

36th Annual APPNA Convention *Orlando, Florida* 2013

*Healthy Heart for
Healthy Communities*



Association of Physicians
of Pakistani Descent
of North America



**Association of Physicians
of Pakistani Descent
of North America
APPNA Orlando 2013**



On the eve of the APPNA convention.

APPNA summer meeting is always one of the largest gatherings of Pakistani origin physicians in the US. More than a thousand physicians along with their families will attend. Besides the usual dinners and entertainment shows, many serious problems confronting the Pakistani American community will also be discussed. One of the questions that will be of considerable interest is what to do about the rising tide of 'Islamophobia' in the US. It must however be said that the vast majority of American Muslims live normal and productive lives, practice their faith freely, celebrate their religious festivals without restraint and provide religious instruction to their children as they please, all within the constraints of existing laws.

Also it must be realized that APPNA is a 'non-religious' organization and as such it cannot promote a particular religious point of view. There already exist organizations like ISNA, ICNA and CAIR that take on the responsibility to defend the rights of American Muslims and promote 'Muslim causes' therefore APPNA members that wish to become involved in such activity can do it through them. This does not mean that as APPNA members we have no role to play.

Most of us are established professionals in our localities with non-Muslim neighbours, non-Muslim colleagues and with children that attend local schools. As such we should be involved in local activities in our areas, invite our neighbours and colleagues for an occasional barbeque or even a sit down dinner, and participate in the PTA. And yes we should support candidates of our choice for elective office from the school boards all the way up to the state and national level and contribute to political campaigns. This last, especially involvement and campaign donations to local politicians is in my opinion more important in improving the 'profile' of Pakistani Americans in our communities than all our contributions to the local mosques and Islamic centres and involvement in 'inter-faith' dialogue. Being good Muslims is fine, but for the people around us, being good Americans is perhaps more important.

The other issue that is 'dear to the hearts' of APPNA members is the situation in Pakistan. APPNA can and should try and improve the social and medical environment in Pakistan. However it is important when APPNA takes on any charity work in Pakistan to be extremely careful about choosing 'partners' outside of established medical institutions and charitable organizations that are registered in the US. There is however one other important consideration that I wish to point out to APPNA members. After having lived and worked in Pakistan for almost a decade, I would like to say that public 'charity' is alive and well in Pakistan. Frankly but for specific purposes, APPNA as an organization or its members as individuals cannot match the charitable contributions that are available in Pakistan.

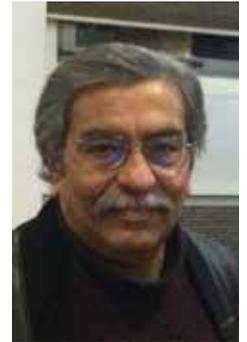
This brings me to a question often posed by APPNA members about why APPNA cannot or will not build a 'state of the art' medical school and attached teaching hospital in Pakistan. The answer is simple, why re-invent the wheel? The major components of APPNA are the different alumni associations. Almost every APPNA member is a graduate of a Pakistani medical college or university as such in my opinion it is our primary responsibility to improve existing institutions that we hopefully are proud of having graduated from. This idea ties in neatly to the concept of helping Pakistan mentioned above. APPNA members as part of their alumni should make it their primary goal to concentrate on their parent institutions and their improvement. Frankly as physicians we should do what we know best.

This of course does not mean that our members should not participate in other 'charitable' activities. But an example might be useful. Let us presume that APPNA decides to raise money to provide 'clean drinking water' for a small village or town in Pakistan. An entirely admirable idea since clean drinking water is indeed an important public health necessity and as such falls within the APPNA charter. However if we raise the money and provide a few 'tube-wells' for this purpose, what happens when in a couple of years they fall into disrepair or the water level falls below the pump levels? Does it then become APPNA's responsibility to go in there once again and fix the problem?

Finally as long as the word 'Pakistan' is a part of our name we will have some responsibility towards the country of our origin. To be able to function in Pakistan we will need to maintain an effective relationship with whichever government is in power. This however does not mean that as a US based organization we can or should take sides in Pakistani politics. An interesting point, 'health' is at present a provincial subject and different political parties either singly or in coalition are running different provinces. As such being clearly 'non-partisan' is essential for us if we wish to stay involved in the health care delivery systems in the country.

Syed Mansoor Hussain

(Dr. Hussain was the first editor of APPNA Journal. He writes regularly for the Daily Times and The News on Sunday. He is a life member of APPNA and served as Professor and Chairman, Department of Cardiac Surgery, King Edward Medical College/ University, Lahore, Pakistan)





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Dear Colleague,

It is a great honor for me to serve as President of APPNA. We started with a clear vision for the future of APPNA. Transparency and accountability in all functioning of APPNA has been the guiding light and inclusion and diversification has been my approach throughout my tenure. My team's goal is to steer APPNA in the direction where mutual respect, positive attitude and productive outcomes are achieved consistently. With this spirit we have worked hard to increasing membership, providing un-wavered support for our young physicians, extending continued support of social and philanthropic causes and providing support for research and education.



We are fortunate to have the team of very dedicated volunteers of APPNA. Our selections of committee chairs were purely on merit and with its members all the committees are doing a phenomenal job. It is my policy as President to oversee the function of the committees without micro managing them. I strongly believe in building the trust and cultivating the team spirit. With all the teamwork in place we have seen some of the most well attended meetings of APPNA; from the Planning Meeting in January to APPNA Mideast International trip and the Spring Meeting in New York. Both the mideast trip and the spring meeting were a huge success and generated positive revenues for APPNA.

The strength of an organization is in its membership. Our efforts have been to bring all potential members into the fold of APPNA and the annual and lifetime membership dues were reduced by 40% this year. With this we hope to see significant increase in our membership base. APPNA Trauma Initiative project, which has the potential of saving thousands of lives in Pakistan, has already started in two locations and expanding rapidly. The advocacy committee worked with the US State Department and has helped many medical graduates seeking J-1 waiver in expediting their security clearance.

The theme for this year is "Heart Healthy Communities." With the cooperation from APCNA (Association of Pakistani-Descent Cardiologists of North America) we are working on a program to educate our communities both in North America and in Pakistan regarding heart healthy lifestyle to prevent future cardiac events. The host committee has put tremendous efforts to make the summer meeting one of the most successful and memorable meetings. We hope you will see a noticeable difference, collegial atmosphere, high class education, meaningful social and entertainment programs. Keeping with this year's theme there will be a "Heart Walk," Cardiac Risk Screening booth, educational materials hand-outs, on the specially created video wall and lectures directed towards heart healthiness. In the next five months, the upcoming events are: Eastern Europe Trip, Disney Cruise to Bahamas, Day on the Hill in Washington, D.C., Fall Meeting in Houston, APPNA National Health Care Day and Winter Meeting in Karachi. We look forward towards your strong participation.

Lastly, let me thank all the colleagues who have supported me to fulfill my duties as President. With dedicated individuals working toward the same objectives, we can truly make a difference. We are up to the challenge. Thank you again.

Sincerely,

Javed Suleman, MD, FACC, FSCAI.

President



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Dear Fellow APPNA members,

Welcome to APPNA 36th Annual summer convention. This year like every other year host committee has worked very hard to bring you a program that you will remember for years to come.

Host committee has made every effort to make this experience a memorable one. From thoughtfully arranged CME program to the entertainment provided by top artists from the industry. You will enjoy the authentic Pakistani Cuisine and late night Gup shup in “Baithak,” a new concept introduce this year by Dr. Zafar to enjoy the company of our old friends.

Being chair of the host publication committee I enjoyed working with our English editor Dr. Mansoor Hassan and Urdu editor Dr. Hassan Ali Habib. Publication committee chair Dr. Zahid Asghar has been a tremendous help in putting this publication together.

We have tried to put quality urdu / English poetry and articles for you to enjoy. You will also find reports from different meetings and Chapters to bring you up to date what APPNA has been doing in North America and Pakistan.

It was a pleasant experience to work with Central Executive Committee and Central office of APPNA their support was indispensable and unconditional. APPNA is blessed to have great leadership under Javed Suleman and dedicated office bearers like Asif Rehman, Farid Qazi and Tariq Shahab. I also like to thank our supporters for their advertisements and their contributions through articles and poetry. This year unlike any other year a lot more reports, articles and Urdu/ English poetry were submitted and we have made every effort to include them in this publication, of course there were few articles and poems that did not make the cut as per recommendation of our editors and hopefully APPNA membership will see them in some other APPNA publication.

I would like to thank our Host committee Chair Dr. Hamid Zafar for providing help and guidance every step of the way and my fellow Host committee members for their support. I also like to acknowledge APPNA office staff for cooperation and patience.

I congratulate Dr. Javed Suleman for providing the great leadership to APPNA and bringing new ideas and engaging more members in APPNA activities. I hope every one of you will enjoy your stay in Orlando and take back with you the memories that will be hard to forget.



Sincerely,

Abid Rasool, MD

Chair, Host Publication Committee



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چشمِ ماروشن، دلِ ماشاد

Welcome to Orlando!



Isn't it amazing that we are all here for our 36th Annual APPNA Convention? Who would have imagined that 36 years ago, a small get-together would transform into a world-class convention.

Well, here we are. It has been my pleasure and honor to lead a team of very special, dedicated, and committed members who took it upon themselves to present to you one of the best meetings ever held. We looked into every fine detail and concentrated on everything which each of us would want in our own meeting. We organized everything around the notion of how we would like to be treated and what we would like to enjoy. I can tell you that in the end, we not only achieved our goals; but, we exceeded our expectations and hopefully yours too.

Pleasure in life comes from the little things, and that is exactly what we tried to do. The concept of "Baithak," which comes with free Chai for all the members into the late hours of the night, was a simple and unanimous decision. The "Gup Shup" room, game room, babysitting hours extension, CAPPNA recreation room, and the volunteers at the welcome booths, who are clearly recognizable and eager enough to lend a hand, are the simplest of things that we chose to present to our membership.

Clinical workshops are being held for the first time in the history of APPNA, which brings APPNA at par with other large and well-known medical organizations. Anesthesia, Dermatology and Internal Medicine are the chosen specialties this year. Once members found out about this, they all wanted to do workshops in their specialty as well. Hopefully this trend will continue and we will continue to see a greater variety of clinical workshops in the years to come.

Our youth has been given the task of bringing our children under the APPNA umbrella and they have planned great events, including social and educational attractions to appeal to the majority. Furthermore, the Committee for Young Physicians and the Young Professionals Network are excited to do their part to help our young adults.

In this day and age, no meeting is successful without its transformation into modern technology. This is the first time that APPNA has entertained the "Video Wall" concept, along with electronic signage all over the hotel.

In addition, we have also tried to stay in contact with our membership regarding the preparation through Facebook, Twitter and blast emails. In today's world, communication is key, and this is possible through popular social media outlets, which we took complete advantage of this year.

As always, entertainment is an integral part of our meeting and we have tried to bring variety to this year's meeting. Dr. Shahid Riaz has done a marvelous job in getting this done in an efficient and timely manner.

I would also like to thank all of our sponsors, big and small, who trusted our vision and participated at different levels through journal advertisements, exhibits, CME sponsorship & lunch talks, and other methods including the Video Wall advertisements.

All in all, it has been a great experience. I would like to thank the President of APPNA, Dr. Javed Suleman, in giving us a free hand to organize this meeting without any pressure from anyone. Transparency in the process of the selection of vendors, rooming, seat assignments, and so on, has been the hallmark of our event and we are proud of that.

In the end, I would like to thank my Advisor Dr. Shahid Usmani, Co-Chairs Dr. Asif Mohiuddin, Dr. Riffat Qureshi & Dr. Naeem Moon, and our esteemed host committee members for a job well done.

Thank You

I. Zafar Hamid, MD

Chair, Annual APPNA Convention 2013



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I'd like to thank you for your support and for trusting me to be your President-elect this year. The support of each and every one of you helped to make it possible. I am looking forward to working with you through the remainder of this year as I prepare for the upcoming Presidency year 2014.

APPNA is full of opportunities for us. I have ambitious goals for 2014 and I am eager to share them with you. Just let me first officially announce that the 2014 annual summer meeting will be held in Washington, DC. And as you all know, because of the timing of Ramadan this year, the meeting will be held in August in 2014 just after Eid. We will have plenty to celebrate including Pakistan Day which luckily falls on August 14th while spring meeting will be held in Los Angeles, CA April 25-27, 2014. It has been 20 years since any APPNA meeting has been held in California.



It is important to continue to help APPNA grow and develop into a widely respected professional organization. We need to provide excellent continuing medical education and support the careers of all our members. We need to be politically active and involved, and have a voice in the legislation of this country. We need to continue to serve as a strong support to communities in need, both in this country and in Pakistan. We need to build bridges to connect our culture to many others and our generation to the next as we share with them the work we have done, the lessons we have learned and the pride we have in our great organization.

One of the biggest challenges we have within APPNA is keeping our organization relevant as the new generation of physicians gradually take the lead. They have different needs and a very different point of view. Where we shared the common bond of coming to practice in a new country, many of the young physicians were born and raised here. Some trained here, others back home. They share ethnicity but most have a looser connection to the motherland, Pakistan. Most are first generation Americans of immigrant parents. They are not only representing our profession here but they are representing our culture. We need to make sure that APPNA is an organization that can answer their needs and continue to play an important role in their lives.

The young physicians also have another great challenge. The practice of medicine is undergoing a rapid evolution in this country. With the implementation of Obamacare, there will be many changes coming down the road. There is new technology, the electronic medical record, an expanded patient population and the task of delivering quality care with a limited budget. One of the areas we should pay close attention to is the predicted shortage of physicians in the future. There may be a great opportunity for foreign trained graduates. One thing is clear, that Pakistani physicians will continue to play a very important role in health care delivery in this country.

As President Elect for 2013, I am continuing to work with the component societies for their verification process and financial reporting. Tennessee and Indiana chapters were inactivate for several years and did not fulfill re-certification requirements and the two chapters were decertified. Another important responsibility of the President Elect is voter verification of all members. The new membership drive is also in progress. I will try my best to verify the membership in accord with the Constitution and Bylaws of APPNA. We are hoping for a good influx of membership due to a reduction in dues and change of deadline.

These will be the goals of my presidency and I truly look forward to working with all of you to achieve them. Any suggestions will be greatly appreciated. I wish you all the best and thank you once again for your support and your attention.

*Asif M. Rehman, M.D., F.A.C.C., F.A.C.P., F.S.C.A.I.
President Elect 2013*



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My dear APPNA colleagues, my honorable seniors and my energetic juniors
Greetings,

It is my pleasure to serve as the Secretary of this organization in 2013 after serving as the Treasurer of the organization in the year 2012.

Every year brings some changes, some new promises and new hopes and we see many of the old promises vanish in the air which seemed to be an integral part of the manifesto of many leaders.

Working as a team and with unity is the only way to make those promises become reality. It is not the work of one man to deliver all to the membership; it is the entire team which delivers.

The first thing done by the president of APPNA, Dr. Javed Sulaiman, was to give this year a theme of “Heart Healthy “ appointing Dr. Mirza Wajid Baig as chair and Dr. Saima Zafar as the co-chair of this plan to educate members and general public together to work towards a healthy life style and keeping heart diseases in check.

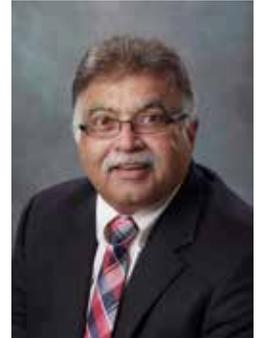
The next most important thing that happened this year was reduction of annual and life time’s dues as it was promised by the president in his campaign. The reduction was about 40% of the usual rates and many think it is a big gamble as it may affect adversely APPNA financial position but it was hoped that increase in the number of attendees and members will compensate it. We will have to wait till the end of the year to see the real Impact of this change. In the meanwhile Dr. Joseph Emanuel, the chair of the membership committee is working hard in getting members approved in time so that the members can participate in APPNA activities

This year started with new enthusiasm with a Strategic Planning Meeting in New York, La-Guardia Marriott where most committee members, chairs and leaders got together to make a plan for the rest of the year and strategize how to deliver within the time frame. Many activists of APPNA attended this meeting and the meeting was a success in many ways. There were many sessions held by different committee’s chairs and the rest of the year was planned. In addition to the usual APPNA meeting a special session for incoming young physicians was also arranged with the help of many APPNA members who are also serving as program directors in residency programs and the director of ECFMG was also invited to shed some light on what the residents should do in getting success in securing a position for residency. It was an interactive session and attended by a good number of newcomers and I am sure they went home with a big treasure of knowledge which will help them in securing their dreams.

APPNA house in New York has been running in the same way for some years with lack of basic facilities and help provided to the new residents. It was evaluated by President Javed Sulaiman and he decided to move the location to a better place so that the residents can find a good place to stay and prepare for their future.

APPNA International meeting this year had completely new players and Dr. Aftab Ahmad was the chair of the organization committee and everyone had a lot of anxiety to see how they perform. First the meeting’s plan was very interesting, going to Egypt, Jordan and then Jerusalem. There was an option to add Umrah before or at the end of the tour. What I heard from the members the meeting was done very professionally and very well organized. In addition, the meeting generated a profit of over \$60,000. The meeting turned out to be so popular that many APPNA members have requested to have another meeting like this to be arranged in near future.

APPNA spring meeting was scheduled just after the International meeting and it turned out to be another success for APPNA this year. The meeting was well attended in the middle of Manhattan at the Hilton hotel and many sessions were incorporated including CME and many committee reports. A musical program and a fashion show were other highlights





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of the program. This meeting also gave us over \$30, 000 in profit.

APPNA office: Last year a project was approved by the council on request of then president Dr. Saima Zafar, chair of office management committee Dr. Arif Agha and myself as the Treasurer of APPNA to renovate the APPNA office which was in a pathetic shape and had not been renovated or upgraded for years. A budget was presented in the spring meeting last year and approved and the work was started. This year Dr. Javed Sulaiman and the current EC endorsed the plan and the renovation was continued completing it in the spring. Now the office in Chicago is equipped with modern equipment, new furniture and the ability to have meetings and sessions in the office. I will encourage every APPNA member to make a visit to the office whenever you are in the Chicago area.

Another important part of the changes that happened this year included an amendment to the Bylaws and changing the election time to the Fall meeting. The impact of this in the functioning of APPNA is yet to be determined.

Summer meeting which is the main event of the year has been planned and arranged by a team of APPNA members headed by Dr. Iqbal Zafar Hamid and he has a big challenge to make it better and memorable for many years. The location of Shingles Creek is well known to us and Dr. Zafar has to jump over a very high bar set by previous meetings and you are here to see and to rate this meeting compared to previous ones.

The EC have been meeting as needed and the meetings have been kept in the required time frame. Also two council meetings have also been arranged and important matters discussed. The minutes of the meetings were circulated among the members on time and now they are available on the APPNA website for review.

I am looking forward to have more exciting things to happen this year which will show that we are not just following a pattern but bringing changes which are needed for the betterment of our organization.

I hope my promise of Integrity, Leadership and Transparency is evident by my record of last year as a Treasurer and this year as Secretary.

Thanks you

Farid Qazi, MD

APPNA Secretary

APPNA Fall Meeting 2013

Houston, Texas

October 24th - 27th, 2013

Westin Galleria

5060 West Alabama

Houston, TX 77056

APPNA Winter Meeting 2013

Karachi, Pakistan

Demember 28th - 29th, 2013

Shearton Hotel

Host: Jinnah Sindh

Medical University



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Dear APPNA friends and members:

I am delighted to write to you on the occasion of our Annual Summer Meeting. I feel humbled and grateful that you elected me unopposed to be the Treasurer of your Association for this year and I am striving hard to fulfill my obligations and meet your expectations.

At the start of the New Year, I made a visit to Chicago and had a meeting with our Accountant, Book-keeper, Office Manager and Office Committee Chair to review the financial matters and lay out a plan for this year. At the Spring Meeting in New York, I presented the 2012 Financial Report and presented the budget for this year. And for those who could not attend the Spring Council meeting, I have sent an electronic mail of the summary of the 2012 report and the budget for their review and to get feedbacks. Your response and appreciation has been very encouraging.



As you all know the membership fee for the lifetime and annual membership has been reduced by about 40% for this year. In order to meet the deficit, all meeting chairs have been requested to work on a budget with a 10-20% profit margin. It is heartening to see that both the Spring Meeting and the International Meeting netted out \$30-60,000 profit. Hope it would help in reducing the shortfall from reduction in the membership fee.

In regards to our investment account, I made a trip to Dallas to meet with Mr. Hank Bashore and Mr. Ali Rahman of Stephens. We had a two hour meeting to go over the different accounts. All the funds that were sitting idle since their move from Smith Barney were allocated to different funds and invested. Later they came to the Spring Meeting and presented their reports. I would request them to send me a summary, so that it could be mailed to the general membership as well.

At the request of the Scholarship Committee, a separate account has been opened with Stephens, which will be used solely for scholarship donations. The interests from these funds will be used for various scholarships awards and the principle will remain invested. So far more than \$200,000 has been received in these accounts. One donor has pledged to donate 1 million dollars (courtesy of Nishtar Alumni) in matching funds till the end of 2014.

In order to keep all financial transactions open, a policy has been created where all payment requests from the office has to be approved by various committee and meeting chairs. In this way they could be held responsible for all these transactions in future. Hopefully this will maintain a check and balance system which is very essential for a large organization like ours.

The summary of our financial report is included in the Finance Committee report for your review. Any comments and suggestions are most welcome and can be sent directly to me at stshahab@gmail.com.

S. Tariq Shahab, MD, FACC, FACP
Treasurer



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And the Clock struck Twelve on December 31st ---and beyond at APPNA

The tour guide walked us around the Beylerbeyi Palace in Istanbul, Turkey. Built on the banks of the Bosphorus, north of the Bosphorus Bridge, embodiment of the grandeur and glory of the Ottoman Empire. The tour guide shared how each Sultan had a passion for a particular thing and would invest resources, time and manpower in its pursuit. The next Sultan came with his own worldview. The empire's focus would be changed in a flash cut to be in line with the new Sultan's dreams, while the predecessor's work would be promptly mothballed. Could the Ottomans have lasted longer if they had a collective commitment for the sake of the country, rather than their own personal glory?



The year 2012 was filled with an enriching experience in services APPNA provided to the Pakistani physician community in the US. Our foremost effort was to strengthen and ease the transition of our young physicians, who are making the journey we once made to transplant ourselves from our country of origin. In this regard, APPNA facilitated in several areas: getting visas; subsidized housing; research positions and mentorship.

Service to local communities has been another feather in our cap. Serving thousands of patients in free clinics across the USA and feeding over 100,000 meals through food banks from the East coast to the West coast is a bird's eye view of our welfare work in 2012.

With our membership of more than 3,500 members, APPNA is a valuable asset for the Pakistani American community, providing a platform of the largest professional association of Pakistani origin. Despite what critics say, I was contacted by numerous individuals from non-APPNA organizations to accompany them for credibility in advocating their causes with congressmen and senators.

APPNA's founders laid down a great framework for us. Despite a one-year term for the president and executive committee, our leaders have sacrificed hundreds of hours of personal time, money and sleep to build APPNA and make us all proud. The one-year term makes it a one-year race. Each year, the President and his team come in with limited resources and time to achieve the most for APPNA and for their own personal sense of achievement. The following year comes with a new vision of goals and priorities, which may not build on those of the previous year(s). The new team starts working on the new charter and the crown jewel of the year before may sit dormant in a corner.

APPNA has tremendous potential, which can only be realized with a solid strategic long-term vision. The yearly yo-yo effect will enable us to achieve short-term limited goals, regardless of the talent and hard work expended by the members.

As I enjoyed the beautiful grounds of the Beylarbeyi Palace, I wondered how APPNA could avoid the mistakes of the Ottomans?

Saima Zafar MD.
Past President



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We welcome you and your families to the 36th APPNA Annual Convention at Shingle Creek Hotel in Orlando. The Co-Chairs and our Host Committee members under Dr Zafar Hamid (Chair) have made every effort to arrange an exemplary meeting that is well balanced and provides you with the best possible educational experience through CME, MOC modules or different courses, as well as, the best entertainment with leading Pakistani International film stars and entertainers.

We have arranged for gourmet food and premium shopping experience during your stay. Sports activities are available for you and your children to have fun.

We have arranged for “APPNA Baithak” to cater to you and your friends late at night with food and snacks available as late as possible.

We strive making this one of the most successful meeting APPNA has ever had. Thank you for attending and enjoy your meeting.

Co-Chairs APPNA 36th Annual Convention, Orlando

Drs. Asif Mohiuddin



Dr Naeem Moon



Dr Riffat Qureshi



Advisor, Dr Shahid Usmani





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Dear APPNA members,

The CME committee welcomes you to the 36th annual Summer APPNA convention Orlando. We have endeavored to organize a meeting which will help the membership, get a better understanding of the changes in health care delivery and its impact on the society in general and on the physicians in particular.

Needless to say, catering to the high academic standards of our membership, required a diligent and exhaustive search for outstanding nationally and internationally renowned speakers, with highest academic standing.

I feel proud to present to you a meeting, which my committee and myself, under the guidance from RESA, believe will establish new standards for APPNA CME.

Hands on workshops, ABIM certification modules, have been introduced. Dental topics have also been introduced for the first time. An effort has been made to select topics which will be of value to the entire membership, and not for a particular sub specialty. Program for young physicians include career guidance by ECFMG and U.S. Army. I would like to acknowledge WAPPNA for their generous support for the prizes of abstract winners.

Here I would like to request and encourage your full participation in the CME meeting, and sincerely hope that the topics not only meet but exceed your expectations.

I would like to extend my gratitude to my committee members, the other organizing committees, the chair RESA Dr. Rizwan Naeem, the chair host committee Dr. Zafar Hamid and the President APPNA Dr. Javed Suleman for their confidence and support.

