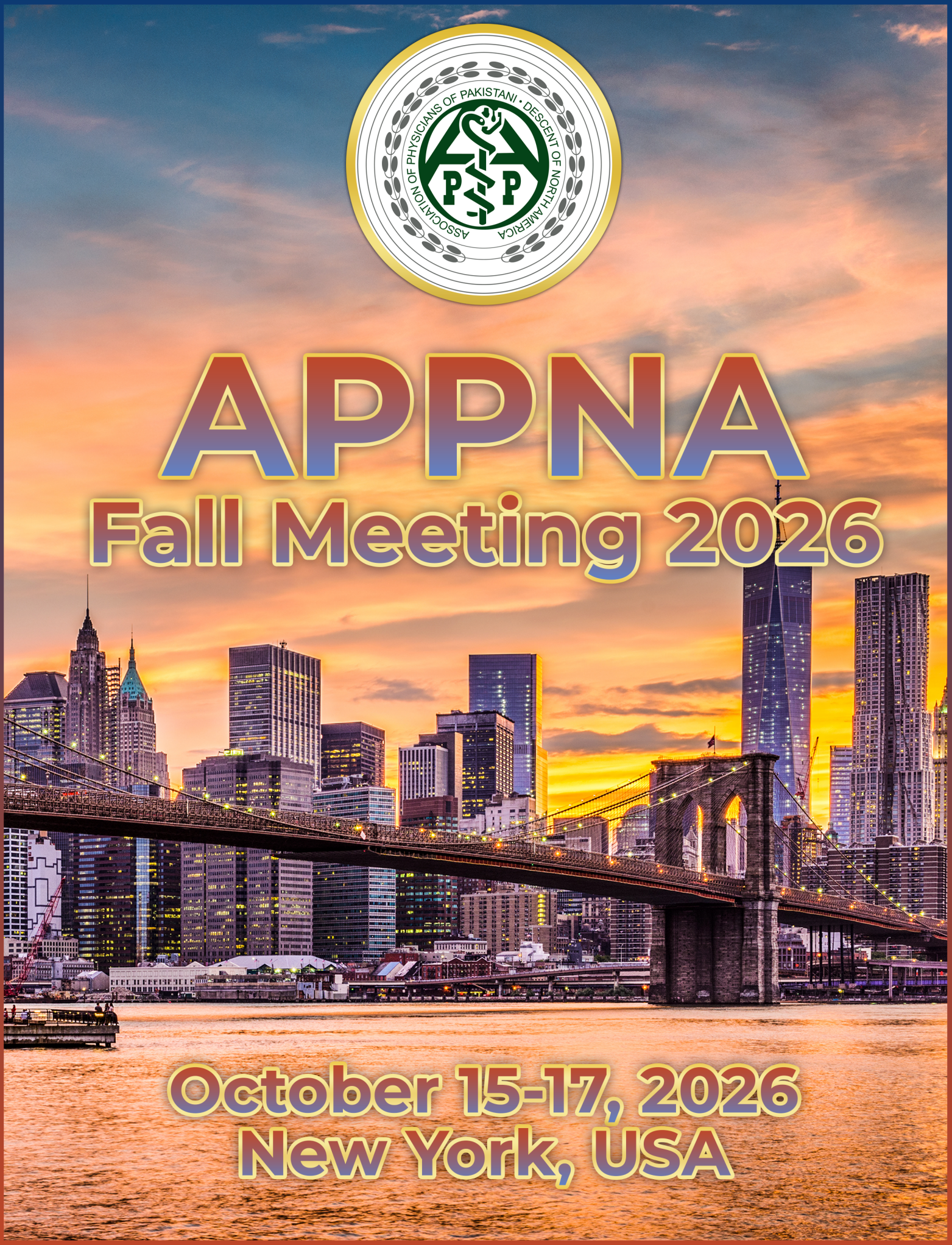

ASSOCIATION OF PHYSICIANS OF PAKISTANI • DESCENT OF NORTH AMERICA
APPNA
Fall Meeting 2026
October 15-17, 2026
New York, USA



ZT CORPORATE

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President's Message



Dear APPNA members,

I am delighted to invite you to our Fall Meeting in New York City, October 15–17. We will open on Thursday with dinner and a view of the city. Friday and Saturday will bring academic sessions, time to connect with colleagues, and evening programs. With the meeting in the heart of Manhattan, I hope you will also have a chance to enjoy New York.

I want you to come ready with questions. This is your opportunity to speak directly with me and the Board, tell us what you think, and hold me accountable for the goals I set at the beginning of the year.

Education and innovation have been major priorities for us. Our new Education Advisory Council (EAC), working under the supervision of the President and Board, is helping MERIT, RESA, YPC, and YPC Canada strengthen their programs. We have also launched an Early Career Physician Committee for members who have recently completed residency or fellowship, and MedConnect to support members' children on their path to and through medical school. Our new Healthcare Innovation Committee has continued this work through multiple conferences.

This year, we also completed and inaugurated the APPNA Academy of Medicine.
It brings our educational efforts together in coordination with EAC, with the ambition to grow them through partnerships with national institutions in Pakistan and, in the future, the United States. The Academy builds on MERIT's successful programs, including its one- year stroke certification program and many other courses. Please visit appnaacademy.org to learn more.

EAC has worked with RESA to improve committee procedures and standards for educational programs at APPNA meetings. The AI in healthcare CME program in Orlando showed what we can accomplish, and the Board has now approved a structure for educational programs at future meetings.

We are also building relationships with the College of Physicians and Surgeons Pakistan (CPSP) and the Pakistan Medical and Dental Council (PMDC). Our work with CPSP has led to an agreement on AI in healthcare workshops for residents and supervisors, as well as collaboration on stroke education and autism. With PMDC, we are establishing an APPNA Coordination Office, and a national coordinator approved by the Board has recently been hired. I thank the presidents of CPSP and PMDC for their support. We look forward to sharing how this new office can help our members.

Our members' work continues well beyond the meeting rooms. In Rawalpindi, APPNA has worked with the ChildLife Foundation to establish a pediatric emergency center. We are working toward stroke training centers across Pakistan and autism centers at medical schools. Here in North America, Home First has focused on free clinics, National Healthcare Day, and food pantries.

And after the fun of APPNA SUR in Orlando, we have something new for New York: APPNA HERO. We will recognize members whose meaningful, lasting philanthropic projects are making a difference in people's lives around the world.

Our New York host team is eager to welcome you. I will be there throughout the meeting and available to hear your questions, concerns, and ideas. I hope you will join us for three days of learning, friendship, honest conversation, and celebration.

Warm regards,

Babar K. Rao, MD, FAAD
President, APPNABabar Rao, MD I APPNA President 2026
appnapresident2026@gmail.com I (630)-968-8585

From the Editor's Desk



Dear APPNA members,

Welcome to the APPNA Fall meeting in the great city of New York. We hope you will indulge in this journal and validate the submission of your peers. This publication consists of Reports from the Executive members as well as from various Committees, Chapters and Alumni. The purpose is to bring the membership up to date on the work that is being done behind the scenes and the progress that has been made.

We have decided to print the submissions from the Art and Photography competition as well as the English essay submissions from the summer meeting in Orlando in July 2026. The Urdu poetry winner had the honor of reading their submission in the annual Mushaira night in Orlando. It was a first of its kind venture in order to motivate the youth to participate as well as the winners were awarded with gift certificates.

From Philantropy, Educational, Advocacy, Scholarships and Training pathways for the fresh graduates who are looking to start their career in the US, the respective committees have submitted their reports, highlighting their achievements. Each committee has a lot to offer and we should commend their efforts as after all this is all voluntary work and done from sheer desire and will to help others. This journal is not the work of one individual but the meticulous effort of all Publication committee members who have invested time and effort to create a product that meets all standards of excellence. So we hope you will put it to the test by perusing the magazine.

Please provide any feedback on what you would like to read in the future journals so we can take it to the next level.

Thank You for your interest and engagement.
Shaheen Mian, MD

Chair Host Committee Message



Omar Rana, MD
Chair, APPNA Fall Meeting



Muhammad Ali Abbas, MD
Co-Chair, APPNA Fall Meeting

Dear APPNA Family,

On behalf of the host committee, it is my pleasure to welcome you to the APPNA Fall Meeting 2026 at the New York Marriott Marquis, in the heart of Times Square. From Thursday evening, October 15, through Sunday, October 18, we have planned a weekend of learning, connection and celebration.

Our CME program runs Friday and Saturday mornings, with sessions in dermatology, psychiatry and addiction medicine, gastroenterology, emergency medicine and more. As a dermatologist, I am especially pleased that we have a dedicated session on inflammatory skin disease. New treatments in this area are changing care for patients many of us share. The daytime program also includes our Young Physicians Session, the APPNA Council meeting, and workshops on TMS and on how to set up and run a med spa.

The evenings are for family and friends. We open Thursday night with dinner at The View, the city's only revolving restaurant, at the top of the Marquis. On Friday night, the bhangra group RDB takes the stage. Saturday's banquet will honor this year's award recipients and feature live performances by Shiraz Uppal and Nirmal Roy. The APPNA Bazaar will also be open, with designers showing the latest clothing and jewelry.

Times Square puts the city at your doorstep. Broadway is steps away, and the Marquis Theatre is inside the hotel itself. Rockefeller Center, Bryant Park, MoMA and Central Park are all within walking distance. A short subway ride takes you to the 9/11 Memorial & Museum, the High Line, the Brooklyn Bridge and the ferries to the Statue of Liberty and Ellis Island. New York also has one of the country's largest Pakistani-American communities. For a taste of home, try the restaurants and shops of Coney Island Avenue in Brooklyn or Jackson Heights in Queens.

I thank our sponsors, exhibitors and advertisers, whose support makes this meeting possible. I am especially grateful to my co-chair, Dr. Ali Abbas, for his partnership and months of dedicated work. My thanks as well to the APPNA central office staff, especially Laiq Siddiqui and Tipu Ahmed. Finally, I thank APPNA President Dr. Babar Rao and his confidence in our committee and support throughout the planning.

Our host committee is here to help throughout the weekend, so please reach out to any of us. Welcome to New York.

Omar Noor, MD
Chair, APPNA Fall Meeting 2026 New York, New York

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.

Immediate Past President Message



Dear APPNA family!

We meet again in the cosmopolitan city of NY for the fall meeting of APPNA . This year has been a wonderful year under the leadership of President Babar Rao . I have continued to foster Women Empowerment and transparency and member engagement and leadership transparency in APPNA . I will be leaving the BOD at the end of this year after concluding my tenure but will always be working for my beloved organisation APPNA .

With much love and gratitude

Humeraa Qamar
MD MPH FAAP
Past President APPNA 2026



Secretary Message



Dear APPNA family,

On behalf of the Association of Physicians of Pakistani Descent of North America (APPNA), it is my distinct honor to welcome you all to the APPNA Fall Meeting 2026, which is taking place in the heart of New York City from October 15th –18th, 2026.

This meeting presents a great opportunity for professional development, academic exchange, and collaboration among healthcare professionals.

The host committee has a great line up of events which represents a diverse range of profession and social activities sessions addressing healthcare challenges, including the integration of cutting-edge technologies such as artificial intelligence in medicine and hands-on experience workshops. There is lineup of well known artists to entertain on Friday and Saturday nights.

