

APPNA JOURNAL

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

Volume 10 number 1

Summer 2008

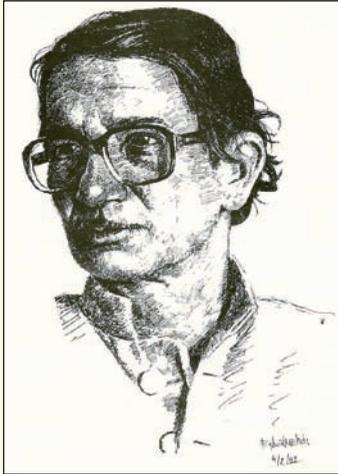


Association of Physicians of Pakistani Descent of North America

Portrait of An Artist

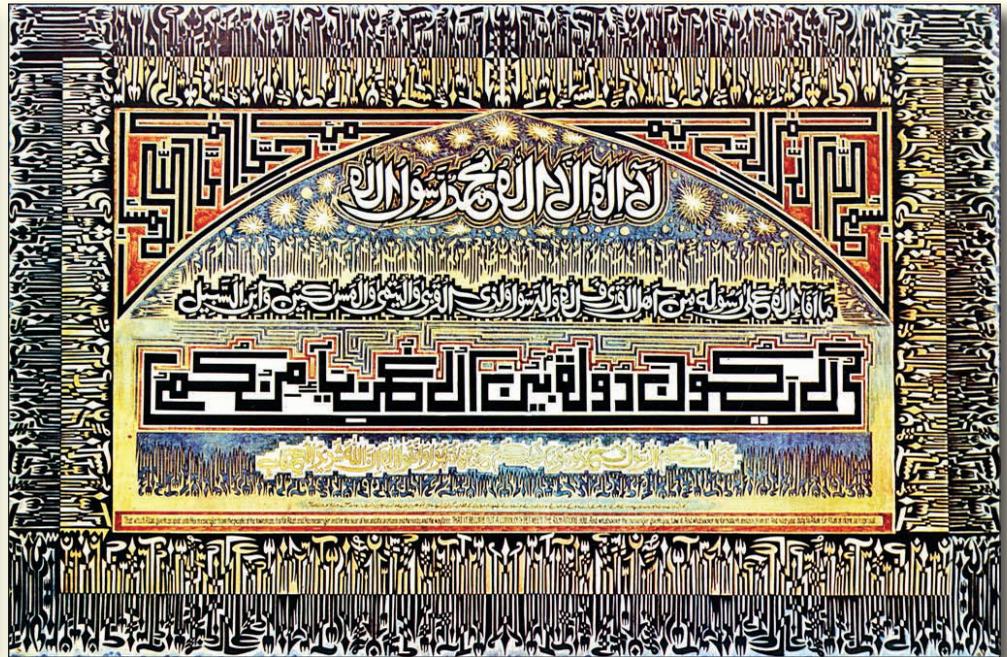
Salman Ahmad

Sadequain Retrospect

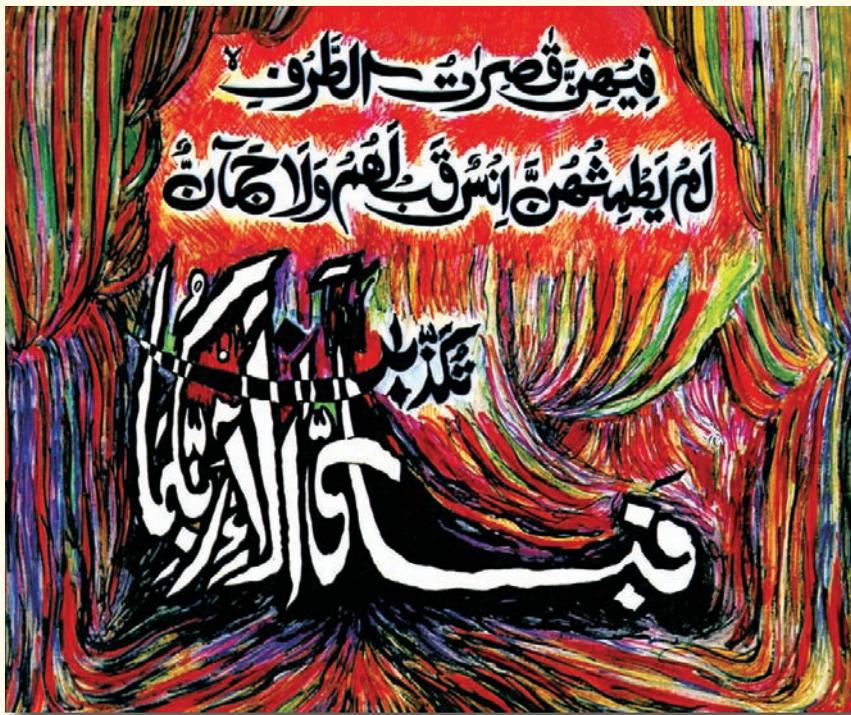


Portrait of Sadequain

If art measures the pulse of a nation then Sadequain had his fingers on the pulse and he recorded it for posterity.



Kouran Calligraphic Panel 20 x 12 ft. The calligraphic lines on the border represent Sadequain's signature treatment of strong line work. Property of National Bank, Lahore



In 1969 Sadequain painted thirty (plus) individual panels of separate refrains of the mellifluous and picturesque verse "Sura-e-Rahman." "Then which of the favors of your Lord will ye deny". The words were written in ingenious designs and set in appropriate scenes and settings, of course with no figures, human or animal. Property of Staff College, Lahore

Sadequain was the most prolific and creative artist of Pakistan with a message. By the force of sheer native talent, he forged his own style. Those familiar with his work can recognize his distinctive lines, shapes, faces, figures, and colors.

Dr. Akbar Naqvi, an eminent art critique of Pakistan states in his book, *IMAGE and IDENTITY* that if Sadequain had done nothing but his drawings, he would still be among the inventors of modern art in the country.

Sadequain was responsible for the renaissance of Islamic Calligraphy in Pakistan by transforming the art of calligraphy into eye-catching pictorial images that translated the meaning of the script for even those who could not read. After Sadequain transformed the art of calligraphy into a mainstream art form, most of the known Pakistani artists have followed Sadequain and calligraphic art now dominates the art scene.

His monumental murals represent unparalleled body of artistic genius. The only muralist of merit in Pakistan, his murals adorn the halls at State Bank of Pakistan (65 x 12 ft), Power House at the Mangla Dam (200 x 30 ft), Lahore Museum ceiling and Islamic Gallery, Punjab University, Punjab Public Library, Frere Hall Karachi, Aligarh Muslim University

The American Iconoclasts

Appna Time

Marion to Maysoon