I would like to end with a quote by John Shaw Billings, "The education of the doctor which goes on after he has his degree, after all, the most important part of his education."

Truly,

Umna Ashfaq, MD FACP

Chair CME Committee.

APPNA Summer Meeting 2013





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CITY OF ORLANDO

OFFICE OF
BUDDY DYER
MAYOR

July 2013

Greetings! On behalf of the City of Orlando, it is my pleasure to welcome you to Central Florida. I am pleased that Orlando is the location where the Association of Physicians of Pakistani Descent of North America (APPNA) has gathered for its annual spring educational meeting.

You may already know that Orlando is internationally known as one of the foremost vacation and conference destinations with first-rate attractions that draw millions of visitors to our region each year. However, our City is more than a premier travel destination – Orlando is the center of a dynamic metropolitan area with something to offer everyone.

Diversifying Orlando's economy beyond our tourism base and creating quality, high paying jobs for our residents remains a top priority for our regional leaders. Job creation engines are in place in the Medical City at Lake Nona, our main street small business districts, our entrepreneurial incubators, our leading educational institutions and what will, in the years ahead, become Orlando's Creative Village.

Through these initiatives we have laid the foundation for a 21st century economy and have become what national publications call, "One of the most business-friendly cities in America." Today, three of our powerhouse industry sectors: Modeling, Simulation and Training, Life Sciences and Biotechnology and Digital Media contribute an annual economic impact of nearly \$15 billion and are responsible for employing 51,000 residents.

Our Downtown is the heart and soul of Central Florida. From a bustling center of commerce to its fine restaurants, first-rate hotels, fantastic shopping and more; Downtown Orlando is dynamic and alive with business and entertainment. Downtown Orlando is also home to the newly constructed Amway Center, a state-of-the-art sports and entertainment complex, and will soon be home to a world-class performing arts center located in the heart of our City.

Orlando is also a vibrant and diverse community where arts and culture flourish. I invite you to visit Orlando's Downtown Arts District, our many awe-inspiring museums and galleries, to enjoy our theaters, special events and festivals.

Again, welcome to Orlando, a place where families, visitors and friends come to be with each other, celebrate with one another and be entertained together. Orlando offers something for everyone and I hope you have the opportunity to enjoy some of the things that make Orlando unique.

Sincerely,

Mayor Buddy Dyer
City of Orlando





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June 27, 2013

Association of Physicians of Pakistani descent of North America
c/o Umna Ashfaq
Chair, CME Committee

Dear Colleagues,

On behalf of the American Board of Internal Medicine I would like to thank the APPNA for including an ABIM Maintenance of Certification (MOC) Learning Session into the agenda of the 36th Annual APPNA Convention. By providing APPNA convention participants with an opportunity to engage in lifelong learning while completing an ABIM Medical Knowledge module, the APPNA is illustrating its commitment to helping physicians to keep up with the rapid changes in medicine. What was common practice in a specialty ten years ago is often outdated and the wrong treatment approach today. This is what Maintenance of Certification is about, a voluntary process, to help patients know that a physician has the training and knowledge necessary to practice in his or her chosen specialty. Physicians who choose to participate in MOC are signaling to their peers, the health care community and to patients that they engaged in ongoing assessment and improvement. We applaud the APPNA for its commitment to MOC.

Sincerely,

Richard J. Baron, MD, MACP
President and Chief Executive Officer



Association of Physicians
of Pakistani Descent
of North America
APPNA Orlando 2013



Host Committee



1st Row from Lt to Rt: Huma Khan, Naveen Darakshan, Salma Bhaahani, Rubina Inayat, Roofafza Afridi, Seeme Nawaz, Riffat Nisar Qureshi, Iqbal Zafar Hamid (Chair Host Committee), Javed Suleman (President) Shahid Usmani, Shahid Riaz, Asif Mohiuddin, M. Abdullah Mossa.

2nd Row from Lt to Rt.: Tahira Qureshi, Saira Choudry, Mussarat Moon, Saleem Afridi, Mehr Rahmatullah, Sajid Hafeez, Naeem Moon, Nisar Qureshi, Abid Rasool, Ayyaz Shah, Khurram Moin.

3rd Row from Lt to Rt.: Farheen Asif, Maliha Shaikh, Ghazala Mumtaz, Khurram Shahzad, S. Javed Hashmi, Aamir Javaid, M. Hafeez Qazi, Sajid Chaudhry, Mazhar Nawaz, Asif Mirza, Khurram Siddiqui, Syed Naveed.

4th Row from Lt to Rt.: Umna Ashfaq, Farhat Ahmed, Aniq Shaikh, Rizwan Mansoor, Naeem Khan, Nasir Usmani, Nasir Rahmatullah, Tariq Mumtaz, Javed Massey, Yousuf Bhaghani.



**Association of Physicians
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Women of Host Committee

Sports Host Committee



*Yousuf and Salma Bhaghani with
President and Chair Host Committee*

CME Host Committee



Women of Host Committee

Entertainment Host Committee





Association of Physicians
of Pakistani Descent
of North America
APPNA Orlando 2013



Prayer Room



Juma khutba and prayers will be done by
Shaykh Yahya Rhodus, affiliated with Zaytuna College, CA
Topic, *Love and Loyalty*, The Heart of the Muslim American
Juma prayers will be in Gatlin Hall A-E
Time 1.30 pm - 2.30 pm



Saturday Banquet night Asr, Maghrib and Isha in Butler Hall

Youth conference lecture on thursday will also be done by

Shaykh Yahya Rhodus

Prayer Room assigned during the conference is Gatlin E

Prayer Schedule

Fajar	Zohar	Asir	Maghrib	Isha
5:15 pm	1:30 pm	3:30 pm	8:30 pm	9:45 pm

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APPNA SWDR Projects and Plans for 2013

We need your help and support to make them a reality

We all wish we could stop all this senseless violence and trauma in Pakistan. Till politicians, religious leaders and security agencies change things, violence will continue. Either we can sit and talk and curse or being physicians help Pakistan improve its emergency and trauma care services so that we can avoid unnecessary loss of life and decrease morbidity by improving care on-site (by first responders) and in emergency departments throughout the country from Peshawar to Karachi.

APPNA social welfare disaster relief committee has come up with this plan to provide such services and we need your help and support. These services can be provided to your city and through your alumni.

Dear Colleagues and Friends:

In past the Social Welfare Disaster Relief Committee has focused on relief efforts especially in Pakistan; but, this year we have planned to expand our horizon and decided to focus on health care issues and are getting involved in:

1. Education/Training/Certification of Emergency/Trauma Care
2. Health care initiatives with long term health benefits by improving awareness and education on Heart diseases, mental health, Hepatitis C, Diabetes and Obesity.

SWDR needs your help and support for these initiatives. Please donate generously for these initiatives and make a real change in health care in Pakistan.

APPNA Trauma Care Initiative Goal

1. To raise \$100,000 to train/certify at least 10,000 first responders (ambulance teams, police, volunteers, taxi drivers, teachers, paramedics, etc.) and emergency department physicians/nurses every year for 3-5 years (will provide BCLS/PTC/ATLS) to improve Trauma care in Pakistan.
2. Our funds will be matched by ARC International (USAID/WHO)
3. Society of Emergency Physicians of Pakistan (SEPP) will provide training and education at discounted rates (BCLS \$10 and PTC \$25/person for 2 day course)
4. NGO (including Aman and Emed) to provide personals and facilities
5. Alumni and hospitals to provide local resources and be equal partners

Please donate for any of the following SWDR ongoing projects:

1. Trauma Care Education/Interventional Initiative
2. Healthy Heart Awareness Initiative
3. Hepatitis C Awareness Initiative
4. Mental Health Awareness and Suicide Prevention Initiative
5. Diabetes and Obesity Awareness Initiative

To learn more about Trauma Initiative, please follow following link:

http://www.appna.org/index.php?option=com_content&view=article&id=264&Itemid=91

To learn more about APPNA SWDR projects, please follow the following link:

http://www.appna.org/index.php?option=com_content&view=article&id=210&Itemid=92#trauma

To donate for APPNA SWDR projects, please follow the following link:

<https://www.instantreg.com/appnatemplate2/public-donations>

To donate by check:

APPNA, 6414 S. Cass Avenue, Westmont, IL 60559-3209

Thank you for our help and support:

Social Welfare Disaster Relief Committee 2013

Chair: Shahid Sheikh, Co-Chair: Naeem Khan.

Advisors: Aisha Zafar and Jamil Farooqi.

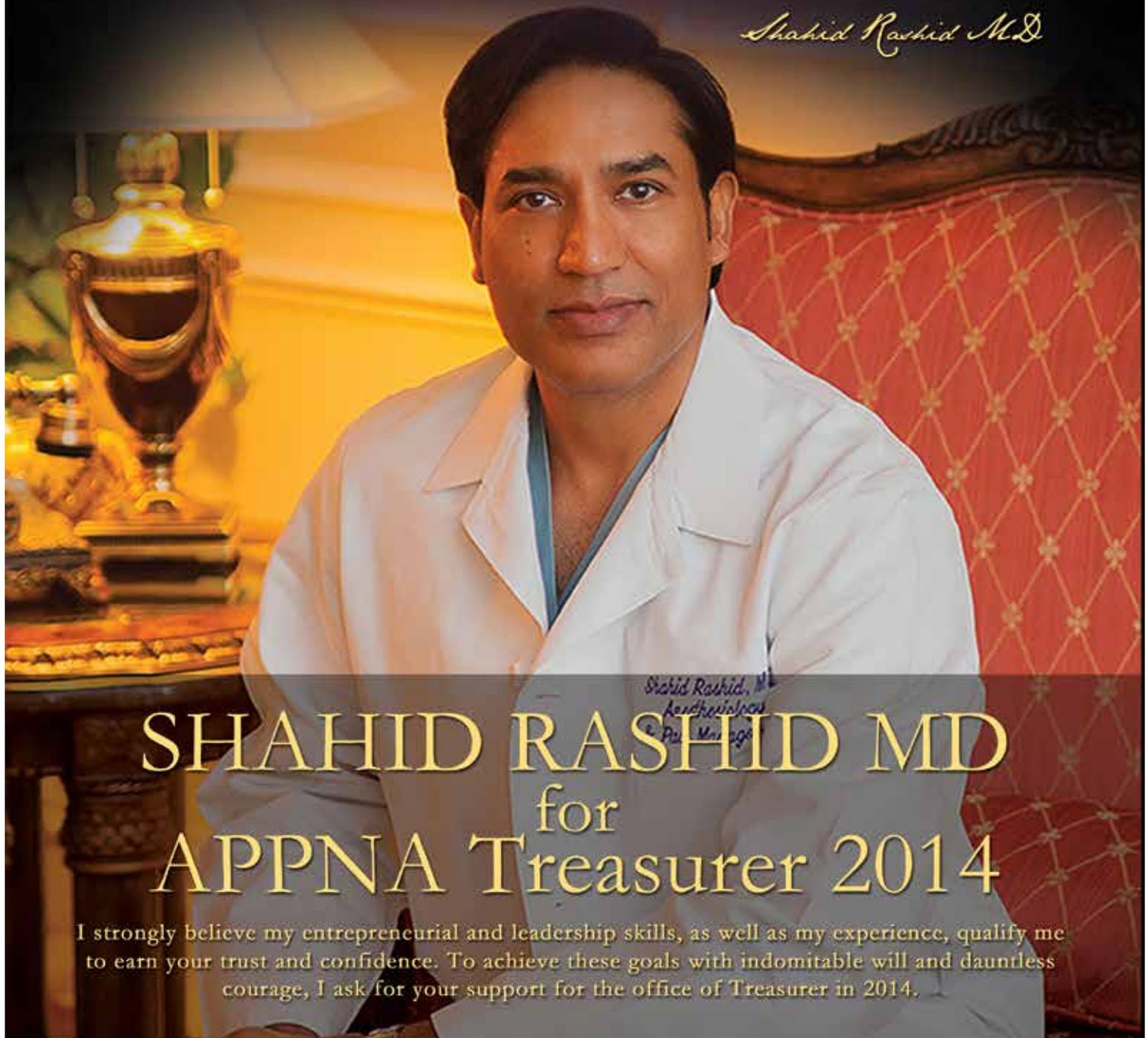
Members: Arshad Saeed, Maqbool Arshad, Mansoor Alam, Zahid Imran, Irfan Rizvi, Khalid Aziz, Asma Sadiq, Iqbal Jangda, Wajid Baig and Abdul Qadir Shaikh

“I offer you my hard work, dedication, and determination and my dream of a charitable

APPNA Teaching Hospital.

I ask for your trust,
your confidence, and your support.”

Shahid Rashid MD



Shahid Rashid, MD
Leadership & Public Management

SHAHID RASHID MD

for

APPNA Treasurer 2014

I strongly believe my entrepreneurial and leadership skills, as well as my experience, qualify me to earn your trust and confidence. To achieve these goals with indomitable will and dauntless courage, I ask for your support for the office of Treasurer in 2014.

www.SHAHIDRASHIDMD.COM

SHAHIDRASHIDMD@YAHOO.COM

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**Association of Physicians
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Finance Committee Report

Dear APPNA members and friends,

The Finance Committee met three times this year to review and manage the various financial matters of your organization. Here we present a brief summary of the 2012 financial report and the first quarter report of 2013.

As you may know, we have two kinds of funds: Restricted and Unrestricted. The Restricted funds are not used for daily operational expenses and include Lifetime, CME and SWDRC funds. The Unrestricted funds are general funds from annual dues, donations and advertisements. The meeting funds are funds generated from various meetings, which mostly covers meeting expenses. If a meeting is profitable, then the excess left is used in the general fund.

Last year we collected \$147,913 in Lifetime Funds, \$257,665 in CME Funds, and \$600,864 in SWDRC Funds. The CME and the SWDRC Funds were spent for their respective purposes. The Lifetime Funds were wholly invested in the different portfolios of the investment account. Only \$47,000 was given to HDF as was approved by the council and to fulfill our commitment with them.

In 2012, the general funds collected were a total of \$328,662. The total collected from all meetings was \$2,341,369. The total expense of all meetings was \$1,990,417, leaving a profit of \$350,952. A deposit of \$100,000 was made in an escrow account for an office renovation project. The general fund started with a negative balance of \$125,973, thus leaving only \$124,979 as profit in the account. This money was deposited in the general fund and used for office expenses along with the \$328,662 present in the fund. The total office expense was \$501,274. These office expenses include: Account and Audit (\$39,033), APPNA House Rent (\$51,000), Bank & Credit charges (\$17,496), Computer Services (\$32,528), Condo Dues (\$16,388), Merit & CYP programs (\$9,000), Election Services (\$15,804), Insurances (\$20,224), Office Supplies (\$11,605), Telephone (\$14,598), Postages (\$9,059), Printing (\$21,064), Payroll (\$210,180) and many other smaller expenses.

In 2013, the finance committee has proposed a very balance budget. We hope to generate the following revenue: from annual dues \$202,500, sponsorships \$45,000, profit from meetings \$200,000, Lifetime Funds \$127,569, CME funds \$250,000, and SWDRC funds \$400,000 for a total of \$1,370,369. The following expenses are expected: general office \$490,606, CME \$235,000, SWDRC \$400,000, Lifetime dues investment \$127,569 for a total expense of \$1,368,175.

We are glad to report that the first quarter fiscal report of the organization is good. Both the Spring Meeting and the International Meeting left us with a positive balance. The total income for the Spring Meeting was \$243,046.22 and the total expense was \$216,538.62 leaving a profit of \$26,507.60. The total income for the first International Meeting was \$803,424.83 and the total expense for the meeting was \$742,938.86 leaving a profit of \$60,485.97.

We hope this brief summary of the financial report will help you in understanding the workings of your Association. However, if you have any questions or need further details, please do not hesitate to contact the members of the finance committee.



Truly,

*S. Tariq Shahab, (Chair)
Sabir A Khan and Hasina Javaid (Co-chairs)
Abdul H Munis, Sabahat Mahmood
Tariq Khursheed, Mohammad Yazdani
Azim Qureshi
Ahmed Shahab
Arshad Anwar*

Chair/Co-chair Food Committee

Dr Nisar Qureshi

Dr Sajid Hafeez





**Association of Physicians
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ANNOUNCEMENT

KEMU CLASS of 1973

We will have 40th Class Reunion at Rosen Shingle Creek, Orlando on July 4th, 2013, at 6 PM. Fayyaz Mirza and Mufiz Chauhan will have a lively program together. Hope to see you there!
M. Masood Akbar, M.D. Faiqa Qureshi, M.D. Wadood Mughal, M.D.

APPNA PRIDE

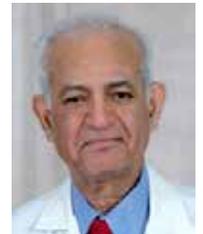
Congratulations Dr. S. Sultan Ahmed

Prof S. Sultan Ahmed, A 1963 Dow Graduate and a professor of medicine at the University of Medicine and Dentistry New Jersey, has been elected to represent UMDNJ in the Rutgers Senate, the governing body of Rutgers University.

It is important to note that UMDNJ will become part of Rutgers State University of NJ with 6800 students as of July 1, 2013

Of note, Dr. Ahmed was awarded the Lifetime Achievement Award by Dow Medical College faculty in 2003. He is a life member of APPNA and Association of Pakistani Descent Cardiologists of North America.

Congratulations from GlobeMedics, Dr. Ahmed. Regards, Amin H. Karim MD



APPNA congratulates Dr. Busharat Ahmad, an ophthalmologist from Monroe, Michigan, on receiving Benjamin Rush Award for Citizenship and Community from American Medical Association (AMA). Each year, the award recognizes a physician who has gone above and beyond their professional call of duty to make an outstanding public service contribution to their local community.

**TARIQ SHAHAB
FOR SECRETARY APPNA 2014**

www.tariqshahab.com



SERVICES TO APPNA

- Treasurer, APPNA 2013
- Cochair Office Management Committee, Dogana 2012
- Chairman Communication & Publication, APPNA Annual Summer Meeting 2012
- Member Host Committee, APPNA Summer Meeting 2012
- Cochair, APPNA Resource And Development Committee, 2009
- Member, Communication Committee, 2009
- Member APPNA Advocacy Committee 2009-2010
- Chairman APPNA Publication Committee 2009
- Member Editorial Board, Dowlink Special Edition 2008
- Chairman, APPNA Summer Publication 2008
- Cochair Earthquake Relief 2005: Set Up The First Camp In "Ghari Dupatta", Azad Kashmir
- Founder And Chairman of Appalachian Health Educational Campaign

ACADEMIC ACHIEVEMENTS

- **AUTHOR OF SEVERAL PAPERS & ABSTRACTS NOTABLY:** Paper on Carotid Artery Stenting JACC, June 2000; first to describe the phenomenon of "pseudohypertension" and co-authored the first editorial on "pseudohypertension" in J of Hypertension; first report on transmyocardial laser revascularization (PTMR) -AJC, Feb, 1999.
- Clinical Assistant Professor, Georgetown University, Washington, DC.

Phone 703.532.1700 • vaic@verizon.net

APPNA 2014
VOTE &
SUPPORT

Syed Tariq Shahab MD for APPNA Secretary 2014



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Office Management Committee (OMC) Summer Convention Report

The OMC for 2013 is comprised of the following members- Dr. Aftab Khan, Dr. Irfan Mirza, Dr. M. Ishaq Memon, Dr. Faiza Kareemi, Dr. M. Waseem Kagzi, Dr. Saima Sabah and Dr. Mansoor Alam, Chair, as appointed by President Javed Suleman. The OMC meets once per month at the central office or via teleconference with APPNA Administrator Jennifer Wozniak, JD, to review office matters and develop strategies to make the central office run as smoothly as possible and meet the needs of the Executive Committee and the membership.

Thus far in 2013, the OMC has overseen and facilitated the office renovation, membership, staff updates, meetings, financials and technology issues.

Office renovation: With the exception of a few minor details to be completed as of print of this report, the office renovation has been completed. The staff has been back working at the central office since April first and continues to accommodate the necessary changes that have brought a completely new office space for APPNA and the APPNA/PPS Clinic. I would also like to thank Dr Arif Agha for his continued help, support and dedication in the renovation of the APPNA office.

Membership: APPNA has processed membership renewals for 2013 as well as new memberships and upgrades to Lifetime membership. The spike in membership creation or upgrade is due in part to the membership fee reduction introduced at the beginning part of 2013; whereas, annual membership fee is down to \$75 from \$125 and Lifetime membership is down to \$1,125 from \$1,875.

Staff updates: David McDermit was welcomed to the staff on May 20, 2013 as the new full-time administrative assistant. He brings to APPNA years of experience in customer service, technology, and volunteerism. His duties include membership and meetings work and administrative tasks as assigned. He joins Jennifer Wozniak, JD, Administrator, Gina Latarewicz, Bookkeeper and Nicholas Suh, Technical Support and Continuing Medical Education (CME). Sidra Tul-Muntaha resigned her position in early May.

Meetings: APPNA office has worked on the completed International meeting to Egypt/Jordan/Jerusalem and the Spring meeting. The OMC is currently working on the Summer convention, International Disney Cruise, International Eastern European meeting, and Fall and Winter meetings. Office facilitates payments, contract review, meeting set-up and registration, and answers all questions from the membership related to the meetings. Office staff also attends most meetings to work on-site.

Financials: APPNA office continues to work with the accounting firm of Scanlan and Leo. Accountant John Strauss works with Treasurer Dr. Shahab and the APPNA staff to complete the financial obligations of the state and federal government. At press time, taxes were being prepared for the extended file date and a new audit firm was being contracted with to complete the audit of 2012 funds as required by the state with the tax filing. APPNA continues to facilitate the reporting and transfer of funds received for the donated projects of 2013 and works with the social welfare and disaster relief committee (SWDRC) to ensure the funds are sent properly.

APPNA also works with Hank Bashore and Ali Rahman of Stephens, Inc. to invest the Lifetime, Scholarship and CME funds.

Technology: APPNA office continues to work with Hasan Tariq and IQVIS on the database, meetings and donation portal to make a smooth process for members to renew their membership, register for meetings, make donations and claim CME credits. APPNA office also continues to send out eblasts to membership through Constant Contact so that membership has all of the latest news and information on happenings at the office, meetings and donation opportunities.

I would like to thank the OMC and APPNA staff for their diligent work and state that we will all continue to do our best for APPNA!

*Respectfully submitted,
Mansoor Alam, Chair, OMC 2013*



Sitting(L-R) Jennifer Wozniak, Gina Latarewicz
Standing (L-R) Nicholas Suh, David McDermit

CHAAT HOUSE

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Constitution and Bylaws Committee Report

It gives me great pleasure to introduce the constitution and bylaws committee for 2013.

Chair: Ahsan Rashid M. D.

Co Chair: Sophia Janjua, M.D. and M. Wajid Baig, M.D.

Advisor: Omar Atiq, MD

Members: Salim Chowdry, M.D. Kamran Qureshi, MD M. Aslam Shaikh, MD Iqbal Jangda, MD Aftab Ahmed, MD Nasar Qureshi, MD

After last year's extensive constitution and bylaws changes, there were certain aspects of the bylaws brought in to the attention of the executive committee. This was pertaining to be last day to become a voting member in the organization. The background of the request was because of the elections being moved from the Summer meeting to the Fall meeting. It has been the desire of the President to be more inclusive and to increase be membership of the organization. Our constitution does not state anything regarding the last date to become a voting member; but, only states that when a candidate can become a member of the organization, as reproduced below:

14.2.1 Any member whose dues are not paid by March 31st will be considered in arrears and will not be eligible to hold office in the Association that year.

The CABL committee deliberated extensively on this question and came up with the conclusion as the bylaws do not specifically state when is the last date to become a voting member. 14.2.1 only addresses for the members who want to run for the elections. It was decided to be more inclusive that the last date to become a voting member for the year will be the last day of the Summer meeting.

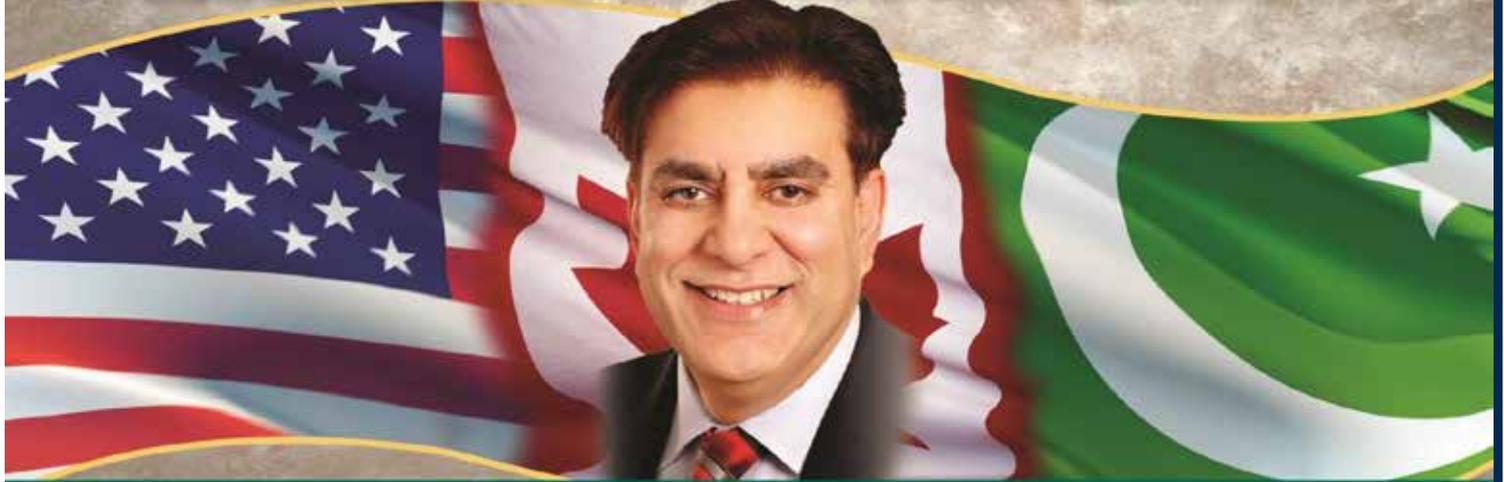
Change in the Board of Trustees Composition, Qualifications, Election and Tenure

Background: As the APPNA grows and more and more Alumni and Component societies are being represented in the organization, The Executive Committee requested the CABL to look into changing the Composition, Election and Tenure and the Number of Board of Trustees. The CABL committee deliberated extensively on this question. It had sent its recommendations to the President to circulate to the Executive Council for voting and subsequent submission to the General Body.