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

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

With gratitude,

Muhammad Aslam, MD
Secretary, APPNA 2026

Treasurer Message



Dear APPNA Members,

I would like to take this opportunity to review the main financial activities of APPNA in 2026.

This year, we have completed the Strategy, Spring, and Summer meetings, as well as international meetings to Sri Lanka & Maldives, Balkans, and China.

While some transactions for the more recent meetings are pending and final reports will be presented during the Fall Meeting, APPNA gained a balance surplus on all meetings to date. The Summer Convention exceeded previous financial surplus levels primarily by controlling entertainment costs and maximizing sponsorships. All meeting budgets were submitted to the BOD in a timely fashion and forwarded to the FCC for review. For the first time, a CME balance sheet for each meeting in 2025 and 2026 was added so that these restricted funds could be transferred to a separate CME bank account. Also, for the first time, a portion of the meeting surplus was returned to the host chapter for sponsoring and supporting their central APPNA event.

From a process standpoint, the outsourced accounting team and the external audit team worked closely with the APPNA central staff to perform their respective fiduciary responsibilities. With a second full year under contract with APPNA, both entities were able to perform their functions more efficiently. The rate limiting step remains entry and classification of revenue and expenses (i.e., $X catering charge by vendor Y is assigned to the Summer meeting and the invoice is logged into the accounting software), so that financial reports and audits can be completed without rechecking data. While the central office staff should be able to perform their routine book-keeping duties at a high level, the staff can become overwhelmed when other deadlines and meetings take precedence. This year involved cross-training of a new office staff member, so that responsibilities could be better shared and delegated. Next year, with multiple international trips planned, the book-keeping and accounting of each meeting in a timely fashion will become more of a challenge. To facilitate this, we are working on “balancing the books” on a monthly basis, as we do in our private practices.

Another significant goal this year was to foster a collaborative working relationship between the Board of Directors and the Financial Compliance Committee. The FCC was given direct access to APPNA’s financial records, office staff, accounting firm, and the auditor. Their recommendations were reviewed and several have already been implemented. We still have a few months to finalize all of their recommendations, and I will submit a year end checklist accordingly.

As of September 24, 2026, there was $47K in the APPNA Operations bank account, and approximately $0.95 million in the Annual and $1.38 million in the International Meetings bank accounts. Some of the funds in the Annual and International Meetings accounts remain surplus from 2026 that can be used for year-end projects. Others are earmarked for international meetings in 2027. APPNA is in the process of purchasing commercial real estate property in Chicago, for which $577,179 remain in the APPNA building project/contingency account. Lifetime Investment Funds were at $4.92 million (Hilltop Securities) plus $2.70 million (Arch Global), for a sum of $7.62 million. The net increase of Lifetime Investments from the end of year 2025 through September 2026 was $955,913, so almost a million dollars. Total Alumni Scholarship Investment funds are $4.6 million. The YPC Tahira Khatoon Loan program has $225,824 and the Maryam Shoukat Endowment Fund has $301,447 currently. The gains from the Tahira Khatoon investment account were used to provide loans to several deserving YPC candidates to help cover application expenses. Similarly, separate funds were provided to YPC candidates from Canada. The balance on the COVID-related SBA loan has been paid off.

On behalf of the BOD and my colleagues on the Finance and Investment Committee, I look forward to sharing a more detailed presentation at the Fall Meeting Council and General Body sessions to better address your questions and concerns.

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

Summer Convention 2026 Art & Photography Winners



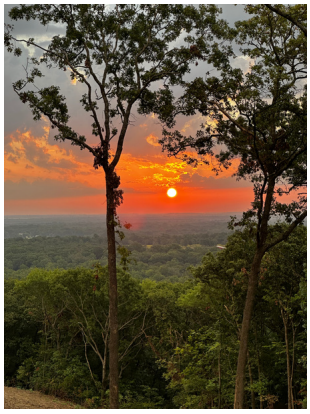
1st Place
Umbreen Hasan



2nd Place
Abdullah Abbas



3rd Place
Umbreen Hasan



4th Place
Faisal



5th Place
Sumra Rathore



6th Place
Shazia Shah



7th Place
Salman Rashid

Summer Convention 2026 Essay Competition Winners

What No Medicine Can Prescribe- A youth's call to being present

The first time I sat across from a cancer survivor and asked, "What kept you going?" I expected to hear about a wonder drug, surgery, or a breakthrough clinical trial. Instead, her eyes filled with tears and she whispered, "My daughter. She held my hand every single day."

As part of a cancer awareness project, I spent the last year interviewing cancer patients and survivors, listening to their battles, their fears, and their quiet victories. I went in search for science. What I found was something far more admirable: the power of human connection. Patient after patient, survivor after survivor, the answer was the same: their greatest strength was not medication. It was the person who was there. A hand to hold during chemotherapy. A friend who showed up with soup and bad jokes. A community that refused to let them feel invisible.

One survivor told me, "Cancer doesn't just attack your body. It attacks your hope." And hope, I learned, is something no pill can prescribe. It comes from people.

This realization lit a fire in me. I raised funds with bake sales at the masjid, created educational content for teens, and hosted conversations at school. I wanted my peers to understand that you do not need a medical degree to save someone's life. You just need to be present.

What makes this fight even more urgent is the alarming rise of colorectal cancer among young people. According to the American Cancer Society, colorectal cancer is now the number one cause of cancer-related death in Americans under 50. This is no longer an old person's disease. Ultra-processed foods, refined grains, sugary drinks and exposure to environmental contaminants like pesticides and microplastics especially during adolescence and young adulthood are heavily implicated. Early awareness has never been more vital. That's where the youth come in.

I am only in high school, but I have already seen what happens when young people rise to support something bigger than themselves. Cancer is a global challenge, but the solution starts locally, in our neighborhoods, our schools, and our hearts.

Mishal Rizwan
Founder: @YouthagainstCancerAZ
BASIS Scottsdale







Holding On to Home

Rough, white,and peeling. These words are what I'd use to describe the wall of my late grandfather'shouse.But not the house as it is right now, I mean my grandfather's house. The house where I remember him falling asleep to the TV on, the house where I remember the smell of egg being fried seeping through the kitchen door cracked open, the house where all I knew at the time was only the present.

I'm 17 now,and ther ealization that not everything lasts forever still feels like an unexpected cold breeze on a warm sunny day.Often,wemove through our day worrying about the next thing affecting us: food, shelter, relationships-but we don't think about how long we stay affected by our own worries.Our worries can either make us realize how hard we really hold onto the present,or they can reveal how much we don't stay in the present enough. We're taught to always look forward to the future, but we also tend to overlook how much of a moment that we're in right now can never come back.

It was last year when I visited my grandfather's house. The house no longer was rough, white, and peeling.The house itself was an entirely new reality. It felt like I didn't have enough time to even live in the moment-every second was a new memory. There was an entirely new generation with an entirely new house right in front of my eyes. The kitchen door no longer cracked open and instead it completely closed,the TV was completely new, and the smells from the kitchen no longer spread across the entire living room.

What spread was this wave of warmth and welcome - a friendly sense of change. This time, the present without my grandfather served as a reminder to enjoy the moment. My grandfather's house was now a home-a home that I now want to hold on to.

Hasan Tariq

Summer Convention 2026 Urdu Poetry Competition Winners

وقت کے ساتھ نہ بدلے تو وہ موسم نہیں ہوتا

سمندر کو کسی کے ڈوبنے کا ڈر نہیں ہوتا

جو بِن آواز اتے ہیں وہی طوفان لاتے ہیں

گرجنے والوں میں تو برسنے کا دم نہیں ہوتا

تمہاری مسکراہٹ ہی اعلانے جنگ بندی ہے

عشق میں جیت کا کوئی دوسرا پرچم نہیں ہوتا

لُوٹا دو پیار کی دولت چھپا رکھی ہے جو دل میں

کبھی تقسیم سے بھی یہ خزانہ کم نہیں ہوتا

کچھ ایسے درد ہیں جو عمر بھر ہی ساتھ رہتے ہیں

وقت کے پاس بھی ہر زخم کا مرہم نہیں ہوتا

زمانے بیت جاتے ہیں دلوں کو پاس لانے میں

جدا ہونے کا یہ فیصلہ یکدم نہیں ہوتا

غزل کہنے کی خاطر ندا لاکھوں مسائل ہیں

فقط محبوب کی راہوں کا پیچوخم نہیں ہوتا

ندا شروانی

Nida Sherwani
2nd Place

وہ جیت کر بھی آج مجھکو ہار کر گئی یہ
زندگی تو بس مجھے گزار کر گئی

انا کا جب ہوا تھا سامنا ضمیر سے ضمیر کو
وہ ہر قدم پہ مار کر گئی

بہار کو خبر نہ تھی گلِ ملال کی وہ رنگ
آئینوں کے سب نکھار کر گئی

جو بات آج تک مجھے نہیں بدل سکی کسی
کی زندگی تو وہ سدھار کر گئی

جو سوچ راستے میں آج خود بھٹک گئی وہ
کیا کسی کی عاقبت سنوار کر گئی

وہ اک ذرا سی قبر کو مزار کر گئی یہ عاشقی
تو سب حدوں کو پار کر گئی

لہو جو دے کے پا گیا حیاتِ دائمی اسے بھی
آج زندگی پکار کر گئی

گلزار ناتھانی

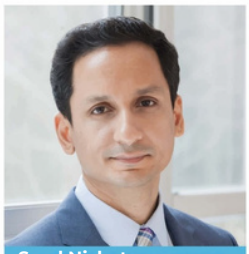
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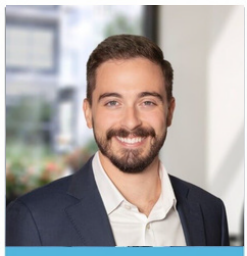
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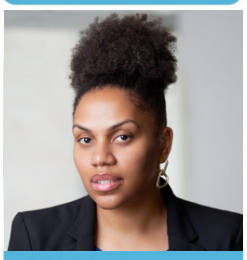
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APPNA Advocacy Committee Canada

APPNA Advocacy Committee Canada Report for the Fall Meeting 2026, covering activities from January through September 2026.

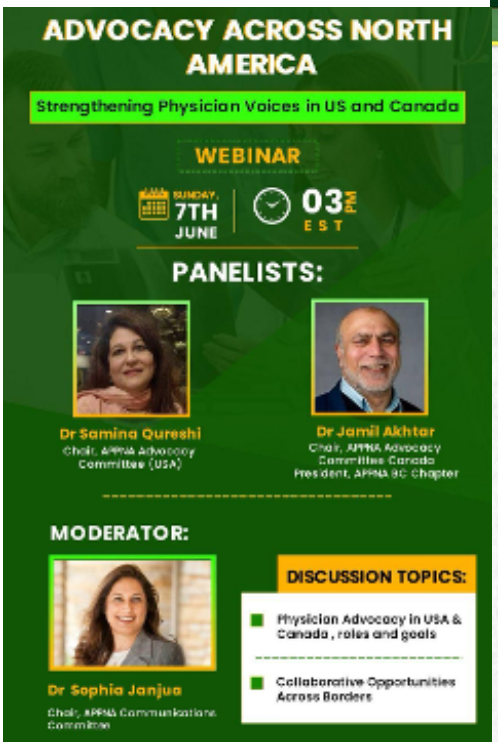
The committee includes Chair Dr. M. Jamil Akhtar; Co-chair Dr. Zaid Rafiq; and members Dr. Dr Fiza Rafiq ,Abdul Sattar Tabani, Dr. Muhammad Nadeem, Dr. Qasim Wasti, Dr. Shazia Ali, Dr. Zia Rahman, Dr. Tahir Chaudhry, Dr. Adeela Aruj.

