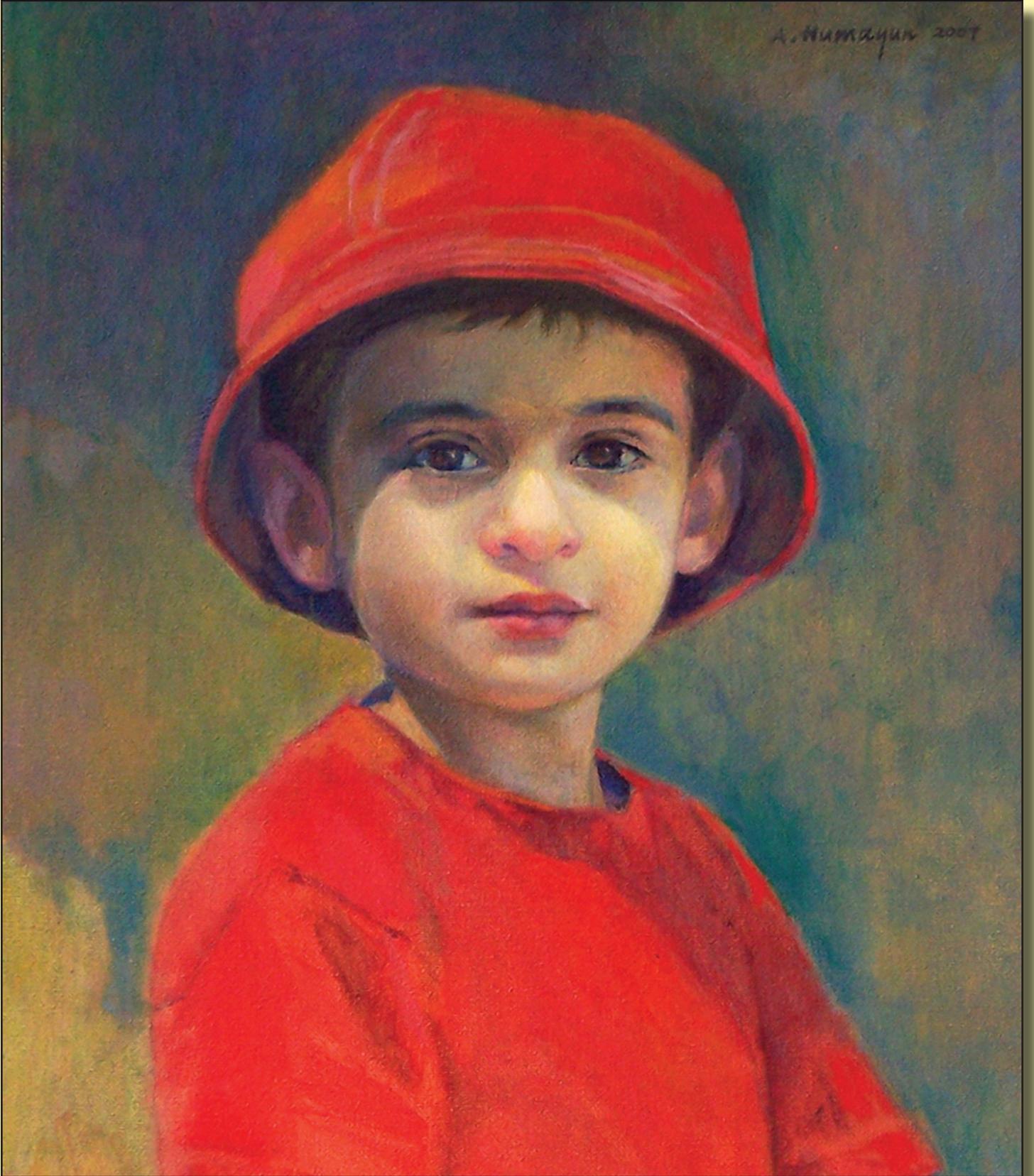


A. HUMAYUN 2007



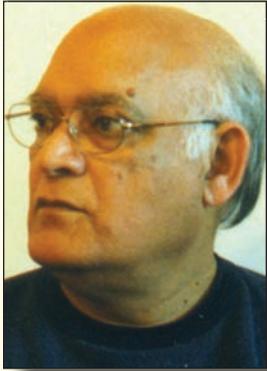
# APPNA JOURNAL

A BI-ANNUAL publication of the Association of Physicians of Pakistani-Descent of North America

Volume 9 number 2

Winter 2007

# Portrait of an artist



Ahmad Humayun

*Ahmad Humayun was born in Lahore, Pakistan, in 1940. He studied fine art under the well-known Pakistani artist, A.B. Nazir of Karachi. While in Pakistan, till 1965, he participated in several group shows, using oils as his main medium. His current interest is prominently in portraits, landscapes and still life. His earlier painting career inclined towards portraits and figure studies in pastels and watercolor.*

Since his arrival in Canada, from 1965, some of his landscape scenes are depicted somewhat in the impressionist style, with many of them painted from real life scenes in and around the Ottawa Valley and Gatineau Hills.

Private collections in Pakistan, Canada and the United States hold many of Ahmad Humayun's works.

A member of the Canadian Society of Graphic Designers, he has considerable expertise in graphic arts and has won many awards for design and graphics of publications.



Title: "Shahada"  
Artist: Ahmad Humayun  
Private Collection: Mr. and Mrs. Badar Siddiqui

Ahmad's artistic talent and natural interest in art is inborn and hereditary. His father, M. Abdul Ghani, was the Royal Painter of the Raja of Dharbhanga, north eastern India. In the court of the Raja he was required to paint portraits of the Raja's family and courtiers, murals and other art for the palace walls. He then went to Lahore as Art Director for movie studios, working on movie sets in various parts of the country and providing art direction.

Ahmad Humayun was a toddler when his father died. His father's entire art collection was either destroyed during the independence of India, or is in unknown private, royal, and company collections. Ahmad's natural art aptitude and talent manifested itself in his early childhood, unknown to him that he was following in his father's famous footsteps.

# Alone, I cannot fight the Fight

## Appna Time



*Furrukh S Malik MD*

*Dr. Malik is a graduate of King Edward Medical University class of 1988. He is an advanced heart failure and transplant cardiologist. Presently he is the Chair of the Cardiovascular Medicine and also the Chair of the Heart Center at the Centennial Cardiac Center of Excellence in Nashville Tennessee.*

**I**t was a usual crisp winter morning in mid America. The ordinary affairs of the day were interrupted by the sad news of a political assassination in the country of my parents. I took the news and with outward calm I walked to my next patient. Ever since I took my oath as a citizen of a new country, I have detached myself from the miss happenings of the country of my birth, or so I thought. All day my colleagues asked me about the uncertain situation. They wanted to know about my parents and my family. They wanted to know more about the country I wanted to forget. I shared my memories of the country and tried to answer their questions with the detached nonchalant. I tried to busy myself with the daily practice but by the evening I broke under a painful anguish.

November 2007, Lahore

My father is ill. He fell and bled in his brain. I could tell the fear in my sister's voice. He needed surgery and it was not safe to operate at his age. I took the first plane to be with him. I had to go, to hold his hand and comfort him for this may be my last chance. He bravely withstood a craniotomy. The psychological trauma of gastrostomy tube was worse than the throbbing blood in his head. As I cleaned his face he chinned up and asked about my long flight home. I choked. It was a breeze father.

December 2007, Nashville

A colder night in Nashville. We had all gathered to light a candle at the local library. People talked and gave a voice to their emotions. Some cried. I lit another candle and my daughter held it. She later blew it off. For her it was akin to blowing candles on a birthday. Like blowing a year away. How ironic I thought. Suddenly the painful truth bore into me. The country of my birth is like my father. Broken, maimed and hurt. Yet resolute to withstand all the high winds and at the end off the day we call it home and family. Her pain is my pain and her grief rolls down as tears across people of her flock. The more I resisted this thought the more it engulfed me. Like my father the country of my birth is a part of me. His resolute composure is testament to the strength of his commitment to the country of my birth. Her fight is the fight worth fighting. A fight I cannot fight alone.

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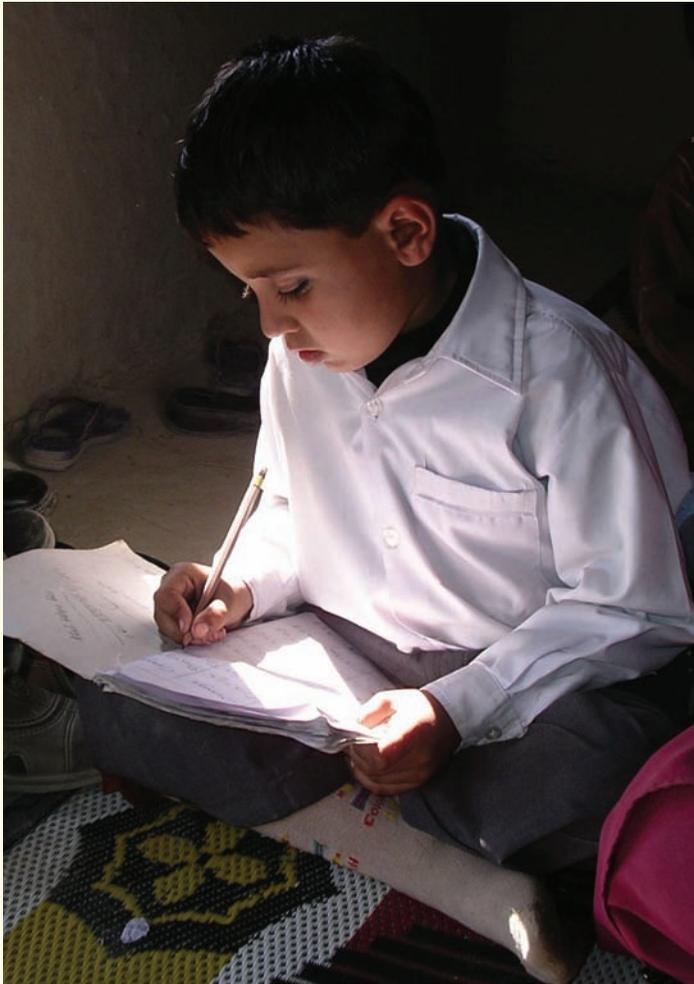
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The Editor reserves the right to edit all submitted material.

**The deadline for submission of materials for the Spring 2008 issue of the Newsletter is March 31st, 2008.**



# 2008

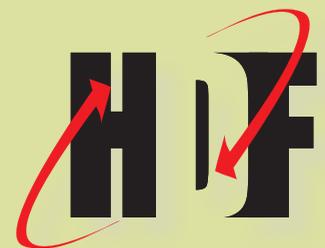
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## APPNA Organization

President's Message, Nadeem Kazi, MD .....	6
President Elect's Message, Mahmood Alam, MD .....	8
Treasurer's Report, Rizwan Naem, MD.....	9

## Committee, Alumni and Chapter reports

KEMCAANA Report, Ijaz Mahmood, MD .....	10
FJMC Report, Naheed Chaudhry, MD .....	11
SMC Report, Joseph Emmanuel, MD.....	12
Georgia APPNA Chapter Report.....	14
St. Louis Fall Meeting 2007 Report, Manzoor Tariq, MD .....	14
APPSF Chapter Report 2007 .....	15
APCNA Chapter Report 2007, Rizwan A. Karatela, MD .....	16
The Social Welfare Disaster Relief Committee, Saima Zafar, MD .....	17
Report of APPNA Election Reform Committee, Dr. S. Amjad Hussain, MD .....	18
Election and Nomination Committee Report, Mohammad Suleman, MD .....	19

## Editorial

APPNA TIME, Alone, I cannot Fight the Fight, Furrugh S. Malik, MD.....	3
--	---

## Academia and research

APPNA Merit, G. Naheed Usmani, MD .....	31
---	----

## Articles

LA Pilot Tutoring Project, Asif Mahmood, MD.....	8
Social Forum, Bushra Sheikh .....	17
APPNA's Runaway Electioneering, Syed Nadeem Ahsan, MD .....	21
Is APPNA politics following in Pakistan's footsteps, Mahjabeen Islam, MD .....	22
Business As Usual, Syed M. Ahmad, MD.....	23
Pakistani Americans, Politics and Pakistan, Syed Mansoor Hussain.....	24
A New Day in APPNA, Zeelaf Munir, MD .....	26
KEMCAANA Retreat 2008 in Chicago, Arif Agha, MD.....	26
An Exemplary Act, Zeenat Anwar, MD .....	27
A Dream Come True, Rizwan C. Naem, MD .....	27
Unique Opportunity for Muslims, S. A. Rahman, MD .....	28
Bone Marrow Registry drive, Rubina Inayat, MD.....	29
"Palestine Peace Not Apartheid." Book Review, Mahmood Alam, MD .....	30

## Poem

A New Beginning, Farah Aziz .....	12
-----------------------------------	----

<b>Photo Gallery</b> , M. Shahid Yousuf, MD.....	32
--	----

<b>Urdu Section</b> , Salman Zafar, MD.....	36
---	----

## Title Page, Ahmad Humayun's Art Work

Ahmad Humayun's Bio.....	2
--------------------------	---

## Advertisements

HDF.....	4
APPNA Spring 2008 Meeting.....	13
KEMCAANA 3rd Annual Retreat.....	20
<b>Pediatrician Needed</b> .....	21
Mercy-USA for Aid and Deveopment .....	5
APPNA Summer Meeting.....	20

# President Report



Nadeem Kazi, MD

*Dr. Kazi is a graduate from Sindh Medical College class of 1986. He did his Fellowship from Loyola University Medical Center IL. Currently practicing gastroenterology in Casa Grande AZ. He is the Chief of Internal Medicine at CGRMC AZ. He is also President of Pinal County Medical Society.*

**D**ear Fellow APPNA members Asalaam O Aliekum and Happy New Year. It has been great privilege to serve APPNA as President. I would like to thank all the officers, Board of Trustees, Council members, and the committee chairs and members of 2007 who made it possible to achieve our goals. It seems like yesterday when the membership of APPNA elected and endorsed me with overwhelming support. I thank you for your immense trust in me. Here are some of the important high lights of 2007.

## Education

The year 2007 was the year designated to be a year of education. APPNA Pakistan started primary school project together with dispensary in remote Sindh area. They have already started 8 schools with the help of private donors. The teachers and compounders for this school are provided by the Rangers. Each school costs from \$10,000 to \$12,000. If any one likes to donate in the name of their parents or loved ones please feel free to

reach me by e-mail to (nakazi@pol.net) or Dr Saeed Akhtar (sathar100@hotmail.com) the name of the school contains the name of the person you are donating money for i.e., APPNA NAME Ranger school. I request you to donate for this project and God will bless you for this *Sadqae Jarriah*.

We launched APPNA MERIT (Medical Education and Research Investment Taskforce) and APPNA Sukoon to help to promote the health care in Pakistan. I will take this opportunity to thank Nationwide Insurance Company for the donation of seed money of \$25,000 to launch this program. We have also started a free tutoring pilot program in Los Angeles, CA. I hope that we continue to work towards this important issue.

We have arranged seminar according to one particular theme during council meetings. The first one on leadership and the second one on coalition with other organization to address our civil right issues and plan to streamline our efforts to fight our rights in USA.

The social and personal education our members and community needs to grow with the changing landscape. As I alluded earlier we all have to match our economic prosperity with our social and interpersonal well being. We all to have to step out of our social ghettos and join our neighbors, colleagues at work and participate in all the functions that make our life so fruitful in our adopted country. It is imperative for our survival.

## APPNA center and Organization

This year we approved several policies and procedures for our committees to run the organization smoothly. We have bought a new building adjacent to the existing central office building. The new building was inaugurated on December 16th 2007. This additional space will serve as an APPNA Center. APPNA center will house APPNA archives and serve as resource center for interns, medical students and young physicians for research purposes. In this center we will arrange leadership seminars and live video conferencing for MERIT program. The

Higher Education Commission of Pakistan will support this activity which can be televised in 18 universities throughout the Pakistan.

We have registered the trademark "APPNA" with federal patent this year so no one can use or abuse "APPNA". This year we communicated with our members frequently using blast email system, this saved us a substantial amount of mailing expenses. *Mash Allah* we have raised thousand of dollars from out side sources during each meeting.

## Civil Rights Initiative

We have formed a coalition with other organizations which are actively fighting for the civil rights issues faced by Muslims after 9/11 in USA. The council approved a contribution of \$100,000 to Muslim Advocates (MA) to fight for APPNA members' rights in USA and advise us on a case by case basis if our members face any such predicament. This is the first time we have engaged in some concrete active plan to fight for our civil right issues. So far MA successfully beat the "mapping" or massive data and intelligence gathering plan by LA police department. They are finalizing a DVD on racial profiling. This DVD will explain the law and our rights and how to handle if our member gets involved in such situations. This DVD will be launched by the end of February 2008 and will be linked to our web site. They also hired a full time lawyer with the help of our funding who will lead the racial and religious profiling project.

We are also working with Muslim Public Action Committee (MPAC) and ISPU. Recently Dr Zahid Imran psychiatrist from APPNA and Salaam Maryati, executive director of MPAC met with US Department of Defense to discuss the psychological need of the prisoners in Guantanamo Bay. The joint statement is published by APPNA, MPAC and US Defense Department which can be found on our website.

## Social Welfare and Relief

The earthquake relief work continues. This year we inaugurated the Police Hospital in Abbotabad on October 8th 2007 and Girls School in Kathai on December 23rd 2007.

The funds for Rawalpindi General Hospital APPNA orthopedic center is paid in full as per our commitment. The APPNA dispensary at Toopa Soon is to be completed in May of this year. The Citizens Foundation-APPNA School in District Bagh is still under construction and *Inshalab* will be completed this summer. We have already paid 50% of the cost and rest will be paid when the project is completed. Mansehra Rehabilitation is functional since last year and sponsored by APPNA New York Chapter and due to low patient load we will continue to support this project for three years instead of two years. In November we started a new project in Mansehra jointly with Hope for Humanity, called Shamdara dispensary which also serves as mother and child care center. All donated equipment for earthquake relief is distributed to the Ministry of Health in Azad Jammu Kashmir and NWFP.

The Cytogenic Lab at National Institute of Children's Health in Karachi was inaugurated on December 27th 2007 by the children who have received services by this Lab, The SWDR committee started several new programs and APPNA donated \$10,000 to Bangladesh Medical Association for flood relief, \$15,000 to LRBT (approx. 30,000 is matched by other donors), \$15,000 for Pakistan flood relief (\$10,000 to Red Crescent and \$5,000 to PMA). Another \$7500 was given as a loan to young physicians. The Red Crescent Pakistan is training our employee (Mr.Zeeshan Paracha) in Pakistan for rapid response and planning during disaster situation.

#### Membership issues

This year our membership reached record high of approximately 3000. The annual meeting was attended by a record number, and 3020 attended the annual banquet. The annual meeting revolved around education, which included youth debates and discussion on democracy and justice, coalition with University of Florida for CME and sports competitions. We have kept APPNA independent and not allowed any one to use this platform to promote their political agenda.

#### Election Reform

The re-election of President-elect 2006 was a tie. This put APPNA in a very difficult situation. The only option, per our

constitution, was to have another election which most of our members opposed and expressed their feelings through emails and phone calls. I took the initiative to resolve this matter, requesting the candidates for their help. I appreciate and admire Dr. Zeelaf Munir's decision to withdraw her candidacy for the President-2008 in favor of Dr. Mahmood Alam in the larger interest of the organization. I salute her exemplary leadership and grace for saving the Association from further divisiveness.

We have learnt a lot from the lawsuit of 2006. Several remedial measures have been undertaken, including membership verification. I appointed an election reform committee and a detailed report has been presented to the Council for discussion on December 15th. The report of this committee is printed in this journal. Dr Mahmood Alam has promised us that he will bring this report back to the first 2008 council meeting for approval. The report has its first hearing in the council and some recommendation was given to this Adhoc committee.

The winter meeting was started on December 26th with the launching of APPNA Sukoon in Karachi and on December 27th with the CME. However, due to the unstable law and order situation the rest of the meeting was cancelled. However, we successfully launched APPNA Sukoon project in Islamabad, Karachi, and Lahore. The APPNA EC decided to return the registration and dinner ticket costs back to the registered members of winter meeting. The CME hours will be given to the members who attended the meeting on December 27<sup>th</sup> and for this reason CME fees will not be return to the registrants.