APPNA President
meeting with
President of Pakistan

Mubasher Rana For President-Elect 2014



Uncompromising Integrity • Credible Leadership • Proven Results

My services to APPNA

- Chair APPNA Social Welfare and Disaster Relief Committee 2012
- Chair APPNA Winter Meeting 2012
- APPNA Secretary 2011
- APPNA Treasurer 2010
- Chair APPNA Finance Committee 2010
- Chair APPNA Summer Meeting 2009
- Co-Chair APPNA Winter Meeting 2008
- Councilor Region 8 2002 & 2003
- Co-Chair of the APPNA Fall meeting, San Francisco 2000
- Member APPNA MERIT 2008 & 2009
- Member & Co-Chair APPNA Sehat committee 2005, 2006 & 2008
- Member Nominations and Elections committee 2008
- Member of the Membership committee 2007 & 2008
- Member Project Evaluations committee 2004

My Services to Alumni:

- President KEMCAANA 2008
- President-Elect 2007, Secretary 2006, Treasurer 2005. Served in several KEMCAANA committees

My Services to Chapter:

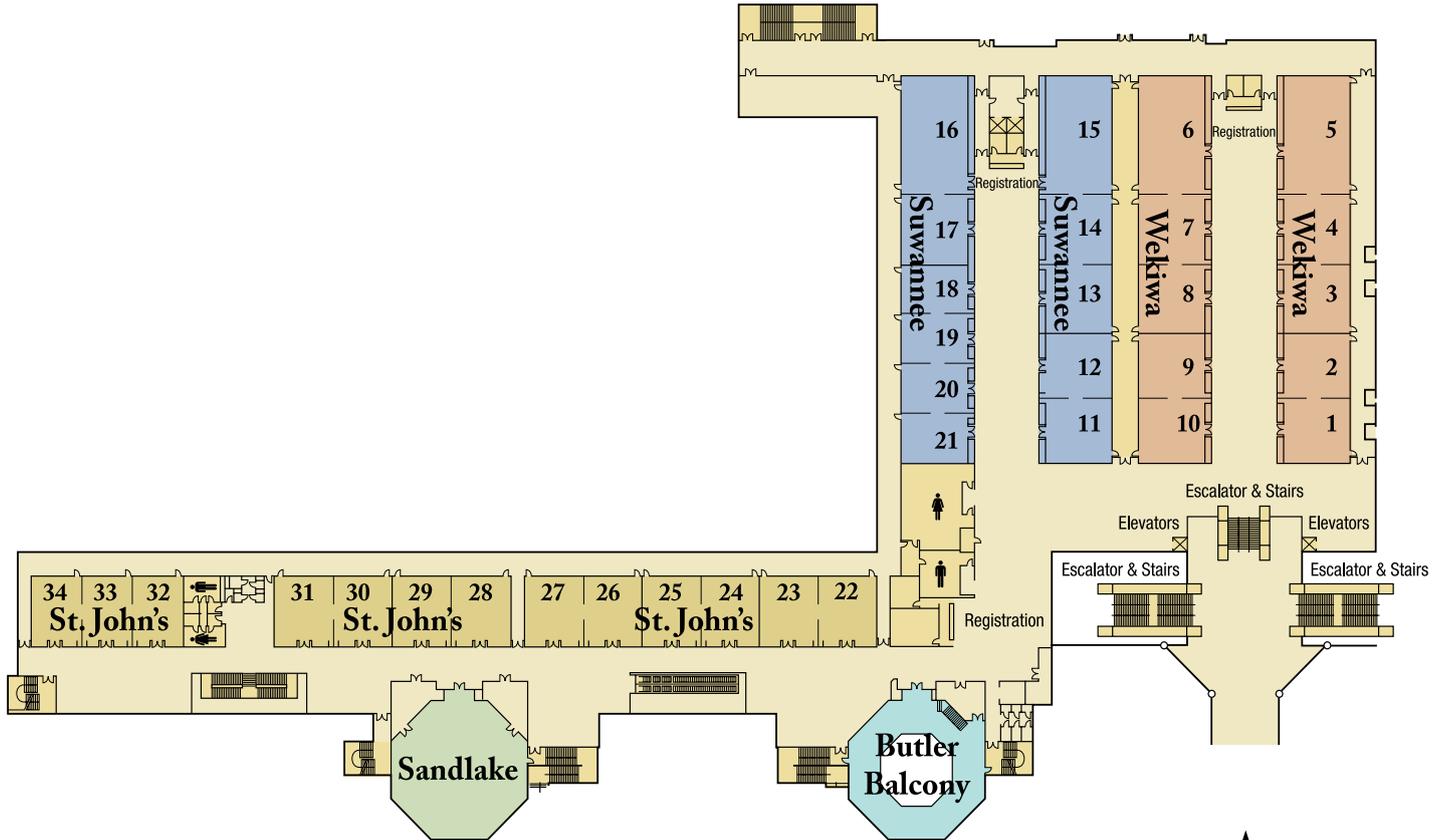
- Founding President of APPNA Northern California Chapter 1999 & 2000

Vision for APPNA:

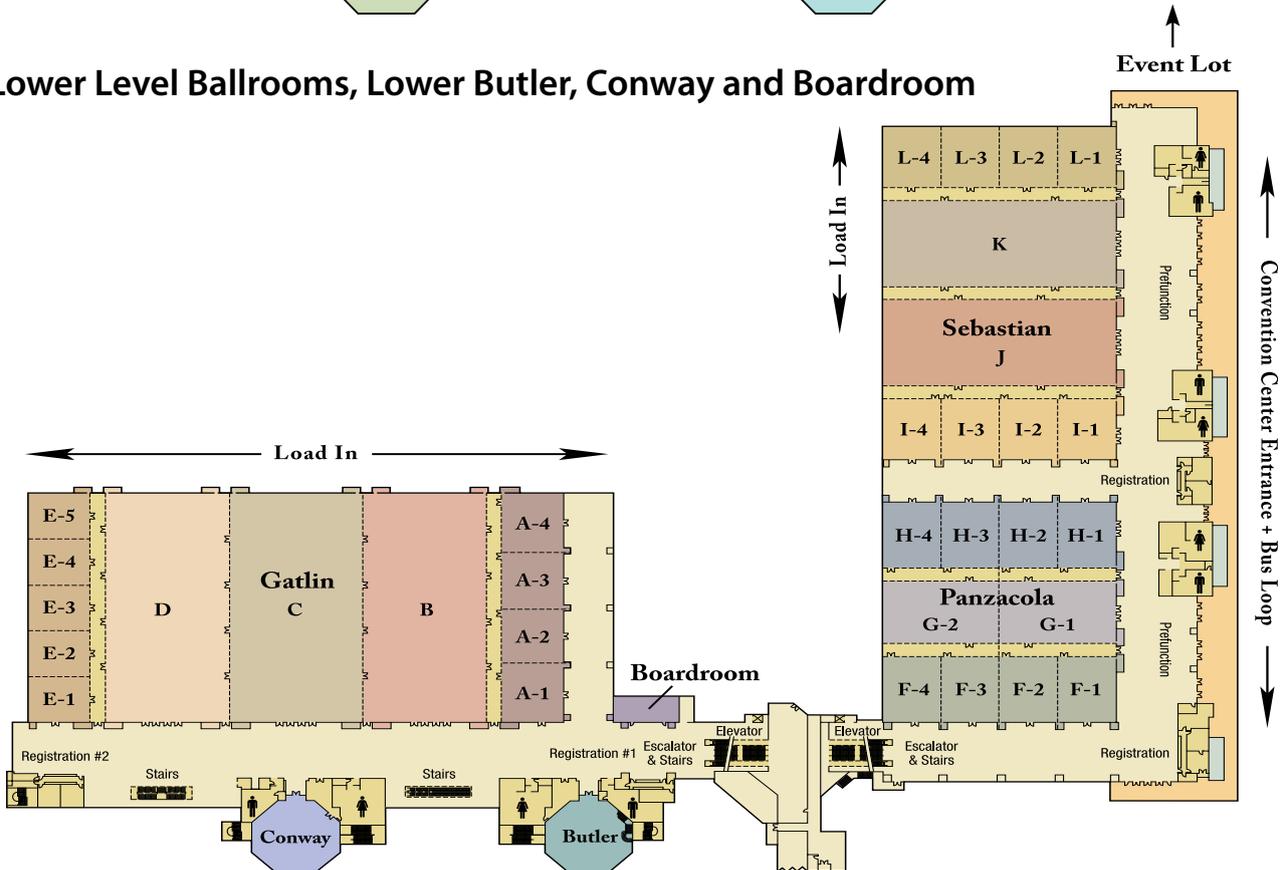
- **Comprehensive Election Reform:** I propose that only lifetime members and annual members with 2 year consecutive APPNA membership in good standing should be eligible to vote. We need strict enforcement of election code of conduct to stop unethical practices such as vote buying, negativity and exploitation of residents.
- **Social Welfare:** We need to take on 1 major Social welfare project per year either in Pakistan or North America. There needs to be better fundraising mechanism for our projects. We need to be visionaries and think big. I propose that in next 10 years, we plan to build a not for profit medical school in North America. This will be our gift to the community and legacy for generations to come.
- **Long Range Strategic Plan:** To be truly successful, we need a robust Long Range Strategic Plan for APPNA. We also need better continuity in our committees from year to year
- **Empower Women Physician:** 25% of APPNA members are women physicians. We need to get them more involved in APPNA committees as Chairs and members.
- **Component Societies:** To improve accounting, all APPNA component societies with over 50 members should have their own 501c3 status.
- **Specialty Networks:** We need to link physicians of each specialty and develop resources for easier communication and information on areas of common interest. These networks can then be a platform for specialties to coordinate social work and educational activities in their area.
- **Helping Medical students and recent graduates:** We need to create a single platform as a website to find electives and residencies. We need to continue advocacy with lawmakers to establish a Fast Track visa process for physicians coming from Pakistan.



Upper Level Meeting Rooms, Upper Butler and Sandlake



Lower Level Ballrooms, Lower Butler, Conway and Boardroom





**Association of Physicians
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SCHEDULE

Time	Events	Room Assignment
WEDNESDAY July 3		
5:00 AM - 11:00 PM	Prayer Room	Gatlin E
8:00am-10:00PM	Game Room	Conway
1:00 PM - 5:00 PM	Exhibitors Registration / Move-in	Panzacola Ballroom
2:00 PM - 10:00 PM	REGISTRATION	Gatlin Reg Desk 1
5:00 PM - 6:00 PM	Inauguration Ceremony	Gatlin D
6:30:00 PM to 11:00 PM	Chapters Night Program	Gatlin D
10:00PM-2:00AM	Late Concessions	Gatlin Pan PreFunction
THURSDAY July 4		
5:00 AM - 10:00 PM	Prayer Room	Gatlin E
7:00 AM - 10:00 PM	APPNA REGISTRATION	Gatlin Reg Desk 1
7:00 AM - 8:00 AM	CME Breakfast	Gatlin B
8:00 AM - 12:30 PM	CME Program	Gatlin C
12:30 PM - 1:30 PM	Lunch	Gatlin B/C
2:00 PM - 6:00 PM	CAPPNA Program	St Johns 31
8:00 AM-10:00PM	Game Room	Conway
6:00 PM-12:30 AM	Child Care / Baby Sitting	Wekiwa 8-10
6:30 PM to 9:PM	Alliance Dinner/Business Meeting	Gatlin C
10:00 PM - 1:00 AM	APPNA IDOL & Concert by Amjad Sabri and group	Gatlin C
6:00 PM - 11:00 PM	SAYA Program	Sebastian L 3/4
9:00 AM - 6:00 PM	APPNA Bazaar	Panzacola Ballroom
9:00 AM - 6:00 PM	Exhibitors Registration & Information	Panzacola Ballroom
9:00 AM - 6:00 PM	Food Court	Panzacola Foyer
10:00 PM - 2:00 AM	Late Night Food Stall	Gatlin Foyer
FRIDAY July 5		
5:00 AM - 10:00 PM	Prayer Room	Gatlin E
8:00am-10:00PM	Volunteer room	Wekiwa 2
2:00 PM - 6:00 PM	CAPPNA Program	St Johns 31
8:00 AM-10:00PM	Game Room	Conway
8:00 AM - 6:00 PM	REGISTRATION	Gatlin Reg Desk 1
8:00 AM - 9:00 AM	CME Breakfast	Gatlin B
7:00 AM - 9:00 AM	Maintenance of Certification (MOC) Session	
7:00 AM - 9:00 AM	Dermatologic Procedures Session	
7:00 AM - 9:00 AM	Ultrasound Guided Regional Anesthesia Session	
9:00 AM - 12:30 PM	CME Program	Gatlin C
12:30 PM - 1:30 PM	Lunch	Gatlin B/C
8:00 AM - 9:00 AM	MERIT Program	Suwannee 13/14
11:00 AM - 3:00 PM	Wells Fargo Presentation	Suwannee 13/14
3:30 PM - 5:30 PM	Abdelian Presentation	Suwannee 13/14
11:00 AM - 12:00 PM	Cure MD Presentation	
12:00 PM - 1:00 PM	I Consulting Presentation	
12:30 PM-2:00 PM	Dow Alumni General Body Meeting	St Johns 22/23
12:30 PM-2:00 PM	KE Alumni General Body Meeting	St Johns 24/25
12:30 PM-2:00 PM	Agha Khan Alumni General Body Meeting	Wekiwa 6
12:30 PM-2:00 PM	Sind Medical General Body Meeting	Wekiwa 7
12:30 PM-2:00 PM	Alliance General Body Meetings	Sebastian L2
12:30 PM-2:00 PM	Nishtar General Body meeting	Wekiwa 1
2:00 PM - 3:00 PM	Juma Prayer	Gatlin E
11:00 AM - 1:00 PM	SAYA Career Panel	Sebastian L 3/4
3:00 PM - 5:00 PM	SAYA Debate	Sebastian L 3/4
3:00 PM - 5:00 PM	Social Forum	Gatlin C
6:00 PM-12:30 AM	Child Care / Baby Sitting	Wekiwa 8-10
6:00 PM - 10:00 PM	SAYA Dinner & Entertainment	Offsite



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9:00 AM - 6:00 PM	APPNA Bazaar	Panzacola Ballroom
9:00 AM - 6:00 PM	Exhibitors Registration & Information	Panzacola Reg
9:00 AM - 6:00 PM	Food Court	Panzacola Foyer
6:30 PM - 9:30 PM	ALUMNI/Affiliate Dinners	
6:30 PM - 9:30 PM	Aga Khan	Gatlin A-3/4
6:30 PM - 9:30 PM	Allama Iqbal & Punjab	Gatlin A-1/2
6:30 PM - 9:30 PM	DOW	Sebastian J
6:30 PM - 9:30 PM	Sindh	Sebastian I
6:30 PM - 9:30 PM	Khyber	Sebastian L1/2
6:30 PM - 9:30 PM	King Edward	Sebastian K
6:30 PM - 9:30 PM	Liaquat	St Johns 22/23
6:30 PM - 9:30 PM	Nishtar	Butler
6:30 PM - 9:30 PM	Quaid-e-Azam	Suwannee 20/21
6:30 PM - 9:30 PM	Rawalpindi	Sandlake
6:30 PM - 9:30 PM	Caribbean & NAMA	St Johns 25
6:30 PM - 9:30 PM	Fatima Jinnah	St Johns 26/27
6:30 PM - 9:30 PM	Army Medical College & Dental APPNA	Suwannee 16
10:00 PM to 1:00 AM	Alumni Music & Entertainment - A concert by Sunidhi Chohan and group	Gatlin ABCD
11:00 PM to 1:00 AM	Mushaira	Sebastian J
10:00 PM - 2:00 AM	Late Night Food Stall	Gatlin Foyer

SATURDAY July 6

5:00 AM - 4:00 PM	Prayer Room	Sebastian K
1:00 PM - 5:00 PM	CAPPNA Program	St Johns 31
8:00 AM-10:00 PM	Game Room	Conway
7:00 AM - 6:00 PM	REGISTRATION	Gatlin Reg Desk 1
7:00 AM - 7:30 AM	APCNA - APPNA Heartwalk	Walk outside hotel
7:00 AM - 8:00 AM	CME Breakfast	Gatlin B
8:00 AM - 12:30 PM	CME Program	Gatlin C
12:30 PM - 1:30 PM	Lunch	Gatlin B/C
8:00 AM - 12:00 PM	CME Session	Gatlin C
11:00 AM - 3:00 PM	Wells Fargo Presentation	Suwannee 13/14
11:00 AM - 12:00 PM	i-Consulting Presentation	Suwannee 15
1:30 PM - 3:00 PM	Cure MD Presentation	Suwannee 15
9:00 AM - 1:00 PM	APPNA Dental Meeting/CE Lunch	Suwannee 12
12:00 - 1:30 PM	APCNA Lunch & Program	Suwannee 16/17
12:00 - 1:30 PM	AKU Class of 92	Suwannee 20/21
12:00 - 1:30 PM	KE Class of 70	Suwannee 18/19
12:00 - 1:30 PM	DOW Class of 89	St John 24
12:00 - 1:30 PM	DOW Class of 84	St John 25
11:00 AM - 12:30 PM	SAYA Got Talent Fashion Show	Sebastian J
1:00 PM - 3:00 PM	SAYA Fashion Show	Sebastian J
2:30 PM 3:30 PM	APPNA Election Debate	
3:30 PM - 5:00 PM	APPNA General Body Meeting	Sebastian I 1/2
9:00 AM - 6:00 PM	APPNA Bazaar	Panzacola Ballroom
9:00 AM - 6:00 PM	Exhibitors Registration & Information	Panzacola Reg Desk
9:00 AM - 6:00 PM	Food Court	Panzacola Pre Function
6:00 PM-12:30 AM	Child Care / Baby Sitting	Wekiwa 8-10
6:00 PM - 12:30 AM	CAPPNA Dinner & Entertainment	Sebastian K
6:00 PM - 2:00 AM	APPNA Banquet Dinner & Entertainment	Gatlin Ballroom
10:00 PM - 2:00 AM	Late Night Food Stall	Gatlin Foyer

SUNDAY July 7

9:00 AM - 11:00 AM	Brunch - Halwa Puri	Sebastian Ballroom
8:00 AM -12:00 PM	APPNA Bazaar	Penzacola Ballroom



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PLEASE ELECT

DR. ASAF RIYAZ QADEER
FOR
APPNA SECRETARY 2014



“A CREDIBLE, COMMITED AND ENTHUSIASTIC
VOLUNTEER WHO ALWAYS DELIVERS WITH PROVEN
LEADERSHIP CREDENTIALS”

Dear Friends, Assalamo- Alaikum:

Congratulations on becoming a voting member of APPNA. Election process makes APPNA a strong democratic institution. I have demonstrated my ability to lead with a capacity for sustained hard work and continued commitment over the years. I present to you my services to APPNA as well as my plans as Secretary APPNA if elected. It is important to make an informed decision before you exercise your right to vote. I truly believe that my proven record of leadership, financial management skills, result oriented approach, coalition building, transparency accountability can bring together the values and principle of APPNA that we all seek to make APPNA truly an organization of our dreams.

My Accomplishments:

- Chairman Host Committee APPNA 2005 summer meeting in Houston: A memorable event with a record profit of \$220 thousand– not many can claim in the 33 year history of APPNA.
- President of APPNA South Texas Chapter
- President of Islamic Medical Association– Houston
- Governing Board Member of APPNA South Texas Chapter and IMA– Houston
- Lifetime Member of APPNA, KEMC and IMNA
- Compiled and published five books on Urdu and Punjabi poetry and literature.
- Director of Zindaga trust USA– Helped fundraise to educate under privileged children of Pakistan.
- President & CEO of Doctors Hospital Houston– a 100 bed acute care facility

My Goals:

- Conduct efficient meetings according to the Constitution and Bylaws.
- Prepare a better agenda that builds adequate discussions for action items.
- Establish an effective form of communication between APPNA Council and membership.
- Integrate young physicians by providing them support, mentorship, affordable APPNA house.
- Improve for better opportunities for residency program and VISA issues in the United States.
- Focus on issues of Civil Liberties and Constitutional Rights.
- Effective fundraising for APPNA endowment for one million dollars.
- Sustainable development of charitable and educational projects of APPNA.
- Empower and mentor chapters to build APPNA leadership.
- Increase membership to four thousand participants by establishing cost effective meetings and aggressive membership drive.



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Booth Assignments

Company Name	Product / Company Category	Booth #
ZOQ Art Gallery	Art	203
Eye For Art	Art Gallery	230
Art by Seema	Art- Paintings and Glass	422,420
Samads Carpet	Carpets.	302
99 Stitches	Clothing	702
A & CO	Clothing	122
Ahsan Khan (Weavetex)	Clothing	523
Alhamd Trends	Clothing	623, 108
Al-karam USA Inc	Clothing	106,104
Alo lifestyles	Clothing	332
Ambreen Collection	Clothing	425
Anaa Couture	Clothing	232
Aneela Jawad	Clothing	304
Anila Velani	Clothing	515
Anokhi Ada	Clothing	115,113
Apna Andaaz	Clothing	533
AQ Couture	Clothing	229
Arshy's collection	Clothing	313
Artizara Inc.	Clothing	130,128
AsfaZ and Shaiyanne Malik	Clothing	205
AURA - Design Studio	Clothing	309
Ayesha Ellahi	Clothing	601
Ayesha Ibrahim	Clothing	428
Azra's Boutique	Clothing	208
Baggas Fashion	Clothing	424
Biker Wear Inc.	Clothing	233
Braahtii - Huma Nassr	Clothing	227
Bushra Farooq Couture	Clothing	320
Centushti	Clothing	216
Chen One	Clothing	312
Colours by Azra Ajaz	Clothing	524
Craft Clothing	Clothing	305
Creative Designs	Clothing	704
Designers Collections By Nasima & Sheza	Clothing	226
Dhaagay	Clothing	315
Embellished by Sadaf Amir	Clothing	329
Exception Line	Clothing	407
Exclusive Boutique	Clothing	306
Faizas Collection	Clothing	206,406
Farida Qureshi	Clothing	323
Fawad and Gul	Clothing	311
Ghazala Collections	Clothing	630
GOAL	Clothing	434



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Company Name	Product / Company Category	Booth #
Ishraq's Ensembles	Clothing	225
Khayal	Clothing	608
kundan fashions	Clothing	416,634
Labels	Clothing	127
Laila's Art	Clothing	324
Madiha's Atelier	Clothing	120
Maria Khan Couture	Clothing	606
Maria .B Designs Pvt Ltd	Clothing	503
Mariamz Collection	Clothing	112
Maryam Jamshaid's couture	Clothing	730
Mediha's	Clothing	414
Mina Hasan	Clothing	224
Mirage Collection	Clothing	417,415,413
Mona Garments	Clothing	426
Najma Syed	Clothing	327
NazGarments.com	Clothing	508
Neemar	Clothing	710
Nickie Nina	Clothing	202
Noureen Khan's Collection	Clothing	207
PKDL	Clothing	214,212,210
Profiles Int'l LLC	Clothing	501
R. Boutique	Clothing	610
Rabia uppal	Clothing	228
Rangolibyhuma	Clothing	429,427
Rashida Dalal Karachi Couture	Clothing	412,410
Rehana's Creation	Clothing	121
Saba Bakhtyar	Clothing	504
sadiva fashion	Clothing	134
saima's collection	Clothing	405
Saira Shakira	Clothing	116
Sameen Kasuri	Clothing	532
Samiah	Clothing	321
Sana Abbas	Clothing	433
Sania Maskatiya	Clothing	607
Sarah F. Kiyani	Clothing	211
Sash & Co. by Sadaf Khan	Clothing	111
Seemas	Clothing	316
Shamim Bhatti	Clothing	215,213
Shazia Ahmer	Clothing	408
Silkaffair by Shabnam Zahid	Clothing	107
Sohni Boutique	Clothing	105
Somy Style	Clothing	322
Sona Fashions	Clothing	712



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Company Name	Product / Company Category	Booth #
Sophia	Clothing	505
Style Council	Clothing	204
Tabassum's Collection	Clothing	317
Tanias Collection	Clothing	535
Timpiy	Clothing	118
Urban Design Concepts	Clothing	123
Woodlinks	Clothing	700
Z designa	Clothing	609
zeba iqbal	Clothing	404
ZEN-AMI	Clothing	335
Zevar by LaDiva/ Roohi	Clothing	307
Arts & Gems	Clothing & Jewelry	534
Indian Fashion	Clothing & Jewelry	528
Nadia Lakdawala & Designers by Shehla Khan	Clothing & Jewelry	328
Uzma collection	Clothing & Jewelry	133,131
Yasmin Inc	Clothing & Jewelry	137, 236
Ethnic Collection	Clothing N Jewelry	114
Attar Mist	Clothing, Attar Perfumes, Bakhoor	129
Fab Collections	clothing, jewelry	222,220
Samreen's Closet	Clothing/Jewelery/Calligraphy	125
Gina's Collection	Clothing/Jewelry	714
Arts And Antiques	Crafts / Antiques	631
Poetic Strokes	Crafts / Antiques	432
syed Art glass	Crafts / Antiques	615
Aga Khan University	Education	331
Friends of Forman Christian College	Education	527
Cure MD	EMR/Medical Billing	401, 403
Guidance Residential LLC	Financial / Insurance Services	632
ING Financial Partner	Financial / Insurance Services	314
Mass Mutual Greater Long Island	Financial / Insurance Services	622
Massey Group Wealth Management LLC	Financial / Insurance Services	525
newyorklife.com	Financial / Insurance Services	616
AMANA	Financial Services	502
Wells Fargo	Financial Services	402
Duhs Health and Education Foundation, NFP	Health & Education	430
Oklahoma Heart Hospital	Health Care	301, 303
Friends of Indus Hospital, Inc	Healthcare	530
Bell Senior Care Inc.	Home Health Care Agency	526
Kitab House Inc	Islamic Books	627,625
M2comsys	IT Information Technology	612
A.R.Designers	Jeweler	308
Aarna jewels	Jeweler	513
Almas Jewelers Inc	Jeweler	604



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Company Name	Product / Company Category	Booth #
Art Karat	Jeweler	517
Avaniee Jewels	Jeweler	411,409
Fab Collections	Jeweler	223
Farah Ali Jewelry	Jeweler	109
Heavenly Regalia	Jeweler	600
Menika Mines	Jeweler	333
Neety Singh Jewelry	Jeweler	103
Raniwala Jewellers P Ltd	Jeweler	221
Regal Jewels	Jeweler	300
Reveti Jewels Inc.	Jeweler	101,200
Sagar Gems and Jewlers	Jeweler	326
SAPNA CREATIONS INC	Jeweler	217
SAPNA CREATIONS INC	Jeweler	509,507
Sej and Su's Collection	Jeweler	514,512
SONAR	Jeweler	209
teyjas jewellers	Jeweler	511
Unique Colors	Jeweler	521
Zamir Jewellers	Jeweler	624
Zehra Saleem Inc	Jeweler	506
zevar	Jeweler	510
Zubash Gems	Jeweler	325
EMR and Billing Services	Medical Billing Services	330
I Consulting	Medical Consulting/Drugs Testing	500
Andor Labs	Medical Labs	722
Society for Innternational Help	Not for Profit	529
Unity Productions Foundation	Not for Profit	720
Zindagi Trust Inc	Not for Profit	431
Zaytuna	Not for profit/Education	614
AEON Clinical Laboratories	Pharmaceutical / Biomedical	613
American Specialty Pharmacy	Pharmaceutical / Biomedical	201
Dispense Sense	Pharmaceutical / Biomedical	620
Atlantic Gulf Property Investments, LLC	Real Estate Investment & Property Management	629
Kasb Developers (PVT) LTD	RealEstate Development Pakistan	400
Helping Hand for Relief and Development	Relief	516
Islamic Releif	Relief	421,423,520,522
Mercy-USA for Aid and Development	Relief	605
OBAT Helpers	Relief	531
Umma Relief International	Relief	628,626
Retail Oxygen	Retail Merchandise	603
Argentum	silver jewelery	310
Etihad Airways	Transportation	602



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APPNA Doctors House of Detroit (ADHD)

*A harmonious campus for those who have no one in USA
by M. Shahid Yousuf*

APPNA Doctors House of Detroit provides a valuable, essential and safe residence to young doctors seeking medical careers in USA. Often the costs of residing in this place are so low that Pakistani parents and family members cannot believe it. APPNA members' donations and sacrifices keep the flame of hope bright for these young doctors for most of them do not have a single family member in USA. Following are a few vignettes.