During 2026, the committee established its governance framework and developed Standard Operating Procedures. The SOPs were circulated on February 7, reviewed at the committee meeting on February 8, approved unanimously, ratified in the minutes, and submitted to APPNA Central. They define the committee as an advisory and advocacy body operating under APPNA Central, with requirements for confidentiality, conflict-of-interest disclosure, professional conduct, and prior authorization for public statements, surveys, petitions, or external representation.



The committee also initiated an educational webinar series addressing physician credentialing and integration into the Canadian healthcare system. The introductory webinar featured Dr. Samina Qureshi Chair Advocacy committee USA and Dr. Sofia Janjua Chair Communications committee and provided practical guidance on advocacy in US and Canadian licensing, provincial assessment pathways, practice readiness, and early professional integration.participants attended and benefited from direct discussion and questions.

The second webinar, "APPNA Physician Advocacy and Credentialing: USA and Canada Perspectives," was held on June 14, 2026. Moderated by Dr. Samina Qureshi and Dr. M. Jamil Akhtar, it brought together respected physician leaders and guests from Canada and the United States. Discussion focused on credentialing barriers, equitable pathways, mentorship, professional mobility, and successful physician integration.





Advocacy committee had successfully conducted a session under co chair Dr Zahid Rafiq in the APPNA Canadian meeting in early September.

Going forward, the committee plans further webinars, provincial engagement, structured identification of member concerns, physician wellness initiatives, and authorized dialogue with regulators and healthcare institutions. The committee remains committed to responsible advocacy, practical education, and equitable opportunities for physicians while working within APPNA Central's mandate.

We thank APPNA leadership, committee members, speakers, guests and Chair Dr Samina Qureshi and Dr Sofia Janjua for continuing support to Advocacy committee Canada.

Dr. M. Jamil Akhtar
Chair, APPNA Advocacy Committee Canada
President APPNA BC Chapter

APPNA Awards Committee

1. Achievements and Process Improvements
The APPNA Awards Committee worked diligently to establish a fair, transparent, independent, and structured awards selection process. This year, the committee developed Standard Operating Procedures (SOPs), defined evaluation criteria for award categories, and introduced a systematic review process involving initial screening, detailed evaluation, committee discussions, and confidential voting.

Nominations were evaluated based on established criteria, including contributions to APPNA's mission, organizational service, professional achievements, humanitarian activities, and other category-specific requirements. Final selections were determined through independent voting and majority decisions.

2. Conflict of Interest and Confidentiality
The committee emphasized strict adherence to conflict-of-interest (COI) principles. Members disclosed potential conflicts and recused themselves from evaluations and voting whenever an actual or perceived conflict existed.
Confidentiality was maintained throughout the process, including individual votes, internal deliberations, and evaluation details. These measures helped protect the independence and integrity of the committee's decisions.

3. Committee Review and Lessons Learned
Following the awards selection, the committee conducted a review meeting to assess its performance and discuss feedback received from APPNA members.
While members expressed confidence in the process, the committee identified opportunities to improve nomination quality, clarify evaluation criteria, and strengthen members' understanding of the selection process.
Incomplete supporting information in several nominations highlighted the need for more structured data collection.

4. Recommendations for Future Improvement
The committee recommends:

- Structured nomination forms: Introduce category-specific questions requiring clear descriptions of nominees' contributions and achievements.
- Clearer criteria: Communicate award eligibility and evaluation parameters when inviting nominations.
- Earlier nominations: Begin the process earlier to allow sufficient time for research and informed evaluation.
- Committee structure: Consider expanding membership from seven to nine and reviewing restrictive eligibility requirements, subject to appropriate governance approval.
- Award categories: Explore separate academic and non-academic Lifetime Achievement Awards.
- Member education: Communicate the awards process to membership after the election period while preserving confidentiality.

Conclusion: The committee remains committed to strengthening a credible, impartial, and transparent awards process that recognizes excellence and service to APPNA.

Shahid Rafiq, MD (Chair)

APPNA Communication Committee

Connecting, Engaging, and Amplifying APPNA's Impact



One of the main focuses of the APPNA Communication Committee in 2026 was to highlight the tremendous work being done throughout APPNA by its various committees, specialty societies, and members. Through APPNA Café interviews, we showcased the outstanding contributions of specialty societies, including APCNA, APGNA, APPNA Pediatrics, WAPPNA, and others. These interviews provided a platform to highlight the expertise, accomplishments, and initiatives of APPNA's specialty organizations while increasing their visibility among our membership and the broader medical community. By telling these stories, we hoped to demonstrate the breadth and depth of APPNA's collective efforts and encourage greater participation and collaboration.

The Communication Committee also conducted Town Halls to promote meaningful member engagement, dialogue, and feedback. These forums created opportunities for members to hear directly from APPNA leadership, discuss issues of importance, share ideas and concerns, and provide constructive feedback.

At the 49th APPNA Summer Convention, we further highlighted the work of APPNA's committees through posters and standees displayed throughout the convention venue. This allowed members to learn about committee accomplishments, ongoing initiatives, and future goals, while encouraging greater awareness and involvement. Together, these initiatives strengthened communication and helped create a more connected and engaged APPNA membership.

Our social media and digital communication efforts continued to expand APPNA's reach and visibility. During 2026, our efforts have resulted in increased reach and engagement across APPNA's communication platforms, as reflected in our growing audience and engagement numbers (social media stats – see below). These achievements reinforce the importance of effective communication in connecting our members and amplifying the collective work of APPNA.



Comparison Period January 1 – September 12, 2026 vs January – September 2025

These numbers reflect the growing reach of APPNA's message and the increasing engagement
We remain committed to using communication and digital platforms to promote APPNA, recognize the contributions of our members and committees, and amplify our collective voice. Through these efforts, we hope to strengthen APPNA's impact and engagement both in the United States and in Pakistan.

Acknowledgment: The success of the Communication Committee's efforts would not have been possible without the dedication and contributions of its members: Dr. Fauzia Arain (Co-Chair), Dr. Samavia Khan (Co-Chair), Dr. Tariq Alam, Dr. Muska Khan, Dr. Ferheen Khan, Dr. Sana Imran, Dr. Ahmed Rehan Khan, Dr. Kashaf Sherafghan (Advisor), and Dr. Kiran Javaid. We sincerely acknowledge and appreciate their time, creativity, commitment, and teamwork in advancing APPNA's communication and engagement throughout 2026.

Sophia Janjua, MD
Chair, Communication Committee 2026

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APPNA Education Advisory Council



The APPNA Education Advisory Council was established in 2026 under the leadership of APPNA President Dr. Babar Rao to strengthen, coordinate, and expand APPNA's educational mission across committees, programs, and partner institutions. Chaired by Dr. Danish Bhatti, the Council has worked to bring greater structure, collaboration, and long-term planning to APPNA's educational activities.

A major milestone has been the launch of the APPNA Academy of Medicine, developed as a unified academic platform for APPNA's CME and non-CME courses, webinars, certificate programs, online fellowships, mentorship activities, committee-led educational programs, and institutional collaborations. The Academy is now live at appnaacademy.org and serves as the central home for APPNA's educational initiatives.

The Council has improved coordination among educational committees through quarterly meetings and ongoing communication between MERIT, RESA, YPC, EPC, MedConnect, YPC Canada, and other educational groups. This has helped move APPNA toward joint educational programs, shared planning, and unified standards. Four major education-related motions have been successfully moved forward to the Board of Directors.

A major operational milestone is the development of the APPNA in-house CME system, which will help APPNA offer and manage in-house CME for all APPNA programs. The system is under development, with a target launch by the end of October 2026. New SOPs for the RESA Chair and CME Chair have also been approved to strengthen CME governance and educational operations.

The Council is actively strengthening educational collaboration with PMDC, CPSP, and other institutions in Pakistan, including work on MOUs to support structured educational programs, training partnerships, certification pathways, and institutional collaboration. APPNA's collaboration with CPSP includes an AI workshop approved in concept and a Supervisors and Residents workshop approved in outline, with syllabus development underway and a planned announcement at the December 2026 Winter Meeting.

The Council is also supporting the ongoing APPNA Stroke Centers Project in Pakistan, a national quality-improvement initiative to strengthen standardized stroke care across Pakistan. The Formal MOU has been sent to the BOD for review and approval.

APPNA has hired a PMDC Coordinator for the APPNA office at PMDC to assist members with PMDC-related queries, documentation, follow-up, liaison, and assigned Education Council projects.

Together, these initiatives reflect APPNA's growing commitment to organized, collaborative, and sustainable medical education.

Danish Bhatti, MD, FAAN
Chair, Education Advisory Council 2026

Members:
Shahid Rafiq, MD
Naheed Usmani, MD
Rizwan Khalid, MD

APPNA Ethics & Grievance Committee (EGC)

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

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 29 complaints, and governance matters and has held 16 duly convened meetings to ensure that all concerns were handled fairly, impartially, confidentially when required, and in accordance with APPNA Bylaws and Policies.

The EGC reviewed several governance-related matters involving committee appointments, membership eligibility, and the 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.

Since June 15, 2026, when EGC submitted its last report, the Committee has dealt with approximately 15 distinct complaints, appeals, or related grievance matters, ranging from major organizational governance and conflict-of-interest investigations to election appeals and Component Society disputes.

The three most substantial investigations during this period involved compliance with prior Board actions and SOPs, conflict-of-interest concerns, and various 2026 election-related appeals and complaints.
Several other matters were resolved through referral to the appropriate body or were closed after the EGC determined that further action was unwarranted.

The EGC conducted an extensive investigation into conflict-of-interest and appearance-of-conflict concerns within APPNA. The review highlighted the need for greater organizational attention to the identification, disclosure, and appropriate management of actual, potential, and perceived conflicts of interest.

The EGC emphasized that disclosure alone may not always be sufficient and that, depending on the circumstances, appropriate safeguards may also require recusal, abstention from related activities, avoidance of promotional or commercial involvement, and active oversight by APPNA leadership. The EGC therefore recommended clearer conflict-of-interest policies and procedures, stronger BOD oversight and guidance following disclosures, and enhanced education for APPNA members and leadership regarding their conflict-of-interest responsibilities.

The EGC remains concerned about inadequate follow-up and implementation of certain recommendations and action items identified in EGC reports.

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.

All the EGC reports and meeting minutes are loaded on the members restricted area of the APPNA website and can be accessed by members at any time.

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

The Financial Compliance Committee (FCC) has one job: to make sure APPNA's money is handled with care, honesty, and transparency, on your behalf. We are independent, we are non-political, and we work for the membership. Nothing more, nothing less. APPNA has grown into a large organization, and our financial systems need to grow with it.

Over the past two years, the FCC has met regularly, kept careful records, and reviewed APPNA's finances as closely as we are able to. We have made significant progress after 2021 APPNA Bylaws created the FCC. But we also want to be honest with you about where we still have work to do.

