That gap represents both a challenge and an opportunity.

The collectible industry in Pakistani sports is still embryonic. We are only beginning to understand how sports heritage can be documented beyond television highlights and social media clips. Pakistan has no shortage of iconic figures, unforgettable matches, or passionate fans. What we have lacked is infrastructure around preservation, authentication, and storytelling.

This is particularly important for younger Pakistani-Americans growing up thousands of miles away from the subcontinent. Sports collectibles can become bridges between generations. A child holding a card of Wasim Akram or Shahid Afridi may ask "Dad - who's Wasim Akram?"

I'm not crying, you're crying.



Advice for what matters most, when you need it most

Congratulations to the **Halabi Saifuddin Group** for being named to the **Forbes “Best-in-State Wealth Management Teams” 2026 list.**

Published on January 7, 2026. Rankings based on data as of March 31, 2025.



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APPNA

Association of Physicians of Pakistani Descent of North America

Building the Next Generation of APPNA Leaders

Nauman Ashraf, MD



Securing APPNA's future requires a deliberate, three-stage leadership pipeline—one that Attracts physicians who have not yet joined, Engages those already within the organization, and Mentors those prepared to lead. Each stage demands intentional, well-designed interventions.

Attract

Many trainees remain unaware that APPNA membership is free during medical school and residency. A visible presence in GME programs, partnerships with program directors, and a targeted digital strategy on platforms where trainees spend time can introduce APPNA before professional affiliations solidify elsewhere. Tangible benefits—discounted travel packages, free educational courses, free rotations

and mentorship through a group of dedicated physicians, member-exclusive insurance and legal-assistance discounts—can further strengthen APPNA's value proposition for young physicians.

Engage

Membership without participation is attrition in slow motion. Reducing barriers is essential: structured onboarding that aligns committees and chapters with individual interests, micro-volunteering roles with predictable time commitments, and subsidized Summer Meeting registration and hotel rates for early-career physicians. Benefits such as subsidized international trips, reduced-cost legal services, and free or low-cost professional development courses reinforce ongoing engagement. Virtual participation must be elevated to a fully legitimate mode of engagement, not a secondary option, especially for members with geographic or financial constraints.

Mentor

Leadership in APPNA extends far beyond the Board of Directors. Committees, chapters, specialty societies, and advocacy roles offer meaningful entry points for early-career members. A formal Early-Career Leadership Track—supported by mentorship from past APPNA leaders—would create a transparent pathway to national roles. For those pursuing elected office, the current campaign culture of mass calling and extensive travel rewards endurance rather than merit. Structured debates, publicly accessible candidate CVs, and moderated town halls should become the primary basis for voter evaluation.

APPNA's future relies on attracting trainees, engaging early-career members, and mentoring emerging leaders. The objective is not merely to increase youth representation, but to cultivate a generation of prepared, empowered, and committed physicians who can guide APPNA with vision and integrity.

Nauman Ashraf, M.D., DFAPA
Adjunct Professor of Psychiatry, KCU
President, Missouri Psychiatric Physicians Association
Program Director, General Psychiatry and Addiction Medicine Fellowship
Lifetime APPNA Member



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Tapestry of Culture: Houston's Islamic Arts Festival brings artists and communities together.

Authors: Khawaja Azimuddin, Esther Maina

The origins of the Houston Islamic Arts Festival date back over a decade. In 2014, Dr. Khawaja Azimuddin, a Dowite, curated an art show that was exhibited at a local mosque. Since its inception, this festival has grown into the largest one of its kind in the United States. Artists and art connoisseurs flock to Houston from across the nation to partake in the beautiful display of Islamic heritage.

The 12th annual festival, inaugurated by Houston Mayor John Whitmire, showcased various elements of Islamic art. Painters, glassworkers, woodcarvers, illuminators, ceramicists, ebru artists, and calligraphers took center stage at the University of Houston during the two-day festival. Downstairs in the theater, short films, storytelling, art workshops, comedy shows, academic seminars, and Sufi music performances entertained the guests.

The festival and its artists portray American Muslims in a manner that counters the current wave of Islamophobia sweeping across the nation. During the festival, Muslim and non-Muslim visitors learn about Islam through art at a fun, festive gathering. Visitors leave with a layered understanding of Islamic culture that counteracts the oversimplified narratives that often circulate in the West.

The Houston Islamic Arts Festival is more than an art event. It is a cultural space where history, spirituality, and creativity come together. The beauty of the festival lay in its ability to draw people of all religions, ethnicities, and ages. The festival reminds us that "art" rooted in community and faith has the power to bridge divides and challenge misconceptions. Whether someone attends for the calligraphy, the tiles, the films, or simply to meet friends, they will leave with a deeper appreciation for the beauty and breadth of Islamic artistry. For anyone interested in culture, art, or community building, the 13th annual festival in November 2026 is a quintessential experience that you don't want to miss. More information can be obtained from our website www.IslamicArtsSociety.org



Figure 1: Mayor John Whitmire inaugurated the festival and toured the festival hall.



Figure 2: A ceramic artist displaying his skills by creating intricate patterns on ceramic tiles.



Figure 3: Artists standing in front of their Islamic art pieces.



APPNA

Association of Physicians of Pakistani Descent of North America

Who are we?

Pakistani Americans or American Pakistanis!

The Impact of Group, Alumni, and Pakistan Based Politics on APPNA's Work — and the Path Toward Merit Based Governance

Furrukh Malik, MD, FACC

Vanderbilt University

Member Board of Governors, American College of Cardiology

For decades, APPNA has stood as a symbol of professional excellence, humanitarian service, and unity among Pakistani American physicians. Yet in recent years, our collective work has been increasingly affected by group affiliations, alumni blocs, and imported political divisions from Pakistan. While camaraderie and shared backgrounds once strengthened our bonds, these dynamics now risk fragmenting our organization and distracting from our mission.