Graduate from one of the Universities in Sindh,

She told me that she belongs to a land owning family. Women do not venture outside the confines of their homes often. When they do they are usually accompanied. Her father however is more progressive. While she was in Pakistan she had not heard of APPNA. She is the first doctor of her family to have come to the USA. She heard of ADHD while residing in Virginia. Another female doctor who had previously resided in ADHD told her about it. She corresponded by email and was soon booking her ticket to Detroit. Her father was so concerned about her safety and well being that he asked her sister who resides in Canada to come to Detroit and pick her right from the airport and take her to ADHD. Within two weeks of her arrival, Dr. Majid Toseef the founder of ADHD, had arranged her externship.

Fatima Jinnah Medical College Graduate 2007

She too had not heard of APPNA while in Pakistan. Growing up in a sib ship of 5, she is the first doctor in her family and the only member of her family to be in USA. She uses Skype to keep in touch with her family in Pakistan. She heard of ADHD from another female doctor who had resided in ADHD. This FJ graduate has been here in USA for past 2 months and is hopeful of obtaining an internal medicine residency.

Bolan Medical College, Quetta Graduate 2010

He was born and raised in Quetta, son of a retired civil servant. He had come previously to USA to do his electives and has returned to pursue further career. When he told his father how reasonable were his living expenses, his father thought that there must have been a mistake. His father reasoned how can it cost less to live in USA than in Pakistan. He has been here at ADHD for some 3 weeks and is looking for an externship. He heard of ADHD through a Facebook page which details of the many activities and progress. Like others previously noted he is the first doctor in his family to come to USA.

APPNA members have donated generously to this worthwhile project where at any one time there are over 40 Pakistani origin doctors at one or another stage of their careers. At this time there 7 women doctors residing (June 2013) at ADHD. Many APPNA members have paid for one unit apartment for one year or more. The Michigan Chapter in 2012 purchased a minivan for transportation purposes. Others have sent care packages of some 10 necessities for the newly arriving doctors who need personal hygiene and grooming items. WAPPNA (Womens Physicians of APPNA) has donated one unit for female doctors in the past and for this year also. Speaking to APPNA Executive Council Meeting in New York Spring 2013, Dr. Humeraa Qamar Immediate Past President of WAPPNA stated that WAPPNA intends to continue funding this worthwhile project. Still others have supported ADHD with cash for incidentals, equipment such as scanners, printers, copy and fax machines, stationary and linen. That 22 doctors who at one time or the other were residing in ADHD and found residency positions in 2013 proves without doubt that money donated for ADHD directly benefits the recipients. There are no administrative expenses. Dr. Majid Toseef's services were recognized by APPNA at the Chicago, IL 2012 fall meeting when he received a plaque for his meritorious services. He can be contacted at mtoseef84@hotmail.com.

The legend for the photo from left to right:-

Drs. Amjad, Fahad, Noor, Tariq, Yasir, Bakht,
Yawar and Danish





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Leadership, Transparency, Integrity

Farid U. Qazi, MD, FACP

Candidate for President Elect APPNA 2014

You elected me as the treasurer of APPNA in 2011 and as secretary in 2012. Now I want to take the next step and contest for President Elect 2014. .



I have done my best to deliver. You are representing the most educated people of our community and I expect you to vote NOT on the basis of Alumni, kinship, race and religion. You are smart enough to make your own decision and you don't need others to tell you who to vote for. I hope you will make an educated decision. It could be against me but it should have a good reason. I ask for your support and confidence. My only promise is that I will deliver to you the service you deserve.

There are approximately 18,000 Pakistani physicians in the USA and Canada, but only 3000 are members of APPNA. This shows our failure to attract members. We need to be able to define the purpose of the organization. We have to show more usefulness of this organization and show that we are not here only for having dinners and dances.

We have to open our eyes and see that our next generation is ready to take the lead, but we have not given them a chance or reason to join us. We need to make APPNA attractive to young physicians by providing more services for them.

We are good at fund raising but with some exceptions most of our charity go through organizations already working. We can continue to donate money to Pakistan, but we need to plan something for our adopted country. We owe them too. We need to pay attention to local charities as well.

Our younger colleagues are coming to the USA, and we need a solid plan to help them so they don't go through what we went through. We need APPNA House in all major cities where residencies are available. We need to guide them, establish training sessions and help in J1 issues.

Hate crimes against Pakistanis are on the rise and we need to deal with discrimination and the dehumanization of our race, country and religion by the media. We need to put our money where it is needed.

APPNA should discourage power brokers who support only their likeminded people and use them for their objectives. I am proud to be independent and not endorsed by any power broker group. I am someone who can hold on to my promises and deliver them as well.

My track record as the treasurer and secretary are my proof of transparency.

My election politics has remained clean and without controversy.

I speak what I believe and my opinions are well-known. Some agree and some disagree, but I don't hide anything to be politically correct.

I am here to represent all APPNA members, not just my own alumnus and friends. I am taking great responsibility to serve voluntarily for this post and I will make sure I fulfill my duty.

Services to APPNA

2013-Serving as Secretary APPNA
2012: Treasurer APPNA
2010Co-Chair Advocacy committee
2009: Co-Chair Advocacy committee
2007: Chair APPNA Winter meeting
2007: Co-Chair Resource Development committee
2006: Member Resource Development committee

Services to DOGANA

2008: Chair Election and Nomination committee DOGNAN
2007: President DOGANA
2006: Secretary DOGANA
2006: Chair Social forum DOGANA
Served as Councilor and as regular member since 1993

Services to Georgia Chapter of APPNA

Help revive Georgia Chapter with help in setting up processes for electing office bearers, implementing bylaws and arranging CME program.

Community Services

involved in many social charitable projects including wedding of poor girls in Pakistan and buying Rickshaw for poor unemployed people.

Has been among Board of Directors in the local Mosque and active in resolving issues in the community.



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OMAR NASIB FOR APPNA TREASURER 2014

My Association with APPNA started When I was 4th year medical student, after learning about APPNA SEHAT Project @ a summer meeting in Washington DC, I worked for this project in Mullo, a small village near Mardan, Pakistan.

I have served APPNA, in various capacities & most if not all Committees, including the FINANCE COMMITTEE crucial to understand the financial structure & financial managements of Appna.

I am current CO-CHAIRMAN of the first Adhoc COMMITTEE FOR LEADERSHIP DEVELOPMENT, focusing on developing leadership & confidence in our youth, as CHAIRMAN OFFICE MANAGEMENT COMMITTEE bought the BUILDING that became APPNA'S FIRST FREE CLINIC the next year.

Last year served the CONSTITUTION & BY LAWS committee, my role in getting the long awaited amendments passed is known to all.

I CHAIRED Various committees of 2 APPNA SUMMER meetings held in Chicago. As PRESIDENT OF ILLINOIS Chapter organized a JOINT FALL MEETING in Chicago.

I was appointed HOSPITALITY CHAIR DOGANA RETREAT 2009 held in Chicago although I'm a KEMCOLIAN & a NISHTARIAN. I organized various activities of KE 150 YEAR CELEBRATIONS, including the famous high tea @ Governor's House Lahore. I CO-CHAIRNED NISHTAR RETREAT in May this year in Chicago.

I Believe in Building bridges, after 9-11, I was involved in writing a Proposal to Mayor Daley to declare Chicago & Lahore sister cities, this proposal was accepted & I was appointed first CHAIR of it's HEALTH & WELFARE committee, currently working on several projects including starting a trilateral co-operation between UIC, KE & DOW, in research & academics.

I am running for APPNA TREASURER 2014. I have served APPNA'S OLDEST CHAPTER as TREASURER for 2 YEARS causing not only a REAL BALANCE IN THE BUDGET but a major SWELL in it's MEMBERSHIP & FUNDS.

I will work for UNITY, TRANSPARENCY, ACCOUNTABILITY & ACROSS THE GLOBE HUMANITARIAN SERVICE, with your support & guidance, my dear brothers & sisters of APPNA, I humbly ask for your vote. May God bless you all & your families. APPNA ZINDABAD.

Omar Nasib.
Lifetime member & Lifetime worker of APPNA





WALK-IN DERMATOLOGY 407.910.4726



Dr. Ayyaz M. Shah

**MEDICAL ❖ COSMETIC ❖ SURGICAL ❖ 201 HILDA STREET, UNIT 38
MONDAY: 9-4 ❖ FRIDAY: 9-4 ❖ SATURDAY: 9-12**

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- ❖ Medical Dermatology & Dermatologic Surgery
- ❖ Advanced courses on Trichology & Pigmentation
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- ❖ And much more!



Leading Physicians
of the World





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Spring Meeting 2013 Report

It was a great pleasure for us to host the spring meeting and was surely a delight to greet the whole APPNA family to the magnanimous and panoramic city of New York.

The host committee which comprised of the New York City, New Jersey and upstate New York chapters strived hard to dispose and organize an outstanding program in order to endow the guests with a gratifying experience. Starting from the preference of venue as the plush hotel to the cruise around the one of its kind sky line of Manhattan on Friday and the main banquet on Saturday, everything was meticulous in appraisal and consideration.

The CME program comprised topics of great magnitude and significance in the context of contemporary practice of medicine. Highly affluent and reputed authorities addressed the participants.

Social Forum was conducted in order to ponder over the thorniest concerns which have been crawling and infecting the roots of our motherland. A thorough discussion took place on the sectarian killings in Pakistan and very able speakers condemned it in the most vociferous terms. Among the panelists were Ms. Beena Sarwar, Ms. Mehlaqa Samdani, Dr. Mohammad Taqi, Ms. Farah Naz Ispahani and Congressman Bruce Braley.

Our youngsters need to be nourished and flourished in a politically conducive environment and this need was concentrated on by the conception of leadership development program. Among the panelists were Councilman Saud Anwar, State Senator Kevin Parker and Mayor Hameeduddin.



APPNA BAZAAR was nevertheless the most alluring and festive temptation to the all the women around.

Friday evening cruise around Manhattan was a fabulous experience while everyone enjoyed and danced to the live music. They were also impressed by the grandeur of this city of lights.

Saturday evening was an evening to remember. Hosted by the chair, Dr. Pervaiz Iqbal and addressed by President of NYC chapter Dr. Muhammad Hamid, President of APPNA Dr. Javed Suleman, Pakistan's Chief delegate to UN Honorable Masood Khan, Congressman Elliot Engle and Congressman Bruce Braley.

Dr Sarwar Ghumman, Dr Iqbal Jangda, Dr Rizwan Naeem, Dr Pervaiz Qureshi, Dr. Tariq Ibrahim and Dr Sabahat Mahmood were awarded fin recognition of their services to APPNA.

The Fashion Show was followed by musical program which forced everyone to the dance floor and dance to the beat of music and to the spirit of the celebration.

By all means this convention facilitated the reunion of old friends and classmates. It was a nostalgic experience by plunging into the memories of the days gone by.

In an entire coherence with all these festivities there was an abundant and liberal exploration of the most panoramic city, where lights never fade and eyes never blink, where the choice of places and spaces is as diverse as the human tastes and interests are.

This was the most well attended Spring or Fall meeting in the history of APPNA in terms of total registrants, CME registrants, Friday cruise and Saturday main banquet attendees.

This was also the most revenue generating Spring or Fall meeting in the history of APPNA as it made \$32,000 after paying all the expenses.



Thanks for attending

Dr Pervaiz Iqbal

Chair and the Entire Host Committee



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Summer Cruise



CME attendees: The highest numbers of CME registrants for any APPNA Spring/Fall meeting



APPNA NY Alliance volunteers



Friday night dinner cruise



Friday night cruise audience enjoying music



Friday night dinner cruise members dancing all night out

WALK-IN URGENT & PRIMARY CARE CENTERS

Urgent Care

Primary Care

Cosmetics

Pain Treatment

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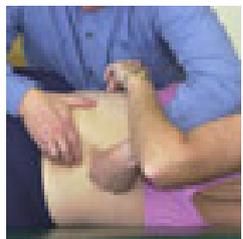
Urgent Care

Urgent & Primary Care Walk-In Center, is a comprehensive facility, a superior walk-in urgent care center offering you treatments for a broad spectrum of illnesses and injuries.



Primary Care

We provide primary care on a walk-in and appointment basis, where you can be seen by us in less than 15 minutes. .



Cosmetic Rejuvenation

The popularity of cosmetic surgery has grown rapidly in recent years and it is no longer the preserve of the wealthy. Read about the many services we offer.



Pain Treatments

For thousands of years, doctors have been helping to relieve their patients' pain with a variety of medications and treatments. See how you can become pain free.

Our Convenient Locations

Walk-In Urgent Care Centers
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Lake Worth, FL 33463 561-433-1700
11476 Okeechobee Blvd.
Royal Palm Beach, FL 33411, 561-204-5111
3460 S. Congress Ave.
Palm Springs, FL 33461, 561-9691595





International Meeting Report

International committee for 2013 was formed in May of last year after our president entrusted me with the responsibility of the International meetings as chairman. First International meeting for 2013 was decided for a trip to the Middle East (Egypt – Jordan – Jerusalem).

I went for an on-site inspection in July of 2012 to checkout hotels and other logistics. On return, I then had a conference call meeting with the other committee members. A follow up meeting was scheduled within 2-weeks. After a couple of meetings dates, duration and places were finalized.

Registration started in November of 2012. We had a total of 173 members going on this trip. We flew to Cairo, Egypt. After exploring Cairo, we took a charter flight to Aqaba, Jordan. And then after enjoying Jordan fully, crossed Israeli borders into Jerusalem.

Highlights of the trip were Cairo, Petra, Dead Sea and Jerusalem. The best of all was Masjid Al-Aqsa.

We ended up with the best International meeting where all attendees took pride to say “the best” and were highly satisfied.

CME: 8-hours of CME were arranged throughout the trip equally divided between three cities of Cairo, Dead Sea and Jerusalem. Jerusalem CME was a visit to a local hospital. Various important topics were covered in the CME program from Cardiology to Neurology.

Talent Night: As a long tradition of International meetings, we had a farewell dinner with entertainment by members of the group. This uncovers talent of APPNA members and their children.

Second International Meeting is confirmed for central Europe (Hungary, Slovakia, Austria, Czech Republic) from August 30 to September 08, 2013. Registration has already started. Site inspection was conducted in May of this year.

Disney Cruise is planned over the Thanksgiving weekend for APPNA families to celebrate Thanksgiving. Every one will arrive in Orlando on November 26th and will stay overnight at the Hotel Shingle Creek with a Welcome dinner and Music night. In the morning of November 27th, CME will be conducted before departing for Port Canaveral to board the Disney Dream for a 4-nights Bahamas Cruise returning on Sunday December 1st.

Please see below response to questionnaire: Evaluation Summary Report

This International CME started on March 28, 2013 and the group returned to USA on April 7, 2013. Their trip included 3-countries (Egypt, Jordan, Israel) and visited Cairo, Aqaba, Dead Sea, Jerusalem and Bethlehem.

Questionnaire: Questionnaire had 18-multiple choice questions reflecting all aspects of trip with poor to excellent options. 5-being “excellent” and 1-being “poor.” In addition, there were open ended questions and at the end space for suggestions/comments.

Response: Response was very high. We had in total 173 in the group and received feedback from 147. That makes it a high response rate of about 84%. None of the areas was rated “poor.” Majority rated all questions “very good to Excellent”.

Analysis: Overall Trip: Majority of the group liked the trip and felt that the trip was excellent. 90% with “excellent” and 10% “very good”. None rated it poor.

Meals: Majority responded very good to excellent. About 50% responded Excellent; 30% good and about 20% fair. Most of the respondents had comments that lunch should be boxed to save time and if possible, served in the buses.

Program/Itinerary: 90% rated it “Excellent and 10% rated it “very good.” In comments and suggestions section, many expressed their concern about timing issues, departure times were not followed by some. That would delay all and the Bus Captains did not take any action on it. Some suggested that more free time should have been given to explore on their own.

Hotel Accommodations: Everyone was very happy with quality of the hotels. 85% said that hotel accommodation was “excellent” and rated it the highest.

Farewell Dinner & APPNA Talent: 30% gave it the highest rating of “excellent;” and 60% fair to Good. It was placed on wrong day when everyone was tired.



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Tours and sightseeing: About 50% rated it “very Good to Excellent” and 30% rated it “Good.” Suggestions were that the evening time should be Free on their own to explore. It was too fast paced to follow. Overall length of the trip should have been longer or number of cities less.

Buses/Transportation was rated very high with some concerns over “staying on time.”

Fun, Entertainment and Local Shows: Almost everyone had fun on this trip with 96% rating from Good to Excellent, with 60% Excellent. Local shows were also highly rated.

Time Allotted to Each City: It was not rated high as most believed less time was allotted in each city especially. About 25% rated it 5 and 75% rated it Fair to Good (3 & 4).

Length of Trip: Majority (about 70%) think that length of the trip was appropriate (ratings of 3-5) Some comments suggest that trip should have been 3-4 days longer than this. Due to length of the trip and number of cities, sightseeing was very tight. About 6% rated it poor (1).

CME: CME received “Excellent” rating from 90% and 9% very good. None responded poor or fair. CME times was a concern by few attendees.

Some additional comments:

- *The best International Trip so far *Very well organized *Memorable Trip
- *So memorable, will never miss any more trips in the future *Khuda Karey Ye Program Sadaa Jaari Rahei
- *Don't Just sit at Home, Take APPNA International Trip *Geo APPNA *International Trip Zindabaad
- *APPNA brings the best value in travel, sightseeing and educational programs
- *Bravo planners *APPNAY Jannat Mein *imply Excellent!!!!!!!

by Aftab Ahmed



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Is Social Media Important
to Your Medical Practice?

Presented By: **socialmpresa**
THE SOCIAL COMPANY

Is Social Media Important to Your Medical Practice?

You should ask yourself as a physician whether you need to use social media or have an online presence in order to connect better to your patients. As a manager of a small business, you need to understand what social media is, but also how it influences patient or customer behavior in choosing a physician or dentist. What Is Social Media? The best way to define social media is to break it down. If media is a means of communication, like a newspaper or a radio, then social media is a social instrument of communication. In today's Web 2.0 terms, this will be a website that gives you information, but also interacts with you while giving you that information. Social media is a two-way street that gives you the ability to communicate. Digital media simply refers to audio, video, and photo content that have been encoded. There are also social photo and video sharing sites where users interact by sharing photos or videos and commenting on each other's submissions. So how many Americans actually participate in social networks? A whopping sixty-nine percent of the US population uses social media networks regularly and of those sixty-six percent use Facebook daily. A remarkable eighty-two percent of small businesses use Facebook to create a fan base and reach new customers.

How Can Social Media Help Physicians?

People are selecting physicians and dentists by googling their business websites or reading patient reviews on sites such as Yelp. Pew Internet & American Life Project reported in its February 2011 Health Topics report that 44% of Internet users look for information about physicians and other health care professionals online. That number was even higher (51%) for Internet users between the ages of 34 and 45 years.



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Not having an online presence can hurt your practice in the long run. You may be a fantastic physician with many awards, publications and an impeccable bedside manner, but without an online presence prospective patients will not know about you. Because medicine is very personal, people want to know more about a physician before they make an appointment.

Customer Service

In today's marketplace, it is a fallacy to assume that you will have repeat patients based on the services presently provided. Loyalty and trust have to be cultivated continuously and can be easily destroyed with one negative comment on a social media site. Participation in social networks is becoming an extension of the patient-doctor relationship. Sixty-one percent of patients say they trust information posted by physicians on social media. Social media enables physician to find out with little effort, what their patients care about. Social media also provides a channel for positive feedback from patients.

Patient Feedback

Responding quickly to negative comments and complaints is important. If patients are unhappy with the level of care they received, it is fairly easy for them to set up a Facebook page to criticize a physician or dentist. Even though specific details should be kept offline, practices can rapidly respond in public with an apology and offer to correct the situation. When social media users see that a problem is being handled right away, they come to realize that customer service is taken seriously.

Mobile Marketing

Fully forty percent of cell phone owners use a social networking site on their phone. Women, young people, minorities, the highly educated and those with a higher annual household income are more likely to use social networking sites on their phones than other groups. Location based services, such as Foursquare, Gowalla, Where and Facebook Places, use the geolocation functionality of a mobile phone or smart phone to provide people with information and entertainment in their particular location. Physicians and dentists can also use location-based services to tap into that on-the-go market by producing special offers, making it easy for prospective patients to locate them and spread the word about their practices.

See The Ripples

Social media holds enormous potential to disseminate information and provide added value to physicians and their practices. Although a small physician practice might not have the manpower to manage social media efforts, they can quickly act on information due to the smaller number of people making decisions. Furthermore, small businesses have the option of outsourcing their social media and online marketing to qualified and affordable social media services companies. If you are dabbling with the idea of using social media for your practice, go ahead - dip your foot in the social media pool and you will be surprised by the ripples it produces.

About The Author

Nabeela Khatak grew up in the APPNA community and was one of the original founders of the Youth Forum and SAYA. She is presently a managing partner at SocialMpresa. If you wish to learn more please visit SocialMpresa at www.socialmpresa.com. You can also contact Nabeela at 202 210-7803 or nabeel.khatak@socialmpresa.com.





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Scholarship Committee Report

Dear Colleagues and Friends,

It is my pleasure to introduce you to the APPNA Scholarship Fund, established to provide scholarships to deserving medical students receiving their medical education in Pakistan.

Recently, a fellow Physician who wishes to remain anonymous, has pledged to match up to \$1,000,000 of funds donated to the APPNA Scholarship Fund. Contributing to this fund allows each of us an excellent opportunity to attempt to repay our debt to our Alma Maters.

The Scholarship Program was unanimously approved during APPNA Executive Council Spring Meeting in New York. The salient features are briefly listed:

The Scholarship Committee will maintain sub-accounts for each component Alumni Association, i.e. an account for each Pakistani Medical College represented at APPNA.

The number of scholarships for each medical college is dependent on the contributions of that institution's alumni.

All monies collected will be deposited and subsequently invested in a newly established and specific APPNA Scholarship Account. The Scholarship will be paid out of the income and appreciation of the fund, allowing it to remain perpetual.