Where the organization can do better
A few things are not yet where they should be. Our yearly audit takes too long to complete, because the information we need often arrives slowly and in pieces. Financial updates do not always reach the committee on a regular schedule. And while our finances are shared at meetings, they are not easy for members to find on the APPNA website, where they should be available all year. These delays prevent real time guidance by the FCC.

None of this reflects bad intent. It reflects an organization whose rules and habits were built for a smaller, simpler APPNA, one that now holds more than $10 million in assets and takes on ambitious work at home and abroad. Good people are doing their best inside a system that needs to be modernized.

What the FCC recommends
To match our oversight to the size of the organization we've become, the FCC recommends that APPNA:
1. Bring in professional leadership — a capable, non-political executive such as a financial director/CFO with a clear mandate and clear goals, to manage our finances and operations year-round.
2. Plan for the long term — adopt a multi-year financial vision, so our strategy carries forward from one Board to the next instead of starting over each year.
3. Report on time and share it openly — provide the FCC with regular financial updates, complete the annual audit on a firm schedule, and publish our finances on the website for every member to see at least quarterly.
4. Spend with discipline — set clear budgets before major commitments are made and make sure that no single person or vendor both spends APPNA's money and serves as the only record of how it was spent.
5. Keep our compliance strong — as we do more good around the world, ensure every dollar sent abroad meets all tax and transparency requirements, and give incoming leaders early training on how APPNA's finances work.
6. Support real oversight — give the FCC and Council the clear authority they need so that sound financial practices are followed consistently.

These are not criticisms of any individual. They are the steps that will keep APPNA financially strong, trusted, and ready for the future. We ask the membership to hold us accountable, and we pledge to help APPNA care for your money as if it were our own.

Because it is.

With respect,
APPNA Financial Compliance Committee

APPNA Free Health Clinic Committee

As a part of President Dr Babar Rao's Home first initiative APPNA Free health Clinic committee embarked on its mandate to establish an APPNA free clinics after the APPNA strategy meeting in San Francisco.

Goal was to fill the gaps and establish an APPNA free clinic in states and cities where there was no such clinic.

The project was first presented at APPNA spring meeting in New Jersey. New Jersey Chapter agreed to open a clinic and on West Coast the city of Medera, California was identified to establish a clinic a well.



The very first milestone under this initiative was the successful opening of the APPNA free clinic in Madera, California on July 27th.

The committee is continuing to identify the need to establish free clinics in the communities across the US.



Please contact me, Dr Nadeem Ahmed, Co-Chair or any committee members for further information.

Respectfully Submitted,
Naeem Rana, MD
Chair.
Nadeem Ahmed, Co-Chair
BOD elect 2027

Members
Zia Farrukh, Faizan Anwar, Tariq Butt, Asif Syed, Faiz Cheema, Amna Buttar, Naveed Zafar, Arif Shafi

APPNA Liaison Committee

APPNA Liaison Committee with other Professional Medical Organizations 2026 Report
Dr. Raffia Qutab, Chair Liaison Committee 2025-2026

A previously **Dormant** Liaison Committee was **restructured** and **revitalized** under the leadership of **Dr. Raffia Qutab.**
The Committee's mission is to expand and amplify APPNA's visibility and networking in:

(1) Advocacy and Policy **(2)** Professional Development and IMG Engagement **(3)** Mental Wellbeing
(4) Academics and Research **(5)** Philanthropic/Humanitarian Initiatives at national and global levels.



Willie Underwood, AMA President, and Dr. Raffia Qutab at AMA's Annual Summer Convention 2026; Chicago, IL

Advocacy and Policy
A major milestone was APPNA's official membership of SSS of American Medical Association (AMA) facilitated through the strategic efforts of Dr. Raffia Qutab. This achievement has strengthened APPNA's national visibility and created a broader platform to advocate for physicians and patients. Dr. Qutab represented APPNA at the AMA 2026 Summer Annual Meeting in Chicago and where she supported policies addressing critical healthcare priorities which includesreducing prior authorization barriers and physician workforce shortage, expanding opportunities for ITPs, improving access to childhood vaccines and mental healthcare, and promoting the sustainability of private medical practice.



Professional Development and IMG Advocacy
The Committee's 2026 educational webinar series generated **more than 6,000 views**, reflecting significant interest among physicians and IMGs. Topics included U.S. medical licensure and credentialing, professional development, health policy, artificial intelligence, digital health, organized medicine, and pathways for internationally trained physicians to overcome barriers and improve employment opportunities. Distinguished speakers included leaders from the Federation of State Medical Boards, Texas Medical Association, Oklahoma State Medical Board, APPNE.



Philanthropy/ Humanitarian Initiative
The Committee launched the "Health Matters for IMGs" webinar series in memory of Dr. Maryam Shaukat, an IMG who tragically passed away while completing an observership in the U.S. without adequate health insurance. Through Dr. Qutab's outreach to her family and the APPNA community, more than $420,000 was raised toward her care. Although she could not be saved, the funds will create a lasting legacy in her name by supporting IMGs.

A Webinar on **9/17/2026** will address **Physicians Mental Wellbeing and Suicide Prevention**, in collaboration with the **American Foundation for Suicide Prevention**, mental health professionals, and **APPNE.**





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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 to add meaningful value for our members while supporting APPNA's core mission of professional excellence, education, service, advocacy, and community building.

Membership Status
As of August 31, 2026, APPNA's total membership stands at 5,273 members, comprising:

- 3,407 Lifetime Members
- 1,043 Annual Members
- 195 Alliance Family Lifetime Members
- 118 Emeritus Members
- 248 Student Members
- 197 Physicians-in-Training
- 59 Associate Members
- 1 Affiliate Member
- 5 Alliance Family Annual Members

Membership Value and Opportunities
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 representing 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. Through APPNA's humanitarian initiatives, including the APPNA SWDRC, members actively participate in charitable and humanitarian projects that make a meaningful difference in underserved communities in Pakistan and beyond.

New Member Benefits and Partnerships in 2026
To further enhance the value of APPNA membership, several new partnerships and member benefits were introduced during 2026. These include:

- Medipol University, Turkey — Educational and academic opportunities.
- Skybird Travels and Nova Travels — Travel-related services and benefits.
- Turkish Airlines — Travel benefits for APPNA members.
- Medshine — Professional development resources.
- Premier Inc. — Discounts on medical practice supplies and services.
- TapTap Send — Convenient online funds-transfer services.
- Foley & Lardner — Discounts on legal services, along with 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.
- United Transport Services — Corporate-rate vehicle rentals for members traveling in Pakistan.

These partnerships reflect the committee's ongoing commitment to providing practical, meaningful, and diverse benefits to APPNA members and their families.

Membership Renewal and New Membership Opportunity
The Membership Committee is pleased to remind all eligible physicians, trainees, students, and families that December 31, 2026, is the last date to avail of the discounted Lifetime Membership fee of $1,350 and the 2026 Annual Membership fee of $90.

This is an excellent opportunity to become a Lifetime Member of APPNA, particularly for physicians in the early stages of their careers. Lifetime membership provides an opportunity to remain connected with APPNA throughout one's professional journey while contributing to the continued growth and strength of our organization.

I strongly encourage all existing APPNA members to reach out to their colleagues, friends, and non-member physicians of Pakistani descent and encourage them to join APPNA in 2026. By expanding our membership, we strengthen our collective voice, broaden our professional network, and enhance our ability to serve our communities.

The Membership Committee remains committed to expanding member benefits, strengthening engagement, and growing APPNA's membership base. Together, we can continue to build a stronger, more connected, and more impactful APPNA for generations to come.

Nusrum Iqbal, MD, FACP
Chair, APPNA Membership Committee 2026

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Chair: Dr. Ghazal Javaid
Co-chair: Bassem Rafiq, MS2

Members: Aleena Saifullah (MS2), Aleesha Zafar, Shazmeena Khattak, MS2, Alyan Zafar, MS2, Umayr Raza Shaikh, MS4, Hebba Khan, MS4, Fihr Chaudry, MS4

MENTORSHIP PROGRAM
- Presidential Initiative
- 1:1 Personalized Mentoring - LIVE!
- Matched on a rolling basis, 9 active mentors, 25+ active mentees
- Factors considered: Level of training, Program (DO vs MS), specialty, availability, communication, personal preferences
- What do you want help with: MCAT, Goals, Application building, Application Process, Interview process

SUMMER MEETING EVENT
- Pathways to Medicine Event
- Partnership with NAMA
- 6 sessions, 90 people
- Working with people in varying education stages: High School, college, Medical School, Applying to Residency
- IMGs
- Applying to Medical School in Pakistan
- 90 potential additions to mentoring program
- Open Q&A

FALL MEETING EVENT PLAN
- Presentation on Oct 18: Roadmap to Medical School
- Overview of Medical School Application Process
- MD vs DO
- Application Systems: AMCAS and AACOMAS
- MCAT, GPA, Experiences
- Personal Statement
- Letter of Recommendations
- Secondaries and Interviews
- Join the mentoring Program for assistance help connecting you to research/volunteering, application review, and personal statement writing

APPNA Nominations and Election Committee

NEC is comprised of nine members. Three members are elected by the council every year and each member represents different alumni.

Khoshnood Ahmad, Chair (Nishtar)
Fawad Chaudry, Co-Chair (Rawalpindi)
Mohammad Arshad (DeMont-Dentistry)
Asim Chohan (KE)
Mohammad Amir (Jinna Sindh)
Irfan Rizvi (Agha Khan)
Samina Hijab (Fatima Jinnah)
Sajid Zafar (Dow)
Amjad Sheikh (Punjab)

NEC called for nomination for APPNA officers, vetted and conducted a fair and secure election. All candidates participated with enthusiasm and election results were announced on August 28th via zoom.

NEC conducted very successful and well-organized debates during the summer convention. They were well attended, zoom link was provided to members who could not attend in-person. Debates were recorded and shared with membership. Questions for the debates were submitted by the members, and all candidates had the opportunity to answer all questions.

This year, NEC added an option to vote via text/SMS, and many members took advantage of this option.

APPNA National Health Care Day 2027

Celebrating Wellness Across North America at 32 Sites

Report Prepared by:
Dr. Amera Manzoor Rahman, M.D.
Chair, National Health Care Day Committee

Executive Summary

APPNA National Health Care Day 2026, organized by the Association of Physicians of Pakistani Descent of North America (APPNA), was successfully conducted across 32 locations throughout North America, including two sites in Canada. The initiative was designed to promote preventive healthcare, increase public health awareness, encourage early detection of common health conditions, and improve access to essential medical services within local communities. This report provides a national overview of the event, highlighting participation, services provided, community outreach, collaborations, and the overall impact of National Health Care Day 2026. Detailed reports from individual locations, along with photographs, will follow as part of the comprehensive national documentation.

Key Highlights

- 32 sites participated across North America, including two sites in Canada.
- Events were hosted at churches, Islamic centers, APPNA clinics, schools, and community centers.
- APPNA chapters and local organizers partnered with healthcare organizations, pharmacies, ICNA Health, and other community partners.
- Healthcare professionals, including physicians, nurses, residents, medical students, and community volunteers, participated in the events.
- Communities received free health checkups, preventive screenings, vaccinations, and health education.
- Screening tools were utilized for sleep disorders and depression to promote greater awareness of physical and mental health.
- Educational lectures and counseling sessions focused on preventive healthcare and healthy lifestyle practices.
- Local television, news outlets, and social media platforms helped extend awareness of the initiative and its impact.