Group and alumni politics often create parallel centers of influence that compete with APPNA's institutional priorities. Decisions about committees, leadership roles, and project direction can become entangled in loyalty networks rather than guided by competence, experience, or service. This environment discourages talented members who feel sidelined and slows the organization's ability to act decisively on issues that matter to our community.

Even more concerning is the spillover of Pakistan's political polarization into APPNA's internal culture. Some members bring strong political identities shaped by events overseas, and these affiliations can unintentionally color interactions, elections, and discourse within APPNA. When national politics from abroad enter our professional space, they introduce tension, suspicion, and division—none of which serve our mission in the United States. APPNA's strength has always been its ability to rise above partisanship and focus on humanitarian and professional goals. Allowing external political conflicts to influence our work undermines that legacy.

To move forward, APPNA must reaffirm a governance model rooted in merit, skill, and integrity. This begins with transparent criteria for leadership appointments, committee membership, and project stewardship. Independent evaluation panels—free from alumni or political influence—can help ensure fairness. Structured leadership development programs can prepare emerging members based on capability rather than connections.

Equally important is cultivating a culture where professionalism outweighs factionalism. When members see that APPNA rewards competence, ethical conduct, and service, the incentive to rely on group or political affiliations naturally diminishes. Open communication, data driven decision making, and consistent accountability will further strengthen trust.

APPNA's founders envisioned an organization that transcends divisions and serves humanity. By embracing merit based governance, we honor that vision and ensure APPNA remains unified, respected, and effective for generations to come.



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Handling issues properly will make your life trouble free.

Try to maintain positive thinking, when faced with challenging situations.

Kindness travels faster than you can imagine.
Inner peace is achieved by helping those who are in need.

Try to make a positive difference in the lives of others.

Share with others, whatever you have (time, knowledge or wealth).

A healthy balance in life is very important (among your job, family life and other interests).

Community service should be one of your top priorities.

Learn from your past and avoid repeating mistakes that you make.

Make it a habit of supporting charitable causes to help your fellow human beings.

Saleem A. Khan, MD



سلیم خان
۳ جون ۲۰۲۰

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چار سواک عجب خامشی ہے
صبح ہو، شام یارات کی کوئی گھڑی
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خدا جانے اس کا سبب کیا ہے
توبہ اے رب کعبہ ہماری توبہ

تیرے گھر پہ نگاہ ڈالوں
تو کوئی طواف کرتا نظر نہ آے
تیرے حبیب کی مسجد کو دیکھوں
وہاں بھی کوئی نمازی نہیں
توبہ اے رب کعبہ ہماری توبہ

کردن میں تیری کیا مصلحت ہے
تیری مصلحتیں تو ہی جانے
ہماری تو عقل بھی محدود ہے
اور سوچ کی پرواز بھی محدود
توبہ اے رب کعبہ ہماری توبہ

آج کل اکثر یہ خیال آتا ہے
ہم نے ظلم کی انتہا کر رکھی تھی
اپنی ہی دنیا میں مگن تھے ہم
اور دوسروں کے دکھ کا خیال نہ تھا
توبہ اے رب کعبہ ہماری توبہ

رحم کر دے ہم پہ ہمارے مولا
ہم گڑگڑا کر تیرے آگے دعا کرتے ہیں
ہمارے سب گناہوں کو معاف کر دے
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پیری میں اب سنا دیں کوئی شعر عشقیہ
ڈالے کسی حسینہ نے ڈورے تھے آپ پر
کسی ناز میں نے عشوے بگھارے تھے آپ پر
چمک کسی کے حسن کی کبھی آپ پر پڑی
کوئی حسینہ کالج میں کبھی آپ پر مری
میں بے کہا جوانی ضائع کی کتاب میں
بیالوجی جیومیٹری الجبرا حساب میں
جیون تھا اپنا فقط ایک کڑا امتحان
خطرہ یہی رہتا تھا نہ لگ جائیں سپلیاں
جیب تھی خالی مری پھوٹ تھانگلا
کار تھی نہ پاس میرے نہ ہی بنگلہ
بچپن کے فوراً بعد ہی بڑھاپا آگیا
غم روزگار میری جوانی کو کھا گیا
دل کے ارمان مرے آج زباں تک پہنچے
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His practice focuses on Portfolio construction, Risk management, and Active portfolio oversight. As a PIM Portfolio Manager, Irshad designs and manages investment strategies aligned with each client's objectives, time horizon, and risk tolerance. When appropriate, he can also incorporate social responsibility considerations into customized investment strategies.

Irshad works with clients on a broad range of financial needs, including retirement planning, investment management, business retirement plan solutions, and estate planning strategies in coordination with their legal and tax advisors. He has extensive experience serving physicians, professionals, and small-to mid-sized business owners, helping them evaluate tax-effective and tax-deferred strategies.

Before joining the financial services industry, Irshad spent more than eight years as Director of Finance with Macy's/May Department Stores

International, managing assets in excess of \$1 billion. He earned a Bachelor of Science degree in Finance and an MBA in Public Accounting from St. John's University, New York and holds the AAMS® designation.

Outside of the office, Irshad enjoys golfing and traveling with his family. His wife, Farrah, is a Clinical Research specialist in ophthalmology. Their son, Raheel is an Anesthesiologist, and their daughter, Zofi Shaikh has joined my team as a Client Associate at Wells Fargo Advisors.

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