There have been few of our plans that were not accomplished during this year. However, *Inshalab* Dr Mahmood Alam will continue the process. First and foremost is the general body approval for the Constitution and bylaws amendments. We have mailed and emailed the recommendation several times however, the response received were less than the required quorum. The second is the establishment of the SWDR endowment fund and APPNA Foundation which was also suggested by Brother Hamza Yousuf during our Annual meeting. This was discussed in detail at the fall council meeting

and further work is needed. Dr Alam appointed an Adhoc committee for this project. This committee will review the work done in past during Dr Hussain Maliks presidency. The third is to obtain Tax-exempt status in Canada as several of our members in Canada are unable to donate for APPNA projects.

Once again, thank you for your support and trust. I hope I have met your expectations. My services to APPNA and our community will continue. Finally I want to thanks central office staff especially Dr Tariq Cheema who worked day and several nights to run the office. I will always be indebted and grateful to my wife Shani, my sons Faraaz and Farhan for their unconditional support due to which I was able to contribute to the betterment of the organization.

### 2007 Highlights

APPNA MERIT

APPNA Sukoon

APPNA Directory

APPNA Center (New Building)

Policy and Procedures

Record Membership

APPNA Trade Mark

Coalition with Muslim Advocates

Coalition with MPAC

Handling Glasgow Incident

Free Tutoring Program

Initiation of Election Reform

Abbottabad Police Hospital

Toopa Soon Dispensary

Kathai Girls School

APPNA Ranger School

Inauguration of Cytogenic Lab

Breast Cancer Awareness Program

Bone Marrow Registry for S. Asian

Hepatitis B and C project

Karachi Street Children Project

Donation for Bangladesh floods

Donation for Pakistan floods

Donation to LRBT

Improve Media Relations

# President Elect's Message



Mahmood Alam, MD

APPNA has come of age to become the leading democratic grassroots organization of the Pakistani Diaspora in North America. It is growing with 28 Chapters and the affiliation of 13 Alumni Associations at the present time. It has made strides in the areas of medical relief, development, and philanthropy in the recent years both in Pakistan and in the United States. It was the selfless work of our volunteers that made it happen. We should be proud of our successful continued medical educational programs. The passionate help for the young physicians and the advocacy for our civil liberties have been the areas of more focus in the past few years.

This work must continue with better assistance and adequate funding in 2008 and beyond. The scope of work is enormous and resources are limited. Organization building and resource development are needed to expand the horizon of our work.

First and foremost we need to get approval of amendments to our constitution and Bylaws from the General Body. These amendments were made in 2006 and 2007.

The staggered term committee appointments and changes in the election schedule initiation after summer meeting instead of spring are amongst those changes, which need to be implemented as soon as possible. The approval of the suggested changes in the APPNA Election Code of Ethics and the proposed change in the election schedule will together bring the reform needed to conduct our elections better. The staggered term committee appointments should certainly improve the governance as well as management of work planned by all the committees. Moreover, it will boost very much needed institutional memory.

The APPNA Chapters have been instrumental in establishing APPNA at the grassroots levels. These chapters provide us with the window of opportunity to communicate with our membership at the community

level. APPNA Chapters must function and promote their activities within the mandate provided in the central APPNA constitution and Bylaws. All Chapters should follow the democratic principles and management of their finances should have professional assistance in order to maintain our legal status as 501 (c) 3 organizations. APPNA is proud of our Alumni Associations. The smaller Alumni Associations need more assistance from APPNA offices. I plan to streamline this issue with the help of our Executive Director this year.

We need to promote harmony and unity of purpose in APPNA. This goal can only be achieved with the will and conscious efforts on the part of our leadership. We must appreciate those leaders whose efforts resolved the recent deadlock by putting APPNA first. This is good news for APPNA. We have begun to learn to resolve our issues within our organization. I will build bridges by reaching across the aisle to promote unity. Officers come and go but the institution remains. Our unity will make the institution of APPNA stronger. I look forward to working together with all the members regardless of their political affiliation to take this great organization to the next level. I have no doubt in my mind that future of APPNA is bright and promising.

## LA Pilot Tutoring Project

Asif Mahmood MD

Alhamdo Lillah, the Pilot Tutoring Project has been started. The thought initially came when we realized that in spite of a wonderful Pakistani community in US, there is not much recognition in general public. Pakistanis and specially APPNA have done lots of social welfare, humanitarian and charity work in Pakistan and other parts of the world but not much in US. We thought that it is our moral responsibility to invest our services and give generously to the deserving areas in US because we work here and earn here. Our next generation is going to be mostly doing everything here and we need to prepare grounds for them. What we do today will help coming generations.

We came up with first Pilot Project to help poor and deprived school going kids with after school tutoring. I picked up Elmonte CA school district. I personally met with superintendent of school district then with school principals and Mayor of the city. We discussed the project and it was appreciated much by all.

I did home work in spring and summer and placed everything together. Tutors were hired from AmeriCorps, Kids were selected by class teachers after assessing their performance and potential for improvement and domestic situation. Finally 5 kids were picked from each grade 5th & 6th. Tutors have been working with them on individual basis and

kids are already showing improvement. There will be a half yearly report by the end of January or beginning of Feb 2008. We plan to have an open house at the same time where we will invite kids, parents, teachers and local APPNA members to review and interact with each other.

Local community and school is already praising the efforts of Pakistani doctors and inshallah Allah almighty will bless more for the great cause.

I think, if this project can show better results both in improving poor kids performance and make better impression of Pakistanis on local community then we should plan to extend this project to more areas.



Rizwan C. Naeem, MD  
Treasurer 2007  
Chair APPNA Finance Committee 2007

**Transparency has changed the trend in the financial outlook:**

**Written Policies and Procedures are in Place.**

**Rotary Matching Grant for the Cytogenetic Laboratory Project delivered.**

**In a total turnaround spring, summer and fall 2007 Meetings brought significant proceeds.**

**Over \$50,000 proceeds from improved financial practices.**

**Completion of many EQ related Projects.**

**D**ear APPNA members:  
It was my pleasure to serve you as the treasurer and update you on the APPNA financial picture. One of the goals we achieved this year is to make APPNA finances transparent for the entire membership and improve financial practices.

**Transparency in APPNA Accounts:** With the help and approval of the Executive Counsel this year we have made all APPNA

financial reports available to any member who is interested. In addition all APPNA related reimbursement are now done via proper documentation and signed MOUs.

### **Meeting Account Management a Total Turn Around:**

1. In the 2006 spring meeting APPNA lost \$34,661.00. This year APPNA has made over \$13,000 in proceeds from our first meeting of 2007.
2. In summer 2007 APPNA made net profit of \$106,495 in general funds and lost \$30,838 in CME funds. This is a significant improvement from last year.
3. In fall of 2006 APPNA lost about \$1000.00. In fall 2007 Arizona meeting APPNA made a net profit of \$6,942 in general funds and \$4,450 in the CME funds.
4. In Winter 2006 APPNA lost over \$30,000 in 2007 we did not lose any money as part of the meeting was canceled.

These numbers speak for themselves for the fiscal responsibility of our organization this year. This is a total turnaround in APPNA finances of meeting management and congratulations to the local host committees of spring, summer, and fall meetings.

**Written Policies and Procedures:** This year we have also developed APPNA accounting methodologies and policies and procedures for avoiding errors and improving revenue collections. This will be a long lasting document to be followed by all in future. This document will help us to be in compliance with the new IRS requirements on financial issues.

### **Projected over \$50,000 from Improved Return in Checking and Saving Account:**

This year have moved most of our accounts into a high yield sweep account. This move is now giving us a return of about 5% on most of the money we have in the bank. This is an innovative approach for improving APPNA's financial health, as I believe every dollar in our account should yield a higher interest than checking or classical saving account. We expect to earn over \$50,000.00 from the money in the bank.

### **Timely completion of many EQ relief**

**activities including Police Hospital in Abbotabad, orphanage in Rawalpindi, and girls' middle school in Kathai Azad Kashmir are few of them.**

**Finance committee** decided to keep the same investment goal as of the last year.

**Real Estate Investment:** With the approval of the EC we bought a building next to our current building. This is the comment from our financial advisor Mr Hank Bashore on this transaction. "This transaction further diversifies your portfolio of investments into what we call a non-correlated asset class to the stock and bond markets, real estate. When non-correlated assets are added to a portfolio they actually can reduce the volatility or risk to the overall portfolio due to how their valuations are likely to move in opposite directions as the economic environment changes, therefore offsetting both gains and losses and resulting in lesser extremes of net gains and losses to the overall portfolio."

The new asset allocation of the \$1,434,426 **APPNA portfolio** including the real estate as of November 28, 2007 held at Smith Barney is as follows: **Real Estate** \$208,000 (14.5%), **Cash and equivalents** \$134,863 (9.4%), **Fixed Income** \$316,183 (22.0%), and **Equities** \$775,380 (54.1%).

In the end I wanted to thank you all for your trust in me and as always I am a worker and my services to APPNA will continue. I also wanted to thank and appreciate our executive director Dr. Tariq Chema without his help this financial turnaround was not possible. Please do contact me directly for any question or suggestions.

rizwannaeem@yahoo.com  
832-646-4363

**APCNA 5th  
Annual Meeting  
at ACC Chicago  
March 28-31**

# KEMCAANA Report



Ijaz Mahmood, MD, FACP  
Hematologist/Oncologist  
FACP, President KEMCAANA 2007

**Executive Committee Members:**  
**Mohammed Haseeb, MD, Secretary**  
**Naheed Usmani, MD, Treasurer**  
**Mubashar Rana, MD, President Elect**  
**Khalid Mahmood, MD, Immediate Past President**

The year 2007 started with Second Annual KEMCAANA Retreat held in New York City in March 2007. Annual Dinner in Orlando featured Mr. Mark Salley Vice President of Operations ECFMG as keynote speaker, honorable Mr. Durrani Ambassador of Pakistan as chief guest. Dr. Raza Dilawari was the recipient of lifetime achievement award for his innumerable services to APPNA and KEMCAANA, which are well known to Pakistani American Medical Community. KEMCAANA Winter Meeting in Lahore was held on December 17th and 18th.

Inaugural Session was co-chaired by Professor Mumtaz Hassan, Vice Chancellor of King Edward Medical University, and Dr. Ijaz Mahmood, President KEMCAANA, with Mr. Aslam Hamayun, honorable Minister of Health Punjab as chief guest. KEMCAANA presented plaques to Professor Mumtaz Hassan, Vice Chancellor, and Professor Riaz Bhatti, Staff President, in appreciation of their tremendous efforts towards propagation of Postgraduate CME Program in addition to achievement of elevation of King Edward Medical College to King Edward Medical University. Two days of very successful CME Program featured speakers from United States including Dr. Raza Dilawari, Dr. Mubashar Rana, Dr. Naheed Usmani, Dr. Adeel Butt and myself. Representative of King Edward Alumni Association of United Kingdom and Saudi Arabia also participated in the event. Two workshops were held on December 18. First one on ventilator management in critically ill patients and second workshop included cancer care in Pakistan, and a Tumor Board which was very well attended by surgeons, radiation oncology and medical oncology fellows and staff oncologists. Experimental protocols were reviewed and prospectus of lending expert hand to the oncology unit through merit program and Pakistan Society of Clinical Oncology were discussed. Availability of chemotherapy agents on and off protocol was very impressive. Needs and pitfalls of the system were discussed and will be presented in the Planning Session of next KEMCAANA teleconference. KEMCAANA officials also visited highly utilized Burn Unit at Mayo Hospital, which

requires tremendous overhauling. KEMCAANA hosted dinner in the honor of faculty and staff of Mayo Hospital and King Edward Medical University, which was attended by almost 500 guests. This fun filled evening also featured a music program by Khalil Haider. KEMCAANA computer lab and computer facilities in boys and girls hostels are utilized and appreciated by students and faculty tremendously.

KEMCAANA Executives had meeting with Pro-Vice Chancellor Dr. Mohammed Awais regarding curriculum development and post-graduate programs. King Edward Medical University is starting about 30 new post-graduate programs and disciplines, which have been submitted to Higher Education Council for approval and will be started as early Higher Education Council. Admission tests for candidates have already been given. King Edward Medical University asked KEMCAANA to communicate with APPNA officials for hosting 2008 Annual APPNA Winter Meetings at KEMU Campus in Lahore. KEMCAANA Endowment Fund is reaching million-dollar goal. Currently, we are offering 35 scholarships to needy students, and the number will be increased to 50 this year in addition to the loans offered to needy physicians to help them take entry-level exams abroad.

New KEMCAANA officials for 2008 Dr. Mubashar Rana, President Elect, Dr. Mohammed Haseeb, Secretary, and Dr. Naheed Usmani, Treasurer, and Dr. Tariq Jamil, Secretary, and Ijaz Mahmood, Immediate Past President.



Dr. Mushtaq Sheikh with Presidential Candidate and Senator Ms. Hillary Clinton, Orlando, FL 2007.



KEMCAANA Annual Meeting 2007. Dr. Ijaz Mahmood, a guest, Drs. Arif A. Toor and Prof. Mumtaz Hasan



Naheed Chaudhry, MD  
President 2007, FJMC

**D**ear friends,  
The year 2007 has gone by so fast. The sad events of December '07 in Pakistan have been shocking, leaving us worried, bewildered and on edge.

Let us all try to contribute as best as we can and as much as we can to help improve the plight of the unfortunate people in Pakistan. Let us also strengthen our resolve to help educate the less privileged in our communities and back in Pakistan. This will be the first step in eliminating poverty and desperation in these human beings, hopefully leading to a more humanitarian society for everyone to live in.

We are a small Alumni Association in its infantile stage but together we can accomplish a lot.

In order for our Alumni Association to survive in APPNA, we have to maintain a membership of at least 25 & every year we barely reach this number. There are over 1500 FJites in USA according to AMA database, out of which only slightly over 200 have been our alumni association's members since its inception. We request the FJ graduates to become members of our alumni association. I request you to PLEASE at least renew your memberships, although we would love to see you at least once a year, in one of the meetings. There is strength in numbers and we cannot accomplish our goals without your help.

Dr. Sarwat Iqbal (Secretary) has done a wonderful job in outlining the details of our activities since the beginning of this year. She personally visited FJMC, Lahore, met with Dr. Rakhshanda Tayab as well as other faculty members and assessed the areas where our efforts are most needed.

### **I will briefly outline our accomplishments, goals and visions:**

1. Inception and maintenance of the scholarship program. \$7700 were contributed for 14 scholarships this year.
2. Investment of the Endowment Fund, in order to move towards financial stability of our organization.
3. Contribute to the AFJOG projects (please check website ([www.fjmcna.org](http://www.fjmcna.org)) for details). \$2000 were donated to Behbood Vocational Centre.
4. Initiate and contribute to the educational activities at FJMC in the way of courses such as ACLS, ATLS, ALARM, as well as some interactive teaching on the Internet. Our parent organization has initiated the MERIT program. Dr. Sarwat Iqbal and myself have volunteered to work in the MERIT program.
5. Support HDF and ANNA. Drs. Shahnaz Khan and Dr. Zeenat Anwar have done wonderful work for HDF and Dr. Amna Butter, the founder of ANAA has worked relentlessly for women's rights. We salute them and would love to make regular donations to these charities.
6. Fundraising activities. This year we are working towards arranging a musical event in Spring 2008. **Please**, send us suggestions for fund raising.
7. Increase membership and improve communication amongst members, using the website, list-serve and teleconferences.

In order to accomplish these goals, we need your help and support. Please come forward and join us. The friendships that we have developed will be cherished for life.

I truly had a wonderful year serving you all. My special thanks to Dr. Sarwat Iqbal for her passion and dedication, Dr. Manzar Shafi, for her participation and sincere suggestions,

Dr. Shaheen Mian, for her support and wonderful ideas and of course Dr. Rubina Inayat, for re-grouping us, putting us on track and connecting us via teleconferences and website. I am especially grateful to Dr. Nosheen Mazhar for her voluntary participation.

I also want to share with you, that some of our colleagues ( FJites) have done amazing work outside of APPNA. Dr. Noreen Zafar was in the very first group of physicians arriving in Muzafferabad after the earthquake. What an example of humanitarian service.

Another young physician from our college Dr. Lubna Kamal is involved in numerous local community projects. We are proud of their accomplishments & congratulate them most fervently.

Dr. Rubina Inayat is involved in the cause of young physicians and in projects of social welfare committee of APPNA, while she and Dr. Fauzia Rana are initiating a breast cancer awareness at local level and in Pakistan at our Alma-matar.

Again, I sincerely hope you will get in touch with us via list serve or even spare just a few minutes to join us in teleconferences and give us suggestions. Your involvement will take us a long way in making a small contribution to FJMC & the less privileged people in the country that gave us so much.

One of our objectives this year was to make the Annual Summer meeting a fun get together. We therefore tried to introduce some entertainment as well. Our sincere thanks to Dr. Roohi Khalid and her husband Dr. Khalid for brightening up the evening with their Karaoke singing.

Please join us on June, 2008. I'm sure that our team will make this evening even more fun and entertaining for you all. I urge you to PLEASE register before March '08 so that you can participate in the election process as well.

Regards,  
Naheed Chaudhry, MD



Joseph Emmanuel, MD.  
SMCAANA President 2007.

**D**ear All:  
It was December 26th 2007. The Khwaja Moin Hall of SMC was jam packed with students, teacher and colleagues. We were warmly received at the gate and escorted to the hall by local security. After many years I was in familiar surroundings. It was unforgettable and priceless moment. I was overwhelmed. I think Javed, Farrukh, Friya, Ejaz, Kamal, Rizwan, Nadeem, Viqar, Mohsin Haidri and others had similar feelings.

SMC Winter meeting 2007 was one of the successful events of SMC. Academic session was excellent. Many academic SMC alumni including Dr. Viqar Qureshi from England, Dr. Majid Rana from Karachi participated. The evening program was well organized and well attended. We had healthy discussion with the vice Chancellor of DUHS and the Director of JP MC.

Following are high points of my report.

1. Dr. Jumma agreed to keep providing the **clinical teaching**, training and clinical rotation to medical students of SMC.
2. Dr. Masood Hamid Khan is working to build the **Teaching Hospital for SMC**; the probable site is the hostels of SMC which have been vacated. We are told that the grant for the hospital is in process of approval from Higher Education Commission.
3. Dr. Farooq Sattar announced the continued support of SMC cause and said “**we will raise SMC issue in national and provincial assemblies**”.
4. I was surprised to see the 60 computers terminals in **SMC digital Library**.
5. I discussed the issue of **verification of credentials, documents** and transcript with student section in charge Mr. Rashid. I was informed, “Now there is no fee for verifications of documents so we have expedited

the process once we received the documents most through ECFMG and FCVS”.

6. **SMCAANA** has announced the **merit scholarships for SMC Medical students**, but the Vice Chancellor of DUHS, Dr. Masood Hamid Khan requested to amend the program as merit and in need basis. The numbers and amount is being discussed, the selection committee will include the members from Karachi and North America.

7. The **SMC visiting faculty program** was discussed and has been approved by Dr. Masood Hamid Khan, and with grace of God the first participant will organize the lectures, seminars, workshops, clinical rotation for Students of Dow university of Health sciences in March, 2008.

8. The SMCAANA president for 2008, **Dr. Ejaz A. Khan has agreed to continue all SMCAANA 2007 projects and SMC winter meeting in Karachi, endowment fund** etc. I have extended full support to New President of SMCAANA.

I am personally thankful to Dr. Sameer Qureshi, the President of SMCAA Pakistan and his team for organizing such a successful event in coordination with SMCAANA. Let us continue SMC Winter meeting and SMCians will be more supportive in coming years.