National Overview

National Health Care Day 2026 demonstrated APPNA's continued commitment to advancing community health through education, prevention, early detection, and accessible healthcare services.

Across 32 locations, APPNA physicians and volunteers worked together with local organizations and community members to provide medical camps, preventive screenings, vaccination services, educational programs, and health-awareness activities.

The initiative brought healthcare professionals directly into the communities they serve and provided an opportunity for individuals to learn more about preventive health, identify potential health concerns, and receive appropriate guidance and referrals.

Services Offered

Depending on the individual location, services and educational activities included:

- Free health checkups
- Influenza (flu) vaccinations
- COVID-19 vaccinations
- RSV vaccinations
- Blood pressure screening
- Blood glucose screening
- HbA1c testing for diabetes
- Skin cancer screening
- Dental screening
- Glaucoma screening
- Colon cancer screening through blood testing
- Preventive health counseling
- Travel vaccine information sessions

• Mental health awareness programs
• Depression screening
• Sleep disorder screening and education

Key Outcomes
National Health Care Day 2026 resulted in:
• Hundreds of preventive health screenings being conducted across participating locations.
• Increased community awareness regarding the importance of preventive healthcare and early detection.
• Greater awareness of mental health and sleep-related disorders through screening and educational activities.
• Strong collaboration among APPNA physicians, nurses, medical students, residents, volunteers, local healthcare organizations, pharmacies, and community partners.
• Strengthened relationships between APPNA and the communities it serves through inclusive, accessible, and community-centered healthcare initiatives.
• Expanded opportunities for community members to receive healthcare information and services in familiar and accessible settings.

Overall Impact
The success of APPNA National Health Care Day 2026 reflects APPNA's ongoing commitment to improving public health and serving communities across North America.

By bringing physicians, healthcare professionals, volunteers, and community organizations together, the initiative demonstrated the meaningful impact that collaborative healthcare outreach can have on preventive health and community wellness.

National Health Care Day also reinforced the importance of providing healthcare education and preventive services beyond traditional clinical settings. The participation of healthcare professionals and community volunteers helped create a welcoming environment in which individuals could access screenings, obtain health information, and engage in conversations about their overall wellbeing.

Recommendations for Future National Health Care Days
Based on the success of the 2026 initiative, future National Health Care Days may benefit from:
• Continued expansion of participating sites across North America.
• Increased promotion of preventive screenings and early detection.
• Greater integration of mental health and sleep health screening.
• Continued partnerships with local healthcare organizations, pharmacies, community centers, and other community-based organizations.
• Enhanced collection of standardized participation and screening data to better measure the national impact.
• Continued use of local media and social media to increase community awareness and participation.
• Development of a standardized reporting format for all participating locations to facilitate comprehensive national reporting.

Acknowledgments
APPNA extends its heartfelt gratitude to all physicians, nurses, residents, medical students, volunteers, sponsors, community organizations, healthcare partners, and local leaders whose dedication and commitment made National Health Care Day 2026 possible.
Their collective efforts helped bring preventive healthcare and health education directly to communities across North America. Through their service, compassion, and commitment to excellence, they strengthened APPNA's mission of improving community health and promoting wellness.

Documentation of Individual Sites
Detailed reports from each participating location, including photographs, services provided, participation data, community activities, and local highlights, will follow as part of the complete National Health Care Day 2026 report.

Dr. Amera M. Rahman, M.D.
Chair, National Health Care Day Committee
Association of Physicians of Pakistani Descent of North America (APPNA)

APPNA Social Welfare & Disaster Relief Committee



Introduction
The APPNA Social Welfare Committee is committed to serving vulnerable communities through
initiatives focused on healthcare, clean water, food insecurity, and assistance to orphans and deserving families. Through the generosity of APPNA members, physicians, donors, volunteers,
and community partners, the Committee has supported several important projects across Pakistan.

Our major initiatives include:
1. APPNA–ChildLife Emergency Room, Rawalpindi
2. APPNA Food Pantry Project-"Home First"
3. APPNA Ramzan Project for Orphans and Deserving Families
4. APPNA Water Project
5. APPNA Cornea Project

1. APPNA–ChildLife Emergency Room, Rawalpindi
The Committee passionately worked on supporting the APPNA-ChildLife Emergency Room in Rawalpindi, an important initiative providing emergency medical care to children in need. The project focuses on ensuring that children, regardless of their families' financial circumstances, can receive timely emergency treatment.

Through this initiative, APPNA physicians and donors are helping strengthen access to quality pediatric emergency care and supporting a model designed to provide free and compassionate emergency services to children from underserved communities.

Impact
The APPNA–ChildLife partnership represents a meaningful investment in the health and future of children in Pakistan. By supporting emergency care, the project helps families obtain critical treatment at a time when delays can have life-threatening consequences.

2. APPNA Food Pantry Project
The Social Welfare Committee also supported the APPNA Food Pantry initiative, addressing one of the most basic needs of vulnerable families: access to nutritious food.

The Food Pantry program aims at reaching out to mutiple states in the country to provide assistance to families experiencing financial hardship and helps them meet essential food needs with dignity.

The initiative reflects APPNA's broader commitment to community welfare by extending assistance beyond healthcare to address the social and economic factors that affect families' well-being.

Impact
The APPNA–ChildLife
partnership represents a meaningful investment in the health and future
of children in Pakistan. By supporting emergency care, the project helps families obtain critical
treatment at a time when delays can have life-threatening consequences.

3. APPNA Ramzan Project
One of the Committee's major accomplishments was the APPNA Ramzan Project, which focused on providing financial assistance and food hampers to 3000 families and orphans during the holy month of Ramzan.

Impact
The Ramzan Project provided much-needed assistance to families facing financial hardship and helped ensure that orphans and deserving families could experience the holy month with greater dignity and security. The success of this campaign also demonstrated the Committee's ability to mobilize substantial charitable resources in a short period of time.

Fundraising Achievement
$114,000 was successfully collected through the generosity of APPNA members, physicians, families, and community donors. These funds were directed toward helping orphans and deserving families meet essential needs during Ramzan and Eid.

The project demonstrated the extraordinary generosity of the APPNA community and its willingness to come together to support vulnerable families.

4. APPNA Water Project
The APPNA Water Project is dedicated to supplying clean and safe drinking water to remote and underserved areas of Pakistan, including communities in Thar. As part of this initiative, schools serving indigent populations have been provided with water filtration systems through a partnership with the Momina Cheema Foundation.

The project addresses a critical public health need by improving access to safe drinking water for children and communities that often lack reliable water infrastructure.

Impact
The Ramzan Project provided much-needed assistance to families facing financial hardship and helped ensure that orphans and deserving families could experience the holy month with greater dignity and security. The success of this campaign also demonstrated the Committee's ability to mobilize substantial charitable resources in a short period of time.

5. APPNA Cornea Project
The APPNA Cornea Project has provided sight-restoring care to patients across Pakistan. Since 2017, a total of 0,700 corneas have been sent to Pakistan . Free cornea transplants have been performed for patients in all five provinces of Pakistan in 36 hospitals.

This initiative has helped individuals suffering from corneal blindness regain vision and improve their independence, quality of life, and ability to participate fully in their families and communities. Recently the University of Iowa published a research paper on this project, which is the first of its kind in Southeast Asia and is the largest Cornea transplant Program with Corneas donated from USA.

Summary of Accomplishments

Initiative	Focus	Major Achievement
APPNA–ChildLife ER, Rawalpindi	Pediatric emergency healthcare	Supported access to emergency care for underserved children
APPNA Food Pantry	Food security	Provided essential food assistance to deserving families
APPNA Ramzan Project	Orphans and deserving families	**$114,000 raised** for direct assistance
APPNA Water Project	Clean water and public health	Supplied clean water to remote areas, including Thar, and provided school filtration systems in partnership with the Momina Cheema Foundation
APPNA Cornea Project	Vision restoration	**10,700 corneas sent to Pakistan since 2017; free transplants performed in all five provinces**

Impact
The Cornea Project represents one of APPNA's most significant and sustained healthcare initiatives. By facilitating the availability of donated corneas and supporting free transplants, APPNA has helped restore sight to thousands of patients who might otherwise have been unable to afford treatment.

Conclusion
The Social Welfare Committee is proud of the meaningful work accomplished through its healthcare, humanitarian, and community development initiatives. From improving pediatric emergency care and providing food to families in need, to supplying clean water in remote communities and restoring sight to thousands of patients, these projects demonstrate the strength of APPNA's commitment to social responsibility.

The Committee is especially grateful to all APPNA members, donors, volunteers, chapter leaders, healthcare professionals, and community partners whose generosity and dedication made these accomplishments possible. Together, we continue to turn compassion into action.

Saima Zafar, MD
APPNA Social Welfare Committee

APPNA Publication Committee



Dear APPNA Members,

The Publication Committee remained actively engaged throughout the year and played an integral role in the successful publication of both the Strategy Meeting Journal and the Summer Meeting Journal. These publications stood 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 were instrumental in producing publications that reflected the mission, values, and scholarly spirit of APPNA.

The 2026 Summer Convention in Orlando, Florida, provided another exciting opportunity to celebrate the extraordinary creativity and diverse talents within the APPNA community. As part of the convention, the Publication Committee organized our annual competitions. Participants in the Youth Essay Competition were invited to write on one of two thought-provoking topics. The Art and Photography Contest provided a vibrant platform for APPNA members and their families to showcase their artistic vision and originality. The Urdu Poetry Competition participants were invited to submit either a Ghazal or Nazam.

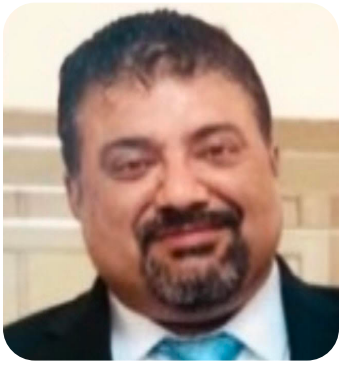
The competition winners received awards and special recognition from the APPNA President during the convention. Selected Art and Photography entries were proudly showcased on the main screens during the Friday and Saturday banquet events, while the winner of the Urdu Poetry Competition received the distinguished opportunity to present at the Annual Mushaira. These competitions highlighted the remarkable creativity, cultural richness, and diversity that made the APPNA community so exceptional.

Looking ahead, the Publication Committee is already working toward the publication of the 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

APPNA Scholarship Endowment Program



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

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

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

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

Since its inception the program has made tremendous progress. We have been able to disburse over $360,000.00 over this period of time and helped hundreds of undergraduate students at various medical schools in Pakistan with their educational expenses. This year DOW alumni has joined the program under leadership of Dr. Zaffar Iqbal . Dow Alumni has deposited more than $25000.00 and the campaign is ongoing . These funds are matched with $25000.00 and thus far total amount is more than $50,000.00 .