A minimum of \$10,000 is required in the sub-account to receive one scholarship.

The pledge from our colleague is generous and selfless. But its success hinges entirely on the generosity of the entire Alumni body. Let us accept the challenge to raise \$1,000,000 to support the bright young men and women studying Medicine in Pakistan.

Please donate generously to this worthy cause by visiting the website at www.appna.org or print the pledge form to make your payment by check or credit card.

Sincerely,

M. Masood Akbar, M.D.

Chair - APPNA Scholarship Committee

Co-chairs - Ghitem Oadir, M.D. and Sajid Mehmood, M.D.



Dear Fellow Pakistani Physicians,

When I was growing up in Jahania, I had a classmate that always seemed to be one step ahead of me. In grammar school, he caught on to new concepts a bit more quickly than I. In high school he got a few more points on key exams.

In college, he was my roommate. By this time, I had nearly caught up with him scholastically, but there was no doubt that he was simply the brightest of our group of friends. When we both decided to become physicians, we were proud to achieve high enough scores to be accepted to the esteemed Nishtar Medical College program.

Like you, I worked hard, graduated from Nishtar, moved to the United States and am currently a respected psychiatrist in Dearborn, Michigan. I feel very fortunate. My education not only changed my life it also made a huge difference in each and every member of my family. I also became a role model for my village. This is not unique to me, I believe each and everyone of you have this or even a better story to tell because of your medical education.

My roommate, however, regardless of his excellent grades and acceptance to Nishtar, had a different outcome. He could not afford the tuition. His family did not have the means, and there was little accessibility to any scholarship funds. He did not attend medical school at all.

On a recent trip home, the magnitude of this twist of fate hit me as I learned that his life had taken some dramatic turns after college. Today, I'm told he is homeless and unwell.

I share this story with you because we, as members of APPNA, have been given a very exciting opportunity to ensure



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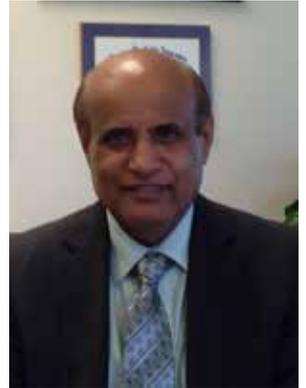
that every student who has the abilities, grades and intelligence to be accepted to Medical College is able to attend. No student should be left behind.

You can help make this happen. We have recently heard from a generous physician who has offered to match every dollar that we raise for the Scholarship Endowment Fund, which is based 100% on financial need. Dollar for dollar, up to 1,000,000 dollars.

In order to avail this opportunity APPNA has established a Scholarship Endowment Fund. It is going to be professionally managed and overseen by a standing committee. Only the earnings will be utilized for funding of the scholarship. It would make the scholarship perpetual. The donor has already given the seed money and he will keep matching as we raise the funds.

Please join me in this effort to bring the best and brightest, and to help deserving students realize their dreams of entering the medical field. Whether you are able to donate a small sum or a substantial amount, your gift will double in value through the generosity of this program. If you are having any second thought due to some financial constraints may I suggest to please not go on an international conference and donate that money to this program. The donor has given us 2013 and 2014 to get the match.

Please make your (tax deductible donation) check out to APPNA Scholarship Fund and mention the name of the alumni you want this money to go to and mail the check to: APPNA, 6414 S. Cass Avenue, Westmont, IL 60559-3209



*Ghulam Qadir, MD
Co-Chair APPNA Scholarship Committee*

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APPNA/PPS Clinic Report

Since 2008, the APPNA Clinic has been serving area residents out of its Westmont, Ill, offices every Saturday from 9 am to 1 pm. Patients cross gender, racial, religious, ethnic and socioeconomic lines. They seek comprehensive healthcare, which the Clinic provides at no cost, because they cannot get it elsewhere. For a variety of reasons, APPNA Clinic patients find comfort in seeking treatment there, perhaps since they do not need health insurance to receive care, or simply because they find they are always treated with respect.

The Clinic staff includes physicians, students and a phlebotomist, all of whom donate their time on a volunteer basis. The goal is to offer healthcare beyond screenings and occasional vaccines, taking the APPNA Clinic's offerings from simply helpful to fully comprehensive. Patients who visit the Clinic can receive a variety of services, covering needs such as physical evaluation and treatment, prescription medication. More specialized care, including social services, patient counseling, and ophthalmology services, are also available.

In addition to on-site services, the APPNA Clinic maintains a broad network of specialists who see referrals from the Clinic at no cost. Also, relationships with area hospitals give Clinic patients access to low-cost laboratory and imaging services.



So far, the APPNA Clinic has served over 2,000 patients and only continues to grow. Thanks to APPNA, newly renovated clinic will be able to accommodate the patients' increasing needs. Future plans include Dental services, as well as specialty clinics dedicated to specific concerns. We have hired a physician assistant to extend the scope of services and hours to accommodate increasing patient demand.



The APPNA Clinic is a non-profit organization registered in Illinois and run entirely on individual donations as well as organizational donations from APPNA and PPS. The support of physicians and non-physician volunteers and donors has brought the Clinic this far, and will be paramount to its future success.

A testament to the hard work and dedication of its committed volunteers, the APPNA Clinic is proof that the joined efforts of a community can truly contribute to the greater good.

Respectfully submitted by
Imtiaz Arain, MD
Chair APPNA/PPS clinic 2013.





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**The Golden Jubilee Celebrations of the College of Physicians and Surgeons
Karachi, Pakistan, November 2012
S. Tanveer Rab, MD, FACC
Interventional Cardiologist
Emory University School of Medicine
Atlanta, Georgia**

In November 2012, three academic Pakistani-American cardiologists and APPNA/APCNA members, including myself, were privileged to be invited by the College of Physicians and Surgeons of Pakistan (CPSP) to represent the American College of Cardiology (ACC) as International Fellows to the joint meeting between ACC/CPSP and ACC International. The citation below is from the ACC website Cardiosource, under ACC International:



ACC Participates in Historical Pakistani Congress

Three Fellows of the American College of Cardiology (FACCs) represented the ACC at the Golden Jubilee of the College of Physicians and Surgeons of Pakistan (CPSP) held from Nov. 9-11 in Karachi, Pakistan. Since its inception in 1962, CPSP has trained over 19,000 medical professionals from all parts of Pakistan. In its 50 years, the CPSP has become a national symbol of unity and achievement with its diverse student body, extensive regional offices, and consistently high standards. In order to celebrate the success of the CPSP, the CPSP and eight official partners, including the ACC, organized the largest medical conference ever hosted in Pakistan. The conference included 4,500 physicians representing 24 nations participating in the three-day conference, and all 47 workshops saw over 2,000 attendees. Given the positive feedback from this event, the CPSP and ACC are eager to continue collaborating on future educational programs.

The ACC delegation to Karachi consisted of:

Syed Tanveer Rab, MBBS, FACC
Mushabbar A. Syed, MBBS, FACC
Khusrow A. K. Niazi, MBBS, FACC

On November 10, 2012, under the beloved leadership of the ACC/Pakistan chapter Governor, Professor Azhar Faruqui, we participated in didactic sessions in Interventional Cardiology, Peripheral Interventions and Cardiac Imaging at the CPSP. In the afternoon there were "Live Case Demonstrations" at the National Institute of Cardiovascular Diseases (NICVD).

We were involved in extensive discussions with the academic faculty at CPSP and NICVD, many of whom were US trained, to develop a structured cardiology program, including specialist certification at the CPSP in Cardiology as well as subspecialty certifications in Interventional Cardiology and Cardiac Imaging. Recommendations were also made in the structure of the examining body and qualifications of examiners, procedure logs and appropriate procedure numbers to qualify for the exams.

We were satisfied with our visit and honored to represent the diaspora of Pakistani-American Physicians.



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Arif Agha, MD
Chair Office Management
Committee 2012

It was in the spring of 2004. I was a member of the Office Management Committee interviewing candidates for the position of the Executive Director of APPNA. We were sitting in a make shift conference room equipped with a kitchen style conference table. The walls were studded with the garage style shelves. We were surrounded by bulky boxes, a cumbersome copier and a flood of folders. One Indian-descent business executive walked into our door-less room with a curious look on his face. He took a pause, settled into a chair and glanced around. Very sarcastically, he asked “Is this really your office?” In all honesty, as cynical a comment as it was, it reflected the reality. For many years, this question haunted me every time I visited the APPNA office.

In 2012, when Dr. Saima Zafar asked me to chair the central office, I noted that the office had improved ever so slightly in the years since. During this time, additional space had been added through the purchase of an adjoining condo, but the entire developments had been made by handymen. Bathrooms were small and ADA noncompliant. This situation was even exacerbated with the fact that an APPNA Clinic ran on the premises with non-handicap access. Wires were hanging loose and exposed. In a nutshell, the façade was not in any way commensurate with a physician-run organization.

During my training at the Mayo Hospital Lahore, a professor of surgery indoctrinated us to dress well. We were not allowed to attend wards unless our hair was groomed, white coat was starched, and shoes were shining. We were told that we must look like doctors first to gain the trust. The APPNA office did not reflect any of those characteristics. It needed a serious makeover to enhance its curb appeal and to become as professional as the organization it represented.

Office Remodeling:

At the 2012 Spring Meeting, the council graciously approved the renovation budget contingent upon proceeds from the Summer 2012 Meeting. The remodeling work started in December of 2012 and occupancy permission was granted in April 2013. A picture is worth a thousand words. Below is a before and after rendition followed by a gallery of new office.

APPNA’s new office is equipped with corporate style reception area, state-of-the-art conference room, and technological facilities to web stream meetings. High-tech audio-visual gadgetry allows video-conferencing between the EC and APPNA staff. The bathrooms are ADA compliant. A small executive kitchenette adds form to function. The clinic is renovated to match any private medical office.





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Virtual Office:

Since the early 2000s, most of the world had moved to a paperless and electronic society. However, APPNA was still struggling with keeping up in 2012. As a result, the Office Management Committee 2012 developed membership and meeting management integration on a web based portal. CME programs were placed online with the facility to obtain instant certificates of credit. VOIP phones were installed. Accounting and banking are now electronic. And last but not least, even APPNA Free Clinic has recently started electronic medical records.



Qualified Staff:

Although the high school educated staff served the needs of APPNA for many years, it was not ready to switch from paper to paperless. The new APPNA staff is highly qualified with degrees such as JD, MBA and BBA. These improvements have certainly enhanced the quality of work and membership experience.

Paperless Meetings:

With the advent of the virtual office, the use of technology and the help of capable staff, APPNA was able to run the Fall 2012 Council meeting in Chicago completely paperless. If a meeting of 500 attendees can be made paperless, the same can be multiplied for 4,000 attendees during the summer meeting.

New APPNA: Reflections

APPNA has established itself as a strong organization. There are many things that this Association can and must do. The first and foremost is the continuity of the central office's pivotal role in all management issues. Whereas most committees are autonomous in their projects, their mandatory coordination by the central office will be beneficial to the integrated outcome of endeavors.

APPNA leadership should focus on grooming future leaders. There are a large number of capable members in the organization who are unwilling to come forward to serve in leadership capacity because of the stigma of APPNA politics. It is time to do away with politics!

For the last three decades, the focus of APPNA services has been the projects in Pakistan. It is time to switch gears. There is a lot that needs to be done for our community in the United States. Towards that end, establishing free health clinics is an appealing concept. As the Illinois Chapter President in 2007, I helped lay the foundation of APPNA Free Clinic in Chicago. There is a need to establish at least one such clinic in each state across the country.

Another project that APPNA should take is to promote the medical education for young students in the United States. There are many aspiring students in the US who are not able to enter medical school due to the less than optimal grades or lack of sufficient financial resources. APPNA can take two actions. First, APPNA should collaborate with medical colleges in Pakistan for admissions of US graduates. Such students should do their basic sciences education in Pakistan at low cost. Second, APPNA should establish an APPNA Hospital in the United States. This facility should accommodate the aforementioned students for their clinical rotations. The same hospital should then provide residency and fellowship training to this group. The long-term results of this exercise will be exponential. It will increase the number of Pakistani-descent Physicians in the US, enhance APPNA membership with US born graduates and contribute to the financial strength of the Pakistani community in the US.

To foster scientific development, APPNA amongst other things should develop epidemiologic models and cross sectional studies to explore common disease patterns in immigrant Pakistani-descent community living in the US. This should be compared to the age-matched peers in Pakistan. Such studies have been reported for many other nationalities. As a byproduct of this endeavor, many young physicians and fellows in training will get an opportunity to publish meaningful data that will improve medical care of our ethnicity. A Research & Education Endowment Fund (REEF) established in 2012 may provide funding for such projects.



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Strength of an organization lies in its membership. Fewer than 25% of Pakistani-descent physicians in the United States become members of APPNA. The association must allocate resources to enhance membership and attempt to reach the critical mass of 5,000 members sooner than later. United, there is little that we cannot do. Such strength can bring breadth for a host of cooperative ventures, as well as, recognition by local, national and international governments. We have already witnessed growing recognition by the State Department and the White House in the last couple of years.

Philosophy of Service:

Having served APPNA for more than a decade in various capacities, experience has taught that one does not need to hold an elected office to bring positive change to an association. Serving selflessly requires taking personality out of the equation. Believing truthfully in a cause and then delivering against all odds of oppositions is in essence the true service.

Passing the baton:

In the end, as I walk away from the scene, I feel leaving APPNA better than where I joined. It was quite a rewarding experience. I will cherish the memories of many friendships made during this journey. It is time to pass the torch to the next generation of enthusiastic volunteers.



I would like to express my gratitude to Dr. Saima Zafar, president APPNA 2012, and the members of the Office Management Committee 2012 (Drs. Javed Imam, Aftab Khan, Aisha Zafar and Mansoor Alam) for their support and dedication in delivering the new APPNA. Special thanks are due to the current management, Dr. Mansoor Alam, Office Chair 2013 and Dr. Javed Suleman, President APPNA 2013 for their cooperation.



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Report of APPNA South Central Pennsylvania Chapter

I represent the South Central PA Chapter of APPNA. I would like to report two things for the APPNA summer publication.

South Central PA Chapter has the distinction of being the first (and only - so far) Chapter of APPNA to successfully start a Food Pantry in our region. We teamed up with our Islamic center, ISGH with tremendous success. Another first is our participation in the Adopt-a-Highway program for the last 4 years.

Both these endeavors show our commitment to be part of and help our communities.

Attached are photos for both.

Please let me know if you have any questions.

Zahid Khan, MD

President, South Central PA Chapter





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Dow Graduate Association of North America (DOGANA) Report

Dear Fellow APPNA members,

I am very privileged and honored to be part of this great organization we call DOGANA, which is now the biggest alumni organization from Pakistan.

This is an exciting year for DOGANA on many fronts. Our main focus has been young physicians and DOGANA. All Dowites have been working hard to tackle any issues pertaining to them.

We believe they are our lifeline and our future. Our support is not just limited to residency search, but also includes training for residency interview, support for visa, J-1 related issues, as well as, financial support of deserving candidates. We have a very vibrant Young Physician committee under leadership of Dr. Zaffar Iqbal who is working very diligently on visa related issues.



We also have our first ever DOGANA educational committee. It is chaired by Dr. Azeem Qureshi and focuses specifically on issues related to DMC medical students and young graduates.

Much excitement has been stirred in response to our DOGANA visiting faculty committee, which is under the guidance of well-accomplished Dowite Dr. Ali Imran Musani. Their first symposium will be in Pakistan this fall for the transfer of skill, technology and educational material. Dr. Naseem Shekhani chaired publication committee and has already published the introduction of the Central Council along with an extensive spring retreat publication. Our third publication should be coming out during the summer meeting. We had one of our largest and most successful DOGANA spring retreats this past March in Houston, TX. Dr. Shagufta Naqvi and her team

organized this meeting and they did an excellent job of making it an exemplary and gold standard for the spring retreats. It was a 3-day event, with a robust CME program. One of kind and first ever forum on Young physicians where the speakers addressed issues pertaining to them. It had a very exciting APPNA candidate debate, which has become a signature DOGANA event.

There was an excellent entertainment program on Friday with first ever DOGANA idol in which the Dowites shared their singing skills, along with a great and a well-attended Mushaira by great Indo-Pak poets that evening. On Saturday night there was a musical evening with famous Pakistani singing icon Fahkir. Furthermore, the meeting allowed for good times to be spent with old friends, which is always priceless. I would like to thank our Board of Trustees who have been a resource for guidance and our support. We are still waiting on approval of our 501-3 (c) application. Last but not the least, DOGANA has great potential and will continue to be a main and one of the largest alumni supporting APPNA and will continue to come up with constructive novel ideas for improvement of fellow Pakistani physicians and medical students.

Long Live DOGANA Long Live DOW
Sajid M Zafar, MD. President DOGANA 2013



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The Leader

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And heavy handed goodness
If you can impress us, inspire us
And work to better the human condition
Come lead us to a better tomorrow
If you can see the big picture
Of the human race, of humanity
Of this world, this universe
Of our shared future, our common destiny
Come lead us to a better tomorrow
With ideas, integrity, ideology
For peace, progress, prosperity
And education, welfare, dignity
With lessons learnt from history
Come lead us to a better tomorrow
If you can bring out the best
In your opponents
For a bigger cause
You are my leader
Come lead us to a better tomorrow
If you can fight wars
Of suffering, illiteracy, poverty
And battle tyranny, terror and transgression
With education, enlightenment and opportunity
Come lead us to a better tomorrow
If you are responsible
A reluctant aggressor
Respected by friend and foe alike
And a compassionate visionary
Come lead us to a better tomorrow
A leader of the weak, the sick, the indigent
Calm, courageous, courteous, confident
A leader from the masses, for the masses
Listens before talks, delivers on promises
Come lead us to a better tomorrow
A leader not afraid to apologize
Aware of our imperfection
Builds nation through character
And same set of laws for everyone
Come lead us to a better tomorrow
Are you comfortable
Being kind over bold, just over strong
Can you laugh, can you dream
If you are all this and more
Come lead us to a better tomorrow

I understand, that you are only as good
As I am a citizen
But I expect more from you
Than I am willing to do
So come lead us to a better tomorrow
Will this leader of people
Please step forward
To save us, from ourselves
Before we self combust
And take us to a better tomorrow

by Arif Ahmad



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Skin Whitening/Lightening

by Ayyaz M. Shah, M.D. - Dermatologist

The universal desire to have a fair and light complexion has been present since the beginning of time. Even in the United States, Dr. Martin Luther King Jr. fought for equal rights and treatment for people with darker skin color, he was unfortunately assassinated for his valiant efforts.

There is a general consensus in most societies that fair and light colored skin is much more attractive than darker colored skin. As one browses through various magazines, listen to the radio or watch television commercials, one will see an overwhelming number of advertisements to lighten, brighten or whiten the skin. The general message that all of these ads are attempting to convey to their target audience is that having fair skin color will make you look more attractive, will open up opportunities in your personal and professional life.

It has been shown repeatedly that if two women apply and interview for the same job, and one has dark skin and the other woman has lighter or fair skin, the woman with fair skin usually ends up being hired for the job, even though the darker skin colored candidate may have been much more qualified. With regards to marriage, a fact that most of us are familiar with, especially in Pakistan that a potential bride is considered much more attractive and is much more likely to get many more marriage proposals than a girl who has dark skin color.

Due to reasons mentioned above, skin whitening is frequently performed. Skin lightening/whitening is a multi million dollar industry. The greatest number of people desiring to lighten skin are in Asia and Africa and majority of the patients are women. One of the leading countries who is involved in this skin lightening epidemic is Pakistan.

Many of these will women are willing to lighten their skin at any cost. Since it can be expensive to visit a qualified Dermatologist or skin care specialist, most of these women will buy skin whitening products from the local (over the counter) store. These skin whitening products can be in the form of creams, lotion and bars of soap. Some doctors are even doing intravenous skin whitening therapies with a substance called glutathione in their offices in Pakistan.

Many of the otc products are unregulated and dangerous. One of the best skin whitener ingredients in most of these creams is mercury. It is very cheap and if your only goal is to lighten your skin color, it will be

very effective. However, Mercury is a heavy metal and is considered "toxic waste". The use of Mercury is illegal for skin whitening and the maximum amount of mercury which is allowed in any product is 1 part per million (ppm). One such product that contains very high amounts of mercury, greater than 30,000 ppm by one report is Stilman Bleach Cream which is widely available in Pakistan and is also quite inexpensive.

There are dangers, however with the use of mercury laced creams and these include mental retardation in children, renal failure and even death with widespread use and systemic absorption. As mercury get secreted through breast milk, if a woman is breast feeding and is also using mercury based skin whitener, the mercury goes into the body of the baby via breast milk and has a strong affinity for the brain and then crosses the blood-brain barrier and continues to accumulate in the brain and eventually causes brain damage and mental retardation. The other main side effect of Mercury based creams is kidney damage possibly leading to kidney failure. With large amounts used to lighten the entire body, systemic absorption may cause untoward serious and dangerous side effects which may be prove to be fatal.

Other skin whitening creams which are also being used are strong topical corticosteroids such as clobetasol which can cause striae, cutaneous atrophy, acne/rosacea, hypertension and potentially HPA axis suppression.

Hydroquinone is also a very popular skin whitening agent. It is illegal in most parts of the world and is banned for use in most countries, It is still available in the United States. Due to concerns of potential carcinogenicity and paradoxical hyperpigmentation (ochronosis) from long term use of hydroquinone, it is banned from use in many countries.

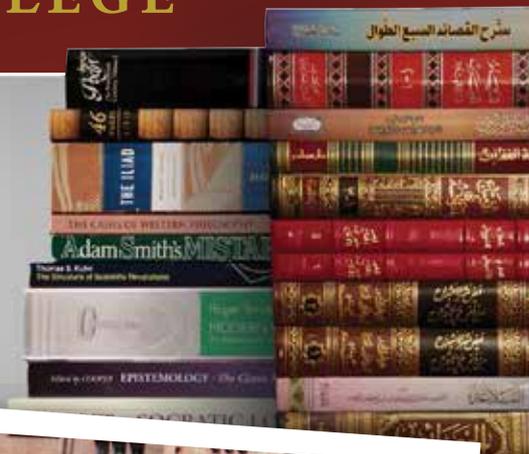
We as physicians need to educate our patients with regards to use of these type of skin lightening creams. Only with a concerted effort with our media partners can we make people aware of the potential dangers and side effects of these skin whitening creams. The other part of the equation is that women will continue to use these creams, however the medical community, pharmaceutical and cosmetic industry need to come up with better alternatives than the ones we currently have available so women and children don't continue to suffer.



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Polio Eradication in Pakistan

Pakistani-American community of Greater Atlanta with help of GA-APPNA raised \$61,000 in donations to eradicate Polio in Pakistan. Funds were delivered to UNICEF Pakistan, with UNICEF SE region commitment that entire fund will be used to eradicate Polio in Pakistan. Chair of the US fund for UNICEF SE region Mr. Bernard Taylor was chief guest, Dr. Rubina Imtiaz Associate chief program integration and system strengthening at CDC was key note speaker, and Dr. Farid Qazi, secretary of APPNA was special guest of the program.



Dr. M. Yaseen Abubaker

Chair Polio Eradication Committee APPNA



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Report of APPNA Florida Chapter

A very successful APPNA Florida Chapter meeting spring meeting held on May 18th in the beautiful oceanfront city of Melbourne, Florida.

A 3 hour CME which was attended by about 30 members.

A tour of the Cape Canaveral arranged by the host committee.

General Body meeting held in the afternoon attended by about 50 members and Florida Chapter EC.

A very successful dinner and entertainment provided by Dan Nainaan. Dinner attended by about 150 members, families and friends.

Fall Florida chapter meeting scheduled for Oct 12th 2013 in Orlando.



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Irfan Imami, Secretary

Irfan Zaidi, Treasurer

Ayaz Shah, President Elect

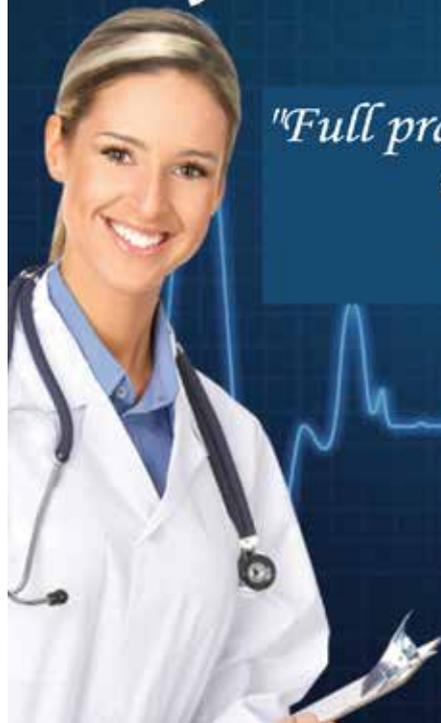
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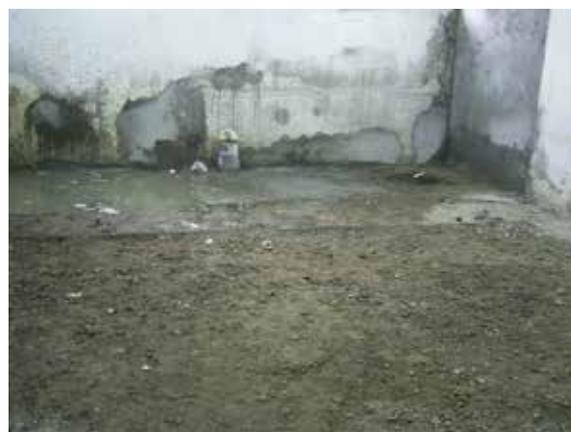


Rawalia Burnt Center

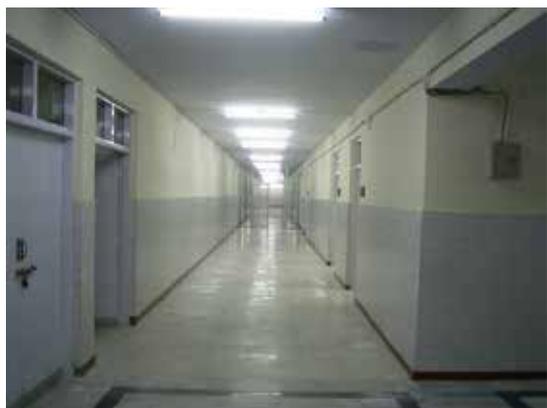
In 2006, a small group of physicians recognized the need for a burn treatment center that would be available to the public in the Rawalpindi/Islamabad area of Pakistan, which had a 73.8% mortality rate for burns, and endeavored to fill that need through a privately funded endeavor. Until 2006, there was no burn center in the public sector in the Rawalpindi/Islamabad area. There were few centers available to the military and/or federal employees, and of course, the private sector. At that time, the mortality rate in the Rawalpindi area for major burns was extremely high at 73.8% as compared to other neighboring countries. Therefore, a small burn center was established by the Rawalpindi Medical College Overseas Foundation (REMCOF) in collaboration with APPNA and the Rawalpindi Medical College Association for North American Alumni (RMCANA).