**The Publication  
Committee 2007  
would like to  
thank all  
contributors for their  
active participation  
and wish the  
2008 committee  
a successful year  
of publication.**



## A New Beginning

*May each heart be filled with hope,  
Love knock at every door.  
May the children's tears stop flowing,  
The poor hunger no more.*

*May the greedy find a conscience,  
May we all learn to forgive.  
May we realize that we are One,  
Learn to live and let live.*

*May your sorrows hurt me more.  
Your joys make me smile.  
May we make this a peaceful world,  
If only for a while.*

*May creed and color count no more,  
Borders fade away.  
Make room in your hearts for everyone,  
It is the only way.*

Poet: Farah Aziz

The following beautiful pic and the dua poem was sent by a friend Arif Khan Written on 31 December 2007, partly in response to the recent horrible events in Pakistan The poet is also a potter and an educator based in England.

**Save the Date!**



# **APPNA**

## **Spring Meeting 2008**

### **March 21-23**



**Louisville, KY**  
**Marriott Downtown**

**CME Activity**  
**Council Meeting**  
**Current Affairs**  
**Dinner at Derby Museum**  
**Banquet & Entertainment**



**Mahmood Alam, MD**  
President

**Zaka u Rahman, MD**  
Meeting Chair

**Syed A. Samad**  
President-Elect

**Sajid Chaudhary**  
Secretary

**Manzoor Tariq**  
Treasurer

**Nadeem A. Kazi**  
Past-President

Association of Physicians of Pakistani-descent of North America  
T: (630) 968-8585 F:(630) 968-8677 E: [meetings@appna.org](mailto:meetings@appna.org) W: [www.appna.org](http://www.appna.org)

**Registration is Open!**

# Georgia APPNA Chapter Report

Georgia APPNA chapter annual fall meeting on Nov 17 2007 at Holiday Inn Select was a great success. The credit goes to Dr. Khaliq Rehman, the current Georgia APPNA chairman, Dr. Yaseen Abubaker, Dr. Adnan Abbasi, Dr. Waheed Malik, Dr. Shirazi, Dr. Farzana Bharmal and last but not the least Dr. Shahid Rafiq. In the last 10 years Atlanta has become a thriving city, with a large influx of population. There are close to 300 Pakistani descent physicians in Georgia, with 150 in Atlanta area alone. Georgia happens to be the home town of Coca Cola, CDC, CNN and proud of having one of the most prestigious Universities, the Emory University.

The meeting's agenda was to revive APPNA forum in GA, bring GA APPNA members together, and support our parent organization, to discuss the new project and to hold the elections and announce the cabinet for the year 2008. One hundred physicians attended the meeting. The welcome address given by Dr. Yaseen Abubaker, the nominee

for the President 2008 was followed by a presentation on malpractice, HIPAA and liability by Mr. Christopher Simon, a lawyer. Dr. Michael Lyles, a psychiatrist talked about depression. A large number of psychiatrists and internist in the audience were enthralled and asked very relevant questions, this part of the program was beautifully conducted by Dr. Roohi Abubaker, a psychiatrist. Dr. Khaliq Rehman, President of GA-APPNA, presided over the business meeting and announced the names of the nominees for the 2008 cabinet. Dr. Mohammed Yaseen Abubaker, a rheumatologist, was elected the President, Dr. Adnan Abbass the original nominee for Secretary General withdrew at the last moment lending some drama during the meeting but we are sure that he will agree, for the treasurer Dr. Wahid Malik was elected. After a sumptuous dinner, the local artist Azhar and Laxmi performed. Azhar sang Mehdi Hasan's golden old *ghazals* but he stole the show when he sang with great pathos late Amanat Ali national song, "*Aye watan pyare watan, pak watan*".

At the conclusion, new members were enrolled, existing memberships were renewed and a large number of doctors became life members. Every year the fall meeting will be held in the weekend before Thanksgiving. Georgia APPNA will have a Women's Forum also, they will have their own activities, Dr. Farzana Bharmal and Dr. Roohi Abubaker have some exciting events planned for 2008. Georgia Chapter of APPNA hopes to host the annual summer meeting in Atlanta very soon.



# St. Louis Fall Meeting 2007 Report



Manzoor Tariq, MD

The year 2007 has been a remarkable and dynamic year for the St. Louis APPNA Chapter. The year ended with the fall meeting which was held on November 17, 2007 at the Hilton at the Ballpark in downtown St. Louis. The

evening had a full agenda including great CME, a business meeting, election for the 2008 Executive Council, and an excellent Qawwali program. My heartiest congratulations go out to the newly elected Executive Council of APPNA-St. Louis Chapter:

President: Shazia Malik

General Secretary: Nadeem Ahmed

Treasurer: Mujtaba Qazi

Members at Large: Junaid Syed, Jamshaid Agha, Mohammad Haseeb

One of our greatest accomplishments during this meeting was fund raising for APPNA sehat. Over \$35,000 was raised used for humanitarian efforts. This is an historic amount raised by any APPNA Chapter or Alumni. It also helps cement St. Louis Chapter's status as a leader within APPNA. The entertainment by Qawwal M Zaman

Zaki Taji and Hamnawa was very well received, and the food catered by Saffron restaurant was excellent.

With the record profitable Spring APPNA Executive Council meeting, and along with this latest most successful fall meeting, APPNA-St. Louis has set new benchmark. This is entirely to members of the St. Louis chapter and office bearers. Their efforts must be applauded and thanked.

I am confident that the newly elected Executive Council of 2008 can build upon this success and take our chapter to new heights.

Wassalam,  
Manzoor Tariq

# APPSF Chapter Report 2007 “APPSF DAY”

Proclaimed in the City of Miami by the Mayor.

**A**PPNA-South Florida Chapter (APPSF) is a professional, secular, and non-political organization. Our main goal is to bring the community together along with keeping up with our own professional activities.

The organization provides a platform in the South Florida community. We, Pakistani-origin citizens should be an active part of our adopted land. In order to achieve this, the community must first be strong. Our community will be strong, if we as individuals play our part first. Let's pool our resources and help our community collectively with sincere and open hearts. For, if our hearts are in the right place, everything is possible.

APPSF, although in infancy, had a very busy and rewarding year in 2007. The membership increased and the membership along with the help of the community was able to bring about a number of activities.

We were able to hold multiple General Body Meetings over the year which proved to be very productive for the organization. Medical Lectures /Dinner arranged by Dr. Sabiha Rehman were all very well-attended and informative events.

On social and welfare front, our support in the relief efforts for Earthquake in Pakistan and the Katrina victims have been shining moments of this organization. One of the projects APPSF is supporting, is the skills cum education, “One Rupee School” in *Khuda Ki Basti* in Surjani Town, Karachi. During the past holidays season, our toy drive, headed by Dr. Iftikhar Hanif and his team was very well appreciated by the young and sick patients of Miami Childrens' Hospital.

The innovative program, “*Ek Sham Urdu ke Naam*”, a tribute to Urdu, in the spring, was a great success. The program highlight was a small Urdu play, “Pehchaan” by our children. It depicted the importance of keeping Urdu alive in our lives so that our children will not forget their language and heritage.

The APPSF Second *Annual Youth Debate* was held on May 22, 2007 at the Broward Community College Campus. The topic for the High School debaters was “Islamic Institutions have failed the American Muslim Youth”. The topic for the Middle school youth was “Is America ready for a woman president”. Indeed, the debate was very engaging.

The first ever APPNA Youth Debate 2007 and participation of our youth in different SAYA activities in our Annual APPNA Meeting in Orlando, under the leadership of President of SAYA, Najia Hamid was outstanding.

The APPSF Annual function 2007 was held on the first weekend of November at Marriott Hotels and Resort, Miami, FL. The turn-out was great with over 450 (in state and out of state) guests attending this wonderful event.

On Friday, November 2<sup>nd</sup>, 2007 the medical lecture/dinner was held at the Bay Grill Marriott. Dr. Suhail Punjwani delivered a lecture on the “Management of Schizophrenia”. The APPSF general body meeting was conducted by Dr. Rahat Abbas, General Secretary of APPSF. Dr. Zafar Hamid, MD, President APPSF encouraged all the physicians to become APPNA members and support the parent organization APPNA. The members and the guests enjoyed a very family oriented musical evening later in the evening.

On Saturday, November 3<sup>rd</sup>, 2007 in Annual Function the guests entered the Marriott's Grand Ballroom, to a presentation of APPSF last year's events in pictures with elegant *sitar* music. To highlight the importance of being part of the adopted land as the productive community of USA while keeping their heritage, a DVD presentation depicted with wonderful nostalgic and patriotic pictures of Pakistan and USA with moving music complementing the contents. The audience enjoyed the presentations.

Dr. I. Zafar Hamid, President of APPSF welcomed the elected officials from the office of Congresswoman Ileana Ros-Lehtinen, of 18th district of Florida, representatives of the Mayor of Miami City and the Mayor of Miami-Dade County, officers from the Miami office of Homeland Security, members of APPSF, SMC graduates from across the country, their families and friends. He spoke about the need to provide the environment for physicians to get together. He also emphasized the need to bring the Physicians and the community together.

On behalf of APPSF, he received the proclamations from the office of Mayor of Dade County and from the office of Mayor of Miami. Both Proclamations appreciated and recognized the services of APPSF in regards to social, medical and community projects. Manuel A. Diaz, Mayor of the City of Miami declared Saturday, November 3<sup>rd</sup> as “*APPSF DAY*” in the City of Miami and it is recorded in the city history books forever.

The leading Urdu singer in North America, Mr. Javed Raza was welcomed with thunderous applause and in return he captivated the audience with his wonderful melodious voice. The female singer from California was a big surprise of the evening. She sang superbly and harmonized elegantly with Javed Raza in all the songs. All through the evening, the guest enjoyed the steady supply of Starbucks Coffee and Tea. The *kulfi* and *paan* was again a pleasant surprise available for the guest throughout the evening. From 10 pm until 1 am in the morning, the duet enthralled the audience with their performance.



Working Committee, APPSF Annual Function 2007

Rizwan A. Karatela, MD FACC,  
President APCNA (www.apcna.net)

The Fourth APCNA (Association of Pakistani-Descent Cardiologists of North America) annual winter meeting was held on December 17th, 2007 in Peshawar. APCNA hold its annual winter meetings in various medical colleges and affiliated teaching hospitals on a rotational basis with Core Curriculum Didactic teaching lectures for medical students and house-staff and Cardiology Hands-on Workshops for the house-staff and faculty. The first meeting was held in NICVD/Dow in Karachi, in 2004, the second meeting in RMC & AFIC, Rawalpindi in 2005, and the third meeting was held in KEMC & Mayo Hospital, Lahore in 2006. This year APCNA members who traveled to Pakistan for the meeting included; Professor Sultan Ahmed (NJ), Dr. Wajid Baig (RI), Dr. Naeem Khan (IN), Dr. Arshad Rehan ( OH), Dr. Javed Suleman (NY), Dr. Rizwan Karatela (FL), Dr. Nadeem Afridi (MA), Dr. Agha Waquar Haider (PA).

### Cardiology Lectures, Core Cardiology Lectures at Lady Reading Hospital.

The venue of annual winter meeting was Lady Reading Hospital and Khyber Medical College. Drs. Naeem Khan and Arshad Rehan were the co-chairs of the meeting. The faculty headed by Professor Hafizullah welcomed the visiting APCNA members. Eight lectures were delivered by APCNA members on current cardiology topics. The lectures were geared towards the core cardiology topics for the junior faculty and medical students. Each lecture was followed by Q & A sessions.

### The Interventional Workshop: Live from Cardiac Cath lab

The workshop was conducted by Drs. Arshad Rehan and Javed Suleman. The arrangements for the direct telecast from cath lab to lecture room were made by the special team of audiovisual experts brought in from Karachi. During this workshop, for the first time in Peshawar, Intravascular Ultrasound (IVUS) device was used during the intervention. Three cases of elective PTCA and Stenting were performed by Drs. Javed Suleman and Arshad Rehan with live telecast of the cases as they were being performed for teaching and discussion in the lecture hall.

### Cardiology Supplies Donation: Half a Million Dollars Worth of Supplies

The cardiac supplies collected and brought by APCNA members were officially donated to Lady Reading Hospital. The supplies included; permanent pacemakers, coronary stents, cardiac catheters, guide wires, CVP catheters, sheaths and others total worth about half a million dollars. The President APCNA, Dr. Rizwan Karatela presented the donation of supplies to Professor Hafizullah who thanked the APCNA members for these valuable supplies which are needed for non-affording and deserving patients. APCNA renewed its commitments to bringing the cardiology supplies every year for the deserving patients.



From right Dr. Arshad Rehan and Dr. Javed Suleman performing PTCA with local faculty.



Dr Naeem Khan Speaking on PVD



APCNA Donation of Cardiology Supplies

# The Social Welfare Disaster Relief Committee



Saima Zafar, MD  
Chair, Social Welfare and Disaster  
Relief Committee 2007, APPNA

The Social Welfare Disaster Relief Committee (SWDR) began 2007 with a hope to follow the wonderful accomplishments of the past year. Our committee members worked with dedication as we brought up new projects, essentially on a monthly basis. We set targets for their completion and formed subcommittees so that some of us could focus closely on each facet of the project.

I am happy to say that we collected approximately \$200,000 combined for the 2007 projects, mainly from our membership. The SWDR committee members donated generously each time we asked for funding, whether it was for Street Children in Karachi, or the Cyclone in Bangladesh. We launched a website for Breast Cancer Awareness <http://appnahayat.org>. This was an important milestone for us. APPNA operated a booth for breast cancer awareness at ISNA 2007 convention to educate the Muslim women from all ethnic backgrounds.

A TV program, Safeer-e Pakistan, was produced on Breast Cancer Awareness, funded by the Committee members, Dr. Naser Qureshi and Dr. Omar Atique.

A Bone Marrow Registry for individuals of Pakistani origins was initiated, as a first one on behalf of APPNA. This was done in partnership with SAMAR (South-East Asian Marrow Registry).

We started the ground work on establishing an endowment fund for our committee. This is still in the process and will be completed, God willing, in 2008.

Hepatitis B and C prevention education in Pakistan is another project we developed with the help of a transplant hepatologist trained at University of Pittsburgh, Dr. Shahid Habib. This is being piloted in partnership with The Citizens' Foundation, using their secondary school teachers and children, as the first group who will be educated on Hepatitis B and C prevention.

Other important projects included Street Children in Karachi, where 20 children were sponsored for a year to get free education and supplies. This will help them to stay off the streets of Karachi and away from sexual exploitation and child labor.

The floods in Baluchistan received immediate attention with the membership donating a total of \$37,000. This was distributed to Pakistan Medical Education, Edhi foundation and Red Crescent Society.

The cyclone in Bangladesh was another calamity that struck our part of the world. We again sought the help of our membership and received \$10,000, that was given to Bangladeshi Medical Association in USA to be passed on for the rescue and relief efforts. A generous APPNA member donated \$100,000 to the 300,000 Pakistanis who are stranded in Bangladesh and are living in deplorable circumstances. They are deprived of food, shelter and basic necessities of life on most days and the presence of health care and education is non-existent.

We raised \$16,000 from our membership for Layton Rahimtoola Benevolent Trust (LRBT) (Pakistan), a great organization that helps treat blindness free of cost in Pakistan. We had another APPNA member who matched this donation 100%, we were therefore able to raise a total of \$32,000. Over the years different sums have been donated to LRBT.

Young physicians come to USA from Pakistan with meager means and lots of dreams. We have established a fund that will provide them interest free loans that can be paid off two to three years after they start training. This will help create a cycle that will continue to bring and nurture talent from our country and into APPNA.

We thank all the members for their support and participation and look forward to any ideas and help we can get from you in future.

Bushra Sheikh  
President  
Social Forum



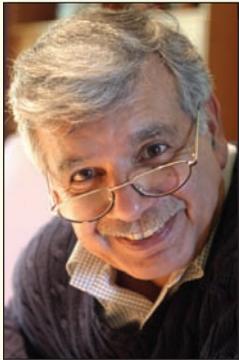
First of all, I would like to thank Drs. Nadeem Kazi, Mahmood Alam, Shahid Usmani and Tariq Cheema for their help and support and then I am very obliged to my committee Co Chair Dr. Riffat Qureshi and members Dr. Roh Afza Afridi, Mrs. Shafqat Khan and Mrs. Sajida Arain for their Cooperation. Social Forum off shoot

Committee of Alliance got its independent status according to Mrs. Razia Chisti (First Chair Person) but still, it has a strong bond with Alliance. Function of this committee is to introduce our young professionals to each other for matrimonial purposes, many parents feel that it is the hard felt need of APPNA. It certainly needs lot of work to be successful.

In summer 2007 most of the registration was done in Florida but eventually 60 young Professionals attended the Friday evening meeting. All the participants were

exceptionally good I was very impressed by their academic achievements, personalities, ideas and concerns. Girls and boys were roughly in equal numbers. The meeting was very successful. As parents we can only guide our children and pray for them, the rest is in Allah's will.

Many concerned parents showed interest and many of them were in favor of creating a website for pre introduction. Large number of members and officials volunteered to help. I hope every year it will grow bigger and will be one of the best committies.



Dr. S. Amjad Hussain

*Dr. S. Amjad Hussain served as the 4th president of APPNA (1982-83). He is an emeritus professor of thoracic and cardiovascular surgery at the University of Toledo, College of Medicine and an op-ed columnist for the daily Blade of Toledo. Among his eight published books include APPNA Qissa: A History of the Association of Pakistani Physicians of North America (2004) and Dar-e-Maktab (2005).*

**D**r. Nadeem Kazi, (president APPNA 2007) appointed an ad hoc Election Reform Committee (referred to in this document as Committee) in early November 2007 to look into current election procedures and recommend guidelines to streamline the process. Dr. Kazi further assured the Committee that he would present the report of the committee to the Executive Council of APPNA soon thereafter for approval.

## Background

There has been a general impression among APPNA members that election process has, over the years, become cumbersome, expensive and unclean. There are an ever-increasing number of mailings being sent to membership by candidates. In addition the members have also complained about repeated unsolicited phone calls. To many members the practice of using commercials on ethnic TV cable outlets is unprofessional and distasteful.

It has also been noted that candidates spend up to \$100,000 in order to get elected and as such to contest APPNA elections has become an expensive and for some members a prohibitive proposition.

Many members drew comparisons with other professional organizations where such practices are not allowed. They also pointed out that even ethnic professional organizations like American Association of Physicians of Indian-Origin (AAPI) and ethnic professional organizations of Philipinos, Bangladeshis and Latinos do not indulge in such practices.

Such complaints have been heard many times in the past and on occasions APPNA leadership has recommended guidelines to clean up the election process. The following documents are part of APPNA records and were studied by the committee.

1. The Constitution and Bylaws of APPNA pertaining to elections (Chapter 20).
2. Code of conduct for APPNA elections dated October 2, 2004. It was signed by Dr. Omar Atiq (President APPNA 2004).
3. Code of conduct for APPNA elections compiled by Dr. S. Sultan Ahmed (undated document)
4. APPNA election policy and procedure February 25, 1997.

Unfortunately because of lack of will by APPNA leadership and Executive Council the existing guidelines and proposed reforms were never put in practice. Consequently the practice of intense and intrusive electioneering continues.

## Committee

1. Dr. S. Amjad Hussain, chair Founding member of APPNA and past President 1982-83
2. Dr. Aslam Malik APPNA President 1984-85
3. Dr. Khalid Riaz President APPNA 1993-94
4. Dr. S. Sultan Ahmad Chairman APPNA Constitution and Bylaws Committee 1981-82
5. Dr. Irfan ul Haq Past president APPNA Chapter New Jersey

The Committee met by conference call with Dr. Nadeem Kazi, President and Dr. Tariq Cheema, Executive Director APPNA on November 18 and November 25, 2007 to discuss terms of reference and to obtain background information. In addition Dr. Kazi was requested to seek the input from APPNA Executive Council in this process.

## Terms of Reference

After due deliberation and discussion the committee agreed to following terms of reference:

1. The committee will recommend a code of ethics for candidates seeking APPNA leadership positions.
2. The code will have clear and unambiguous guidelines and proposed action in case of violation of Code of Ethics.
3. The Code of Ethics will have a clear mechanism for the redress of possible complaints and grievances arising during election process.
4. The code of conduct would have to be endorsed and approved by APPNA Executive Council. By virtue of being the legislative body of APPNA, the approval of this document by the Executive Council will have the force of bylaw.
5. The committee will submit its report to president Nadeem Kazi before December 15, 2007.