Following is Current Account Value as of April 30, 2026

Medical College	Current Account Value
Nishtar Medical University:	$2,021,531
King Edward Medical University:	$1,009,690
Jinnah Sindh Medical University:	$ 398,285
Quaid-I-Azam Medical College:	$ 275,338
Allama Iqbal Medical College:	$ 230,754
Rawalpindi Medical University:	$ 223,488
Fatima Jinnah Medical University:	$ 187,331
Khyber Medical College:	$ 65,248
Bolan Medical College:	$ 45,320

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

Respectfully Submitted,

Rizwan Iqbal, MD
Chair – Scholarship Committee

Masood Akbar, MD
Co-Chair - Scholarship Committee

Ahmad Saeed Khan, MD
Advisor - Scholarship Committee

APPNA Young Physicians Committee



The Association of Physicians of Pakistani Descent of North America (APPNA) Young Physician's Committee (YPC), leads key sessions and initiatives aimed at guiding, mentoring, and supporting international medical graduates (IMGs) and early-career physicians transitioning into the U.S. healthcare system.

As we build on our spectacular MATCH 2026 success of over 1200+ Pakistani applicants, we
continue to support and improve access to resources for our upcoming MATCH applicants.

Key Operational Achievements:

Clinical Placement: Secured over 100 U.S. clinical observerships for this year applicants. Plan to move this to an automated AI enabled system by the end of this year.

Mentorship & Development: Delivered 12+ webinars reaching over 5000 views, launched the PRISM (Professionalism, Research, Interpersonal Skills, Scholarship and Mentorship) Initiative for professional growth. Initiated and completed formal mentor drive with over 650 MATCH applicants linked to over 180 mentors.



Research & Financial Support: Established the YPC Young Scholar Award, supported: over 40 posters for the APPNA Summer Convention Research Day, and provided interest-free loans to 12 deserving students.

Well-being & Collaboration: Conducted Mental Health Awareness sessions, launched Financial Wellbeing Podcast, and strengthened partnerships with executive organizations, including ECFMG, FSMB, and NBME.

Academic Outreach: Increased social media outreach with over 26000 Facebook members, 1500 X followers and 1700 Whatsapp broadcast followers. Extended outreach to 95% of medical schools in Pakistan through the Ambassadors Program, currently in sustainability phase of the program.

New Jersey Spring Meeting Sessions and Speakers
Spring Meeting attracted over 60 young applicants for our different sessions. We discussed mental health in young physician in light of recent unfortunate suicide events, followed by an in- depth talk with Attorney Bohra on immigration issues. Ms. Ingraham, AVP of external relations at Intealth, shared how ECFMG facilitates IMGs and the impact of IMGs in the US healthcare.

These impactful sessions were followed by a casual yet interactive session with two programdirectors, Dr. Conrad Fischer and Dr. Sajid Mir, on what they look for when considering applicants for residency

interviews. This session was followed by multiple small breakout sessions all through the day and lasted much longer than what was anticipated, showing strong
interest from our participants.

49 th Summer Convention Sessions & Speakers
We wanted to have a more holistic, well-rounded roster for the Summer Convention. We held sessions on Social Media Etiquette, Approach to Advanced Training, Role of Regulators in Delivering Healthcare in US and a session with program directors. Social Media Etiquette session was moderated by Dr. Arslan Inayat, featuring insights from Drs. Kashaf Sherafghan, Amna Qureshi, Bukhtawar Waqas, and Faraz Alam. Approach to Advanced Training & Fellowship Pathways was moderated by Dr. Munis Raza, featuring faculty including Drs. Namirah Jamshed, Nauman Ashraf, and Asad ur Rehman. Delivering Healthcare in US – Regulators and Their Roles was moderated by Dr. Gulrayz Ahmed, featuring key regulatory leadership including Alex Mechaber, MD from NBME, Frances Cain, MPA from FSMB, Elizabeth Ingraham from Intealth and Saba A. Hasan, MD President Elect-ACP. Our last session was on Inside the Match - Up-close with Program Directors with panelist including Drs. Saba Hasan, Aftab Ahmad, and Samrina Hanif.



Research Day 2026
Each year during Summer Convention we conduct our Annual Research day. This is an opportunity for our young physicians to grow and showcase their work. Our research day featured 40+ abstracts and over 1700 USD worth research awards were given. This initiative was led by Dr. Junaid Khan, along with Dr. Nouman Shafique. APPNA YPC also arranged accommodation for these participants. APPNA Young Scholar and Rising Young Scholar Awards APPNA YPC awarded the inaugural Young Scholar Award to accomplished young physicians. Our objective criteria including total publications, their citations and H-Index. Based on above criteria, to Dr. Muhammad Shahzeb Khan, who is currently a faculty Baylor Scott and White Health was awarded the Young Scholar Award with an H-Index of 66 and total citations of over 58,000. Similarly, we also gave the Young Rising Scholar award to a physician in training which was awarded to Dr. Fateen Ata, with an H-Index of 18 and 1141 citations.

We continue to serve and leave an everlasting impact on the next generation of APPNA members and leaders. We appreciate the help extended by President Dr. Rao and the BODs.

Gulrayz Ahmed, MD FACP

APPNA RESA Committee

Dear APPNA Members,

On behalf of the APPNA Research, Education, and Scientific Affairs (RESA) Committee, I am pleased to present our 2026 Annual Report. Building on APPNA's successful ACCME re-accreditation through 2028, 2026 will be a pivotal year focused on infrastructure development, academic sustainability, and reinvestment in our members.

1. In-House CME Accreditation and Infrastructure
A major priority for 2026 is the development of a fully in-house CME accreditation and management process. This will be supported by dedicated staff, clearly defined Standard Operating Procedures (SOPs), and a robust digital infrastructure for CME tracking, evaluation, compliance reporting, and certificate issuance. This transition will enhance quality control, improve efficiency, and reduce reliance on external vendors.

2. Equitable CME Honorarium Framework
APPNA will implement a transparent, unbiased honorarium rubric for CME faculty. Honoraria will be determined by APPNA using objective criteria such as educational role, preparation time, and expertise, ensuring fairness, consistency, and alignment with ACCME standards.

3. APPNA Speakers Bureau
In 2026, RESA will initiate the APPNA Speakers Bureau to curate a diverse pool of qualified speakers across specialties. This initiative will promote academic excellence, equitable speaking opportunities, and consistent quality across APPNA-sponsored CME programs, while creating leadership and visibility pathways for emerging faculty, residents, and fellows.

4. Reinvestment into the APPNA Research Incubator
A cornerstone of RESA's strategy is reinvesting CME-generated revenue into the APPNA Research Incubator, a joint initiative of RESA and MERIT. The incubator is designed to empower early-career researchers, promote innovation in health and biomedical sciences, strengthen research infrastructure—particularly in Pakistan—and foster global and local health equity.

Planned grant categories include equipment grants for junior faculty in Pakistan; travel and research grants for U.S. medical students, residents, and undergraduates of Pakistani descent; and research grants for medical students and residents in Pakistan. Funding sustainability will be supported through designated educational funds, allocation of a portion of CME revenue, and donor engagement initiatives.

5. Looking Ahead
Through these initiatives, RESA aims to create a sustainable academic ecosystem in which high-quality CME directly supports research, innovation, travel grants, and enhanced member benefits.

Sincerely,

Sadiq Naveed, MD, MPH
Chair, APPNA RESA Committee 2026

AKUAANA: Building Bridges, Strengthening Connections



2026 has been a year of renewed energy, stronger engagement, and purposeful growth for AKUAANA. With a new Executive Council, our focus has been to bring alumni closer together, create meaningful opportunities for involvement, and build a stronger foundation for the future.

We began the year with regional alumni gatherings in Connecticut and NJ, creating opportunities for connection, conversation, and community. These gatherings reinforced the importance of year-round local engagement and support our broader goal of developing regional chapters across North America.









This year we have taken immense pride in celebrating our alumni. Highlights include Dr. Mahwash Kassi, President of the Association of Pakistani-Descent Cardiologists of North America; Dr. Faisal Hussain, recipient of the 2026 UTHSC Outstanding Alumnus Award; and Dr. Junaid Razzak, honored by the Connecticut General Assembly for his contributions to emergency medicine and global health.

We also celebrated achievements in education, research, service, and leadership by Dr. Namirah Jamshed, Dr. Muhammad Haris Nazim, Dr. Samid Farooqi, Dr. Adeel Butt, Dr. Amyn Malik, and Dr. Sameer Belgaumi.

Another proud milestone was our second AKU-AKUAANA 2026 Match Celebration in April, recognizing 88 AKU graduates who matched.

Our Annual Meeting and Dinner in Orlando on July 3 brought alumni together around the theme “The Art of Medicine: Stories, Humanity and Healing Across Borders.” Highlights included an enlightening talk by Dr. Usman Malik on the legendary artist Sadequain, recognition of the Classes of 1996 and 2006, and important governance reforms. The weekend concluded with a lovely breakfast with the AKU Dean the following morning.

Our priorities now include our redesigned website and member portal, regional chapters, mentorship and electives, closer collaboration with AKU, and continued work toward future 501(c)(3) status.

Our community mourned the loss of beloved educator Professor Dr. Naseem Salahuddin and Dr. Sobia Laique, an accomplished transplant hepatologist. Their contributions and memories remain deeply valued.

As we look toward our Fall gathering in NYC and the 2027 Gala in Virginia, we remain committed to building bridges, strengthening connections, and creating opportunities for all our members to come.

Hina Hussain, MD
President, AKUAANA

FJMCAANA

DIRECTLY RAISED	APPNA MATCH	TOTAL FUNDING IMPACT
$138,940	$30,000	$168,940

A year of alumni generosity supporting health, education, student well-being, community programs, and long-term institutional strength

Alumni Engagement & APPNA

Beyond fundraising, FJMCAANA strengthened professional connections and support for international medical graduates through mentorship, education, and alumni engagement.

APPNA Recognition

In 2026, FJMCAANA was honored to be **nominated by APPNA for Best Alumni Association**, recognizing the organization's continued commitment to alumni engagement, service, mentorship, and community impact.

Professional Support

IMG Zoom Meetings • Observership Mentorship • Panel Discussions
Members provided practical guidance, shared experience, and supported physicians pursuing postgraduate training and career opportunities.

Mentoring FJMU Graduates in the U.S./Canada Residency Pathway

FJMCAANA created a dedicated USMLE Mentoring WhatsApp group, now connecting **more than 120 FJMU students** preparing for or taking Step 1 or Step 2 with mentorship, guidance, peer support, and early exposure to U.S. and Canadian residency pathways.

FJMCAANA Members Serving in APPNA

FJMCAANA Member	APPNA Committee
Dr. Umbreen Chaudhary	Membership Committee
Dr. Sumra Rathore	Scholarship Committee
Dr. Naghmana Bajwa	Liaison Committee
Dr. Fauzia Anwar	Liaison Committee
Dr. Raffia Qutab	Liaison Committee
Dr. Shaheen Mian	EGC
Dr. Samina Hijab	NEC
Dr. Amna Buttar	Social Committee
Dr. Amnah Andrabi	YPC
Dr. Shagufta Jabeen	SWDRC

Leadership Spotlight - Dr. Fizza Rafiq: APPNA Board of Directors member and Lifetime FJMCAANA member; played an active role in spearheading the Canadian APPNA meeting and supporting the Alberta Chapter.