*Furrugh 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.*

A lot has changed in the first several years of the new century. People refer to such issues with several refrains. I listen and sometime I hear as well. The other day I had gone to a much hyped show in a large town. The Muslims are coming. The Muslims are coming. It seemed that "Allah made me funny" show was in town. In the not so serious community this was big news. I was intrigued to listen to the light side of our faith but many among us were furious. This show would really bring out the clash within civilization so to speak. Well I showed up. Let be known I was a handful of brown skins in attendance. Allah made me funny and alone. The show was excellent. I joined in huge laughter and many of the comedians were superb. Then it was the turn for the American Palestinian Ms. Maysoon Zayid.

1928, Pebble Beach California

The site of the present day municipal golf course which hosted many US open championship. The land belonged to a famous American millionaire, Ms. Marion Hollin. Ms. Hollin was a true American spirit. A dark haired multi-talented lady who won the 1921 Women Amateur Golf Championship. She founded the Women national club and the tennis club in Rhode Island. In 1928 she hired Mr. Alister Mackenzie to sculpt a piece of land near pebble beach, the place now called the pebble beach golf course. The famous Cypress Point, Par three 16th hole is entirely due to the vision of Ms. Holly. She swung her hickory shaft stick and the plastic ball flew over the majestic pacific and landed 230 yards on the bluff where the famous green rests now. The famous picture card of Pebble Beach owes its existence to Marion Hollis. A champion well beyond her times.

2008, Comedy club

Ms. Maysoon Zayid is more than a comedian of Muslim origin. A young lady with cerebral palsy who has to fight constantly to control her writhing arms and face. She is a performer, humanitarian, writer and an artist. A graduate of Arizona state university, she originally hails from Palestine. She spends a quarter of every year in Palestine where she runs a wellness program for kids, writes a bi weekly column in a US daily. She has had roles in various TV sitcoms. But she makes her living as a standup comedian in front of a cheering crowd.