The space for this facility was provided by Holy Family Hospital in Rawalpindi, which was converted into a burn center with private individual donations, mostly from RMCOF, RMCANA and APPNA. The initial staff consisted of one plastic surgeon, two medical officers, six nurses, and fifteen other staff members. The initial facilities included a burn ICU, a hydrotherapy unit, inpatient dressing rooms, outpatient clinic, library, and a seminar room. A review conducted after two years of operation showed a total of 1,546 outpatients seen, 1,956 consults, 1,610 surgical procedures, and 97 patients were admitted as inpatients, of which 55 recovered and were discharged. These initial results revealed that mortality had been reduced from 73.8% to 36%. At this point, an effort was made to convince the Punjabi government to assume responsibility for this facility, because until this point it had been funded from private donations, and the limited resources were becoming exhausted. After a very long and arduous process, the Punjabi government agreed to assume responsibility for the clinic in 2010.

The basement in Holy Family Hospital which was allotted for Burn Center



The basement in Holy Family Hospital which was converted to Burn Center



The following audit, which was conducted at the 5 year mark, 2.5 years after the facility had been administered by the government, the total number of patients admitted had climbed to 596, of which 365 were discharged, showing a mortality rate of 31%. The total number of outpatients was 8,579, total number of consults 1,038, and total number of surgical procedures was 7,670. These results clearly demonstrate how many patients have been positively affected and how many lives have been saved from the efforts of a small group of doctors who identified a need in a community and acted upon it, and were able to cooperate and involve the local government to the benefit of that community.

Babar K. Rao, MD, FAAD



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Report of APPNA Nevada Chapter

Nevada Chapter of APPNA (NVC-APPNA) continues to grow both in number and stature. 2012 was a special year for the chapter as it hosted the national APPNA spring meeting. Spring meeting was well attended by over 350 participants many of whom flew in from across the country. Venue was the famous Aria resort hotel on the Las Vegas strip. Mr. Rob Nabors (White House's legislative affairs Chief) was the guest of honor along with many local and national Political figures. Singer Saira Naseem entertained the crowd with her melodious voice. The event was full of Vegas style hospitality with free limousine services to area attractions and shopping malls.



In summer the chapter hosted a visit by the former Pakistani Ambassador Dr. Maleeha Lodhi. This was a meet and greet with the local community and the Worlds Affairs Council. Many of the social and political challenges faced by Pakistan were discussed in detail at the dinner meeting held at the "Top of the world" restaurant of the Stratosphere hotel 900 feet above ground.

NVC-APPNA was actively involved in making interfaith connection with the Sikh community immediately after the Wisconsin tragedy with visits by the office bearers to the local gurdwaras.

In January of 2013, NVC-APPNA hosted a Sandy Relief "Glam-Sham" as a fund raiser for the victims of hurricane Sandy. The event was again well attended by the local community and national APPNA office bearers. Fashion designers HSY, QYT, and Rani Emaan put up a fabulous show of glamour and couture. Pakistani and local models embraced the red carpet with dresses that were both modern and creative. The fashion show was followed by music by Ishmeet Narula.

Over all the chapter had a very event full and active year, NVC-APPNA continued its involvement in the philanthropic work including free medical clinics, APPNA health day, APPNA food drive and fund raising for various events.

Rizwan A. Qazi, MD
President NVC-APPNA 2013





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APPNA Legislative & Advocacy Committee Report

The Advocacy and Legislative Committee has continued its various advocacy efforts this year in support of APPNA's advocacy goals. Members of the committee have been in regular contact with Congressmen regarding various APPNA initiatives and have provided support as needed. Most importantly, members of the committee have worked to garner support for the various seminars we have arranged this year. D efforts have been particularly noteworthy in this regard. Also, members of the committee have written letters and contacted key legislators to help with these efforts.

In addition, the following have been accomplished based on the advocacy goals set at the APPNA initial planning meeting in New York this year.



Advocacy Seminars:

1) This year two SEMINARS have been arranged under the supervision of the advocacy committee.

A) "Physician Killings in Pakistan": We organized this seminar at the New York Spring meeting of APPNA. Seminar was well attended and participants which included, Beena Sarwar, Mohd Taqi and Mrs. Isphanani highlighted the issue and educated the audience. A power point presentation of the victims was prepared by the advocacy committee with recitation of Faiz by Zia Mohiuddin. Speeches were followed by general question and answer session. Dr. Javed Suleiman appreciated the work done by the committee in this regard. Organizers included the APPNA Advocacy committee, Drs: Rizwan Naeem and Mohammed Taqi.

B) "Death of Religious Freedom in Pakistan, An End to Jinnah's Legacy": This Seminar is being held at the APPNA Summer convention in Orlando Florida. Participants include, Ali Dayan Hasan, Director, Human Rights watch, Pakistan. Mehlaqa Samdani, journalist. Shuja Nawaz, Atlantic Council and Anwar Iqbal, Director Dawn, as moderator. DOGANA and SMCAANA joined hands with the Advocacy to arrange this seminar. Organizers include, Syed Mansoor Abidi, Babar Cheema, Rizwan Naeem, Farukh Hashmi and Muslim Jami.

2) VISA CLEARANCE OF PGY-1 PAKISITANI PHYSICIANS:

This was most cumbersome and tedious effort by the advocacy committee this year. A total of fifty one requests were sent to us and to date we have expedited forty seven visa clearances. This is the highest number of requests APPNA has received over several years and it is also the highest success rate to date. We met with the state department at Senator Casey's capitol hills office on 21st May, 2013. Our group included President Javed Suleiman, Adviser Syed Mansoor Abidi, Azim Qureshi, Rashid Nayyar, Babar Cheema and Pervaiz Rehman. We were able to reduce the time of clearance from 12 weeks to almost three weeks and in certain cases to even 10 days. I want to specially thank Dr. Syed Mansoor Abidi and Mrs. Rifaat Chughtai for their advice and support.

3) CONRAD 30 Program and Physician Access Act Endorsement: This initiative was taken up by the advocacy committee after we received a request from Dr. Zaffar Iqbal our committee member. Advocacy committee went through the bill and unanimously approved the contents and forwarded it to the President for endorsement. APPNA EC has now endorsed this bill. Advocacy committee will approach APPNA members once this bill is finally presented in the congress for approval. Dr. Ami Bera from California is spear heading this bill and it will be a bi-partisan effort in the congress. This bill will ease many of the restrictions on J-1 physicians and their spouses. Bill was studied by committee members including Drs: Abdur Rashid Piracha, Syed Mansoor Abidi, Zaffar Iqbal, Babar Cheema, Amjad Riar, Tahir Rohail, Pervaiz Rehman, Muslim Jami, Khalid Hasan, Reema Chowdary and Nuzhat Iqbal.



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To be completed:

4) **DAY ON THE HILL:** The date and venue will be decided by the committee after the summer meeting. Legislative issues including Conrad 30 program, the visa clearance etc. will be highlighted during the event.

5) **Advocacy Toolkit:**

Task: Implementation of the Online Advocacy Toolkit. This will be discussed and finalized by the advocacy committee in its next meeting. It will be available on APPNA website for ease of access. It will provide education and guidance on how to approach congressman, write letters to the officials, fundraising and community involvement.

6) **APPNA Internship:** APPNA Advocacy is trying to create a program for APPNA members and community in general where young students and interested young Pakistani Americans can have experience working with the congressmen and their staff.

Talha Siddiqui, MD

Chair, Advocacy & Legislative Committee of APPNA 2013
Fairfax, VA

Advisers: Abdul Rashid Piracha, Syed Mansoor Abidi, Asif Mehmood

Members: Drs: Reema Chowdary, Muslim Jami, Pervaiz Rehman, Tahir Rohail, Amjad Riar, Khalid Hasan, Zaffar Iqbal and Nuzhat Iqbal,

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*Go confidently in the direction of your dreams. Live the life you have imagined.
Henry David Thoreau*

Being raised in this country where stories feed our young fantasy to go out and follow our dreams, achieving one's ideal happiness is something that we're inclined to pursue. Similarly enough this philosophy of that yearning can be demonstrated across different cultures, even if it is not apparent. As a member of a Pakistani household primarily consisting of physicians, branching out to pursue a field outside of their norm was my stepping stone to, as Thoreau puts it, "live the life you have imagined." Although it may not be that life altering, my decision to study in the field of business - marketing to be precise - is how I imagine I will live my dream.



As I enter my final year as an undergraduate at the Rochester Institute of Technology, my journey has shaped me in such a way that no other experience could have accomplished. From the people I have connected with to those who have touched my life personally, I am thankful for those instances and developments of character. Additionally, I am especially thankful for my family and their cultural roots to help foster this growth. I have learned from fellow colleagues that in order to conduct business, one should understand the art of business. Having a deep interest in marketing and entrepreneurship, I honed this interest into producing something that I love: art. It may be that I have always had an interest in enterprising, but creating homemade products - such as revamping household items in order to give them new life or designing greeting cards - has allowed me to merge my hobbies with the tools that I have learned from the classroom and implement them into a real practice. Particularly using my marketing skills, I can define my products to appeal to a variety of potential customers. To accomplish this, the product requires a certain quality that will attract the customers to it. Once that trait has

been identified, I utilize my resources to draw in my target audience, whether this be through traditional methods or generating a connection for my passion through social networks. Again, this is all accomplished through an artistic design, hence why I find art to be such a major factor in business practices.

From the classrooms to my colleagues, the experiences I have garnered thus far here at the RIT have given me the opportunity to practice my skills, and fuse them into something I am passionate about. I strongly believe that without art, business would not have any true drive. That is why as a potential entrepreneur, I aspire to continue in marketing in order to see my success grow.

Thankfully, the successful degree program I am pursuing blends both art and business together effortlessly. I appreciate this most about RIT, and the fact that they nurture and help develop the students' innovative ideas. With such a program in stock, this university is the most ideal for me to take advantage of such a marvelous opportunity. However, higher education alone cannot take all the credit for the bright future I strive to achieve; with the help of my supportive parents whose worldly perspective influence my goals, I am determined to succeed.

Therefore as young leaders, no matter what field we study, we should "go confidently in the direction of your [our] dreams" and follow our passions.

*Aksha Asgher
New Media Marketing
Rochester Institute of Technology*



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strange patterns

Zeba Hasan Hafeez



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HDF has also has extensive local disaster management experience due to its work during the 2000 Drought, 2005 Earthquake, 2009 Internally Displaced People (IDP) crisis, and the 2010 and 2011 Floods. Post flooding, HDF has an extensive rehabilitation plan focusing on creating sustainability within the villages destroyed by the floods. Over a three year period, HDF built self-sustained "model villages" which allowed the inhabitants to return to a form of normality.



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HDF's recent successes include receiving grants from Food and Agricultural Organization of the United Nation (FAO), United Nations Development Programme (UNDP), Department for International Development (DFID), USAID, and Faysal Bank as well as winning Environment Award 2012, and a certificate from Minister of Industries and Commerce, Government of Sind in recognition of our efforts in Sustainable Environment. Furthermore, HDF has received certification from Pakistan Center for Philanthropy (PCP). The evaluation parameters of PCP includes: Internal Governance, Financial Management and Program Delivery. HDF is one of the few organizations to receive highest score. This reflects HDF's expertise and integrity in providing humanitarian services, and is in further assurance that your donations to HDF are being utilized in the most meaningful and efficient manner possible. We are proud to have such an outstanding team working in Pakistan.

Here is an overview and few highlights about HDF's 5 programs:

Education:

Literacy and education are the most fundamental pillars of society. We are proud to share our recent success under our Education Program. We are championing an innovative initiative, Digital Study Hall (DiSH) Project to improve the quality of education in HDF schools. Video lessons are shown to students in targeted schools with the purpose of achieving enhanced learning outcomes. The DiSH project has received funding from UKaid, from DFID through the Ilm Ideas Program managed by DAI.

HDF also received a prestigious grant from USAID's Citizen's Voice Program to implement a nationwide project, "Advocacy Campaign for Education Sector Reforms in Pakistan" in the Districts of Punjab, KPK, Balochistan, & Sindh. This is an imperative platform for developing HDF's advocacy program for "Secondary School Education for All."



Shazia Bashir completed her Matriculation from HDF school in Bugna and now studying B.Sc. Mechanical Engineering at Mirpur University of Science and Technology MUST).

Economic Development



Livestock sector developments aid in alleviating poverty (HDDF-FAO Initiative)

HDF targets underprivileged and impoverished communities with an income level below the national poverty line. HDF's economic development program enables individuals from these communities to improve their technical skills and expand small enterprises through micro-finance and joint ventures. In order to introduce modern agriculture practices in HDF program areas, HDF is implementing tunnel farming in Mardan in partnership with PEACE. HDF also signed MOU with southern Punjab based organization BAQA for promotion of modern agriculture practices in Rahim Yar Khan Region.



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Health:

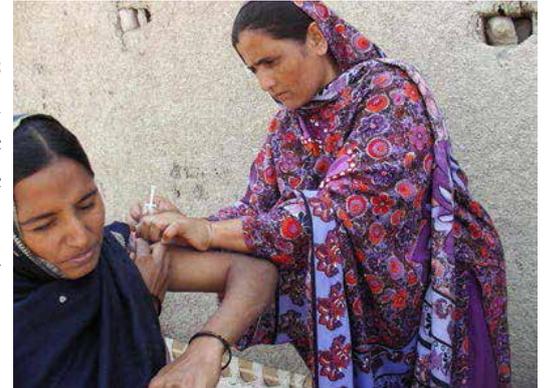
Since its founding, HDF has focused an extraordinary amount of its resources on improving the level of health care in Pakistan. This program has three integrated components: 1) Preventive Health Care; 2) Curative Health Care; and 3) School Health Program. HDF's maternal healthcare program provides community-based education and family planning, which have significantly reduced Maternal Mortality rates in program areas by over 46%.

Sustainable environment:

HDF has partnered with communities to complete over 919 physical infrastructure projects, including building of sustainable and safe drinking water systems with delay action dams, hand pumps and tube wells, link roads, solid waste disposal, irrigation projects and agricultural pest management.

Social mobilization:

Social mobilization is the cornerstone of HDF programs. It is the process of empowering local communities at the grass roots level. One of the activities led by the SM section includes collecting data about out of school children from all households in HDF program areas. Using this data the HDF team on ground is ready to conduct enrollment campaigns. Children will be enrolled in the start of new academic session starting August 2013.



We've collaborated with UNICEF & Expanded Program on Immunization to endorse the use of vaccines to protect against diseases.



HDF Chairperson Dr Atiya Khan during her recent visit to HDF's Mardan Region.

Thanks to our partners and supporters around the world, and through continued investment, innovation, and collaboration HDF continues to grow and make a difference in thousands of lives.

We are ever so grateful for the partnership and relationship we have developed with APPNA. With this partnership, we have been able to continue our development and implementation of our programs. This has included joint projects such as Hepatitis Awareness Campaigns, building Community Health Centers for primary and preventative healthcare in marginalized communities. In 2010, HDF and the national office of APPNA collaborated to create a "Misali Basti," or model village, over the span of three years in Samar Bagh, a flood-affected village in Mardan. The goal is to create a self-sustaining village that will include:

- Better housing and physical infrastructure
- Sanitation facilities and solid waste disposal
- Schools and Recreational and Health Facilities
- Communication hubs and locally generated renewable energy such as solar panels

Three year later we made significant strides and reached all our milestones.

HDF is working towards building a prosperous Pakistan. We hope you'll help us build it. For more information about our programs or if you would like to make a generous donation please visit www.hdf.com.

Submitted by: Ms Fakhia Rashid

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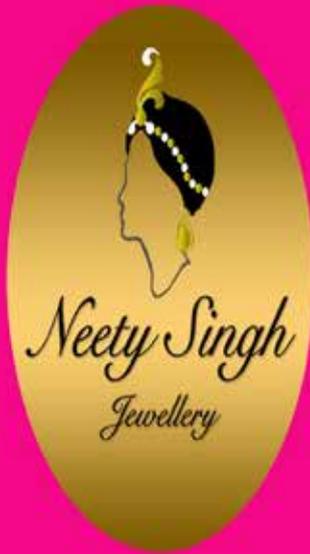
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APPNA Research, Education and Scientific Affair Committee (RESA) Report

Dear APPNA members,

It's a pleasure to serve you as chair for this prestigious APPNA committee. I would like to remember and pay tributes to my mentor and brother Dr. Raza Dilawari who I served with in the RESA committee for many years. He is not with us now, but he will always be remembered by APPNA. I would also like to thank my predecessor Dr. Ayaz Samadani who serves as a valuable advisor for this committee; and all RESA committee members for their time and efforts to keep improving this APPNA academic program.

This year our first task was to submit the Accreditation Council for Continuing Medical Education (ACCME) report on March 29th, 2013 which was done diligently to continue our accreditation. Next task was to sustain expenses and keep adding to our RESA endowment fund. Lastly, committee raised Continuing Medical Education (CME) application fee to \$300.00 and certificate fee to \$15.00.

This year we have already conducted one international meeting, APPNA Spring meeting and many chapters and alumni meetings successfully. Our summer program is already finalized and distributed to the membership. We have also updated our honorarium policy to accommodate high-quality CME speakers and be in accordance with ACCME guidelines.

So far this year, we have highest number of CME registrants in any APPNA Spring or Fall meeting and after paying our expenses we were able to contribute more toward the RESA endowment fund. We are looking forward to an excellent summer program where for the first time we are introducing three hands-on workshops. We are planning to webcast all CME lectures which will be taped for future reference. Overall this is the best year in APPNA history so far for RESA activities. I want to thank the local CME committees and RESA committee members once again.

Let's work together as coming together is a beginning. Keeping together is progress. Working together is success. ~Henry Ford

*Dr. Rizwan C. Naeem
RESA Chair 2013*





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Land of the Pure

Maham Ahmad

This is the story of a country born for us Facing so much hell right now it should cause an uproar in us With corruption and murder, a heart they tore in us Chaos and tears are a warning for us, it's war for us

Pakistan the letters P-A-K-I-S-T-A-N The country the whole world seems to misunderstand

In such a state Quaid-E-Azam hadn't planned
It's hell's command, it's like a Klu Klux Klan against the grand
Against the sensible man Just look at the streets,
there's a boy with the purest heart He sits on the sidewalk waiting for prayer to start He had to drop school even though the teacher said he was smart He needed to help his father or his family would have to depart Nothing's going right but he doesn't know who to blame

He tries holdin' back the tears and holdin' back the shame He hears the azaan and its echoes, the tones so harmonic But behind that he sees a disease, a plague bubonic He walks into the mosque, shoes off, does his prayers He tries to keep some hope in a world where no one cares But then a bomb detonates, he was completely unaware The senses of the people permanently impaired

Imagine someone who was simply kneeling down to pray It wouldn't cross his mind that it was gonna be his last day Life flashes in seconds, Geo News got his face on display But no news coverage could bring the 9 year old back, no way No hooray, no bouquet, just a normal delay His family's life in disarray, it's a battle everyday.

The situation heard so many times it's almost cliché Life never fed the boy a decent meal, death was his entrée How could these people be so heartless, so thoughtless What are they tryna prove, killing innocent regardless Why are they sending people with potential into darkness Why are they destroying a country that was once so gorgeous Our country needs a change, something enormous .

There was a girl y'all prolly heard of, her name's Malala My role model, an inspirational persona Day to day fighting for education despite the trauma Despite all the odds against her she does what she wanna She believed every child had the right to an education Without it they'd lose their minds, go into desperation.

The best way is to teach the up and coming generation That holding a gun isn't the only occupation Malala was shot returning home from a school bus This proves the country has of violence a surplus It causes disgust, we cause a fuss, 'cause we must.

Don't let a golden country like ours turn to rust My point is to fight against this injustice Pakistan has been dealing with this crap for the longest The sacrifices are many but the accomplishments are modest I don't get what we're doing here, we're an accomplice We're sittin' here enjoying so many rights in America While so many kids need bread and water we got a cafeteria A steady home, a steady job, income per capita Yeah but there's no place like home, Pak has no replica.

We all have doctor families, cousins, fathers, and mothers Yet we don't stick around to help our fellow sisters and brothers We pack our bags and leave them to suffer, smother, with no comfort We say the government corrupt, we are too undercover We let the chaos and corruption be the ones to govern Don't you hate it when people leave when times get bad Talk critical and cynical, but no help to be had Technically that's what we're doing, lettin' the time drag Patiently waiting for a miracle when we should be fighting back The country needs us, there's nothing worse than losing hope.

What do you expect when the top minds never even spoke We gotta stand up for our country, justice we gotta promote We can change the world's view and Pak's fate with our stethoscopes We needa do something, Pak needs us now more than ever It's not hard once we start, we just needa put in the effort Stop the aggressors, no matter how cloudy the weather If we want to all this turmoil we can end altogether I too have learned that there's something I can do Paint a picture with strokes and colors of a better hue Rap about it, give a voice, keepin' my intentions true My inspire people that these mistakes that we can undo For Pakistani schools now, money I'm raising Gettin' friends involved, sleeping people here's an awakening.

Brining a nation alive, no time are we wasting Tonight if I get you guys to think about it it's a blessing Any small thing that you guys do will be appreciated The smallest act of kindness, and pain is alleviated We don't even need a plan that's so sophisticated Pakistan has potential that just needs to be penetrated Shia or Sunni or Sufi, who really cares?

Don't split us up like that, no don't you dare, this country we share We needa be united to end all this despair As one voice we stand ground and nothing can compare.



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Drs Abubaker with President Obama



President APPNA with Ambassador Olsen
in Islamabad



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Khyber Medical College Alumni Association of North America (KMCAANA) Summer Meeting Report

Sajjad Savul, MD
President 2013

I am pleased to present our alumni summer meeting report.

Our continuous engagement with Khyber Medical College (KMC) administration and faculty keeps us busy throughout the year. Various KMCAANA alumni visit the college during the year and at times have hands on experience of our ongoing projects. Presently, KMCAANA sponsors tuition and living expenses of 25 most deserving KMC students via annual scholarships. A basic life support (BLS) lab is benefiting students and faculty. This lab is housed on KMC premises. A recent APPNA SWDRC trauma care initiative to provide training courses to first responders, police, firemen and healthcare personnel has further strengthened our alliance with KMC.

With the gracious help of APCNA, a pacemaker bank established at Lady Reading Hospital, Peshawar, continues to provide free pacemakers to patients who are unable to afford such procedures. KMC is undertaking a unique project whereby under its new principal, Dr. Nurul Iman's leadership, is establishing the ever first plastination lab of Pakistan, at the college.

Khpal Kor ("Hamara ghar" or "Our Home") Foundation stays as our long term commitment. Khpal Kor is an orphanage institution set in Swat Valley, providing orphans opportunities to become good human beings and productive citizens. Dr. and Mrs. Naeem Khan have always been our lead for the Khpal Kor project.

The Khyber Medical College-University of Toledo visiting professor program has been a success for the last many years. This program was endowed in 1995 by Dr. S. Amjad Hussain. The Endowment fund is just shy of its one million dollar goal. Under this program, a basic sciences faculty member from Khyber is invited for three months to work in research and learn advanced techniques of teaching at the University of Toledo. This year, Dr. Mushtaq Ahmad Marwat of Pharmacology Department, was selected as the visiting professor. Dr. Marwat is attending the Summer meeting as our honorable guest.

KMCAANA is one of the smaller alumni in APPNA. Our membership growth has been tremendous over the last twelve months. As of June 1st, we are 95 members strong and growing. Our non-profit status with the IRS is in its appraisal process.

Like previous years, many of our alumni serve and chair several APPNA committees. Our bond of friendship with other chapters and alumni associations has been strong as always. On behalf of KMCAANA, I would like to take this opportunity to thank our APPNA friends who have always come forward with open hearts to support our projects.

Best Regards,
Khyber Alumni



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National Healthcare Initiative Report

In 2010 when the idea of APPNA National Health Care Initiative (NHCI) was conceived, it was a concept waiting to be defined. The NHCI was envisioned as an opportunity to harness the spirit of sharing and giving which is second nature to APPNA. It had two components:



- Highlighting APPNA Free Health Clinics and supporting formation of centers across the country.
- Establishing an annual National Health Care day to showcase what we as physicians of Pakistani-Descent do every day in serving our larger communities.

Three years later the APPNA National Health Care Initiative is a reality with establishment of several new Free Health Care Clinics across the country, running under the auspices of APPNA Chapters, and, three very successful HealthCare Days where hundreds of APPNA physicians have provided thousands of individuals in their larger communities health care services from physical checkup to specialty specific treatment. These efforts have been highlighted in numerous local and national media outlets.