## Deliberations

In all, the committee met four times by telephone conference call and discussed previous guidelines and adopted the following document called APPNA Nomination and Election Guidelines Document. This document is in conformity with the Constitution and Bylaws of APPNA.

During the last meeting on December 9, 2007 Dr. Sultan Ahmad could not attend because he was traveling overseas. He did give his consent to the committee after discussing broad outline of the document during previous meetings.

Only one communication was received regarding proposals for election reforms. Most of the suggestions were outside the scope of this committee. However those pertaining to election process were taken into consideration.

The APPNA Nomination and Election Reform Guidelines Document has the unanimous agreement of the Committee.

### APPNA Nomination and Election Guidelines Document

All dates pertaining to nomination and election process shall have prior approval of APPNA Executive Council. APPNA members contesting for any position in APPNA shall abide by the following guidelines.

1. Candidates shall file the officially approved form with the Nominating and Election Committee (NEC) by the date set by NEC.
2. The application shall be accompanied by formal nominations as required by APPNA bylaws and rules of procedure. The Nominating and Election Committee may at its discretion nominate additional candidates if the Committee thinks that to be in the best interests of APPNA. The NEC would not have the authority to reject a candidate as long the person fulfills the nomination requirement as set in APPNA bylaws and election rules of procedures.
3. NEC shall obtain in writing the candidate's consent that this code is binding under all circumstances.
4. NEC will announce the slate of candidates to membership in timely fashion as outlined in bylaws and election rules and procedures.
5. NEC shall circulate among APPNA members brief and concise bio data of candidates. This bio shall conform to a standard format for all candidates.

6. The NEC shall follow the rules of procedures as outlined in APPNA bylaws and rules and regulations approved by the Executive Council. Any proposed changes in existing rules or adoption of new rules shall be approved by APPNA Executive Council.

7. No candidate or his/her supporters shall indulge in any electioneering or canvassing except what is outlined under item #8 below. These shall include advertisements of any kind, television and radio commercials, and appearance on radio and television shows to promote directly or indirectly a candidacy or a candidate. The only exception would be advertisement in APPNA Journal and publications of APPNA chapters.

8. Telephone calls, direct mailings and faxes to members shall be permitted as long as the member is not on a **NO Call, No Mail, No Fax** list maintained by APPNA. The list shall be made available to candidates free of charge by APPNA.

9. No candidate shall indulge in any negative campaigning. This includes mentioning a candidate's name directly or indirectly.

10. Any violation of the Code of Conduct shall be ground for removing a candidate's name from the election process.

11. A candidate may be held responsible for the violation of this code by his/her supporters.

12. Any APPNA member who indulges in campaigning on behalf of a candidate or does so independently may be suspended from membership and/ or denied the privilege to vote in the election.

13. All candidates shall acknowledge the sole

jurisdiction of APPNA to resolve all disputes and grievances. Furthermore all candidates shall agree that upon conclusion of APPNA procedures for dispute resolution the decision arrived at by APPNA shall be FINAL and shall not be subject to any recourse outside APPNA whether juridical or extra juridical in any state of the union.

14. The following shall be the mechanism for addressing complaints and grievances arising out of Nomination and Election process:

**a. The complaint is lodged with Nomination and Election Committee.** If the issue is not resolved to the satisfaction of the person lodging the complaint, it should be appealed to:

**b. Ethics and Grievances Committee.** If the issue is still unresolved the person lodging the complaint should appeal to:

**c. The Board of Trustees.** The decision of the Board of Trustees shall be final and binding and shall not be subject to judicial or extra judicial review or recourse.

It is emphasized that the above process shall take precedent over other business and should be conducted expeditiously. While the complaint resolution is in motion next step in the nomination and election process shall be withheld till the resolution of the complaint.

Respectfully submitted,  
S. Amjad Hussain MD, FRCS, FACS  
Chair, APPNA Election Reform Ad Hoc Committee  
December 12, 2007

## Election and Nomination Committee Report

**D**ear APPNA Members,  
ASAK  
As you all know APPNA's reelection was held last November as was mandated by Illinois Court, for the position of President elect 2008. The Ballot counting was done on December 1 after another delay of 2 weeks after objections of the candidates. After counting on December 1, 2007 both candidates Dr. Mahmood Alam and Dr. Zeelaf Muneer both got 612 votes. There were over 110 votes discarded either being postmarked late or having no signatures on the envelopes. The report was presented to the APPNA Executive Council for their consideration with the recommendation of either a shared presidency or a reelection, According to the bylaws if there was a tie vote reelection is mandatory. A

tentative schedule was also provided if the council recommended reelection. APPNA Executive Council had an emergency meeting and with a close vote recommended to have a shared presidency if both candidates agreed with it (a shared presidency still had to be approved by the general body).

Dr. Nadeem Kazi did an excellent job in convincing both candidates to come to an amicable decision. Dr. Zeelaf Muneer withdrew in favor of Dr. Mahmood Alam making him President of APPNA for year 2008. I congratulate Dr. Zeelaf being magnanimous for the sake of APPNA and thank her for her services to APPNA and wish her good luck for her future endeavors. I congratulate Dr. Mahmood Alam for being elected APPNA president for year 2008. I am sure he will do an excellent job. I want to



Mohammad Suleman, MD  
Chair, Election Committee

thank the President Dr. Nadeem Kazi for giving our election and Nomination Committee to serve APPNA. I also want to thank my committee members for their valuable advice and help in the election process (Dr. Farooq Mirza, Dr. Mufiz Chauhan, Dr. Ishaq Chishti, Dr. Shaukat Khan, Dr. Aftab Ahmad and Dr. Raza Hassan.



## KEMCAANA 3RD ANNUAL RETREAT IN CHICAGO



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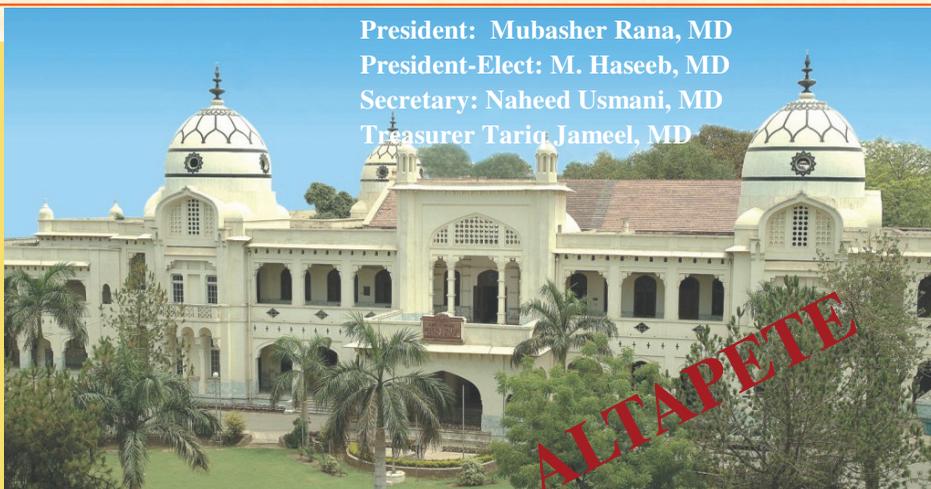
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# APPNA's Runaway Electioneering A Plea for Reform



Syed Nadeem Ahsan, MD

Over the years APPNA's ranks have been growing steadily. With this growth has come a new trend that of ever intensifying electioneering activity amidst constantly reverberating rumors of improprieties. What makes APPNA unique in this regard is that no other medical 'professional' society in the US appears to have so many aspiring officers willing to invest so much of their own time, money and reputation into running for intra-mural elections.

It is not clear why the stakes appear to be so high in this particular game. Is it that the candidates are just burning up with the desire to serve their community? Or is it that they are quite desperate for whatever little reflected glory can be garnered from holding APPNA office for a year; the chance for otherwise irrelevant men and women to be photographed with important people both here and in Pakistan? Or does APPNA office lead to stature in Pakistan that could then be traded for lucre or ministerial rank there? For as Faiz said ... *kuchh tau hai jiss se hui jaati hai chilman rangeen!*

In this seeming free-for-all, much of the atavism that we were supposed to have left behind in the motherland has resurfaced with a vengeance. Voters are expected to consider, amongst other things, the candidate's ethnic, linguistic, college and party affiliations. So while the general membership is reminded *ad nauseam* about the candidate's wonderful

services to APPNA, they are also sent subliminal messages about whether the candidate was a Jamati or a Surkha in college, whether he or she is from Lahore or Karachi, whether his or her native tongue is Urdu or Pashto etc.

The recent ruling by a court of law declaring an APPNA election null and void is only the most recent indignity that this Association has suffered at the hands of officers and ethically-challenged candidates. In the past, rumors stoking the fires of seeming indiscretion have included a successful candidate's office manager paying for the membership dues of dozens of new members. No substantive investigation of this very serious allegation was ever conducted. At least none was communicated to the membership. There have apparently been recurrences since then, with unqualified people being inducted into membership without their credentials being checked. And thus far no officer of the Association has been chastised for his or her role in the perpetuation of this badness. Accountability is obviously not something APPNA wishes to take overly seriously at this point and even in the aftermath of the recent legal debacle that has laid bare the Association's inadequacies, no effort appears to have been made to discipline errant officers such that recurrences of these lapses can be discouraged.

The Associations' own Journal reads like the election pamphlet of a political party, with just about every other page adorned by the earnest faces and bios of aspirants to the Associations office. And as if the barrage of electioneering emails, letters and phone calls wasn't enough, we frequently see the campaigning for APPNA office spilling over to lay Pakistani TV channels and publications as well, where befuddled lay community members get a substantially less than heartwarming display of the free-for-all melee that goes by the name of APPNA Elections. That much of the content of these campaigns ranges from mildly unsavory to downright nasty most certainly does not help bolster the image of Pakistani physicians in the US.

Even conservative estimates suggest that the cost for running these campaigns can run into the hundreds of thousands of dollars. In a free country what Pakistani physicians should do with their money should of course be up to them, but, that said, when their extravagance, exuberance and lust for office starts to become the source of so much angst and embarrassment for the Association's hapless members then there is indeed need for there to be some introspection on the part of the Association itself.

The following then is a proposed **Code of Ethics for Elections** that could serve to bottle up the genie again.

1. It will be considered in poor taste and unbecoming a member of the Association for a candidate, or any other member of the Association on behalf of a candidate.
  - a. To send or forward a letter, email, or any other form of communication regarding the election that (i) is not individually addressed; (ii) is to a member who does not have a personal relationship with the sender; or (iii) is regarding a candidate who does not have a personal relationship with the sender;
  - b. To directly distribute any item, irrespective of its value, that refers to or that otherwise promotes a member's candidacy.
  - c. To sponsor in any way the membership of new and pre-existing members by way of garnering their votes for the candidate.

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# Is APPNA politics following in Pakistan's footsteps



Mahjabeen Islam, MD

*Dr. Mahjabeen Islam is a freelance columnist, family physician, addictionist, palliative care and hospice specialist practicing in Toledo Ohio.*

APPNA members speak with pride of APPNA's democratic underpinnings. With everything touched by Pakistani hands though, APPNA politics threatens to weaken the organization to the point that instead of associating ourselves proudly with it, we may find ourselves disowning it.

"A social club" is one label for APPNA. "Diamonds, Jaguars and bhangras" is all they indulge in has been another lament. "They just come to get their children married" complain the children. And the irony and pain hurts anew, for the collective financial and political strength of 3000 physicians is so great and yet so untapped and so disorganized that dwelling on it is excruciating.

When the pain got severe, us devoted APPNA types would reach for the democratic processes and principles record of APPNA and take resuscitation. We have a committee for almost everything, even our fights can go to Ethics and Grievance. We have an oversight entity in the Board of Trustees; our meetings are held under Robert's Rules of Order, our track record for responding to humanitarian crises, our APPNA Sehat and now our APPNA Sukoon programs are marvelous. What more could one want?

Time was that APPNA's presidency was a bit of a low profile, low key position. People just rose through the ranks of treasurer and secretary and became president. Over the last 10-15 years or so, the desire to become APPNA president has become, for some of us, the be-all and end-all of living. We take sabbaticals from our practices and spend incredible sums of money, in the realm of \$100,000-\$250,000, for a one year term as APPNA president. This is spent on satellite television ads, personal appearances at dinners and bashes across the nation, four-color glossy ads in magazines and mailings to the general membership.

Caught in the Catch-22 of processes, constitution, bylaws and committees, we have not been able to pass Election Reform with the rapidity that the organization so desperately needs.

This last election between Dr. Zeelaf Munir and Dr. Mehmood Alam was unique to the point of being downright eerie. In the "first election" apparently individuals that were not physicians ended up voting, and upon this discovery, APPNA was taken to court by Dr. Munir. The court upheld the challenge and ordered a second election. Dr. Alam filed a stay order of sorts which the court denied, and ordered that the second election proceed. There was a tie after the general membership voted, and again when the Council voted. The choice by the Constitution and Bylaws is to hold another election. A significant number of vocal APPNA members, especially those on the APPNA discussion groups sent letters to APPNA president Dr. Nadeem Kazi that it would be very wasteful of APPNA resources if another election were held. That some other solution ought to be found.

Some editorializing of the above is in order. Many an eyebrow rose when the organization was taken to court. Some look at it as wholesale greed for office and others, like me, admire Dr. Munir immensely for her courage, tenacity and financial generosity to want to right what could well have been for APPNA the equivalent of the spread of MRSA within its body politic.

When the ties happened even the most tenacious can tire. Maybe many of us look at life events as little messages from God. Perhaps based on this when the pressure came from various quarters, both candidates were forced to look at a solution other than the constitution-enshrined one of a third election.

A vociferous objection is that when trouble shooting meetings were held why was so and so not invited. To me the answer is self-evident. And perhaps that is so because I am a participant in the APPNA listserv and know that it can be entirely cacophonous. The more the merrier true, but not when one has to find a solution, for then the larger a group the more unwieldy it becomes and a solution proportionally remote.

In the discussions between Drs. Munir, Alam and Kazi, Dr. Munir decided with tremendous grace and magnanimity to withdraw from the election, allowing thus Dr. Alam to become president APPNA for 2008.

I found out when I was in Pakistan and will admit that it precipitated a brief vertigo. This happening in APPNA? People give up their dreams and their dollars so easily? You mean there are people alive that actually look at the larger good of the organization and prevent it from bleeding from election, after election after election? Especially a third one in which a large number of the membership would not have voted, for they were so disenchanted with this sordid saga by now anyway. My vertigo turned into euphoria.

But I am in dire straits again. Ever since I returned I hear that some quarters in APPNA, albeit a minority, feel that this meeting between the APPNA president and the two candidates to obtain a solution, was a clandestine deal, and that it violates APPNA's constitution. And worst of all that for 2010, instead of Dr. Munir by rights being the only candidate for APPNA president, there would be those that would challenge her, and of course spend that unconscionable amount of money to fulfill that sole dream.

(Continued on page 24)



Syed M. Ahmad, MD

**W**hen a group of 20 some physicians of Pakistani origin gathered in St. Louis Missouri, 30 years ago they had no idea that the organization they were going to create would become the most prestigious association of Pakistanis west of the Atlantic.

Jury is still out on whether the Association of Physicians of Pakistani Descent of North America (APPNA) is also the most representative organization of 10,000 Pakistani physicians in the USA. It has gone through many phases of evolution, some of them more tremulous and unnerving than others. Along the way, the organization and its members discover their strengths and weaknesses, overcame the hurdles and obstacles from within and established itself as the largest democratic organization Pakistani expatriates.

The most tremulous episode of APPNA history started in 2006 after the elections. When Dr. Zeelaf Munir went to Illinois court to challenge the results of 2006 elections, there was a division within the members about her decision. Many of us asked ourselves about the indispensability of this step, was APPNA not mature enough to handle its affairs outside the court of law? A year later the court had decided in favor of Dr. Munir and members were asked to exercise their democratic right to vote once again and they obliged. Everyone was looking forward to a result, not only to see their candidate in the presidential seat of APPNA but also to move onwards from status quo. No one would have guessed that APPNA was destined to go through another phase of trying time and the second election would end in a tie!

Now what? A third election! Yes, that is exactly what the constitution of APPNA dictates. According to books another re-election was in order. (Article 10.3.1: In case of a tie, a run-off election will be conducted amongst the candidates receiving equal votes. No new names will be either sought nor will be added to the list of candidates)

I pause to think here. As a member I feel like asking myself. Is APPNA asking too much? Why should the members be expected to pay \$125 each year, bombarded by almost obnoxious stream of telephone calls and bundles of mail from candidates before each election, cast their vote, and still go through it again and again. We already support APPNA by attending its meetings, not trivial expense and spent thousands of dollars to support various projects of APPNA.

Why not just hand pick a slate of executive officers each year and forget about election processes and democratic rights of the membership? We probably don't do it because living in one of the largest democratic countries we realize the strength of democracy. We compare the state of our motherland with our neighboring country where democracy thrives and so does the nation, while in Pakistan roots of democratic processes have been not allowed to take hold resulting in chaos and destruction.

Coming back to APPNA, yes it has certainly attained recognition not only in the political and social avenues of Pakistan but also in the US State Department and the Capitol. Members and executives of APPNA often visit Washington to make the case for young physicians, aid for earthquake victims in Pakistan or discuss the state of civil liberties in USA.

How can an organization of such significance forgo the principles of democracy and egalitarianism and allow a few people to decide its fate on their own? Decisions made in secrecy and behind close doors don't hold upright in the light of truth. However, that is exactly what happened a few weeks ago when Dr. Munir withdrew

from the candidacy for the presidency and opted not to contest the election for a third time. Consequently Dr. Alam was given the walk over to become the 30th president of APPNA.

While one would like to hail this magnanimous decision by Dr. Munir, one wonders what it will do to the thus far sacredly safeguarded democratic principles of APPNA. How would the fact that an incumbent president and an incoming president pledged open support for her as a candidate in the next election, holds up under the scrutiny of ethics and moral principles? Most important of all, the fact that many deserving and hardworking volunteers are expected to not contest in the upcoming elections because it jeopardizes this autocratic arrangement between the two candidates and the outgoing president. What should the next generation of officers, working their way up the ranks, moving up the ladder do in the present circumstances? Should the clock of political progress and training of the future leaders be halted so that the two candidates and the king makers can cut a deal?

Should the APPNA membership allow itself to be disenfranchised in toto by going along with this arrangement of the chosen few or let the democratic process roll on? Should we continue to encourage drawing room politics, arm twisting future candidates to compromise for the whim of the few, or expect the upcoming candidates to stand up for the principles of morality and democracy? Should they let the membership decide the fate of APPNA and its next presidency or just back down meekly under the shroud of magnanimity, ignoring the rights of the members?

So many questions and we have to hear what the common members say. Whatever the outcome of this quagmire is, it is a test of integrity, uprightness and honor of the members of APPNA, because they are APPNA. Will APPNA come out a winner or will this be THE BUSINESS AS USUAL?

# Pakistani Americans, Politics and Pakistan



Syed Mansoor Hussain  
MBBS, FACC, FACS.  
Professor and Chief of Cardiac Surgery,  
KEMU.

Politics is the art and science of government. It determines by whom, why them, and how they govern us as a people. As such it is both the right as well as an abiding obligation of all citizens to be involved in politics, at least if they wish to have a say in such matters.

Tip O'Neill, a former speaker of the House of Representatives once said: "All politics is local." It is a truism that still stands but in a shrinking world where the media and the

Internet have brought us all closer, perhaps closer than we wish to be, politics has become increasingly internationalised.

For US citizens of Pakistani heritage, interest in Pakistan is immediate and at times very personal. A majority of us are first generation Americans who have parents, siblings and close family members still living in Pakistan. As such many among us have a significant personal stake in what goes on in Pakistan.

As far as APPNA's involvement in Pakistani politics is concerned, it becomes a dicey proposition. Since APPNA has Pakistan in its name it must therefore stay involved with the Pakistani establishment to some degree. More importantly, if APPNA wishes to have an impact in the health care field in Pakistan it will need the good offices of governmental agencies.

APPNA as an organization must however not become directly involved in Pakistani politics, either for or against the government of the day. It should however support human rights and oppose injustice in Pakistan. This is important for its image. As a Pakistani origin organization in the US this will give it greater credibility when it deals with the US politicians.