"My father always supported me. Some of my family thought what is she doing but they got over it when they saw me holding the mike and not swinging around a pole."

Marion Hollis and Maysoon Zayid are different women of two different times. But they share the same indomitable American spirit. True all American iconoclasts. The sky is not the limit.

APPNA JOURNAL PUBLISHER

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The Editor reserves the right to edit all submitted material.

The **deadline for submission** of materials for the **Fall 2008 issue of the Newsletter is October 31st.**

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&



APPNA

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One Constitution Avenue	Back Cover

Barack Obama

June 28, 2008

APPNA
c/o Mahmood Alam, MD, President
6414 S. Cass Avenue
Westmont, IL 60559

Dear Friends,

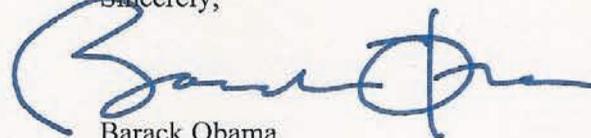
I am happy to welcome all of you to the 31st annual banquet of the Association of Physicians of Pakistani-descent of North America. I enjoyed the last time we met, and I am sorry that I could not be with you tonight.

Since its founding in 1976 by a handful of physicians, your organization has taken great strides. Today APPNA represents over 15,000 physicians across the United States. You have been more successful in bringing together Pakistani Americans than any other organization. And you have harnessed that success to provide vulnerable communities with medical assistance when and where it is most needed.

I value the humanitarian work your organization does, both here in the U.S., and around the world. From Hurricane Katrina to your work in Pakistan during 2005 and 2006, to this year's devastating earthquake in Indonesia, APPNA has funded relief efforts and put hundreds of doctors and medical students on the ground. Time and again, your organization has used its network and resources to relieve human suffering, and I commend you for that.

Thank you for the long-standing support that so many APPNA members have given me over the years, and for your service. I wish you continued success in all of your future endeavors.

Sincerely,



Barack Obama

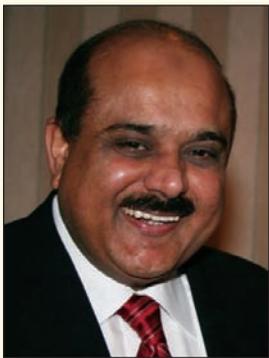


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The letter was presented at the annual convention in Washington, DC. The publication of the letter does not imply any endorsement of a political candidate by APPNA as an organization or suggest any support by its members.



Mahmood Alam, MD

APPNA Summer Meeting: In these challenging times, APPNA membership demands that the Association engage more aggressively in tackling issues that affect our people both in the United States and in Pakistan. To meet this demand, APPNA members lobbied their legislators on June 26, asking for their productive action on the civil rights issues pertaining to discrimination, profiling, hate crimes, delays in the issuance of green cards and citizenship, and delayed arrival of resident physicians from Pakistan due to unduly aggressive security clearance by the government agencies. The response of the legislators during the luncheon reception was encouraging, and the participants have cited this event as the most productive activity of the Summer Meeting.

The attendees greatly appreciated the continuing Medical Education program, which covered several topics in general medicine, up-dates on common diseases, and current research. The topics were carefully chosen for a total of 12 hours of category 1 AMA award.

Both "Mushairas" were well attended with participants enjoying themselves until 3:00 AM. APPNA Alliance program went beyond the traditional family

dinner this year. The Alliance sponsored seminars had a good impact and received much appreciation. SAYA debate, "Should future of Pakistan be of concern to Pakistani-American youth?" engaged the audience in a remarkable manner. It was rewarding to observe so many impressive and diverse activities during the Alumni Association Dinner Meetings. APPNA banquet had overwhelming attendance, and its theme focused on issues rather than personalities. The speeches and awards ceremony were brief, and the entertainment program was ranked as one of the best in recent years.

The Seminar, "Universal human right to Education for all Pakistanis" was jointly organized by APPNA, HDF, and KEMCAANA. The excellent presentations in it were made by a carefully selected faculty. The speakers addressed the most important aspect of empowering Pakistan through improvement in literacy and by raising the caliber of educational standards through promoting research activities. It saddened me, though, to see the low attendance at this vitally important education seminar.