This year the National Health Care Initiative has finalized its plan for the National Health Care Day. It has been decided that the NHCD will be held the week before Thanksgiving, and the scope will be extended to include community centers, churches, soup kitchens etc in addition to our clinics, hospitals and mosques where we have traditionally held the NHCD in the last three years. Some of the APPNA Chapters traditionally have actively participated in soup kitchens and in bringing a smile to the faces of needy during the Holiday Season. This will provide members of APPNA an opportunity to become a partner with our larger communities, bringing to them what we all do on a regular basis and forming the essential partnership with the communities we work and live in.

Additionally the APPNA website will have separate pages for NHCI, especially to highlight the APPNA Free health Clinics and our physicians who support APPNA clinics and other Free Clinics in their communities.

None of the above would have been possible without the tremendous support of APPNA members and hundreds of volunteers across the country. We salute your sense of service and giving and look forward to another very successful year of providing free healthcare and health education to our communities.

M. Nasar Qureshi
Chairperson

Doctors on the Move!





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Report of APPNA New York Chapter

Dear APPNA members

Assalam o Alaikum

It has been my great pleasure and honor to represent APPNA New York Chapter and serve as its president for 2013. APPNA is a dynamic organization with a large talent pool and an untiring zeal to serve. APPNA New York Chapter has continued the tradition of service and has worked hand-in-hand with the APPNA Central in providing important support and services at local and national levels.



Early this year, we became aware of the dismal situation facing the APPNA house in New York, which is funded by the Central APPNA for our young doctors who come from Pakistan and other far off places to interview for residency. The APPNA New York chapter took it upon itself to help Central APPNA in securing



better premises for the APPNA house so that prospective students visiting from Pakistan continue to receive support in hospitable surroundings. We are grateful to the APPNA Central President, Dr. Javed Suleman, for leading the way in this endeavor.

APPNA New York Chapter hosted the APPNA Spring meeting. The host committee, chaired by Dr. Pervaiz Iqbal with the Executive Committee of APPNA New York Chapter, organized an outstanding program including luxurious accommodations at New York Hilton-Manhattan, in the heart the Big Apple, a dinner cruise to have a unique view of New York City's spectacular skyline, and a banquet dinner followed by the entertainment program. Fashion show, CME program, and social forum were all very well attended. The Leadership Development Program to nourish the minds of our youngsters and prepare them for assuming leadership roles in their professional and personal lives was also very well received.

APPNA fishing trip, an annual feature organized by APPNA Alliance NY, was a great success. This event is usually planned around father's day in which APPNA families come together and spend time quality time with family and friends. APPNA's annual summer picnic was also very well-organized.



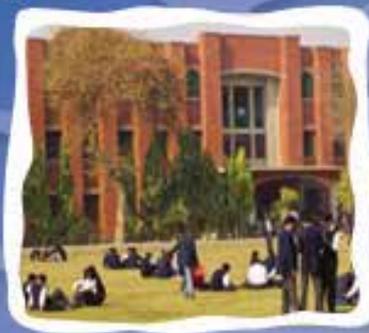
In the end, I would like to express my heartfelt gratitude to the members of APPNA New York Chapter's Executive Committee for their tireless efforts and dedication in organizing this meeting and making it a success.

Salam and thank you.
Dr. M. Hamid, President NY Chapter, 2013



FORMANITES RECONNECT!

Are you an FC College Alumni?
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and the school you love at the
Forman Christian College booth in
the APPNA Bazaar , #527. Register
to win a Kindle Fire and meet our
North American Alumni Director,
Sherry Chaudhry. Tell us your roll
number and win a special prize!



Then, be sure to join us for
our APPNA Formanites
reception on Friday from
3-5pm in the hotel (stop by
our booth for location
details). Meet Rector Emeritus,
Dr. Peter Armacost, and Dr.
Mary-Linda Armacost to
hear the amazing story of
turnaround at your beloved
school. RSVP to Sherry:
alumni@formanfriends.org

APPNA FORMANITES
RECEPTION - FRIDAY @ 3-5PM



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Report of APPNA New Jersey Chapter

It has been an honor to serve as the president of APPNA's New Jersey chapter. My main goals are to set this organization on the right path and set the tone for its future. APPNA NJ prides itself on being a philanthropic, community-based organization, and I have a vision to take our standing to a whole new level. I would like to further sculpt APPNA NJ into taking form as a truly charitable organization.

The biggest achievement of APPNA NJ is the establishment of the Free Clinic in association with JFK Medical Center. It has been functioning since August of 2012 with help from our dedicated physicians. Every Sunday, doctors of various specialties gather together and generously volunteer their time to serve the less fortunate of the community at absolutely no cost.

We are always ready and willing to help, whether it was the disasters caused by Sandy, or in Oklahoma or even the floods in Pakistan. We were in the front line with many other charitable organizations when New Jersey was hit with the devastations from Hurricane Sandy. We distributed not only food for the families affected by the hurricane in November 2012 but also served food and supplied goods for 150 people in the camp, which housed people affected by the hurricane.

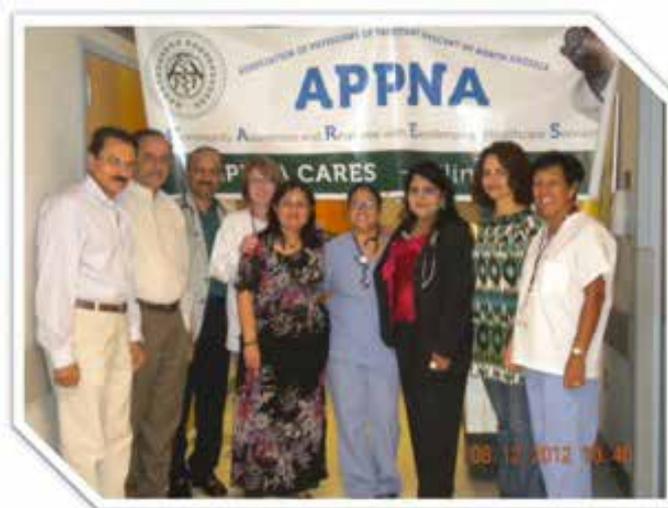


The main project supporting our major goals is the idea for carrying on what other states have also done by constructing our own APPNA Ghar, a residence for underprivileged and disadvantaged Pakistani medical students planning on taking part in local residency programs. My plan is to house these men and women free of charge. These international students need a home in New Jersey that can help them as they begin to get on their feet. My focus for this project is to help the next generation gain standing in our community and begin their professional careers.

Another issue very close to my heart is solidifying APPNA NJ as

a professional and social organization by ensuring that it conducts itself as such. Every member of this team should know his or her importance within the organization. The objectives set for this great organization should help it become more inclusive and productive in the future. May God give us vision and insight to fulfill our duties and help others.

Rabia Awan, MD
President, APPNA NJ





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Report of APPNA Arizona Chapter

It gives me great pleasure to welcome you to Orlando, The city also nicknamed “The Theme Park Capital of the World” and best known for The Walt Disney World. The host committee with APPNA President Dr. Javed Suleman have worked vigilantly to make sure your stay is a memorable one! I hope all of you have a wonderful time!



I would like to talk a little about APPNA- AZ Chapter, which has become a very vibrant and an active chapter now. I am very proud and greatly humbled to be the first democratically elected President and would like to thank the local members for trusting and giving me the chance to represent the chapter of Arizona. Last year has not only proved to be a historical year but we also reached a milestone by having 88 APPNA AZ members, which was the greatest number in all times. It would have not been possible without the support of the members and Executive committee. My special thanks to Dr. Shahid Latif and Dr. Rizwan Safdar for convincing them to be active members of the organization. I would like to thank Dr. Habib Khan for conducting the elections in a fair manner electronically by hiring third party. It was a great success.



Since the start of this year, we have conducted a General Body Meeting along with a cultural show in the month of February. There were important issues discussed in the meeting along with the future planning. Highlights of the General body meeting discussion were

- Increase the current membership of the chapter and encourage them to be the Life member
- Free Health clinics in Tucson and Phoenix
- Promote Medical Education in Pakistan through web lecture & Charity
- Involvement of our youth and children in the Chapter
- Reviving the APPNA AZ website

During the meeting we talked about how APPNA AZ can play an active role in the legislative process of the state. The cultural show involved participation of our youth in playing different music organs, thanks to Dr. Taqi Azam and



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Dr. Rizwan Safdar. Dr. Azam organized a Sindh Medical College Retreat in Phoenix and it was well appreciated. I would like to extend an invitation to all other alumni's to consider holding their future meetings in our region, and I promise you that we will prove ourselves the best hosts you ever had.

APPNA-AZ is working very actively in collaboration with local community in both social and welfare projects with local organizations like PICO with Sardar Babar. This is helping us in image building of local Pakistani Community. We are currently running a Free clinic in Tucson in collaboration with Muslim community Center, Tucson and in a process of restarting our Free clinic in Phoenix as well. We welcome the recent reduction by Dr. Javed suleman in APPNA lifetime membership dues and delivering message to all the Chapter membership to become a part of this organization, to get the chance to vote and help your chapter become a strong APPNA voice.



Finally, I would like to thank my team including Dr. Mehtab Siddiky, Dr. Khaver Kirmani, Dr. Athar Shaikh, Dr. Tausif Zar, Dr. Azhar Jan, Dr. Haroon Ahmed, Dr. Imran Ata, Dr. Nomaan Haider Khan, Dr. Habib Khan, Dr. Mansoor Jatoui, Dr. Iram Qureshi, Dr. Rehan Iftikhar, Dr. Nomaan Gilani, Dr. Shahid Yakoob, Dr. Nabeel Shiraz Baber, Dr. Naeem Khan for supporting me in planning and decision making for the Chapter. We pledge to continue towards the goal of having APPNA fall meeting in Phoenix in the near future and show the proverbial hospitality to the guests.

Nusrum Iqbal, MD, FACP, President 2013





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Report of APPNA North Texas Chapter

In this report the activities of APPNA North Texas will be highlighted. This year specific emphasis was placed to increase our reach to chapter members through events, communications & volunteer engagement.

More committees were formed & programs were formulated to engage rapidly growing needs of our membership.

We broadened event offerings & networking front which led to explosion of membership to quadruple our numbers.

Three meetings were conducted including one annual dinner & 2 lunches, all free of charge to attract the new members of the area. Four more dinner meetings are scheduled in next couple of months.

Relationship with corporate partners is actively being sought through consistent strategic outreach.

A corporate office building consisting of offices, meeting room, kitchen etc. was leased. The office is fully staffed with a director, IT experts and an accountant.



To ensure chapter's continued financial health & reinforce sound accounting procedures, a local CPA has agreed to volunteer his time. He will be responsible for reviewing bank statements, reconciling checks with bank statements, reviewing receipts & examining expenses.

During this year first scholarship was awarded to a very deserving student of SMU on behalf of our chapter from central APPNA. The scholarship was meant to fulfill the student's dream of performing a research project in Pakistan.

Free clinics where our members volunteer their time are not limited for weekends but are also available on weekdays to provide medical services to the needy.

Hospital equipment & material for Pakistani hospitals especially to the INDUS Hospital Karachi will soon be shipped. A ware house is being sought to store the items & to ship the supplies to Pakistani hospitals on regular basis.

These notable accomplishments & enormous influx of membership alone cannot justify and express the work our volunteers undertake to meet the needs of our community.

I am proud of the work accomplished this year and the people who made it happen.

*Dr. Dawood Nasir
President APPNA North Texas Chapter*



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Dental APPNA Update Report

This has been a landmark year for Dental Appna. Our executive committee has been busy planning an exciting meeting for you this summer. Our events are scheduled for Friday and Saturday, July 5th -6th, and we are hoping for a great turnout this year.

This year, for the first time, we will be having a Dental Appna Alumni Dinner on Friday night. This will be a wonderful opportunity for dentists and their families to socialize, network and perhaps reunite with old friends.

On Friday morning, July 5, our secretary, Dr. Faisal Quereshy, will be presenting a continuing education lecture entitled: Evaluation and Management of Maxillofacial and Dental Injuries. This will be the first time that both physicians and dentists can attend a joined seminar for CME /CDE credit. Saturday, July 6th, will be devoted to the "Dental Appna Symposium", a lecture filled morning that will provide you with 4 hours of CDE credit. Dentists who attend both days will obtain a total of 5 CDE hours.

In addition, we need to raise \$10,000 so that we can establish a scholarship fund for deserving dental students in Pakistan. APPNA has pledged to match this amount as long as we meet this goal. This is an excellent opportunity for APPNA dentists to give back to our motherland.

Last month, Dental Appna members joined Mission of Mercy (MOM) for their two-day dental camp in Philadelphia. MOM is a charitable organization made up of volunteers that provide dental care to the less fortunate. Over 2000 patients were seen over the weekend. Our organization was represented by Dr. Mohammad Arshad, Dr. Mubarak Malik, Dr. Javed Iqbal and myself. Extractions, fillings and prophys were the most common procedures we performed. We hope to see more volunteers next year.

We invite all Pakistani dentists in North America to become members of Dental Appna. Working together we can insure continued progress. We would like to thank the APPNA host committee for their help. We look forward to seeing you all at the 2013 APPNA Summer Meeting in Orlando.

Dr. Aliya Khan



Dr. Javed Iqbal and Dr. Mohammad Arshad at MOM Clinic in Philadelphia

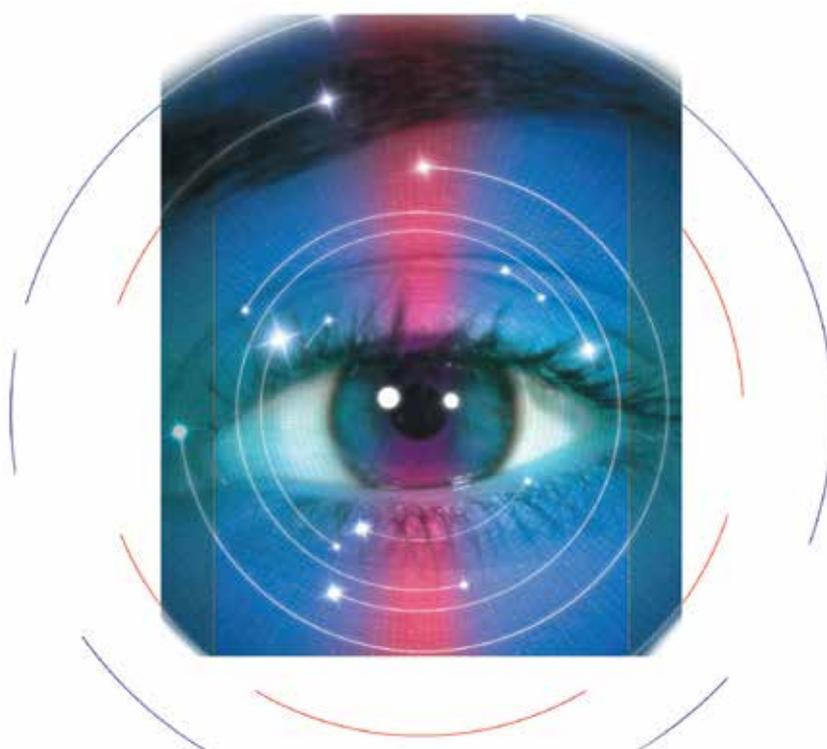


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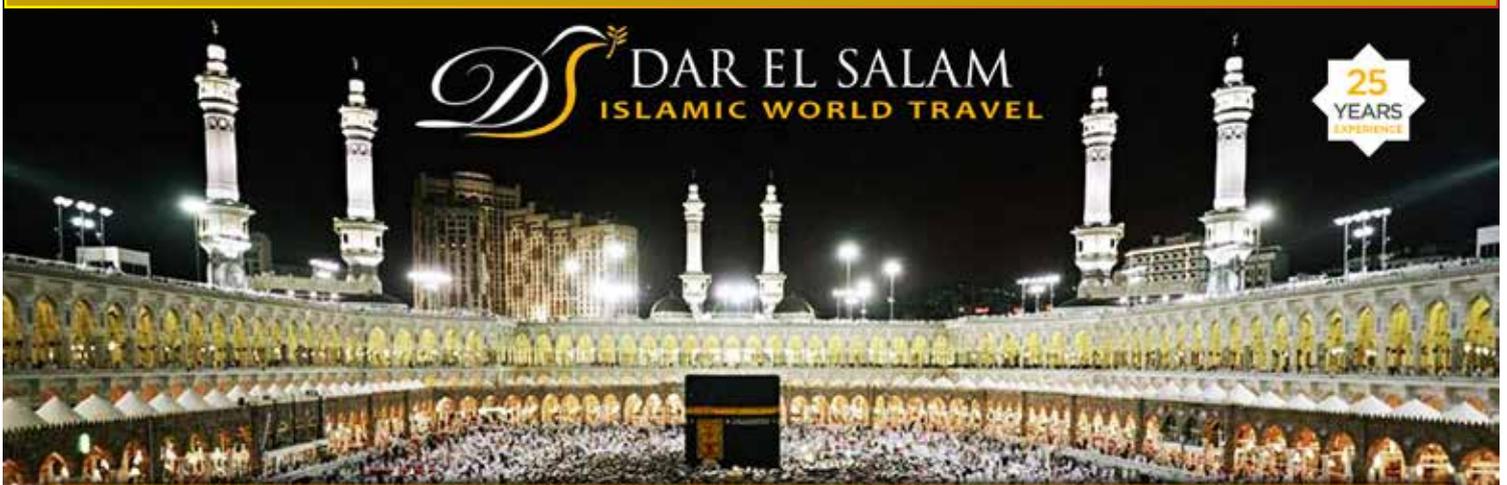
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Program 2A (Deluxe)

September 30, 2013 – October 20, 2013

This program is perfect for the pilgrim who has more time to stay in Makkah & Madinah. You will arrive Makkah early and perform your Umrah. Then you will travel to Madinah & come back to Makkah to perform the Manasik of Hajj in Mena and Arafat and return home.

- 6 days in Swissotel Makkah (5 stars) - Makkah
- 5 days in Crowne Plaza Madinah (5 stars) - Madinah
- 3 days in Apartment Hotel- Makkah
- 4 days in Deluxe Exclusive Mena Camp in front of the Jamarat- Mena
- 1 day in Deluxe Dar El Salam Arafat Camp- Arafat

Starting at **\$8,300**

Program Features

5 star hotels in Madinah & Makkah in front of the Haramain with daily Breakfast & Dinner Buffets - Deluxe & Executive Private Mena upgraded camps in front of Jamarat - Deluxe & Executive Private Arafat upgraded camps close to Arafat train station - Modern luxury air-conditioned buses • Mashaer train usage for all programs during the Hajj Manasik - Private secured carpeted area in Muzdalifa with hot dinner - Daily Religious and administrative lectures - Complimentary Gift Set including: Ihram, Women's Prayer Rug, Zam Zam Water, & Sim Card

Program 3C (Super Deluxe)

October 8, 2013 – October 21, 2013

This program is designed for the pilgrim who is limited in time and wishes to perform Umrah and stay in Makkah first. You will go to Madinah after Hajj.

- 5 days in Swissotel Hotel (5 stars) - Makkah
- 4 days in Deluxe Exclusive Mena Camp in front of the Jamarat - Mena
- 1 day in Deluxe Dar El Salam Arafat Camp - Arafat
- 4 days in Movenpick Hotel (5 stars) - Madinah

Starting at **\$10,990**

Program 4B (Executive)

October 5, 2013 – October 19, 2013

This premier program is designed for the pilgrim who is limited in time and wishes to arrive in Madinah first. Pilgrims will enjoy Executive accommodations in Madinah & Makkah hotels and upgraded air-conditioned luxury tents with single beds and access to the VIP lounge.

- 4 days in Dar Al Taqwa Hotel (5 stars) - Madinah
- 5 days in Raffles Makkah Palace (5 stars) - Makkah
- 4 days in Executive Dar El Salam Mena Camp in front of the Jamarat- Mena (with Bed & Executive Lounge)
- 1 day in Executive Dar El Salam Arafat Camp- Arafat
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Women Physicians of APPNA 2012-2013 Report

A very successful Summer 2012 meeting held in Washington DC. About 100 members and non members attended the meeting. Speakers included:

Henna Imam: Presented interactive seminar on Personal Power and Presence

Adnan Shamsi spoke about Empowerment through through Financial Success

Afsheen Shamsi spoke about Leadership through Civic Engagement

WAPPNA has donated a computer lab for a school in a village near Rawalpindi.

WAPPNA has been financially supporting the apartment for female physicians in Detroit, MI for the last year.

About 20 female physicians have taken advantage of this facility so far.

WAPPNA has also donated a van to the residents for their use in picking up and dropping students from the airport and also for traveling for basic necessities and interviewing for residency programs

Dr Naheed Chaudry President

Dr Sarwat Iqbal President Elect

Dr Umna Ashfaq Secretary

Dr Humaira Ali Treasurer

Drs Humeraa Qamar and Dr Shaheen Mian Past Presidents.

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SIFTING SHADES

Asaf A. Dar, M.D.

A Kaleidoscope of English Poetry by Amanullah Khan

After achieving a well-deserved repute as a front-ranking Punjabi poet, Dr. Amanullah Khan has startled us all by authoring his first collection of English poetry under the title “Sifting Shades”.

This book contains 65 poems; and if I include his message to the critic in the form of a short poem “TO THE CRITIC”, there are 66 poems in all. His first Punjabi poetry book was written with Punjab in the backdrop, celebrating its people, whose joys are simple and the fortitude in the midst of sufferings sublime. In his first collection of English poems, he comes across as a well-read, well-travelled, knowledgeable poet who can communicate over a wide range of observations, experiences, feelings and thoughts and still reconcile the complexities of the modern world with the sufi or mystic traditions of the relatively small town Qasur.

“Sifting Shades” has six sections, which he lists in Roman numerals. These sections are not like the cantos of Byron but each one of these seems to have a theme at least to this reviewer.

In Section I, the poet finds inspiration from the land of his birth; one reads “Ravi-River”, “Mango” and “Harappa”, and thus gets to feel the poetic development of Amanullah Khan. In Section II, the poet seems to be in a search for direction; the poems “In Search of Soul”, “Humanity”, “Motif”, “To the Element” and “Creator” illustrate this point. Section III has several poems which make us wonder whether it would be appropriate to apply the label of romanticist poet on Amanullah Khan or not. Section IV has a wide range of feelings, impressions and thoughts, as if the poet was preparing the reader for more profound poetry and some sad realities of the mundane to come in section V. The grand finale arrives at Section VI, which has the sufi/mystic themes of peace, love, tolerance and freedom.

Though there are a few relatively long poems in this book, Khan is most impressive in his short poems. “Jasmine”, “Bliss”, “Torch”, “Wish” and “Sublime” despite being short, can leave a reader enthralled.

To summarize, a reader will find “Sifting Shades” a dynamic book capable of an amazing journey from thought to thought, and place to place, and from free verse to the Villanelle (“Father’s Chivalrous Acts”) mostly without any meter but with loosely rhyming lines in a rhythm of their own. Well that rhythm is loosely trochaic at places and makes even the more pithy poems an exhilarating experience.

Bliss

First wink of gold at dawn
Causing sky to blush,
Opening fountain of vitality,
Offering life’s nectar.

Colorful curtains being drawn
At the cusp of dusk,
Graceful slide into horizon
By the retiring sun.

Cheerleading, bouncing clouds
Twirling electric batons;
Moon flirting through the veil,
Playing hide-and-peek;

Waltzing stars in the sky;
A nightly jubilation
Inviting you to join the gala,
Celebrate life’s gifts.

Ocean of bliss all around
Waiting for you to submerge.
Dissolve into sea of beauty;
Ride the waves of mirth.