Unfortunately, many members of APPNA use connections they build with Pakistani politicians as members of the APPNA hierarchy for personal or financial gain in Pakistan. This has happened in the past and nothing can be done to prevent it from happening again. Besides some reflected glory, such advantage is all that most 'influential' Pakistani Americans also want when they get involved in Pakistani politics.

As far as ordinary Pakistani Americans are concerned, clearly if they wish to live in the US and have children that will continue to live in the US, they should become involved in US politics. Frankly and sadly, they can also do more for Pakistan by becoming players on the American political scene.

Any involvement in Pakistani politics for most Pakistani Americans is essentially dilettantism unless they wish to return to Pakistan and participate in it directly. Indeed a few Pakistani Americans including physicians have returned to Pakistan over the last year or so to take part in the electoral process. Politics, especially electoral politics is a contact sport and not just another video game.

## Is APPNA politics following in Pakistan's footsteps

(Continuing from page 22)

Everything in an organization is not spelled out in its constitution and bylaws. We must not have a blinkered, myopic approach and stolidly refuse to give the other the benefit of the doubt. To call the meeting between the President of APPNA and the two candidates a "deal" is to analogize it to Pakistani politics and make a slur out of it. Dr. Kazi was the outgoing president and had nothing to gain from this solution. I was not made privy to any of the negotiations and all this is educated guess, some of it retrospective report by Dr. Kazi.

A one year delay in the achievement of presidential office by those waiting eagerly in the wings in APPNA is not going to be the end of the world. Conversely, not waiting and contesting election against Dr. Zeelaf Munir for 2010 might as well be the end of the world for APPNA. We might as well then let it resemble Pakistani politics where there is always self before state, no integrity, no perspective, no sense of the larger good and no patriotism except for singing the national anthem loudly.

And if despite articles such as these that

attempt to nudge APPNA consciences, Dr. Munir is challenged for the 2010 presidency, it behooves us collectively to bear down on that unfortunate soul and have them withdraw. If we do not, then it may be the mortal blow that APPNA will not recover from. A huge price, indeed, for the egos of a few.

Mahjabeen Islam, M.D.

Her email is mahjabeenislam@hotmail.com

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# A New Day in APPNA



Zeelaf Munir, MD

**R**ecently I received an e-mail from the gracious editor of this journal asking me to write my thoughts on the APPNA election sagas and my decision to withdraw my candidacy for the re-election for 2008 Presidency. Having been a candidate for change, my views cannot be expected to be conventional or universally popular. However, they would be a reflection of me and my actions- straightforward and bold.

A previous editor of the APPNA journal had opined that APPNA is a microcosm of Pakistan. "We can take the boy out of the village but we cannot take the village out of the boy"- maybe he is right or maybe not.

Over the past three decades, APPNA has established itself as one of the most important Pakistani-American organization. It has done and continues to do valuable work. What has kept it going was the vision and hard work of its founders, its democratic traditions and a genuine desire amongst many in the diaspora to payback their debts to the homeland.

It maybe the very same reasons that make APPNA such an attractive platform to want to influence or control by a few; whether from within by the nebulous and changing so-called establishment and power brokers, or without by the political and ideological influences in Pakistan. Then of course there are those who still dream about a comfortable retirement in Pakistan. These in my opinion could be some of the major reasons why the stakes are so high and the APPNA elections have become so heated up and over the top.

Democracy is messy and some of this is expected. However, what we cannot tolerate is dishonesty and corruption- intellectual or otherwise. I am not at all suggesting that it is widely prevalent in APPNA. Nevertheless, I believe we have to proactively guard against it. Decency, transparency, accountability and

professionalism cannot be compromised. It is both ironic and surreal that as the movement for the supremacy of the rule of law was unfolding in Pakistan, APPNA is undergoing its own transformation.

An Op-ed in New York Times quoted Juan Bautista Alberdi- a nineteenth century Argentine constitutionalist and liberal as saying "Nations, like men, do not have wings; they make their journeys on foot, step by step." I believe vibrant organizations do the same and APPNA is one of them.

A well-respected senior APPNA member and historian, in a recent article wrote "In the annals of APPNA there has not been another example when someone being a hair breadth's distance of APPNA's Presidency has let it go for the greater good of APPNA." I fought when I believed it was the right thing to do and I withdrew when I felt it would set the right example. I am hopeful it was a step in the right direction..... the struggle will continue!

(The author has served as the Treasurer and Secretary of APPNA. She can be reached at [Zeelaf@att.net](mailto:Zeelaf@att.net))

## KEMCAANA Retreat 2008 in Chicago

Arif Agha, MD  
Chair Local Host Committee

KEMCAANA is the largest Alumni Association in North America of all Medical Schools of Pakistan and is one of the major component societies of APPNA. This year, on Memorial Day Weekend (May 23-25), KEMCAANA will hold its 3rd Annual Retreat at the Rosemont Convention Center, Chicago, IL.

Retreat, in the spiritual sense, is a term for time to reflect and mediate. Some are held in silence yet others are more interactive, communicative and dialogue based. The KEMCAANA retreat is designed to focus on key issues such as strategic planning, enhancing communication and collaboration and promoting

education. The Association is considering deliberating on many a new initiative including a Visiting Faculty Exchange Program, Elective Rotations for King Edward Medical University (KEMU) students in North America, developing an advanced medical education syllabus for KEMU and many other subjects.

The windy City is planning on adding its own flare to the KEMCAANA retreat. The retreat will be featured by a 4 hour Category 1 CME program and two sessions of deliberations on KEMCAANA affairs. Exhibits with a variety of vendors will provide an onsite shopping opportunity for spouses and members. A late night Mushaira following a dinner at the culture-rich Devon Ave and a Boat tour featuring architectural and historical landmarks of the city will highlight

Friday evening. An elegant sit down dinner on Saturday banquet night will be followed by unorthodox Bhangra dance (tentative) contrasted by a musical evening by a renowned artist. Children will have their own separate DJ and dinner in a separate hall. On Sunday afternoon, the guests will have a choice to join the annual picnic of Pakistan Physicians Society, the Chicago Chapter of APPNA. All in all, the whole event will be like a mini-APPNA meeting.

Don't miss this opportunity to meet with your friends, celebrate class reunions and contribute with your thoughts to improve KEMCAANA projects here in the US and back home at KEMU. The meeting registration and hotel reservation (at discounted rate) is available on line at [www.KEMCAANA.net](http://www.KEMCAANA.net).

# An Exemplary Act



Zeenat Anwar, MD

**R**ecent tie in the Presidential elections of APPNA and the prospect of yet another attempt to find the President for 2008 was worrisome. It was to be done under the auspices of the court order of State of Illinois Judiciary could have shaped up to be a very divisive exercise. This would have been the third attempt to resolve the vote of 2006. Time and resources of our organization were being stretched to the limit. No committees could be appointed unless the President's office was occupied by January 2008. With only days to spare, APPNA's leadership came to an amicable solution.

While I wish to praise everyone including Dr. Mahmood Alam whose acceptance of the formula was necessary, Dr. Zeelaf

Munir's sacrifice to step down in the favor of Dr. Mahmood Alam, particularly when she had the same number of votes and the same claim to the presidency of APPNA 2008, is indeed exemplary, admirable and praiseworthy. This may have come as a surprise to many but not to those of us who have built up APPNA over the years. Sacrificing our lives, money and time comes naturally to those of us who consider the well being of APPNA first and foremost. We come after APPNA. Our personal wishes and ambitions must become secondary to the well being of APPNA. Dr. Zeelaf Munir's actions bode well for the future of APPNA.

Being involved with APPNA from its infancy, I have seen many ups and downs. While it seemed that we were going down in trying to resolve 2006 elections, the peaceful and mutually agreed stepping down to claim 2008 APPNA Presidency by Dr. Zeelaf Munir sets a new model of harmony amongst the upcoming leadership of APPNA. I have known Dr. Munir from the very beginning. She has also been active in HDFNA and other civic roles for the safeguarding of interests of the expatriate Pakistani Americans. She was with me during HDFNA field trips to the remote villages in Pakistan. Both of us sat on bare floors in the huts of peasants and listened to accounts of struggle and

extreme poverty. I have seen tears in her eyes when she saw the plight of school children struggling for basic necessities. She delivered on her promise of giving monetary as well as material supplies such as biscuits and milk for school children in HDFNA administered areas for many years. I know her family has supplied the SIUT wards amongst other things biscuits for years as an ongoing commitment. Her accomplishments do not need to be repeated and anyone who has been on the electoral rolls of APPNA has received information about her in many mailings.

What many may not know is when in the beginnings APPNA was being formed, I did not know the tremendous role women members would continue to play in the affairs of APPNA. I salute the women foot soldiers of APPNA whose contributions form the backbone of APPNA's spirit and soul. Unlike many other expatriate Pakistani American organizations which become defunct within a few months, APPNA has prospered because of its equal participation from all members, all alumni and all chapters. Above all men and women of APPNA stand shoulder to shoulder. Harnessing this treasure of energy, dedication and enthusiasm will propel APPNA well into the third millennium. It is my hope that Dr. Zeelaf Munir is very much a part of it and leads APPNA to greater heights.

## A Dream Come True

### An Ever lasting Project To Save Lives of Young and Poor

Rizwan C. Naeem, MD

**G**enetic diagnosis is an essential element for treating childhood leukemia. Patients at NICH cannot afford either to pay for the investigations and/or treatment.

APPNA members donated time, expertise, and money for a genetic diagnostic laboratory at the National Institute of Child Health (NICH).

This laboratory will assist in correct diagnosis and the treatment. This is a combined effort of APPNA, Child Aid Association (NGO), Rotary International, and the NICH highlighting a public, private and

government partnership to support public sector and facilitate technology transfer.

The most common blood cancer in children if detected correctly can be cured in 90% of cases in west.

Cytogenetics helps in accurately diagnosing various cancers and some congenital malformations. Cytogenetics is also very helpful in other conditions like infertility and multiple miscarriages.

In December 2003, when APPNA members visited Karachi and NICH the project of

establishing a Cytogenetics department at the NICH was discussed and subsequently launched with the cooperation of the Director NICH, The Child Aid Association (CAA), The Association of the Pakistani Physicians of North America (APPNA) and the Director of Cytogenetics at the Texas Children Hospital, Houston, Texas, USA. In 2006 a matching grant of \$60,000 was written with the help of three Rotary Clubs two in US and one in Karachi. With the help of many local donors building was completed in 2006 and testing was started in July 2007. Let's hope that it will serve our children better for a curable cancer.

# Unique Opportunity for Muslims in America and the World to Serve Humanity

S. A. Rahman MD

*“To those who do right is a goodly (reward) yea, more (than in measure)! no darkness nor shame shall cover their faces! they are companions of the garden, they will abide therein (for aye).”*

Surah Yunus Verse 26

There are many diseases like Alzheimer’s, Parkinsonism, spinal injury, strokes and heart attacks resulting in massive injury to the heart muscle resulting in chronic congestive heart failure resulting in premature death (becoming quite common in young and middle aged men and women). Also in various leukemia’s and cancers there is a need to supplement the current therapies with gene therapy or even stem-cell implantation.

*“And if any one saved a life, it would be as if he saved the life of the entire humanity.”*

Surah Al-Maeda verse 32

The stem cells are special totipotent embryonic cells (the cells fully capable of developing into complete human being) when implanted into diseased organs and tissues can help replace the diseased organ into a healthy viable and fully functional organ as if it gets a second life with normal life span. Of course, all this is in experimental stages the research being carried on in many countries in the world and so far

the results are very promising. There is a dilemma how to harvest the stem cells. What’s being done right now is extracting a few stem cells and discarding the rest of the embryo. This results in killing a potential human being, a practice abhorred and condemned by all the Abrahamic religions.

The other source is amniocentesis which is withdrawing some amniotic fluid from the pregnant mother’s womb but the stem cells from this source are scanty and there is a potential danger to the life of the mother and the baby.

The other sources are fat deposits from which the stem cells can be extracted by liposuction and yet other source is the bone marrow. However, both of these sources do not yield enough stem cells. There is a very simple and very practical solution that is drawing blood from the umbilical cord of the new born baby. This is a rich source of stem cells. If the blood is drawn from the umbilical cord with proper hygienic technique it can be safely stored and frozen in special cord blood banks and can be made available for use in the next two to three years.

The umbilical cord and placenta get discarded anyway, so why not make use of this vital source. Scholars of the three Abrahamic faiths find no objection to this procedure and have given their blessings. The cord blood banks have now been established in all large

and small cities and they do charge a small fee for storing, processing, and delivering the cord blood. People can pay this fee comfortably (20 to 30 dollars a year per specimen) and if there are any financial difficulties local charitable organizations (Islamic Centers) can pick up the tab.

Donating cord blood to everyone for research and therapy for everyone who needs it in the world irrespective of their race, color, religion, or ethnicity will not only be sadqa-e-jarria but this will also be an effective and welcome form of dawaah. We need to establish a national database in the United States and Canada but also in Europe and other countries in the Middle East and Asia. Since Muslims have large families there will be no shortage of children in the foreseeable future.

The IMA should spearhead this project working with the ISNA, ICNA, and relevant organizations in Middle East and Asia. The emphasis should be to educate the scholars and physicians, midwives, and the community at large. The topic should be discussed in the *Juma Khutba* and *Sunday Tafaseer* and other religious discussions at all the centers big and small the participation in the program should be widespread so that we can show to the world that Islam is Mercy to the entire mankind.

*“We sent thee not, but as a Mercy for all creatures.”*

Sura Al-Anbiya, verse 107



Drs. Sajid Chaudhary and Rubina Inayat visiting the APPNA Rehab Hospital in Pakistan.



# Bone Marrow Registry Drive

APPNA Social Welfare  
and Disaster Relief Committee



Rubina Inayat, MD

*Co-chair, SW&DR committee  
& Constitution and by-Laws committee of  
APPNA 2007. She has been associated  
with committee of young physicians for last 4  
years. She is in private practice as Child and  
Adolescent Psychiatrist in Orlando Florida.*

APPNA has taken up many charitable projects in past and its efforts for the aid of earthquake victims of Pakistan and Kashmir are known to many. It is time like these when the members come closer to fulfill a humanitarian duty and make APPNA proud. As physicians, health care and concern for ailing humanity always takes precedence for us. Similar feelings were invoked when the case of "AG", a young medical student from Khyber Medical College surfaced and KMC Alumni association first became involved in her care. She had been diagnosed with Aplastic Anemia and needed a bone marrow transplant to save her life. The Social Welfare Committee pledged to raise funds after her alumni took the initiatives and fundraising began. However, while money was a necessity, it became evident that, another significant problem had emerged. None of her relatives or friends matched as a donor. Her classmates and medical college alumni launched a concerted effort, but a donor could not be found in Pakistan. Finally, a donor was found in USA through NMDP, but time had run out by then. It was a heartrending moment for everyone when they heard about the death of 'AG'.

The difficulty faced by 'AG' in matching a donor occurred because there is no marrow donor registry in Pakistan, where a pool of substantial number of potential donors would be available for patients with serious blood disorders. **In USA there are only 55,000 South Asian registered donors presently.**

**The Social Welfare and Disaster Relief Committee of APPNA has embarked on supporting the National Marrow Registry Program for South Asians, in an effort to increase the donor base.**

**The National Marrow Donor Program (NMDP)** was created in 1987 to provide marrow transplants to patients in need. Presently, it maintains a registry of 5.3 million HLA typed volunteers for potential marrow donation, but only 55,000 are of South Asian origin. This might seem like a significant number, but the probability of finding a match for a recipient is 20,000 from the same racial group. It is vital that South Asians make a personal commitment to become involved in saving the lives of our patients.

In March of 2007, the Social Welfare Committee of APPNA started working with the South Asian Marrow Association of Recruiters (SAMAR) to increase the number of South Asian Donors in USA. SAMAR has recruited more than 50,000 volunteer marrow donors and has facilitated 35 actual transplants.

APPNA and its Social Welfare Committee takes pride in being a part of this wonderful initiative. Our volunteers have held drives at APPNA's local chapter and alumni events in Dallas, TX, Edison, NJ, Phoenix, AZ., St. Louis, MO, Orlando FL and Louisville, KY, Indianapolis, IN, Tampa, FL during which 170 members became donors. The efforts of fundraising and registry drive came about due to combined efforts of Dr. Mohammad Taqi, Dr. Zafar Iqbal, Dr. Aisha Zafar, Dr. Babar Cheema, Dr. Sophia Janjua and Dr. Sajid Chaudhary. Chair of Social Welfare committee, Dr. Saima Zafar has supported the project whole heartedly.

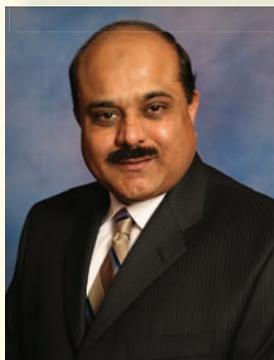
**Join us in our efforts to save a life.**

It takes just 10 minutes for potential donors to fill out a form and give a buccal swab for HLA typing. The donor information and HLA typing results will be entered in the national marrow registry. Should a patient like 'AG' need a marrow transplant, a donor is located whose HLA type matches the patient's HLA. The donor will undergo a health screening and then go through a brief and painless process of marrow donation which can be done by bone marrow aspirate or peripheral blood stem cell donation by intravenous method at no cost to the donor. By spending a few minutes of your time, you can become a bone marrow donor, and make **a glorious gift of life to someone whose only hope to life is a benefactor like you.**

At present, committee is looking to recruit more volunteers from different regions of USA. APPNA chapters are a special focus for this endeavor as **Chapter presidents and active members can take a lead and spearhead drives during the local events in the area.** They in turn can also recruit members of local community to participate in the project and raise awareness. Team from SW&DR committee will coordinate the efforts at the central level and maintain communication with the chapter volunteers. The volunteers will need to do a 20 minute training session, which can be done via internet. This will ensure that volunteer's participation is according to the standards of NMDP.

We also request the members to let us know when there is an event by their local chapter, alumni association or local community and we can assist them in arranging a bone marrow registry drive at the event.

Call us at 407-963-3390 or e-mail at [pasneri2001@yahoo.com](mailto:pasneri2001@yahoo.com).



Mahmood Alam, MD

“Palestine Peace Not Apartheid” is a challenging, provocative, and courageous book. In this book President Carter shares his intimate knowledge of the history of the Middle East and his personal experiences with the principal actors, and he addresses sensitive political issues many American officials avoid. Pulling no punches, Carter prescribes steps that must be taken for the two states to share the Holy Land without a system of apartheid or the constant fear of terrorism.

President Carter, who was able to negotiate peace between Israel and Egypt, has remained deeply involved in Middle East affairs since leaving the White House. He has stayed in touch with the major players from all sides in the conflict and has made numerous trips to the Holy Land, most recently as an observer in the Palestinian elections of 2005 and 2006.

Carter’s book has won him praise in the international media and scathing criticism from U.S.-based Israel supporters. In the Israeli media, the reaction to Carter’s defense of Palestinian rights has been more tempered. In the United States, Carter’s linkage of Israeli policy and the now-defunct South African system of racial apartheid was criticized by the Democrats including House Speaker Nancy Pelosi.

“It is wrong to suggest that the Jewish people would support a government in Israel or anywhere else that institutionalizes ethnically based oppression, and Democrats reject that allegation vigorously,” Pelosi said.

On the other hand, Palestinian-American Sherri Muzher, writing in the Jordan Times, welcomed Carter’s apartheid analogy. “How are the situations similar? Well, in a 2002 speech in the United States, South African Bishop Desmond Tutu said he saw ‘the humiliation of the Palestinians at checkpoints and roadblocks, suffering like us when young white police officers prevented us from moving about.’ Back in 1999, former South African statesman Nelson Mandela told the Palestinian Assembly: ‘The histories of our two peoples correspond in such painful and poignant ways that I intensely feel myself at home amongst my compatriots.’”

Gulf News columnist George Hishmeh praised Carter for “unflinchingly” stating his determination “to let the people of America know that there are two sides to many issues in the Middle East and that in order ever to have peace for Israel, Israel will have to comply with international law.”