Fundraising & Collective Impact

FJMCAANA recorded **$138,940** in direct fundraising and membership support across eleven initiatives. APPNA provided an additional **$30,000** in matching support - $25,000 for the Autism Center and $5,000 toward Ramadan food hampers - bringing total reported funding impact to **$168,940**.

Initiative	Amount
Cornea	$21,000
Meethi ZINDAGI	$26,670
FJMU Scholarship	$16,200
Kashani Basti Ramadan	$14,220
Kashani Basti Library	$4,000
Autism Center	$26,800
Postgraduate Loan	$2,000
Endowment	$18,000
Membership	$2,950
Mindful Wellness for FJMU Students and Faculty	$2,500
Kashani Basti Dispensary	$4,600

Where the Support Went

Health & care: Cornea support, Meethi ZINDAGI, and the Autism Center. **Education & professional development:** FJMU scholarships, the Kashani Basti Library, and postgraduate loans. **Community & well-being:** Ramadan support, the Kashani Basti Dispensary, and Mindful Wellness. **Long-term strength:** Endowment and membership support.

With gratitude: Every contribution reflects the generosity and shared purpose of our alumni, members, donors, partners, volunteers, and supporters.

2026 FJMCAANA Executive Council

FJMCAANA recognizes the 2026 Executive Council for its leadership, service, and commitment to advancing the association's mission and supporting the FJMU alumni community.

PRESIDENT	SECRETARY	TREASURER
Dr. Umbreen Chaudhary	Dr. Sumra Rathore	Dr. Naghmana Bajwa

Councilors At Large

Dr. Fauzia Anwar	Dr. Amnah Andrabi
Dr. Saharish Mehmood	Dr. Hina Iqbal

CONNECT • EMPOWER • IMPACT

Reflections from the President

As my term as President of FJMCAANA comes to a close, I am incredibly grateful for the opportunity to have served an organization and alumni community that mean so much to me.

This year, our work extended far beyond fundraising. Together, we strengthened our commitment to FJMU students and graduates, expanded mentorship for those pursuing residency pathways in the United States and Canada, increased FJMCAANA's engagement within APPNA, and supported meaningful initiatives in education, healthcare, wellness, and community service. We were also honored by FJMCAANA's nomination by APPNA for Best Alumni Association, a meaningful recognition of the collective work of our alumni community.

None of these accomplishments belong to one individual. They reflect the dedication of our Executive Council, our members, our donors, our volunteers, and the many alumni who continue to give their time, expertise, and resources to FJMCAANA.

As I complete my term, I am proud of what we have built together and excited to see FJMCAANA continue to grow, connect generations of FJMU graduates, and create an even greater impact in the years ahead.

RMCAANA: A Year of Gratitude



As RMCAANA marks 2026 as its "Year of Gratitude," the Executive Committee has been working on an ambitious agenda of service, growth, and institution-building for the Rawalpindi Medical University alumni community across North America.

More than fifty RMCAANA volunteers are actively contributing to the growth of APPNA, and chapters in US and Canada led by APPNA President Babar Rao .RMCAANA continues to raise fund for Child Life program, our Qarz-e-Hasna program has been distributing funds for qualified candidates
This has also been a landmark year for RMU itself. RMCAANA and created a brand-new RMCAANA Liaison Officer position at RMU to strengthen ties between alumni and their alma mater.

Behind the scenes, RMCAANA has undergone its biggest bylaws overhaul in years. In collaboration with CABL, updated bylaws were approved by general body . The organization also refreshed its digital presence with a new Instagram account and major website updates.

All this builds toward one of RMCAANA's largest summer gatherings yet, co-chaired by Dr. Faiz Cheema and Dr. Attiya Haroon, featuring the highest number of CME speakers in the conference's, a first-ever RMCAANA-led Summer Walk and raised funds with the support Zakat Foundation . RMCAANA members were actively engaged in hosting a highly successful supporter of a highly successful APPNA annual Canadian meeting

As RMCAANA looks ahead, gratitude remains the guiding spirit for the volunteers, donors, and members who make this growth possible.

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 Alabama Chapter



The APPNA Alabama Chapter has had an active, meaningful, and productive year in 2026, marked by advocacy, professional engagement, community service, fellowship, humanitarian outreach, and opportunities to strengthen relationships among members and families.

Throughout the year, the Alabama Chapter remained committed to APPNA's broader mission of service, professional collaboration, and community engagement. Chapter members participated in advocacy activities, helping raise awareness of issues important to physicians, healthcare professionals, and the communities we serve. Advocacy continues to be an important part of our chapter's work, providing members an opportunity to remain engaged in matters affecting healthcare, professional practice, and the public good.

One of the major highlights of the year was our Spring Meeting, which brought together physicians, families, friends, and members of the wider community. The meeting provided an excellent opportunity for professional networking, exchange of ideas, fellowship, and strengthening of longstanding friendships. Events such as these remain an important part of the Alabama Chapter's identity, allowing members to stay connected while also welcoming new participants into the APPNA family.

The year also included memorable victory celebrations, offering members an opportunity to come together and recognize important achievements within our community. These celebrations reflected thes pirit of teamwork, friendship, mutual support, and unity that continues to define the APPNA Alabama Chapter. More than simply celebrating individual accomplishments, these gatherings highlighted the collective strength of our members and the importance of supporting one another within the larger APPNA family.



The chapter will also observe National Health Care Day on September 19, 2026 reaffirming APPNA's longstanding commitment to promoting healthcare access, public service, and community well-being. National Health Care Day represents an important opportunity for physicians to give back to their communities and to emphasize the values of prevention, education, service, and compassionate care.

Members and families will have an opportunity to contribute to a meaningful cause while coming together in a spirit of generosity and compassion during a private event for fundraising and Wasi Shah show.

The Alabama Chapter has always believed that the strength of APPNA lies not only in professional achievement, but also in the relationships, friendships, and service that connect its members. Whether through advocacy, chapter meetings, healthcare initiatives, charitable fundraising, cultural programs, or social gatherings, our goal remains to create opportunities for members to work together and contribute positively to the communities around us.

As we look back on 2026, we are grateful to our chapter leadership, members, volunteers, families, supporters, and friends who have contributed their time, energy, ideas, and generosity throughout the year. Their commitment has made these activities possible and continues to strengthen the APPNA Alabama Chapter. We look forward to continuing this momentum with renewed enthusiasm and a shared commitment to service, unity, professional excellence, community engagement, and humanitarian causes.

The APPNA Alabama Chapter remains proud to be part of the larger APPNA family and looks forward to building on this year's accomplishments in the years ahead.

Ehtsham Haq, MD
President APPNA Alabama Chapter

APPNA District of Columbia, Maryland & Virginia (DMV) Chapter

The APPNA DMV Chapter is proud to launch its year-round Food Pantry Project, a new community service initiative supporting families in need across both Maryland and Virginia.

With generous donor support and matching funds from Central APPNA, the chapter hopes to make an even greater impact in our local communities. APPNA DMV will work with local food pantries throughout the year, with the first major food distribution planned around Thanksgiving.

This initiative brings together our members, volunteers, donors, and community partners around a simple goal: to serve our communities and help families who need it most.

We are grateful to our donors, Central APPNA, and the APPNA DMV Social Welfare Committee for their support in making this initiative possible. We look forward to growing this project into a lasting tradition of service and giving back.

Hamza Rana, MD
President, APPNA DMV Chapter



APPNA New England Chapter

"It is an honor and privilege to serve as President of APPNE and lead this great organization. Our group connects deeply with local towns across five states of New England, engaging members across the region."

APPNE bridges distances to involve members in charity work, academic support for international doctors, and health drives. We build strong local ties, celebrate milestones, and champion vital mental health awareness.

Community Outreach

- **Food Support** — regular assistance through local food pantry programs.
- **DeafReach Project** (FESF) — raising USD 15,000 to cover the annual running cost of one satellite school.
- **Blood Drives** — regular life-saving blood drives coordinated with the community.
- **Health & Safety** — active HIV awareness campaigns and resource distribution, at home and abroad.

Mentorship & Support for IMGs

- Collaborated with the APPNA Liaison Committee, FSMB, and the Massachusetts State Medical Board on high-impact webinars.
- Addressed alternate pathways for ITPs under a restricted license, and the evolving role of AI in modern healthcare.

2026 Milestones

- **8/1/26** — Pakistan Independence Day Picnic, Charles River, Boston.
- **9/19/26** — Annual Health Fair Day, with APPNA & ICNA Relief.
- **9/26/26** — "Walk With Us," in partnership with AFSP for suicide prevention.
- **10/31/26** — Annual Gala at Marriott Burlington, featuring Junoon.



Raffia Qutab, MD
President, APPNE New England Chapter
2026–2028

"Leading APPNE is deeply personal to me — driven by a passion for mental well-being and saving lives through suicide prevention."

CHAPTER AT A GLANCE

States Served	**5 (MA·RI·NH·VT·ME)**
DeafReach Goal	**USD 15,000**
Gala Guests Expected	**300+**
Signature Events	**4 in 2026**

2026 EVENTS IN PICTURES



Independence Day Picnic 8/1/26



Health Fair Day 9/19/26



Walk With Us 9/26/26



Annual Gala 10/31/26

APPNA South Florida Chapter

Our first activity of the year was our annual Basant Picnic in February, celebrating the season with greatenthusiasm and community spirit. Members and families came together to enjoy bright, colorful kites,delicious food, and memorable moments of fellowship and engagement.



In May, we held our General Body Meeting, where members participated in meaningful discussions aboutthe organization's strategy, membership drive, and plans for the next two years, followed by a round ofTopGolf to build our team spirit. The meeting provided an excellent opportunity to connect withmembers, exchange ideas, and establish priorities for the future.

Throughout the year, we have continued our commitment to serving the community by hosting monthlymobile clinic camps in collaboration with UMC Clinic, led by Dr. Zafar Qureshi, where we provide freemedical care and valuable health services to members of our community who may otherwise face barriersto accessing healthcare.



In August, we celebrated Pakistan's Independence with a vibrant community picnic that showcased ourrich culture and heritage. The event featured cultural booths, traditional activities, food venders, games,and opportunities for members and families to come together and celebrate our shared heritage.



As part of our continued commitment to community health, we hosted our Health Fair in observance ofAPPNA National Health Care Day 2026 on September 19th. The event provided free medical care andhealth screenings, mental health awareness and education, as well as flu and Tdap vaccinations. Thisinitiative reflects our ongoing dedication to promoting health and wellness within our community.

We would like to extend our sincere appreciation to our Executive Committee, whose dedication, hardwork, and commitment have been instrumental in increasing member engagement and successfullyplanning and organizing activities throughout the year. Their continued efforts have helped strengthenour organization and create meaningful opportunities for our community to connect, serve, and growtogether.

We look forward to continuing this momentum and building an even stronger and more engagedcommunity in the months ahead.

Regards,

Dr. Mahreen A. Siddiqui, MD
President
APPNA South Florida

APPNA South Texas Chapter

Dear APPNA Members,

On behalf of the Association of Physicians of Pakistani Descent of North America, South Texas Chapter (APPNA STC), we extendour heartfelt gratitude for your continued trust and partnership. Guided by our enduring commitment to humanitarian service, ourchapter remains deeply involved in impactful community work, bridging vital resources between our local community in Houston andthose facing severe hardships in Pakistan. Our localized initiatives in Houston focus on healthcare equity, youth empowerment, and seasonal welfare, while our internationalefforts respond directly to acute disasters and structural educational gaps in Pakistan. Over the past year, your collective generosityhas enabled us to achieve milestones that have permanently altered trajectories for families across both borders. We are proud to sharea summary of these impactful achievements:

Emergency Disaster Relief: Donated $20,000 directly to support Pakistan flood victims, providing essential medical care, cleanwater, and temporary shelter to displaced families.