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in association with APPNA Presents

**Starts:
10:30 am**

SATURDAY, JULY 6TH, 2013

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Meeting

A boat
sailed in your eyes
across the years
when we were surely
less intricate

We sat
on a stone bench
and hesitantly
drew together
an old familiarity

Our lives
different
though similar
in many ways

An image of two cars
against receding waves
our gestures and laughter
tracing the trail
we had left

Zeba Hasan Hafeez

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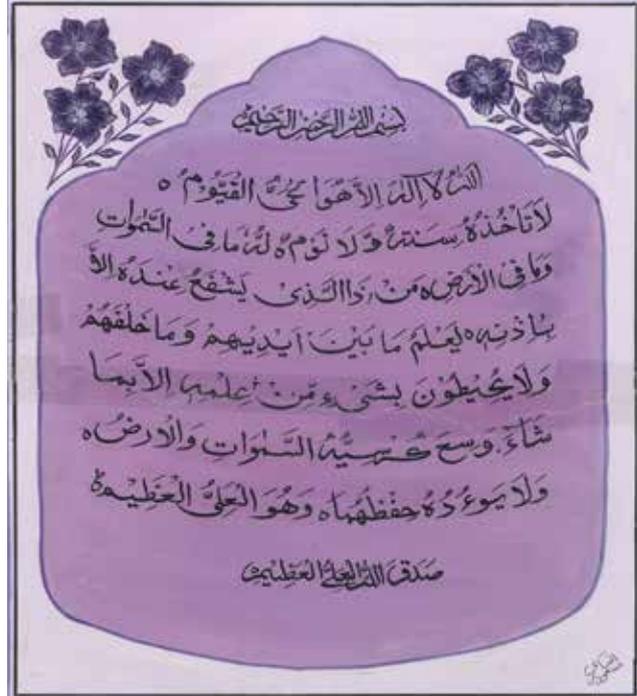
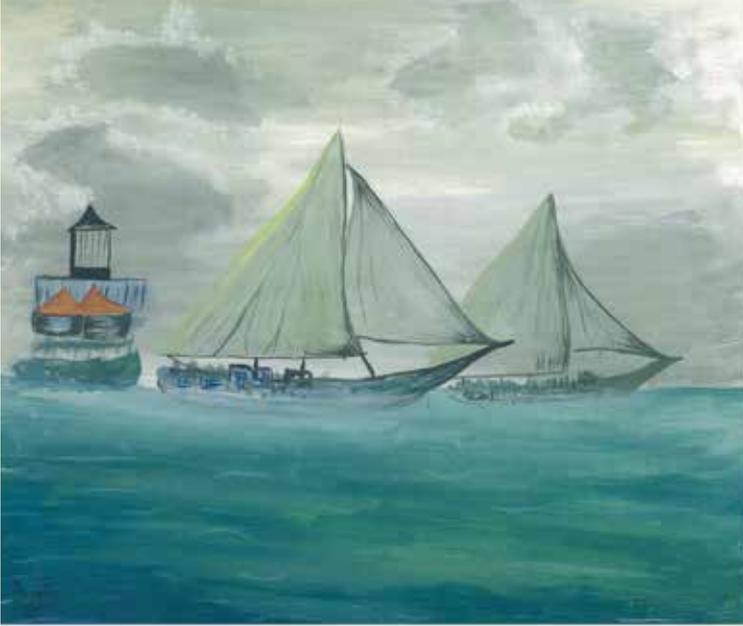
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غزل

میرے محبوب سنو! یوں نہ صدا دو مجھ کو
میں تمہیں بھول گئی تم بھی بھلا دو مجھ کو
کیا کرو گے میرے خوابوں کی حقیقت سن کر
شوق کی چیز ہوں بس گھر میں سجا دو مجھ کو
میں نے صدیوں کی روایت سے بنات کی ہے
ڈال کر تیل اگر آگ لگا دو مجھ کو

کھلنے والی ہے مری آنکھ شبِ غفلت سے
آؤ اک خواب نیا پھر سے دکھا دو مجھ کو
میں کسی سوئے محل کی کوئی شہزادی ہوں
چم کر ہونٹ کسی روز چگا دو مجھ کو
اب میزہ سے نہیں اپنے دلوں سے پوچھو
بات جو سچ نہ لگے آج سزا دو مجھ کو
میزہ شاہ (امریکہ)

میری آدمی ہے شہادت میرا آدھا حصہ
حق بھی آدھا ہے خدا پر تو بتا دو مجھ کو
آج آزاد کیا تم کو دفا سے اپنی
اب جو چاہو تو کسی طور دفا دو مجھ کو
میں کوئی ریت پہ لکھی ہوئی تحریر نہیں
اتنا آسان نہیں ہے کہ مٹا دو مجھ کو

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میری خانم، میری ڈارلنگ، میری سوئیٹ کمرہ کر
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جھڑکیاں ساس کی ہوں یا کہ ہو گالی تیری
سُسر کی تانہ زنی کھانے کی بھی حد ہوتی ہے

کوئی قذافی، حسینی ہو، کہ زرداری ہو
ملک کو لوٹ کے کھانے کی بھی حد ہوتی ہے

پھول قبروں سے اٹھا، یار کو دے کر آنا
ستے پن پیار جتانے کی بھی حد ہوتی ہے

آئینہ سامنے اور کو دیکھا ہے خود کو گھنٹوں
اپنے ہی ناز اٹھانے کی بھی حد ہوتی ہے

مانگنے آئی ہو وہ تاج محل اختر سے
اپنی ہر بات منانے کی بھی حد ہوتی ہے



غزل

زندگی جشن بہاراں ہے منا کر دیکھو
خواب آگن میں کوئی پھول کھلا کر دیکھو

میری آنکھوں میں چپکتے ہیں وفا کے موتی
میری آنکھوں سے کوئی جوت چگا کر دیکھو

تتلیاں ناز اٹھاتیں ہیں لیشل ہے نضا
تم کسی روز میرے شہر میں آکر دیکھو

عشق مہکے تو کوئی اور ہی رنگ ہوتا ہے
میرے بالوں میں کبھی پھول لگا کر دیکھو

تم کو دشوار جو لگتا ہے زمیں پر رہنا
تو چلو ساتھ مرے چاند پہ جا کر دیکھو

تیز سورج کی تمازت میں سفر کرتے ہو
چاندنی میں بھی تو اک بار نہا کر دیکھو

عشق کے ذریعے خدا ملتا ہے ایماں والو
گر نہ مانو تو کسی بت کو خدا کر دیکھو

منحصر ہے غم دوراں، دم بیٹائی پر
حلقہ دام کو پازیب بنا کر دیکھو

عین ممکن ہے پلٹ آئے منیزہ گھر کو
تم پکارو تو سہمی اُس کو بلا کر دیکھو

منیزہ شاہ (امریکہ)



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کمسن کی رخصتی

عبدالرحمن عبد

جھلماتی جو روشنی ہے کہیں
سخت مشکل میں زندگی ہے کہیں

شور آہوں کا سافضا میں ہے
دل گرفتہ سی بے بسی ہے کہیں

لال پیلا ہے ڈوبتا سورج
جانے کس کو سزا ملی ہے کہیں

کب سے احساس آہنی درکو
نرم کلیوں کی نازکی ہے کہیں

قہقہے ہیں کہیں پہ تابفلک
سسکیاں جان لے رہی ہے کہیں

دل کسی کا ہے آج پاؤں تلے
رقص میں تاج خسروی ہے کہیں

کاش مجھ تک نہ یہ خبر آئے
ایک کمسن کی رخصتی ہے کہیں

دلچسپ جھوٹ

(معذرت کے ساتھ)

عبدالرحمن عبد

چھپا رکھی ہے میں نے دل کی حسرت اپنی بیوی سے
ابھی ملتی نہیں میری طبیعت اپنی بیوی سے

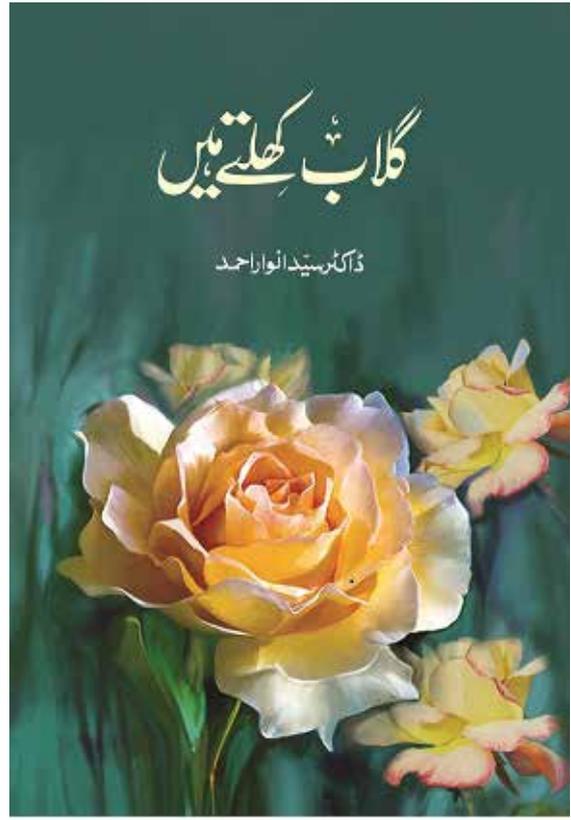
مری شادی، مرے ماں باپ کی مرضی کی شادی تھی
کئے جاتا ہوں مجبوراً محبت اپنی بیوی سے

مرے ہر کام میں شامل ہے رائے میری بیوی کی
مروں گا بھی تو میں لے کر اجازت اپنی بیوی سے

اسی بنیاد پر ٹھہرا اٹل ہر فیصلہ میرا
کئے سب فیصلے لے کر نصیحت اپنی بیوی سے

میں گڑبڑ کر نہیں سکتا، کروں تو بچ نہیں سکتا
ہوئی ہے بارہا میری مُرمت اپنی بیوی سے

تری دعوت سر آنکھوں پر، مگر کچھ کہہ نہیں سکتا
کروں گا مشورہ میں حسبِ عادت اپنی بیوی سے



ڈاکٹر انوار ۱۹۸۳ کے ڈاؤمیڈیکل کے گریجویٹ ہیں اور ادبی ذوق رکھتے ہیں۔ ہم ڈاکٹر سید انوار احمد کو ان کے پہلے مجموعہ کلام گلاب کہلتے ہیں کی اشاعت پر دلی مبارکباد دیتے ہیں۔ یہ کتاب پاکستان کے مختلف شہروں میں جہاں تکیر بکس سے حاصل کی جاسکتی ہے اور آپ اس کتاب کو مشاعرے کی شام کو حاصل کر سکتے ہیں:

غزل

ڈاکٹر سید انوار احمد
(ڈاؤمیڈیکل کالج)

یاد اسکی پورا چاند تھی لمحے سراب تھے
چھن کر زمیں پہ گرتے ہوئے میرے خواب تھے
یہ آج میرے واسطے کاغذ کے پھول کیوں؟
کل تک تو تیرے ہاتھ میں تازہ گلاب تھے
اک عمر یوں ہوا ہے کہ ہر لمحہ میرے ساتھ
تیرے ملن کی آس تھی اور تیرے خواب تھے
گھر کو لٹا کے آئے تھے ہم کتنے ناز سے
لیکن سبھی کی آنکھ میں خانہ خراب تھے
وہ مجھ سے پوچھنے لگا میرے سوال اب
اور بھی دے رہا ہوں جو اس کے جواب تھے

غزل

ڈاکٹر سید انوار احمد
(ڈاؤمیڈیکل کالج)

چاہت کے واسطے نہ رفاقت کے واسطے
اب کوئی مجھ کو چاہے تو چاہت کے واسطے
یہ اختلافِ فکر بہت کام آئے گا
اس کو بچا کے رکھ کسی ساعت کے واسطے
دونوں کو اس جہان میں سچ کی تلاش ہے
اتنا بہت تھا ہم میں رفاقت کے واسطے
میں خواہشِ قیام سے آگے نکل گیا
اب مجھ کو مت پکار اقامت کے واسطے
منزل میری سفر ہے میرا زادِ راہ بھی
میں چل رہا ہوں آج مسافت کے واسطے

وہ سب کچھ جو آپ کو

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لیکھنے والی: ڈاکٹر لیبی مرزا



ذیابیطس اسپیشلسٹ

”میں ذیابیطس کے اہم موضوع پر اردو میں مریضوں کے لیے یہ کتاب لکھنے پر ڈاکٹر لیبی مرزا کو دینی مبارکباد پیش کرتا ہوں۔ اس وقت اس طرح کی کتاب کی ہمارے ملک میں اشد ضرورت تھی۔ ذیابیطس کا مرض تمام دنیا میں اور خاص کر کہ ترقی پزیر ممالک میں تیزی سے بڑھ رہا ہے۔ پاکستان ان ممالک میں شامل ہے جہاں ذیابیطس کا مرض آجکل چھوٹے سے نہ لگنے والی بیماریوں میں سے سب سے تیزی سے پھیل رہا ہے۔ عوام کے لیے ایسی تعلیم کے مواقع نہایت کم ہیں۔ یہ کتاب ذیابیطس کے مریضوں کو اردو میں ذیابیطس کے بارے میں اکتالیس فی صد معلومات فراہم کرے گی۔ مجھے خوشی ہے کہ ڈاکٹر لیبی مرزا نے اپنے مصروف شیڈول سے وقت نکال کر یہ اہم کتاب لکھی ہے جو ذیابیطس کے مریضوں کے لیے مشکل راہ کا کام کرے گی۔“

ڈاکٹر سمیر مہر
MBBS, FCPS, FACE

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پاکستان میں ذیابیطس کا مرض بہت عام ہو گیا ہے جس کی کئی وجوہات ہیں۔ موٹاپے کا عام ہونا ان سب سے اہم ہے۔ چونکہ یہ ایک دائمی مرض ہے اس لئے اس کا علاج تاحیات کرنا پڑتا ہے۔ بد قسمتی سے ہمارے ملک کے لوگوں کی اکثریت اس بیماری کے بارے میں لاعلم ہے جس کی وجہ سے وہ اس بیماری کو ٹھیک سے قابو نہیں کر پاتے اور انکو اس بیماری سے متعلق کئی پیچیدگیوں کا سامنا کرنا پڑتا ہے۔ مزید یہ کہ اس بیماری کے بارے میں اردو میں بہت کم کتابیں لکھی گئی ہیں۔ ڈاکٹر لیبی نے اپنی کتاب میں اس بیماری سے متعلق پیچیدگیوں اور انکی روک تھام کو آسان فہم انداز میں لکھ کر پڑھنے والوں کی رہنمائی کی ہے۔ علاوہ ازیں ڈاکٹر لیبی نے اپنی کتاب میں ہر اس سوال کا جواب دینے کی کوشش کی ہے جو کسی ذیابیطس کے مریض کے ذہن میں آسکتا ہے اور ان غلط الاعمال باتوں کی تردید کی ہے جو ہمارے معاشرے میں پُشت درپُشت صحیح سمجھی جاتی ہیں اور ان پر عمل بھی کیا جاتا ہے۔

ڈاکٹر لیبی نے انسولین کے کردار کو انسانی جسم میں اور ان ہامونز کے بارے میں جو شوگر (ذیابیطس) کے مریضوں پر اثر انداز ہوتے کو تفصیل سے بیان کرنے کے ساتھ ساتھ گلوکوز میٹر کے ٹھیک استعمال کو بھی تصاریف کی شکل میں بیان کیا ہے۔ چونکہ اردو زبان میں بہت سے طبی نام نہیں ملتے اس لئے انہوں نے اس کتاب میں عام فہم سے بالاتر سائنسی زبان کا بھی استعمال کیا ہے۔ کتاب میں کچھ املا کی غلطیاں بھی پائی جاتی ہیں۔ ان اغلاط کے باوجود یہ کتاب اردو زبان میں لکھا ہوا ذیابیطس کے مریضوں کے لئے ایک کارآمد سرمایہ ہے۔

ماں نے کہا!

ماں نے کہا
تُو سمندر پار اتنی دور مجھ سے جائے گا
میں اگر مر جاؤں گی تُو تُو نہیں آ پائے گا
کون بن تیرے مجھے آ کر کفن پہنائے گا؟
تُو جنازے کو مرے کندھا نہ تک دے پائے گا

ماں نے کہا
بھائی بہنوں کی محبت چھوڑ کر جاتا ہے کیوں؟
دوستوں یاروں کی سنگت چھوڑ کر جاتا ہے کیوں؟
کیا محبت سے بڑا پردیس میں کچھ مال ہے؟
یا تیرا پردیس کو جانا کسی کی چال ہے؟

ماں نے کہا
چال میں اک بار پھنس کر تُو نکل نہ پائے گا
تُو کسی بے بس پرندے کی طرح رہ جائے گا
تُو وہاں پردیس میں در در کے دھکے کھائے گا
بن تیرے جینا مرا دو بھر یہاں ہو جائے گا

ماں نے کہا
نان نفقے کے لئے پردیس جاتا ہے اگر؟
کار کپڑے کے لئے بے دیس ہوتا ہے اگر؟
دال روٹی اور پھٹا کپڑا مجھے منظور ہے
پر تیرے جانے کا غم میرے لئے ناسور ہے

ماں نے کہا
دیکھنے کو میں ترس جاؤں گی تجھکو، تُو نہ جا
تُو نہ جا پردیس اے آنکھوں کی ٹھنڈک، تُو نہ جا
میں نہ کہہ پاؤں گی تجھکو الوداع، بس تُو نہ جا
ماں نے کہا

تابش خانزادہ

ماں نے کہا لکھنا مجھے، حال سفر دینا مجھے
جاتے ہو تم پردیس کو، احوال اپنے دیس کو
تفصیل سے تم بھیجنا، تاکید ہے تم بھیجنا

ماں نے کہا
پردیس میں جاؤ گے تم، تُو پاس کس کے جاؤ گے؟
کھانا کہاں سے کھاؤ گے، کپڑے کہاں دھلواؤ گے؟
استری کپڑوں پہ تم، کس سے وہاں کرواؤ گے؟
اور گرتے پہ بن کس سے وہاں نکواؤ گے؟

ماں نے کہا
یہ سوچ کر میرے جگر، میں کچھ نہیں کھا پاؤں گی
سوچ کے دھارے میں میں، جانے کہاں بہہ جاؤں گی
تیرے بنا چندا میرے، کس حال کی رہ جاؤں گی؟

ماں نے کہا
تُو اگر بیمار ہو گا، کون پوچھے گا تجھے؟
تُو اگر بیزار ہو گا، کون دیکھے گا تجھے؟
کون گم لایا ہوا چہرہ کھلائے گا، بتا؟
کون تیری راہ میں آنکھیں پھٹائے گا، بتا؟

ماں نے کہا
تُو وہاں پردیس میں دُنیا بسانے جائے گا
فرض تیرے باپ کا پھر کون آ نمٹائے گا؟
کون تیری بہن کی ڈولی اٹھا کر جائے گا؟
کون اُسکی مانگ کا صندوق چُن کر لائے گا؟



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غزل

عبدالقادر ارشد

آبھی جاؤ کہ رات باقی ہے
تم سے ملنے کی بات باقی ہے

کرنہ پاؤں میں ہوش کی باتیں
مجھ میں مے و ش کی ذات باقی ہے

انکی الفت کی اک نظر ہم پر
انکے ہاتھوں میں بات باقی ہے

جب بھی راہوں سے وہ گزرتے ہیں
دل میں اُن کا شباب باقی ہے

ہو گئے اُن سے ہم کلام ارشد
حمد باقی ہے، نعت باقی ہے

غزل

ڈاکٹر نور العین عقیل

سنہری زمیں اور چمکتے تارے
یہ تیرے سمندر یہ میرے کنارے

یہ گلنار لب اور یہ عارض تمہارے
یہ میری متاح ہیں یہ میرے سہارے

یہ جو ہیرا نچھے کی باتیں کریں سب
یہ سارے فسائے تمہارے ہمارے

نہ سمجھو کہ ہم کچھ سمجھتے نہیں ہیں
تمہاری نگاہوں کے مبہم اشارے

مسیحانے چپکے سے کیا کہہ دیا ہے
بھنور نے ہمیں لا دکھائے کنارے



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غزل
رُباب خان

اب کی دفعہ صبا سے گل کو گلاب بہت تھا
ایسی کوئی وجہ تھی کہ وہ کم کھلا بہت تھا

نہ ہی پھوٹنا تھا اسکو نہ ہی پھوٹا کوئی چشمہ
پتھر میری ضرب سے لیکن ہلا بہت تھا

وہ ہمسفر تھا کوئی، مجھ کو تھکن نہیں تھی
لبا سفر تھا گرچہ اور فاصلہ بہت تھا

چند لفظ شکر ہم سے، سمجھے یہ بول کروہ
میری نوازشوں کا اتنا صلہ بہت تھا

اندر کئی دراڑیں اس کے پڑی ہوئی تھیں
مضبوط اُسکی ذات کا باہر قلعہ بہت تھا

ہم تو رباب خوش ہیں اُس ذات کے کرم پر
جو کچھ ہمیں ملا تھا لیکن ملا بہت تھا

دھڑکا سا لگے ہے!

اشفاق فاطمی

دوست نہ پھڑے کہیں دھڑکا سا لگے ہے
یار نہ بگڑے کہیں دھڑکا سا لگے ہے

دُم جس کی چاہتوں کا پھرتے ہیں رات دن
محبوب نہ جھگڑے کہیں دھڑکا سا لگے ہے

موسم بہار کا ہو یا پھر خزاں کا ہو
عشق نہ روٹھے کہیں دھڑکا سا لگے ہے

عمر طویل گزری ہے چھاؤں میں دھوپ میں
ساتھ نہ چھوٹے کہیں دھڑکا سا لگے ہے

دل میں جلی ہے شمع ء اُمید فاطمی
یہ خواب نہ ٹوٹے کہیں دھڑکا سا لگے ہے

ہم تمہارے ساتھ ہیں!

وطن سے دُور رہ کر بھی ہمارے دل وطن کے لئے دھڑکتے ہیں۔ دیارِ غیر میں رہ کر ہم اپنے ہم وطنوں کا ہر درد سمجھتے اور محسوس کرتے ہیں۔
جناب شاہد رشید کی یہ نظم ہمارے جذبات کی عکاس ہے۔

یعنی اپنے ظلم کی دلدل میں خود پھنس جائیں گے
یہ جو خود گمشدہ حملہ آور ہیں خدا غارت کرے
ان میں سے ہر ایک وحشی موت گنتے کی مرے
تم وہاں ہو ہم یہاں ہیں دل تڑپتا ہے بہت
اُن جواں سالوں کی جاں جانے کا صدمہ ہے بہت
ہم تمہارے ساتھ چلنے کے لئے تیار ہیں
دوستو آگے بڑھو ہم صاحبِ کردار ہیں
ہم تمہارے ساتھ ہیں! ہاں ہم تمہارے ساتھ ہیں
دل دھڑکتے ہیں ہمارے دل بھی تمہارے دل کے ساتھ
چاندی جس طرح رہتی ہے ماہِ کامل کے ساتھ
گو زبانیں مختلف ہیں اور علاقے مختلف
پر کسی صورت نہیں جذبے ہمارے مختلف
میل کے رہتے ہیں یہاں ہم سب اکائی کی طرح
اور سمجھتے ہیں تمہیں ہم اپنے بھائی کی طرح
ہر پریشانی تمہاری ذہن میں رکھتے ہیں ہم
ہر طرح حاضر ہیں خدمت کے لئے دام و درم
تم ہمارے پیار ہو اور ہم تمہارا پیار ہیں
ہر طرح تیار ہیں ہم آپ کے غمخوار ہیں
ہم تمہارے ساتھ ہیں جی ہم تمہارے ساتھ ہیں



اے وطن میں رہنے والو! اصاحبو! کیسے ہو تم
کس قدر دہشت زدہ ماحول میں رہتے ہو تم
سوچ میں خدشات ہیں اور مضحک جذبات ہیں
اس قدر بگڑے ہوئے کیوں دیس کے حالات ہیں
ایسی خبریں ہیں کہ سُن کر دل دھڑکتا ہے بہت
ایک شعلہ سادرون جاں بھڑکتا ہے بہت
آ رہی سے دیس کی جانب سے بُو بارود کی
گو یا پیدائش دوبارہ ہو گئی نمرود کی
کھا گئی کس کی نظر آ کر ہمارے دیس کو
یرغمالی رکھ دیا ہے کر کے سارے دیس کو
ایسی آتش ہے کہ گل کھلتے نظر آتے نہیں
ایسی سازش ہے کہ اپنے اپنوں کو بھاتے نہیں
اہلِ دانش دنگ ہو کر رہ گئے ہیں کیا کریں
سوچتے رہتے ہیں کس مٹی پہ ہم سجدہ کریں
روٹی کپڑا دب گئے ہیں تیل کی قیمت تلے
اچھے خاصے لوگ بھی لگنے لگے ہیں دل جلے
آگے ہیں یہ جو جھوٹے خواب سے تعبیر میں
کاش یہ سب ہی جکڑ جائیں اسی زنجیر میں
حوصلے سے کام لو تم دوستو گھبراؤ نہ تم
دشمنوں کی چال میں ایسے کبھی آؤ نہ تم
جتنے ظالم ہیں سب اپنی جال میں پھنس جائیں گے

! اللہ ہمارے دیس کا رکھوالا ہے!



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ڈاکٹر ریحانہ صدیقی نے ڈومینڈ یکل کالج کراچی سے ۱۹۶۷ میں ایم بی بی ایس کیا تھا۔ آپ ڈاکٹر طارق صدیقی کی بیگم تھیں۔ طارق اور ریحانہ اپنا کے بانی ممبران میں سے تھے۔ انہوں نے ابتدا سے اپنا کے لئے بہت کام کیا اور اسے ایک کامیاب ارگنائزیشن بنانے میں بڑی محنت کی۔ وہ ۳ دسمبر ۲۰۱۲ کو اپنے خالق حقیقی سے جا ملیں۔

ڈاکٹر ریحانہ صدیقی کی یاد میں!

ہماری دُعا ہے کہ خدا ان کو جنت الفردوس میں جگہ دے اور ان کے لواحقین کو صبر جمیل عطا فرمائے: آمین ثم آمین:
محترمہ عمیرہ ناز نے ان کی یاد کی شمع جلانے کو یہ نظم لکھی ہے

تم نے باندھا اپنا رختِ سفر جلدی جلدی
کسی سے نہ پوچھا نہ انتظار کیا
بس چل دی جلدی جلدی
تمہارے جانے سے چھائی ہے دلوں پہ اک بے نام سی اداسی
کاش تم نے کچھ انتظار کیا ہوتا
پر اللہ کو تم سے تھا پیار جتنا جلدی جلدی
عالمِ برزخ میں جنت کی ہواؤں میں
تم ہو گی بڑی مصروف کہ تم کو سنا تا تھا سب حال یہاں کا
ابو بھی ہیں بے چین، آپو بھی ہے بے چین
کر کر کے انتظار وہ تھک گئے ہیں
ریحانہ کو بھی ان سے ملنے کی بڑی جلدی
جبھی تو چل دی، جلدی جلدی کر کے ہمیں بے چین
آنکھوں سے تو او جھل ہے پردل میں تو آباد ہے
یادوں سے تری دل کی نگری تو آباد ہے
اللہ کی رحمت و مغفرت کے دروازے کھلے ہیں
تو گھر بنا لے جنت الفردوس میں جلدی جلدی

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The Society of Thoracic Surgeons awarded Osceola Regional Medical Center once again with the coveted "Three-Star" rating, placing our Cardiac Surgery Program in the nation's top 13 percent. By pioneering complex procedures such as minimally-invasive valve replacement, our experts continue to be recognized for new ways forward in cardiovascular care.

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