Al Hayat’s Jihad el-Khazen wrote that Carter’s book “shows that Israel has not offered, contrary to its claims, a deal for the withdrawal from all the occupied territories except for 5%.”

“Carter falls short of a full critique of Israel’s treatment of non-Jews under its rule,” wrote Lena Khalaf Tuffaha in the Palestine Chronicle, “but his book challenges Americans to see the conflict with eyes wide open.”

Carter’s critics fault him both personally and politically. Harvard law professor Alan Dershowitz said the apartheid analogy “is especially outrageous, considering his acknowledgment buried near the end of his shallow and superficial book that what is going on in Israel today “is unlike that in South Africa -- not racism, but the acquisition of land.... It’s obvious that Mr. Carter just doesn’t like Israel or Israelis.”

Writing in the New Republic magazine, former publisher Marty Peretz declared Carter “will go down in history ...as a Jew hater.” By comparison, the reaction in the Israeli media was mild. In a column for the

Jerusalem Post, David Harris, head of the American Jewish Committee, called the book “a crude polemic that compromises any pretense to objectivity and fairness.”

“A quick and superficial scan of the book turns up no new or inflammatory disclosures, but it does contain some particularly harsh criticism,” wrote Haaretz blogger Shmuel Rosner.

Carter criticizes Israel for building what he describes as an imprisonment wall through the West Bank. He accuses Israel of strangling the residents of Gaza where the poverty rate has reached 70 percent and where the malnutrition rate mirrors countries in Sub-Saharan Africa. And Carter is critical of Washington’s role. He writes, “The United States is squandering international prestige and goodwill and intensifying global anti-American terrorism by unofficially condoning or abetting the Israeli confiscation and colonization of Palestinian territories.”

This is a 288 page hardcover book that can be a valuable addition to your bookshelf. You may purchase this book in less than \$20.00 from any bookstore. It is an easy reading of historical facts about perhaps the most troubled land in the world. The bottom line is this, as put together by President Carter in the summary section of his book. The general parameters of a long-term, two-state agreement are well known, the president writes. There will be no substantive and permanent peace for any peoples in this troubled region as long as Israel is violating key U.N. resolutions, official American policy, and the international “road map” for peace by occupying Arab lands and oppressing the Palestinians. Except for mutually agreeable negotiated modifications, Israel’s official pre-1967 borders must be honored. As were all previous administrations since the founding of Israel, U.S. government leaders must be in the forefront of achieving this long-delayed goal of a just agreement that both sides can honor.



G. Naheed Usmani, MD

**A**dhoc Health Education Committee (also called APPNA MERIT) was formed in 2007 to enable APPNA to contribute in a systematic way to the improvement of medical education in Pakistan. The committee held extensive discussions with Pakistani stakeholders including **Medical university vice chancellors** at University of Health Sciences (Lahore), Dow University of Health Sciences (Karachi), King Edward Medical University (Lahore); **Post-graduate medical institution heads** and medical college principals at Pakistan Institute of Medical Sciences (Islamabad), Shaukat Khanum Memorial Cancer Center (Lahore), Rawalpindi Medical College, Allama Iqbal Medical College (Lahore), Lahore Medical College, and Wah Medical College; **Leaders at regulatory and funding bodies**, including Pakistan Higher Education Commission, College of Physicians and Surgeons of Pakistan, Pakistan Medical and Dental Council, Pakistan Medical Association, Federal Ministry of Labor's National Talent Pool VEPCON program, and Federal Ministry of Health. A large number of issues surfaced during initial meetings:

- Medical education curriculum reform and need for continuous updates.
- Uneven quality and lack of standardization of health education.
- Medical colleges given university charter status struggling to develop research capabilities.
- Lack of planned programs and system for continuous medical education (CME)
- Lack of systems to measure quality and outcomes in teaching hospitals.
- Lack of linkages between major medical training centers and community and district outreach hospitals.
- Multiple layers of bureaucracy throughout health education.
- Need for Observer ships for Pakistani medical students in US hospitals.
- Lack of international linkages in research and shortage of basic science researchers and faculty.

The committee also elicited ideas on how APPNA can contribute in a substantial and meaningful way to the improvement of medical education and research in Pakistan. The following are the few highlights.

1. *Visiting Faculty Program for Centers of Excellence in Medical Education:* APPNA MERIT has designed a Visiting Faculty Program for Pakistani-American physicians and other US & Canada-based

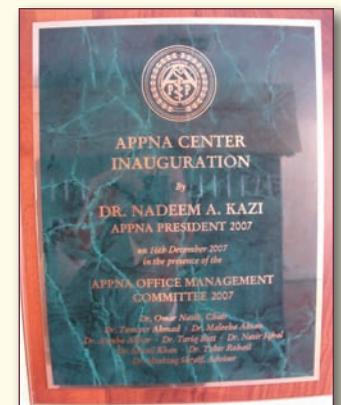
medical faculty to serve 2-or-more-weeks assignments, year-round, in Pakistani teaching institutions. To date 5 APPNA members have gone to different institutions.

2. The Government of Pakistan National Talent Pool's **Visiting Expatriate Pakistani Consultant** program has processed 6 APPNA consultants for sponsorship who have gone or are going to Pakistan.
3. **Higher Education Commission** of Pakistan (HEC) has incorporated sponsorship of APPNA MERIT as a specific line item in their budget for the fiscal year that started in July 2007. HEC has now submitted the TOR for final approval to their Management Committee. Subsequent to such approval, we will be able to send a large number of visiting faculties.
4. In **annual APPNA summer meeting 2007**, the *CME MERIT Symposium* was very well received and the Visiting faculty program was presented. A new APPNA MERIT brochure describing the APPNA Visiting Faculty program with a sign-up tear-off was distributed at the Summer meeting. We received 50 written inquiries from members regarding participation in the visiting faculty program at the Summer meeting.
5. **APPNA SUKOON** (APPNA MERIT Palliative & Hospice Care Educational Program): Dr Mahjabeen Islam was appointed the program director. Aim of APPNA SUKOON is to educate the medical system and increase the awareness in the lay public about palliative medicine and hospice care; introduce Palliative and hospice care into medical curriculum and develop the subspecialty for CPSP.
6. APPNA MERIT also sponsored travel for Dr. Tariq Iqbal, Associate Professor of Surgery, Director Burn Center, PIMS for two weeks training at John Hopkins Burn Center
7. APPNA MERIT was funded with private grant \$15,000 and APPNA SUKOON independently with \$5000 grant.

Finally as Chairperson, I would like to thank the hard work, input and support of Dr. Rizwan Naeem, Co-chair, Dr. Nadeem Kazi, President APPNA 2007, Dr. Tariq Cheema, ED APPNA, my committee members Dr. Raza Dilawari, Dr. Aisha Zafar, Dr. Nasrum Iqbal, Dr. Syed Wamique Yusuf, Dr. Furrukh Hashmi and Dr. Shahid Rafique.



A earthquake survivor, now working at APPNA rehab hospital.



APPNA center Inauguration in Westmont IL.

2007 Fall Meeting, Phoenix Arizona Oct 19th - 21st, 2007 (Photos by M. Shahid Yousuf except as otherwise acknowledged)



(Above) Dr. Nadeem Kazi, APPNA President opens 2007 Fall Session in Phoenix, AZ.  
(Below) Dr. Sajid Chaudhry (Secretary 2008)



(Above) (L-R) Dr. Rizwan Naeem (Treasurer 2007) and Dr. Akhtar Saeed Hamidi (AZ) prepare the computer for display.  
<< (Left) Dr. Mahmood Alam President APPNA 2008



Dr. Abdul Rashid Piracha (Immediate Past APPNA President 2006)



(ABOVE ^) (L- R) Dr. Tariq Cheema (Executive Director) and Dr. Shahid Usmani Secretary APPNA 2007).  
<<Photo LEFT (Standing) L-R) Dr. Muslim Jami DOGANA President 2007, Dr. Manzoor Tariq APPNA Treasurer 2008, (Sitting) Mr. Shah Saleem (AZ) and Dr. M. Cheema (Surrey, BC, Canada)



(L-R) Mrs. Tanvir Nazeer (IL), Mrs. Shani Kazi (AZ) and Mrs. Farah Ahmad (IL)



(L- R) Dr. Naheed Chaudhry (Ont. Canada) President Fatima Jinnah Alumni Association, Dr. Sophia Janjua, Dr. Fariha Agha (IL) and Mrs. Javed Iqbal (KY)



Fall meeting attendees enjoy conversation before tea break. (L-R) Drs. Adeel Butt, Omar Atiq, Mufiz Chauhan (on cell phone), Dr. Khalid Mahmood, Shabbir Safdar, Farooq Mirza, Azam Khan, Aqsa Khan, Mrs. Azam Khan, Mrs. Manzoor Tariq, Dr. Manzoor Tariq (in red) Dr. Riaz Chaudhry (blue), Dr. Sajid Chaudhry and Dr. Abdul Rashid Piracha (extreme right).

2007 Fall Meeting, Phoenix Arizona  
Oct 19th- 21st, 2007 (continued)



(L-R) Dr. Akhtar Hameedi (AZ) Dr. Asim Khwaja Arizona Chapter.  
(Photo Below) Dr. Latafat Hamzavi (MI), Dr. Mahmood Alam (NY)  
and Dr. Salman Zafar Urdu Section Editor.



Mrs. Hamida Tariq (St. Louis, MO)  
President APPNA Auxillary 2008



(L-R) ISPU delegation Mr. Muzammil Ahmed, Fakeha Rashid and Saeed Khan who was  
the keynote speaker at the banquet night.



(Photo Below) (L-R)  
Drs. Raza Dilawari  
(Memphis TN), Khalid  
Mahmood (Dallas TX),  
Ijaz Mahmood (KY)  
Hasan Bukhari (Dallas,  
TX)



(L-R) Drs. Ijaz Mahmood (KY) President KEMCAANA 2007, Pervez Rasul(IL) APPNA Board of  
Trustees , Arif H. Agha (IL) and Mr Nazir Ahmed.



(L-R) Dr. Farid Qazi (Dublin GA), Dr. Mahjabeen Islam (Toledo,OH) and Dr. Saima Zafar (W.Des  
Moines IA) Chair of Social Welfare and Disaster Relief Committee 2007.



(L- R) Dr. Sohail Siddiqui (Whittier CA) President elect SMC Alumni Association, Dr. Javed Suleman (Roslyn, NY)  
Dr. Joseph Emmanuel ( Washingtonville, NY) Dr. Rizwan Naeem (Houston, TX)



Dr. Rashid Ahsan, Chair  
Elections and Nomination  
Committee 2007  
PHOTO RIGHT>>  
Dr. Rubina Inayat, Co chair  
Social Welfare and Disaster  
Relief Committee 2007



Dr. Omar Nasib (IL)



Dr. Syed Samad, President Elect 2009



(Above) Dr. Nadeem Kazi, President APPNA at the opening ceremony of **APPNA Kathai**

**Middle Girls School.** This was sponsored by Arizona Chapter of APPNA which in spring 2007 handed over \$ 90,000 of the \$140,000 collected for this school. APPNA is contributing 100% towards the project estimated as \$175K. This middle school built on the government property is 3 times larger than the earthquake demolished old structure, previously insufficient to accommodate over 300 students. - Building structure is complete whereas all the finishing/furnishings will be done before the new academic year beginning April 2008. - Classroom size is 18x24 feet. - The structure is made of heavy steel, brick and wood in full compliance with ERRAs newly enforced construction standards. It is therefore seismic proof. - The school which belongs to the Government of Azad Jammu and Kashmir, has boys & girls (up to grade 5) and girls (up to grade 8) (Photo Right) A large number of students greeted APPNA president and participated in the festivities. Kathai is close to the Indian border. (Photos Dr. Nadeem Kazi)



Dr. Nadeem Kazi performs the opening ceremony of the **APPNA Police Hospital** in Abbotabad, Pakistan. This hospital built with APPNA Earthquake Relief Funds out of which APPNA donated \$250,000. It is a 12 bed, brand new facility with a maternity ward. The water supply, building, furniture and equipment has been provided by APPNA. The facility is now owned by the Government of NWFP. It is run by the Hazara Division Police Headquarters. Nine paramedics work under a senior medical officer. (Photo Dr. Nadeem Kazi)

(Below) Dr. Nadeem Kazi inspects the facility. The effort took some two years from initial consideration by the Social Welfare Disaster Committee (SWDRC) of APPNA of 2006 and continuing through SWDRC of 2007. (Photo Dr. Nadeem Kazi)



**Cytogenetic Laboratory** inauguration at the National Institute of Child Health, Karachi. Five children who are the very first beneficiaries of genotyping of their cancers perform the opening ceremony by cake cutting. This lab was possible through the joint efforts of APPNA, Child Aid Association (Pakistan), Rotary International (through the efforts of Dr. Afzal Arain) which matched the \$60,000 raised by APPNA. Dr. Nadeem Kazi, APPNA President 2007 (3rd from left) prefers to let the children be in the spotlight. Dr. Rizwan Naeem (first left) APPNA Treasurer 2007 and Director of Cytogenetics Texas Childrens Hospital, Houston, TX lent his expertise in the area. Numerous donors of APPNA were responsible for this. Drs. Afzal Arain, Nadeem Zafar, Social Welfare and Disaster Relief Committee Chairs for 2006 Dr. Javed Akhtar, for 2007 Dr. Saima Zafar lent their support. Photo shows back row (L-R) Dr. Nadeem Kazi in center Prof. Nizamul Hasan and Mr. Aziz Memon. Front row (L-R) Dr. Uzma Iman, Master Hasan Sher, Baby Umme Hani, Master Azhar and Baby Andaleeb in extreme right. Baby Kiran Bano (centermost in front row) (Photo courtesy Dr. Nadeem Kazi)



**APPNA Sukoon** (L\_R) Drs. Mahjabeen Islam, Naheed Usmani and Nadeem Kazi inaugurating this project at the Pakistan Medical Association Headquarters in Karachi. Palliative care is therapy that focuses on decreasing pain and suffering by providing treatments for relief of symptoms along with comfort and support for patients of all ages. Palliative care uses a team approach that involves the treating doctor, the family, and other health care professionals and social services. (Photo Dr. Nadeem Kazi)



Dr. Nadeem Kazi addresses the gathering at the inauguration of the Cytogenetic Laboratory in Karachi. (Photo Dr. Kazi)



(ABOVE) L-R) Drs. Nadeem Kazi, Tariq Cheema (Executive Director) Ilfat Alavi, Omar Nasib and Rasul Pervez at the inauguration of the 1500 sq feet APPNA Center. It provides a seminar room with 30-40 seating and audio-video-internet streaming video capacity. There is space for a small library with two computers. The center will expand archival capacity of APPNA as well as improve the ergonomics of the office operations (Photo Dr. Nadeem Kazi)



(L-R) Mrs. Ayesha Samad, Dr. Syed Samad, Dr. Nadeem Kazi and Mrs. Shani Kazi at theme restaurant (Photo Dr. NKazi) "Rawhide" a wild West themed restaurant



(L-R) Dr. Manzoor Tariq, Mrs. Hamida Tariq and Dr. Abdul Rashid Piracha

(BELOW) (L-R) Dr. Afzal Arain (CA), Dr. M. Babar Cheema (KY), Dr. Arif Muslim (NY), Dr. Nadeem Kazi (AZ), Dr. Mufiz Chauhan (AR), Dr. Arif Qureshi (NY) and Dr. Shahid Usmani (FL) (Photo Dr. N. Kazi)



**Dr. Mohammad Afzal Arain** of Madera has been recognized for significant public service, volunteerism and contributions to humanity. He received the Jefferson Award, certificates of excellence and congressional recognition by Ken Mallov and Lucy Ruiz of Channel 47 during a private ceremony in Fresno. Dr. Afzal Arain has undertaken many medical humanitarian missions including to the Tsunami '04 in Indonesia and 2005 Kashmir earthquake. "Arain has been credited for setting up portable hospitals after a tsunami hit Indonesia, the earthquake in Pakistan, the hurricane in New Orleans and the war in Bosnia. Working with Sunrise Rotary Club and Wheelchair Foundation, Arain and other Rotarians have taken wheelchairs to those who need them worldwide. His service to the Madera community has also been noticed." *Madera Tribune, CA*  
Dr. Afzal Arain has served APPNA in numerous capacities including Treasurer and Secretary as well as member of the Board of Trustees. (Photo M. Shahid Yousuf)



**Awards and Appointments**

(Above Right) Carson City, Nevada Governor Jim Gibbons announced January 16 that he has named **Ikram Khan, MD** as an advisor on healthcare issues. Dr. Khan will advise the Governor on healthcare policy and issues concerning healthcare providers, purchasers of healthcare, consumers, and health insurers. Dr. Khan has over 25 years of exceptional leadership in the area of healthcare policy and strategy, both in the private and public sectors, and has served on several prestigious boards, commissions, and committees throughout the state of Nevada. Dr. Khan was nominated by the President of the United States, and confirmed by the US Senate, to serve as a member of the Board of Regents for the Uniformed Services University of Health Sciences - an advisory board to the US Secretary of Defense. (*Pakistan Link*)



**Dr. Zeenat Anwar (FJ 1956)** (above) is the recipient of "Woman Of the Year" award from "Safeer-e-Pakistan" of GEO TV for 2007. She has been one of the founding members of APPNA and FJ Alumni Association (APPNA affiliate). She was the 1st president of APPNA Michigan Chapter, and 1st president of APPNA FJ Medical Alumni Association. She is also one of the founding members of Human Development Foundation of N. America (HDFNA) and has served on the board of directors for 10 years. (Photo M. Shahid Yousuf)



Dr. Farid Qazi presents **Dr. Raza Dilawari** (on right), Chair Research Education and Scientific Affairs 2007 an award of recognition at the DOGANA banquet during 2007 APPNA annual summer meeting. Dr. Dilawari has recently been appointed as Vice Chair, Department of Surgery, University of Tennessee at Memphis. APPNA's authority to grant CME 1 educational credits was initiated by Chair of RESA Committee Dr. Shabbir Saifdar 1997. Over the years RESA has been sustained largely through the efforts of Dr. Dilawari under whose leadership APPNA's CME category 1 granting authority was renewed in 2007. (Photo M. Shahid Yousuf)



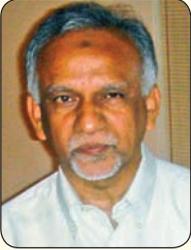
ہے، عقل کا نہیں کیونکہ بقول اقبال:-

عقل گواستاں سے دور نہیں۔ اس کی تقدیر میں حضور نہیں  
دل بیٹا بھی کر خدا سے طلب۔ آنکھ کا نور دل کا نور نہیں۔

عقل اپنی سوچ اور منطق سے نھتیت کے گھر کے قریب تو جاسکتی ہے مگر یہ اس کا  
منصب اور مقدر نہیں کہ وہ حقیقت کی حضوری حاصل کر سکے یعنی اس کے رُوبرُو آسکے۔  
دیکھنے والے دل کی خواہش کر، اگر خدا تجھے دیکھنے والا دل عطا کر دے تب تو حقیقت  
کے گھر میں داخل ہو سکتا ہے۔ آنکھ کی روشنی صرف اس دنیا کو دیکھتی ہے۔ دل کی روشنی  
سے باطنی دنیا نظر آتی ہے۔ یہ دنیا ہمارے اندر کی دنیا ہے۔ اگر اس دنیا پہ کلام الہی اتز  
آئے تو پھر تمام راز کھل جاتے ہیں اور انسان اپنی ذات اور خدا کی ذات کو پہچان لیتا  
ہے۔ یہ علم ذات خداوندی نے اپنے خاص بندوں کو دے رکھا ہے اور وہ اس علم سے  
عشاق کے دلوں کو روشن کرتے چلے آ رہے ہیں۔ کیا یہ علم کسی ایک فرقہ و مذہب کے  
لوگوں کا ہی ورثہ ہے اور اس علم کیلئے خدا پر ایمان لازم ہے؟۔ یہ نہایت دلچسپ  
موضوع ہے جس پر گفتگو ضروری ہے۔