Local Healthcare Initiatives: Successfully organized 2 comprehensive Health Fairs in Houston, delivering free medical screenings,consultations, and preventative health education to underserved populations. We also continued to partner in APPNA STC Shifa clinicto provide subsidized medical care to needy.

APPNA STC House: Continued our steadfast operational and structural support for the APPNA STC House, ensuring a secure andsupportive environment for young physicians.

APPNA STC YPC Program: Young Physicians Committee (YPC) program to mentor, guide, and integrate the next generation ofmedical professionals into the healthcare system.

Ramadan Food Drive: Distributed 100 Ramadan food baskets to local families in Houston, ensuring access to nutritious meals duringthe holy month.

Back-to-School Drive: Donated 200 comprehensive school supply kits to students in underserved school districts, empowering youngminds with the tools required for academic success.

Educational Scholarships: Allocated $25,000 through the Maula Kareem Scholarship funds to various deserving students acrossPakistan, dismantling financial barriers to higher education.

These accomplishments stand as a testament to what we can accomplish when we unite for a common purpose. As we look to thefuture, APPNA STC will continue to expand these initiatives to address emerging community needs. Thank you for being thecornerstone of our mission and for turning empathy into actionable hope.

Warm regards,

Dr. Syed Mansoor Zaidi
President
APPNA South Texas Chapter (STC)

Eleven Years of Transforming Lives Through Clean Water

Since its inception in 2015, the APPNA Water Project, led by dedicated Liaquat Alumni, has been at the forefront of providing sustainable access to clean and safe drinking water in Thar and other underserved regions. Over the last decade, the project has delivered life-changing water solutions, helping thousands of families and their livestock overcome the challenges of water scarcity.

A Decade of Achievement
Over the past eleven years, the project has successfully completed:

- Installation of an 8-kilometer water distribution pipeline
- Construction of 165 hand-operated water pumps
- Development of 30 brick-lined water wells
- Establishment of 7 solar-powered water filtration plants
- Installation of 5 solar-powered reverse osmosis (RO) systems
- Establishment of 20 school filtration plants

These initiatives have significantly improved access to safe water, enhanced public health, and strengthened the resilience of communities that once struggled daily to secure this essential resource.

Looking Ahead
As the APPNA Water Project enters its next chapter, efforts continue to expand its reach and impact. New solar-powered filtration plants are currently under development in Sodhra, Punjab and Chak 5, Sanghar District. Community water units are being developed in Gilgit-Baltistan. The project is also working to install additional water filtration systems in government schools across various regions of Pakistan, ensuring that students have access to clean drinking water in a safe learning environment. APPNA Water Project has also collaborated in building a water system with Hasan Suleman Memorial Hospital in Karachi.

With over a decade of accomplishments behind it, the APPNA Water Project remains committed to creating healthier communities and a more sustainable future through access to clean water.

How To Donate:

Donate Online: https://portal.ideasregistration.com/Donation/Donation?id=55

Send a Check: Payable to APPNA (Memo: Water Project)
Mail to:
APPNA
6414 S. Cass Ave
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APPNA Election Fatigue: A Newly Recognized Medical Emergency

Every year, APPNA election season arrives like a fire alarm in an intensive care unit. Highly trained physicians abandon sleep, geography, and occasionally dignity—for ONE more VOTE.

It begins with calls between patients, during lunch, while dictating notes, and—after confirming the stall door is locked—from the restroom. Some even answer while showering:
"Yes, absolutely, brother. You have my full support."

The echo, running water, and falling shampoo bottle merely add sincerity.

Sleep becomes a luxury. An East Coast member finally puts down the phone at midnight, only to receive a cheerful California text:
"Salam! Hope I'm not disturbing you. Just five minutes to discuss the future of APPNA."

Candidates suddenly appear at every wedding, funeral, reunion, hospital bedside, and circumcision ceremony within a thousand-mile radius.
No occasion is too joyful, solemn, or anatomically delicate for discreet campaigning.

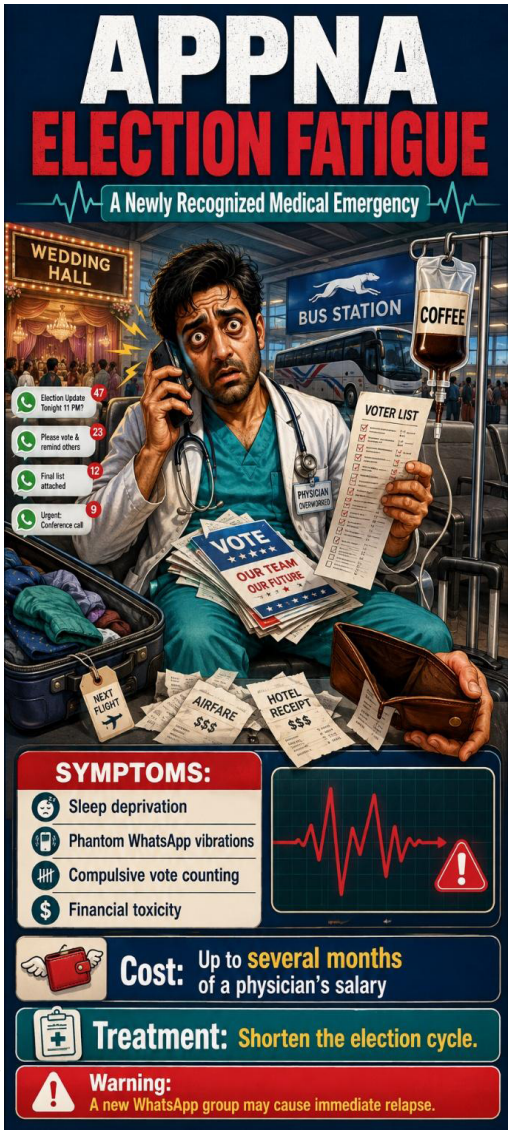
Travel becomes an endurance sport: discounted flights, rental cars, overnight trains, and Greyhound buses—sometimes with campaign flyers as pillows and voter lists as blankets.

Add airfare, hotels, meals, events, advertising, and lost clinical time, and the financial cost can reach several months of a physician's salary.

Friendships undergo clinical testing. People promise support to four candidates and one "neutral" elder, then spend the election avoiding eye contact. Symptoms include phantom WhatsApp vibrations, compulsive endorsement counting, and carrying voter lists like medication-reconciliation forms. Everyone is "winning by a landslide," every undecided voter is "basically with us," and every private conversation is leaked, screenshotted, forwarded, denied, and blamed on someone "never in the room."

Then voting closes. Phones fall silent. Candidates rediscover their families—and sometimes their homes.

The discharge diagnosis: acute election fatigue, severe sleep deprivation, financial toxicity, recurrent WhatsApp exposure, and permanent distrust of "just five minutes."



Everyone agrees something must change.
Then someone creates a WhatsApp group for the next election.
Within seconds, 147 physicians join.
And the healing begins again.

Nauman Ashraf, MD
APPNA Lifetime Member

Our Children Were Born for a Different Time: Parenting Between Two Worlds

In many of our homes, there is a photograph: a young man at an airport, one suitcase, a folded degree, a mother's dua still warm on his forehead. We carried that suitcase across an ocean. What we could not pack was the world we left behind.

Our children were born on this side of the water. They grow up where two languages sit side by side, where the aroma of daal meets the glow of a phone screen, and a grandmother's voice arrives by video call instead of from the next room. They are learning words for feelings many of us were never taught to name.

And sometimes, during an argument about a grade or curfew, an older voice comes out of our mouth our father's voice, our mother's words, a moment from childhood we still remember. Psychologists call these "ghosts in the nursery" the past quietly entering the present.

Naming those ghosts is not blame. Our parents did the best they could with what they knew. So are we.

Our children do not need flawless parents. We will lose patience. We will misunderstand. We will say the sentence we wish we could pull back out of the air.

What matters is what happening next.

Repair. Reconnect. Show up again.

Dr. Dan Siegel's hand model of the brain helps us understand that when children "flip their lid," reasoning cannot easily reach them. A lecture may not land. A calm connected parent can.

Connection before correction. Relationship before rules.

And our children are always watching. How we speak to our spouse teaches love. How we handle anger teaches regulation. How we apologize teaches humility. The moments we put away our phones and give them our presence say: You matter to me.

Wisdom commonly attributed to Hazrat Ali (RA) reminds us not to raise our children exactly as we were raised, for they were born for a different time.

Give them our values. Not our childhood.

They do not need a perfect version of us.

They need the present one.



Muhammad Zeshan, MD

Board-certified Child & Adult Psychiatrist · Master Parenting Coach

Author of children's storybooks

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California Strawberry Breeding at the University of California, Davis

Background and Achievements
In the late 1950s and early 1960s, University of California, Davis researchers Professor Royce S. Bringhurst and Dr. Victor Voth developed important cultivars, including Fresno, Torrey, and Tioga. Their breeding work produced larger, firmer, and higher-yielding strawberries with improved disease resistance, appearance, flavor consistency, shelf life, and adaptation to California's growing conditions. The UC Davis program helped establish California as the world's leading strawberry-producing region, and its advances continue to influence commercial strawberry varieties grown worldwide.

Contribution of Dr. D. A. (Dawood) Khan
Available historical information indicates that D. A. (Dawood) Khan was associated with the University of California, Davis strawberry breeding program during this important period and contributed to Professor Bringhurst's California strawberry research. He later became affiliated with the University of Agriculture, Faisalabad, Pakistan, where he continued his work in horticulture.

A Personal Connection
Dr. Dawood Khan was one of the favorite students and mentees of my father, Professor Musahib-ud-Din Khan. Whenever our family enjoys large strawberries, we think of Dr. Dawood, his contributions to strawberry research, and how our father helped him become an extraordinary research scientist.

Personal reflections contributed by Saleem A. Khan, MD.
09/05/2026

CELEBRATING INDEPENDENCE DAY
(While Pakistan is facing many challenges)

More than seventy nine years have passed,
Since the creation of our beloved Pakistan.
On August 14, Independence Day is celebrated,
By Pakistanis around the globe.

To achieve independence and freedom for us,
Many brave people sacrificed their lives.
We should fondly remember those heroes,
And learn about their
remarkable journeys.

All Pakistanis should remind themselves,
Why did the founders create Pakistan?
And they also need to ask themselves,
What have they done for their nation?

Our leaders should do soul searching,
Have they fulfilled their promises?
Are they taking care of the public,
And have they made a real positive difference?

We need to keep asking ourselves,
How can we improve our ancestral homeland ?
Let us today make a promise to our Pakistan,
We will do everything to help her.
Long Live Pakistan,
Pakistan Zindabad.

Saleem A. Khan, MD
August 14, 2026

See you in Chicago!

APPNA's



Convention 2027

Be Part of History.

Celebrate APPNA's Golden Jubilee!



APPNA

Association of Physicians of Pakistani Descent of North America

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