فی الوقت میں اپنے ایک شعر سے اس بات کو ختم کرتا ہوں۔ باقی انشا اللہ کبھی آئندہ:-

”مردان حق شناس کی صحبت بھی چاہیے  
دنیا میں ہر سبق نہیں ملتا کتاب سے“۔۔۔



## یہ کیا جینا ہے (شمیم آزر)

خواب دکھانے دیکھنے والی اب شہر میں آنکھیں کتنی ہیں  
اور تعبیریں سوچنے اور مانگنے والے ذہن اب کتنے ہیں  
گلیوں اور بازاروں میں شہروں اور دیہاتوں میں آزر  
مرنے کے سامان تو ہیں پر جینے کے حوالے کتنے ہیں  
اب کے ایسا قحط پڑا ہے

سوچنے والے لوگوں کا اور بولنے والی آوازوں کا  
اک سناٹا روح کے اندر اور ایک ویرانی سڑکوں پر  
سہمے ہوئے سے لوگ گھروں میں، باہر جھانک کے دیکھیں کیسے  
اک سناٹا روح کے اندر ایک ویرانی سڑکوں پر  
چہرے پتھر بے جاں آنکھیں مہر بلب کچھ سائے سے

(عشق، جنوں، کامل خودی) باطنی دنیا میں کامیابی کیلئے ضروری ہے۔ عقل کا تعلق  
ہمارے خاکی وجود سے ہے اور دل کا تعلق ہمارے روحانی وجود سے۔ خاکی وجود اس  
دنیا کیلئے ہے اور پھر کسی کام کا نہیں رہے گا۔ روحانی وجود پہلے سے ہے اور مرنے کے  
بعد بھی رہے گا۔ یہ ظاہری اور باطنی دنیا نہیں کیا ہیں، اس کے بارے میں ہمیں کم ہی  
پڑھایا جاتا ہے بلکہ یہ سبق کسی ایک کلاس روم میں دیا ہی نہیں جاتا۔ سچ تو یہ ہے کہ دنیا  
والوں نے ظاہری دنیا (عالم محسوسات) کے علم کو تو لازمی قرار دے رکھا ہے اور باطنی،  
یعنی عالم غیب کے علوم کو اتنی کم اہمیت دی ہے کہ اسے اختیاری مضمون کے طور پر بھی  
پیش نہیں کیا جاتا۔ اس کی وجہ یہ ہے کہ انسان اس دنیا میں برتری، کثرت مال اور اعلیٰ  
مرتبے کا خواہشمند ہے اور یہ چیزیں اسے دنیاوی علوم حاصل کرنے سے مل جاتی ہیں۔  
اس کا نتیجہ یہ ہے کہ انسان یہ سمجھنے لگ گیا ہے کہ اگر وہ اپنی سوچ اور اپنے علم سے کام  
لے اور ہر چیز کو عقل کی کسوٹی پر پرکھے تو وہ کامیابی کی زندگی گزار سکتا ہے اور ہر سوال کا  
جواب اور ہر مشکل کا حل تلاش کر سکتا ہے۔ حقیقت یہ نہیں ہے۔ حقیقت کیا ہے،  
آئیے اس پر کچھ غور کرتے ہیں۔

اہل ایمان تو مانتے ہی ہیں کہ ہماری دنیا (عالم محسوسات) کے علاوہ ایک دنیا اور بھی  
ہے جسے ہم اپنے حواس سے محسوس نہیں کر سکتے۔ ذات خداوندی، فرشتے، جنات،  
عالم برزخ، جنت و دوزخ، یہ حقائق ایسے ہیں جن سے انکار نہیں۔ وہ لوگ جو ان چیزوں  
پر ایمان نہیں رکھتے، ان کیلئے بھی یہ ممکن نہیں کہ وہ ان کے نہ ہونے کا کوئی ثبوت پیش کر  
سکیں۔ وہ ان سے انکار کر سکتے ہیں مگر حتمی طور پر یہ نہیں کہہ سکتے کہ یہ تمام کچھ موجود نہیں  
ہے۔ حقیقت یہ ہے کہ یہ سب کچھ موجود ہے اور اس سے رابطہ رکھنے اور اسے جاننے  
کیلئے ایک روشن دل کی ضرورت ہے۔ ایسا دل جس کی آنکھ ان چیزوں کو دیکھ سکے۔ جو  
اپنی اصل سے جڑا ہو اور جو ہمیں وہ مناظر دکھا سکے جو ہمارے چہرے پر جڑی آنکھ  
ہمیں نہیں دکھا سکتی۔

ایسا دل کہاں ملتا ہے اور اسے صاف کیسے رکھا جاسکتا ہے ان سوالوں کا جواب ہمیں  
دنیاوی علم کی کتابوں میں نہیں ملتا۔ یہ علم وہ علم ہے جس کے بارے میں حدیث مبارکہ  
ہے کہ ”میں علم کا شہر ہوں اور علیؑ اس کا دروازہ ہیں“۔ یہ علم روحانیت ہے۔ تصوف  
والے لوگ اس کے طالب بھی ہیں اور اس کے راز دان بھی۔ یہ علم حقیقی ہے اور اس کے  
بارے میں اقبال نے ہی کہا ہے کہ:

”حقیقت پہ ہے جامہ عرعر تنگ۔ حقیقت ہے آئینہ، تحریر زنگ“

اس حقیقت کو اگر الفاظ کا جامہ پہنایا جائے تو وہ اسے تنگ پڑتا ہے۔ حقیقت آئینے کی  
طرح شفاف ہے اور الفاظ گویا زنگ کی طرح اس آئینے کی سطح یعنی چہرے کو میلا کر  
دیتے ہیں۔ بہتر یہی ہے کہ یہ حقیقت دکھادی جائے نہ کہ بیان کی جائے۔ یہ کام دل کا

## انسان کا باطنی وجود



”تری نگاہ میں ثابت نہیں خدا کا وجود  
مری نگاہ میں ثابت نہیں وجود ترا  
وجود کیا ہے فقط جوہر خودی کی نمود  
کرا اپنی فکر کہ جوہر ہے بے نمود ترا“

آج کے سائنس زدہ انسان کو مخاطب کر کے اقبال بڑے دعوے سے کہتے ہیں کہ تو جو کسی ثبوت کے بغیر خالق کائنات کے وجود کو تسلیم کرنے کیلئے تیار نہیں، مری نظر میں خود کوئی وجود نہیں رکھتا۔ وہ اس دعوے پر دلیل یوں پیش کرتے ہیں کہ اصل وجود تو وہ ہے جو انسان کے اندر ایک جوہر کی طرح پنہاں ہے۔ جب تک اس اصل جوہر (خودی) کی نشوونما اور پرورش نہ کی جائے، انسان کا اصل وجود ظاہر نہیں ہوتا۔ اس لیے وہ سائنس زدہ انسان سے یہ کہہ رہے ہیں کہ تجھے اپنی فکر ہونی چاہیے کہ تو نے ابھی اپنے اصل وجود کو تو ظاہر ہی نہیں ہونے دیا۔ اس پر ستم یہ کہ تو خدا کے ہونے نہ ہونے کی بحث اور فکر کر رہا ہے۔ ایک اور مقام پر اقبال فرماتے ہیں:

ترے ضمیر پہ جب تک نہ ہونزول کتاب

گرہ کشا ہے نہ رازی نہ صاحب کشف

یعنی کلام الہی جب تک تمہارے باطنی وجود (دل، اندر کی آنکھ) پر نازل نہیں ہوتا، اس کے راز تم پر عیاں نہیں ہو سکتے چاہے تو کسی فلسفی (امام رازی، مسلمان فلسفی) کے دیوان پڑھ ڈالے یا بڑے سے بڑے مفسر قرآن کی تفسیر (ابوالقاسم زمخشری۔ مصنف تفسیر قرآن بنام ”کشف“) کی ورق گردانی کرتا رہے۔

سوال پیدا ہوتا ہے، یہ اندر کا وجود کیا ہے جس کی طرف اقبال اشارہ کر رہے ہیں۔ ساتھ ہی یہ سوال بھی پیدا ہوتا ہے کہ فلسفے کے پڑھنے سے اور کسی صاحب تفسیر کے سمجھانے سے بھی انسان کیوں کتاب کے راز نہیں سمجھ پاتا۔ آخر یہ راز ہیں کیا؟ اس بات کی کیفیت کو واضح کرنے کیلئے اور مفہوم کو مزید کھولنے کیلئے اس نظم کا اس سے پہلو والا شعر بھی درج کرنا ضروری ہے جو یوں ہے۔

”تڑپ رہا ہے فلاطوں میان غیب و حضور

ازل سے اہل خرد کا مقام ہے اعراف“

(لہذا) ترے ضمیر پہ جب تک نہ ہونزول کتاب

گرہ کشا ہے نہ رازی نہ صاحب کشف

یعنی، افلاطوں ابھی ظاہر اور باطن کے درمیان پھنسا ہوا ہے کیونکہ شروع سے ہی علم اور دماغ پہ بھروسہ کرنے والے لوگ جنت اور دوزخ کے درمیان والی جگہ پر رہ کر ہوئے ہیں۔ یعنی بڑے سے بڑا فلسفی اور دانشور بھی اب تک یہ طے نہیں کر پایا کہ خدا غائب ہے یا ذرے ذرے میں ظاہر ہے، اسی طرح اہل علم اور دانشور بھی جنت اور دوزخ کے ہونے نہ ہونے کے بارے میں فیصلہ نہیں کر پائے اور مقام اعراف یعنی (جنت اور دوزخ کے درمیان والی جگہ) پر رہ کر ہوئے ہیں۔ ہونا یہ ہے کہ یہ لوگ یہیں رہ کر رہیں گے تا وقتیکہ انہیں عقل و خرد کے ساتھ ساتھ دل کی بینائی بھی حاصل ہو جائے اور یہ ذاتی مشاہدے کے قابل ہو جائیں۔

واقع یہ ہے کہ فطری طور پر انسان کے اندر سوچنے اور چیزوں کو پرکھنے اور سمجھنے کی صلاحیت رکھ دی گئی ہے گو اس کی مقدار اور اس کا انداز ہر شخص کے اندر جدا گانہ ہے۔ اسی سوچ (جسے اقبال نے عقل، خرد، علم وغیرہ سے بھی تعبیر کیا ہے) کا سہارا لے کر انسان اپنی زندگی گزارتا ہے اور اس دنیا میں اپنے لیے راستے تلاش کرتا ہے۔ اب سوال یہ پیدا ہوتا ہے کہ کیا یہ سوچ از خود انسان کے لیے کافی ہے یا دنیا میں کامیابی کیلئے اس کے علاوہ کچھ اور سامان بھی ضروری ہے۔ درج بالا شعر کے پس منظر میں، میں اس حوالے سے، نہایت اختصار کے ساتھ، چند گزارشات کروں گا گو یہ مضمون کافی طویل ہو کر فلسفیانہ رنگ اختیار کر سکتا ہے۔

کلام اقبال میں جا بجا اس بات کی نشاندہی کی گئی ہے کہ انسان کی سوچ کتنی ہی بلند کیوں نہ ہو، پھر بھی بنیادی طور پر ناقص ہے اور گاہے گاہے گمراہ کن بھی ہے۔ اس کے مقابلے میں اقبال عشق، (جنون، دل، کامل خودی، ضمیر) کو انسان کا اصل رہبر اور استاد مانتے ہیں۔ یہی بات اقبال سے پہلے صوفیاء و مفکران اسلام بھی کرتے آئے ہیں اور اسی طرح کی مثالیں ہمیں روحانیت کے عالمی لٹریچر اور دیگر مذاہب کی تعلیمات میں بھی ملتی ہیں۔ اب اگر انسان کو عقل عطا کی گئی ہے اور اسے سوچنے اور پرکھنے کیلئے کہا گیا ہے تو پھر ایسا کیوں ہے کہ انسان اس کام میں کتنی بھی مہارت کیوں نہ حاصل کر لے، پھر بھی وہ اپنے آپ کو کامیاب محسوس نہیں کرتا اور ایک طرح سے ناکمل ہی رہتا ہے۔ اس کے ذہن میں بیسیوں ایسے سوال اُبھرتے ہیں جن کے جواب اس کے پاس نہیں۔ اگر ایسا ہی تھا، تو پھر فکر و تدبیر کی تلقین کس لیے کی گئی ہے۔ ایسا کیوں نہیں کہ انسان اپنی عقل، اپنی تعلیم اور سمجھ بوجھ کے سہارے پر زندگی کے راز سمجھ جائے اور اسے کسی اور چیز کا سہارا لینے کی ضرورت محسوس نہ ہو۔

اس کا آسان جواب یہ ہے کہ عقل کا کام بھی اہم ہے اور دل کا بھی۔ عقل اور دل دونوں کام میں لائے جائیں تو زندگی مکمل ہوتی ہے۔ انسانی وجود کے ان دو حصوں کا تعلق الگ دنیاؤں سے ہے۔ عقل ہمیں ظاہری دنیا میں کامیابی کے کام آتی ہے اور دل

سامنے بیٹھ کر کھانے لگا۔ سوپ ختم ہوتے ہی اس کی آنکھیں بند ہو گئیں اور وہ صوفے پر ہی سو گیا۔

رات کے گیارہ بجے خبروں کی آواز سے اس کی آنکھ کھلی تو اسکرین پر اسی جلتی ہوئی عمارت کی تصویر تھی۔ ناصر کو موقع واردات کے اوپر پرواز کرتا ہوا ہیلی کاپٹر یاد آ گیا۔ پھر اس عورت کے اسپتال میں مرنے کی اطلاع تھی جس کا نام خاندان والوں کو اطلاع کرنے سے پہلے خبروں میں نہیں بتایا جاسکتا تھا۔ وانڈا اولیمرز مریچکی تھی۔ اسے زندہ جلادیا گیا تھا۔

وہ ہیروئن کی عادی تھی۔ عادی ہوا کرتی تھی۔ سترہ سال کی عمر سے چھبیس سال کی عمر میں وہ اپنے اخراجات پورے کرنے کے کیلیئے وہ ہیروئن کے کاروبار میں شامل ہو گئی تھی۔ بڑی خرید و فروخت کرنے والے دوسرے تھے جو چمکتی ہوئی تیز رفتار گاڑیاں چلاتے تھے اور قیمتی جیکٹوں کے نیچے مہلک ہتھیار رکھتے تھے۔ اس کا کام تو بیس تیس ڈالر کی تھیلیاں گا ہوں تک پہنچانا تھا۔ چاہے وہ محلے کے گھر ہوں ماک ڈانڈ ہو یا باغ کا بیچ ہو۔

پہلے تو اس کے بوائے فرینڈ اپنے نشے کے ساتھ اس کا بھی انتظام کر دیا کرتے تھے اور اگر کبھی اس کے پاس بیسہ نہیں ہوتا تھا تو وہ خود کاروبار کیلیئے نکل جاتی تھی۔ اس کے پاس بیچنے کیلیئے اپنے جسم کے سوا تھا ہی کیا۔

اٹھارہ سال کی عمر میں جو اسقاط کرایا تھا اس کے بعد کچے ہی ضائع ہو جاتے تھے۔ اس کو اس کا بھی انتظام نہیں کرنا پڑتا تھا لیکن جب بوئے فرینڈ نمبر چھ (۶) کو جیل ہو گئی تو اسے اندازہ ہوا کہ اس دفعہ بچہ پیٹ میں جم کر بیٹھ گیا ہے۔ اس کا دل خوشی سے جھوم اٹھا۔ اس کی سب سہیلیاں مائیں بن چکی تھیں۔ پھر جب رشان بھی جیل میں یہ خیرن کر خوش ہو گیا تو وانڈا کو یقین ہو گیا کہ وہ جیل سے رہا ہوتے ہی اس کو اور اپنے بیچے کو پالنے لگے گا۔ وہ ہر مہینے بال بنوا کر میک اپ اور شوخ کپڑوں میں اس سے ملنے جاتی اور وہ اس کے بڑھتے ہوئے پیٹ کو دیکھ کر خوش ہوتا تھا۔ لیکن جب جیل میں رشان کے ایڈز کی تشخیص ہوئی تو محکمہ صحت اس کے گھر بھی پہنچ گیا۔ وہ بمشکل ٹیسٹ کرانے پر آمادہ ہوئی تھی۔ اور جب ڈاکٹر ناصر حسن نے اسے ٹیسٹ کے پازیٹو ہونے کی خبر دی تو مغلظات کا گندہ نالہ اس کے منہ سے بہہ نکلا تھا۔ ناصر صبر سے سنتا رہا۔ اسے اندازہ تھا کہ یہ گالیاں وہ اپنی زندگی کو اپنے حالات کو دے رہی ہے۔ بہت سمجھانے پر وہ علاج کرانے پر آمادہ ہوئی۔ ہیروئن چھوڑنا اس سے بھی مشکل تھا لیکن میتھا ڈون کی مدد سے یہ بھی ہو گیا۔ بچہ پیدا ہوا تو اس کا بھی علاج شروع ہو گیا۔ دو مہینے کی عمر میں جب وانڈا کو بتایا گیا کہ اس کے بیچے کو ایچ آئی وی وائرس نہیں لگی ہے تو وہ بیچے کو سینے سے لگا کر پہلی بار ناصر کے سامنے پھوٹ پھوٹ کر روئی تھی۔ پھر وہ دو مائیں بھی وقت پر کھانے

لگی۔ دانت نکالے بیچے کو لیئے اسپتال آتی تو ہائے ڈاکٹر حسان کہہ کر اسے مخاطب کرتی۔ اب تو بچہ سال بھر کا ہو چکا تھا۔ وہ کبھی کبھار اپنے بیچے کو ماں کے پاس چھوڑ کر دوستوں کے ساتھ شام گزارنے کو بھی نکل جاتی تھی۔ تبھی پرانے کرم فرماؤں کو وہ یاد آئی۔ بچہ گاڑی دھکیلتی عورت پر کون شبہ کرے گا۔ وہ اس کو دوبارہ تھیلیاں پہنچانے کا کام دینا چاہتے تھے۔

وہ اب نشہ نہیں کرتی۔ اس نے کہا۔ تو پیسے لے لو نہیں میں پکڑی گئی تو سوشل سروس والے بچہ چھین لیں گے۔ ان کا اصرار اور اس کی ضد بڑھتے بڑھتے اس آتش زدگی تک پہنچی۔ ناصر ٹی وی بند کر کے سو گیا۔ اگلے دن اس نے چاہا کہ بلڈنگ کی طرف نہ دیکھے ویسے بھی ایک بڑی کرین اس کے آگے کھڑی تھی۔ وانڈا کی زندگی کے آخری لمحوں کی گواہ دیواریں گر چکی تھیں۔

دو دن بعد کام پر جاتے ہوئے ناصر اس جگہ کو نہ پہچان سکا۔ ملبہ ہٹ چکا تھا۔ ہموار زمین کے چاروں طرف چمکدار نئی فینس پر کنسٹرکشن کمپنی کے اشتہار لگے ہوئے تھے۔ دو گورے جو اپنی رنگت اور قیمتی کپڑوں کی وجہ سے اس علاقے میں اجنبی لگ رہے تھے، نئی عمارت کا نقشہ ہاتھ میں لیئے کرانے کی آمدنی کا تخمینہ لگا رہے تھے۔

## غزل

(محمد شفیق)

خیال سودوزیاں میں وہ میری جاں سے گیا  
کسی کے پاس رہا دل کسی کے ہاں سے گیا  
وہ باغباں سے نہ آئی ہوا بھروسے کی  
سوفصل گل میں ہراک پھول گلستاں سے گیا  
نہ جانے آج کہاں پر بھٹکتا پھرتا ہے  
وہ ایک دوست جو خوابیدہ اس مکاں سے گیا  
رخ رقیب کے ہر رنگ سے عیاں ہے یہی  
کہ ان کے ہاں وہ مرادوست میرے ہاں سے گیا  
ہوئے تند سے یہ ناؤ ڈوبنے کو ہے  
جو قافلہ تھا سمندر میں بادباں سے گیا  
کسی کے دل میں اتر کے ابھی وہ رہتا ہے  
جو ایک تیر نکل کرتی مکاں سے گیا  
مجھے شفیق نے آمادہ بیچنے پہ کیا  
مگر خریدنے والا تری دکاں سے گیا

## دام ہر موج میں ہیں ---

(شہلا نقوی)



برونکس (Bronx) میں رہتے ہوئے اور  
ایک اسپتال میں کام کرتے ہوئے سائرن

سننے کی عادت پڑ جاتی ہے لیکن اس دن ان کی آوازوں میں ناصر کو ایک بیتابی سی محسوس ہوئی تھی غالباً اس لیے کہ وہ خود فٹ پاتھ پر تھا۔ کورین (Korean) کی دوکان سے ٹماٹر اور ک خرید کر نکل رہا تھا۔ پولیس کی کاروں اور ایمبولینس کے علاوہ یکے بعد دیگر تین آگ بجھانے کے انجنوں کی چیخ و پکار تھی۔ راستے میں بھیڑ بڑھتی جا رہی تھی۔ سڑک پر گاڑیاں آہستہ آہستہ ہوتے ہوتے اب رک چکی تھیں۔ پیچھے کی گاڑیوں نے ہارن بجا کر شور میں اضافہ کر دیا تھا۔ فٹ پاتھ پر سے بیکار لوگ رکی ہوئی گاڑیوں کے درمیان بڑھ بڑھ کر شوقی نظارہ کو پورا کر رہے تھے۔

موڑ کے بعد دوسری عمارت میں آگ لگی ہوئی تھی۔ لکڑی کے تختے جڑی کھڑکیوں میں سے سیاہ دھواں نکل رہا تھا۔ کبھی کبھی نارنجی شعلوں کی لپک نظر آ جاتی تھی۔ آگ بجھانے والے ہیلمٹ اور پہلی دہاری لگے بڑے بڑے سیاہ کوٹ پہنے دو منزلہ عمارت پر پانی ڈال رہے تھے۔ دو کلبھاڑی سے دروازہ توڑ رہے تھے۔ مجمع چمگمگایا کر رہا

تھا۔ ”بلڈنگ خالی ہے انہیں اندر جانے کی کیا ضرورت ہے“ ”خالی بلڈنگوں میں بے گھر لوگ جا کر رہنے لگتے ہیں۔ ہو سکتا ہے ان میں بھی کوئی ہو“ ”دو نکل کر بھاگے تھے پھر میں نے دھواں دیکھا اور ۹۱۱ کو کال کیا“ ”قریب کی دوکان کے دروازے سے ایک نوجوان نے اپنی ڈھیلی ڈھالی جینز کو اوپر کرتے ہوئے کہا۔ عمارت سے سوکھی لکڑیوں کے چٹختنے کی بلند آواز آئی۔ مجمع میں دلچسپی کی ایک لہریں دوڑ گئی۔ اندر غالباً کوئی دیواریا چھٹ گری تھی۔ اوپر کی منزل کی کھڑکیوں سے اب شعلے اٹھ رہے تھے۔ اور سامنے کے دروازے سے دو فائر مین ایک جلتا ہوا بندل اٹھا کر بھاگتے ہوئے آ رہے تھے۔ ایک فائر مین نے دائرے میں پرمکبل ڈال دیا۔ دوسرا آکسیجن کا ماسک (Mask) بڑھا رہا تھا۔ اس کو زمین پر لٹا کے پہلے دونوں فائر مین انجن کے پاس اپنے ماسک اتار کر کھانسیں رہے تھے۔ ان کا کہنا تھا کہ اندر بے تماشہ دھواں تھا۔ ان کے پکارنے پر بھی کسی نے جواب نہیں دیا۔ یہ عورت اسی کمرے میں تھی جس سے آگ شروع ہوئی تھی۔ ناصر کو اندازہ ہوا کہ کوئی بہت زخمی ہے۔ وہ بمشکل، بھیڑ کو چیرتا گالیاں کھاتا آگے پہنچا۔ وہ ابھی ہسپتال سے فارغ ہوا تھا۔ کوٹ کے نیچے اس کا نیلا (scrub suit)

سکر ب سوٹ نظر آ رہا تھا اس نے اسپتال کا آئی ڈی کارڈ پولیس والے کو دکھایا تو اس نے ناصر کو گھیرے کے اندر داخل کر لیا۔

عورت کرسی پر تھی۔ ناصر کو اندازہ ہوا کہ اس کے پاؤں کرسی کی ٹانگوں سے بندھے ہوئے ہیں۔ فائر مین اس کے منہ پر لگا ہوا ڈکٹ ٹیپ (Duct tape) اتار کر اسے آکسیجن سے بیگ (Bag) کر رہے تھے۔ اس کی کلائیوں سے کاٹا ہوا ڈکٹ ٹیپ اب بھی اس کی جلی ہوئی کھال سے لٹکا ہوا تھا۔

عورت اب کراہ رہی تھی۔ فائر مین نے آکسیجن ماسک لگانے کیلئے ایمبو بیگ (Ambu-Bag) ہٹایا تو ناصر کو اپنا سانس رکتا ہوا محسوس ہوا۔ شور میں اسے فائر مین کا شانہ ہلا کر اسے متوجہ کرنا پڑا۔ ”میں اسے جانتا ہوں۔ اس کا ایک بچہ بھی ہے“۔ سب لوگ پھر عمارت کی طرف متوجہ ہوئے لیکن اس کی چھت گر چکی تھی اور پانی کے دھارے جلتے ہوئے بلے پر پڑ رہے تھے۔ اگر اندر کوئی بچہ تھا تو اس کے زندہ ہونے کا اب کوئی سوال نہیں تھا۔

عورت اب ایمبولینس میں ڈالی جا چکی تھی۔ ناصر پیرامیڈکس (paramedics) کے ساتھ ایمبولینس میں وائڈا (Wanda) کے دائیں بازو میں آئی وی (I.V) لگا رہا تھا کہ اس نے جھلسے ہوئے چہرے میں زندہ آنکھیں دیکھیں۔ ”بچہ کہاں ہے؟“ پیرامیڈک نے پوچھا۔ وائڈا نے بولنے کی کوشش کی لیکن اس کے منہ سے خرخراہٹ کے سوا کچھ نہ نکل سکا۔ اس کی آنکھیں درد اور خوف سے پھیلی ہوئی تھیں۔ وہ اسپتال کے دروازے پر پہنچ چکے تھے۔ ناصر کے کان سائرن کی آواز سے اس طرح بگڑ رہے تھے کہ اب اس شور کا بند ہو جانا عجیب لگ رہا تھا۔ ڈیوٹی پر موجود ڈاکٹر اور نرسیں وائڈا کو ٹراوما روم (Trauma Room) میں لے جا چکے تھے اور کپڑے کاٹ کر زخموں کا اندازہ کر رہے تھے۔ فائر مین آتش زدگی کی وجہ معلوم کرنے کیلئے اس کے جھلسے ہوئے کپڑوں کے ٹکڑے ایک تھیلے میں جمع کر رہا تھا۔ ناصر نے ایک ڈاکٹر کو پکڑ کر بتایا ”یہ وائڈا ولیمز (Wanda Williams) ہے۔ ہمارے ایڈز (Aids) کلینک میں آتی ہے۔ ڈاکٹر نے ٹراوما روم میں سر ڈال کر ”ہائی فائینو“ کہا اور کئی مصروف لوگوں نے رک کر دوہرے دستا نے پہن لیے۔ وہ سانس دلانے کیلئے اس کے گلے میں ٹریکیوسٹومی (tracheostomy) کر رہے تھے اور اس ہنگامے میں کسی کو بھی سوئی انشٹر لگ سکتا تھا۔ ایڈز کے مریض کے ساتھ کوئی بھی یہ خطرہ مول لینے کو تیار نہیں تھا۔ ”ہائی فائینو“ ان کا کوڈ (code) تھا تاکہ دوسرے مریضوں اور عزیزوں کو اس صورتحال کا اندازہ نہ ہو۔

ناصر اپنی ذمہ داری پوری کر کے باہر نکلا۔ اپنے اپارٹمنٹ (apartment) میں سوپ (soup) کا کین (can) کھول کر گرم کیا بسکٹوں کا ڈبہ اٹھا کر ٹی وی کے

اصول محمد ﷺ جو مد نظر ہو

وہی پہلے والی ہو عزت ہماری  
اگر دل سے اے ظفر کوشش کریں ہم  
وہی ہم وہی پھر لیاقت ہماری

## غزل (سلمان ظفر)

روشن ہر ایک شے میں نوری سراج تیرا  
ثانی نہیں ہے کوئی عالم میں آج تیرا  
تو ہی یہاں کا آقا تو ہی وہاں کا مالک  
عقبیٰ میں راج تیرا، دنیا میں راج تیرا  
محتاج تیرے سب ہیں دنیا میں تاج والے  
تو شاہ دو جہاں ہے اعلیٰ ہے تاج تیرا  
کوئی نا تیرا ہمسرا، کوئی نا تیرا ثانی  
یکتا عہد تو ہے، واحد ہے راج تیرا  
دم بھر رہی تھی بلبل کل تیرا بوستاں میں  
دم بھر رہی ہے بلبل گلشن میں آج تیرا  
منکر بھی تیرے قائل کفار بھی تجھ پہ مائل  
روشن ہے دشمنوں کے دل میں سراج تیرا  
تجہ سانا ہوگا کوئی تجھ سا ہوا نہ اب تک  
ارفع ہے شان تیری عالی مزاج تیرا  
جس پہ نگاہ ڈالی پایا تجھی کو اس میں  
یوں ذرے ذرے پر ہے بے شبہ راج تیرا  
مختار دو جہاں تھا، مختار دو جہاں ہے  
آتا نہیں سمجھ میں کچھ کام کاج تیرا  
ہوتی نہیں اطاعت رحمت کا آسرا ہے  
کرتے نہیں ادا ہم واجب خراج تیرا  
شاہنشاہ جہاں ہے، عاجز نواز ہے تو  
مقبول خلق کردے ظفر بندہ ہے بے تاج تیرا

## غزل (سلمان ظفر)

رہی نہ وہ پہلی لیاقت ہماری  
تو ہو کس طرح اب وہ عزت ہماری  
ہراک سیکھتا تھا ہمیں سے ہراک فن  
جہاں میں تھی مشہور حکمت ہماری  
نہ تھا کوئی دنیا میں شاک کسی کا  
وہ ضرب المثل تھی عدالت ہماری  
ہمیں تھے ہراک فن کے موجد جہاں میں  
کوئی آنکھ سے دیکھے صنعت ہماری  
بہت علم و فن میں تھا شہرہ ہمارا  
ہراک جانتا تھا لیاقت ہماری  
فراغت سے کھانا ہمیں مل رہا تھا  
کھلاتی تھی روٹی زراعت ہماری  
مقابل نہ تھا کوئی دنیا میں اپنا  
ہٹا دیتی تھی سب کو جرات ہماری  
خدا کی عبادت کا چرکا تھا سب کو  
بڑی پارسا تھی جماعت ہماری  
ہم آپس میں اک دوسرے کے دوست تھے  
نہرکتی تھی دنیا میں حاجت ہماری  
وہ صنعت و حرفت وہ علمی لیاقت  
مُٹھی ہم سے طرز شرافت ہماری  
فقط ایک اس پر تھا اب تک بھروسہ  
چل ہاتھ سے اب زراعت ہماری  
نہیں سوچتے اب بھی ہم، وائے غفلت  
بہت ہو گئی غیر حالت ہماری  
فضولی میں دیتے ہیں اپنی کمائی  
ہمیں لوتی ہے جہالت ہماری

## غزل

(شہلانقوی)

زندگی کا حساب ہونے دے۔ عشق خانہ خراب رونے دے  
چاند اپنی سمیٹ لے کر نہیں۔ کراندھیرا مکان سونے دے  
آگ جس میں لگائی جائے کل۔ آج وہ فصل خواب بونے دے  
اپنی مجبوریوں کے صحرا میں۔ چند مجھ کو گلاب بونے دے  
گفتگو ساحل سمندر کیا۔ داغ دل آج اس میں دہونے دے  
تیری در ماندگی سمندر ہے۔ غرق شہلا کو اس میں ہونے دے



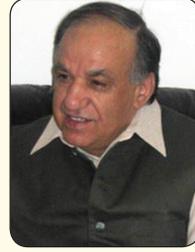
## اندھے رسم و رواج

(درخششاں تنویر)

جب رسم و رواج کی زنجیریں  
عورت کا زیور بنتی ہیں  
سب خواب بکھرتے جاتے ہیں  
دکھ آنکھوں میں بس جاتے ہیں  
اور ایسے میں سارے بندھن  
سارے رشتے، مہم، مہم پھیکے پھیکے مدہم مدہم  
رنگوں سے بکھرتے جاتے ہیں  
جب خوف کے سائے بڑھتے ہیں  
ان دیکھے دکھ بس پلتے ہیں  
اور ظلم کے سانپ ہی ڈستے ہیں  
ایسی ہی کالی راتوں میں  
زنجیروں کی جھنکاروں میں  
اور ہو لہو سی باتوں میں  
اک ہونٹوں پہ مسکان لینے بن چاہے بھی میری عورت  
یہ جانتے ہوئے کہ سچ کیا ہے بس زہر کا پیالہ پیتی ہے  
اور لمحہ لمحہ مرتی ہے  
چاہے سچ عورت کا ہو یا سچ ہو وہ سقراط کا  
گوکڑ وا ہے پر سچا ہے

## غزل

(محمد شفیق)



زندگی ایسی مرے دیدہ ادراک میں ہے  
جو مرے پیش نظر ہے وہی افلاک میں ہے  
ہاں یا جیت مرے بس میں نہیں ہے لیکن  
چال چلنے کا ہنر بندہ چالاک میں ہے  
درد ہے گرچہ بہت گرد سے ان آنکھوں میں  
اک ترا عکس مگر دیدہ نمناک میں ہے  
چشم بد سے مجھے محفوظ بہت رکھتا ہے  
ایک پیوند بھی ایسا مری پوشاک میں ہے  
تو کہاں ڈھونڈ رہا ہے اسے یہ مرے دوست  
تو قریب آ کہ یہ خوشبو تو مری خاک میں ہے  
ان ہواؤں میں فقط زہر نہیں آج شفیق  
غور سے دیکھ یہی زہر بھی خوراک میں ہے

(۲)

وفا کے باب میں گردل نے کچھ کہا ہوتا  
وہ پھول تیری تبسم کا کھل گیا ہوتا  
میں اپنی نیند سے اچھا ہوا کہ جاگ اٹھا  
نہ جانے خواب میں کب تک بھٹک رہا ہوتا  
ہر اہے زخم بہت زور کے کریدنے سے  
کبھی تو کاش یہ ناخن گرہ کشا ہوتا  
مناسبت ہے نظر سے تو اس کو اشک کہا  
یہ سادہ قطرہ ہے گر آنکھ سے جدا ہوتا  
یقین یہ دل کو نہیں تو ہے عندلیب چمن  
تمہارے واسطے گلشن سجایا ہوتا  
حصار عشق کی تعمیر نے بچایا ہے  
وگر نہ آگ میں کب کا میں جل گیا ہوتا  
کہیں پر روک ہے اس کی جھکی نظر سے شفیق  
اگر اٹھاتے مرا کام با خدا ہوتا

# میگزین

## - اداریہ -

قارئین کرام:- ہمارا وطن عزیز  
آجکل جن مشکل حالات کی لپیٹ  
میں ہے ان کے پیش نظر شاعری



جیسے لطیف موضوع پر بات کرنا عجیب سا لگتا ہے، مگر ہم اپنے وطن کو دکھ درد، خون خرابے  
اور ماتم کی نذر کیوں کریں؟ Pablo Neruda، نے کہا تھا:  
'میری شاعری جو ہر جگہ موجود ہے، ہوا کی مانند۔ ان سب کے خلاف نبرد آزما ہے۔'  
گو ہر چیز کا علاج شاعری سے ممکن نہیں ہے لیکن کم سے کم کچھ وقت کیلئے ذہن نئے  
راستے تلاش کرنے کی طرف مائل تو ہوتا ہے۔ اس برس، ہوا کی مانند شاعری کی لہر  
اور لینڈ فلور یڈا بھی پہنچی۔ محفل مشاعرہ کو اگر ایک خوبصورت مالا تصور کیا جائے تو اس  
مالا کے بڑے بڑے موتی احمد فراز، امجد اسلام امجد، پروفیسر صادق، پروفیسر محسن،  
جناب شاہد مابلی، شمیم آزر، تقی عابدی اور دیگر نامور شعرا نے مل کر اس مالا کو نئی چمک سے  
نوازا۔

مشاعرہ رات ساڑھے دس بجے، اپنے معینہ وقت پر شروع ہوا اور صبح  
ساڑھے تین بجے اپنے اختتام کو پہنچا۔ مشاعرہ بڑے ہال میں تھا اور آپ سب لوگوں کی  
ایک بڑی تعداد وہاں موجود تھی۔ پہلی مرتبہ مشاعرے کی کامیابی جلدی ختم ہونے  
میں تھی۔ لوگ اپنے پسندیدہ شعر کو خوب داد دے دے کر سونے کیلئے اچھے وقت پر  
مشاعرہ گاہ سے نکل گئے۔ شعرا نے بھی خوب محنت سے اچھا کلام پیش کیا اور سامعین  
سے دل بھر کر داد حاصل کی۔ مشاعرے کی کامیابی سے یہ بات ثابت ہوگئی کہ آپ سب  
لوگوں کو ہمارے اس Alternative پروگرام سے بے حد دلچسپی ہے۔

یہ ہمارے اپنے ڈاکٹر عبدالرحمن عبد کی برسوں کی Dedication اور انتھک محنت کا نتیجہ  
ہے کہ APPNA کا مشاعرہ یعنی یہ متبادل پروگرام اس اعلیٰ مقام کو پہنچا ہے۔ انہوں  
نے Co-Chairman کی حیثیت سے اس مرتبہ بھی نہ صرف اپنی گرانقدر آرا  
سے نوازا، بلکہ اس مشاعرے کو چار چاند لگانے کیلئے ہر قدم شریک رہے اور حوصلہ  
افزائی کی۔ ان کے بغیر اس مشاعرے کو اتنی خوش اسلوبی سے آپ تک پہنچانا ناممکنات  
میں تھا۔ مقامی اور لینڈ وٹیم کے جناب ڈاکٹر عبدالرحمن ماسمہ کے بغیر شعرا کی پذیرائی  
ناممکن تھی۔ لوکل 'اپنا ٹیم' کی مہمان نوازی کو ہم کبھی نہ بھلا سکیں گے۔ آپ لوگوں کی  
حوصلہ افزائی اور آپ کے مشورے شامل حال رہے تو انشاء اللہ اس جرنل کے اردو سیکشن  
اور تنظیم کے مشاعروں کو بہتر بنانے کی ہماری کوشش مزید شرا آور ہوگی۔

”میرے گلشن سے آبرو میری

خون میرا گلاب میں آخر“

خیر اندیش: سلمان ظفر

## غزل

(شمیم آزر)

یادوں کا عجب سلسلہ تھا - اک عہد وفا پکھل رہا تھا  
کچھ قرب کی خواب ساعتیں تھیں - پھر ایک طویل فاصلہ تھا  
اور اس کو تھی رونقوں کی خواہش - میں سارے دیئے بجھا چکا تھا  
میں نے ہی شکست مان لی تھی - مجھ میں ہی مگر یہ حوصلہ تھا  
تھا شہر پہ جیسے ہو کا عالم - لیکن کوئی مجھ میں چیخا تھا  
اس طرح بھی قحط آدمیت - پہلے تو کبھی نہیں پڑا تھا  
آنکھوں سے کوئی گئے دنوں کے - خوابوں کا حساب مانگتا تھا  
وہ موڑ جس پہ پاؤں نکل ہوئے تھے - وہ موڑ سفر کی ابتدا تھا  
اک نیند سے آنکھیں جل رہی تھیں - اک خواب سے دل ڈرا ہوا تھا  
سینے میں سیاہیوں کے آزر - خود بچھ کے دیا جلا دیا تھا

## چند اشعار (عبدالرحمن عبد)

ہے اگر فرق تو قرینے کا - خون ہم زلف ہے پسینے کا  
خود بخود زندگی گزرتی ہے - آدمی میں ہنر ہو جینے کا  
چاکد امانیوں سے گھبرائیں؟ - ہم تو سیتے ہیں چاک سینے کا  
میکدے کے قریب رہ کر بھی - شوق ہم کو نہیں ہے پینے کا



# APPNA

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JUNE 25-29, 2008

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