Beyond the Summer Meeting:

Organization building is essential to further the scope of our work. The unity of purpose is hallmark of success for any organization. Therefore, I would like to request the APPNA Council and membership at large to help me complete the following work in progress in the next six months.

Ratification of Amendments to the Constitution and Bylaws by the General Body:

This is the leading item of the old business that needs addressing. A new request for approval of the amendments was mailed to you recently. The proposed amendments are also available at appna.org. This work was very diligently done by the Constitution and Bylaws Committee in 2006 and 2007. These changes were approved by the APPNA Council. *The salient features of proposed amendments are the following: a procedure for the recall of an officer, moving of the election schedule for the officers until after the summer meeting and to be concluded at the fall meeting, omitting the physicians-in-training section, for now the Committee on Young Physicians effectively addresses the needs of resident physicians, committee appointment on a three year staggered term basis, requirement of active membership for all members of the APPNA council and the committees, better defining of the functioning of the component*

societies, and clarity in language of text. I urge the membership to approve these amendments and send in their responses as soon as possible.

APPNA Endowment Fund:

An endowment fund to sustain the existing charitable projects and to support new ones is essential for the continued success of APPNA. The life membership dues fund of \$1.4 million is the only endowment APPNA has at the present time. During the General Body Meeting on June 28, numerous members expressed their dismay on this meager endowment for an organization of APPNA's size and scope. *As a grass root organization with more than 30 chapters, APPNA must invest in her future by creating an endowment that could cater for our present and future needs. The profits from the endowment fund investment could be used for the development of our community both in the US and in Pakistan.* Sadly, APPNA Sehat project is dwindling due to lack of funding that supports this health education program for rural Pakistan. Many new projects for our youth and young physicians could not be initiated due to the lack of funding. Social Welfare and Disaster Relief (SW&DR) Committee is in need of funds to promote numerous charitable projects, and to raise the awareness of preventive healthcare in the community. The Ad Hoc Health Education Committee (MERIT) would need funds to accomplish its goals of improvement in medical education in Pakistan. The concept of APPNA Foundation was launched and approved in 2005 for its charitable humanitarian work. I tried to revive the concept by introducing significant changes in the proposed structure of the charitable foundation during the first six months of my term. The critics of APPNA Foundation have expressed two major concerns. Firstly, why to create, they ask, a new Charitable (501 C 3) parallel organization for fund raising when APPNA itself enjoys the same status? Therefore, any endowment could be created within APPNA. Secondly, they fear foundation would promote another bureaucracy to whom APPNA may lose control overtime. I feel that any initiative for philanthropic work should have unanimous approval. If activation of the Foundation is divisive, then I would pass up on it as long as APPNA Council approves the initiation of an Endowment Fund to be overseen by a Standing Committee of APPNA. This fund should be established at the fall Council meeting.

The Society for Future Physicians: Presently, our bylaws have an option for the medical students of Pakistani-descent to become members without any defined role for them to play in the association. These students have expressed a strong desire to play an active role under the direction of APPNA. They have formed a society and applied for its inclusion as a component society of APPNA in 2006. As the President-elect in 2007, I informed them that we need an amendment in our bylaws to accommodate them as the voting member of APPNA Council. The society's president, Asima Ahmad, presented her case to the summer Council meeting at Washington DC. *I am convinced that the Society for Future Physicians deserves to be part of APPNA even if it takes an amendment to the bylaws. I believe they can become part of the*

Council immediately without having a vote therein. This option may avoid us to go through the lengthy process of amending the bylaws. I look forward to a motion on this issue during the fall Council meeting.

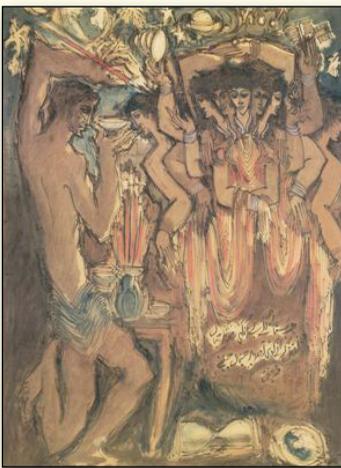
Free Health Clinics and APPNA: The charitable Health Clinic facilities are in great demand all over the US. One such example is the Free Wellness Clinic at Ernie Davis Family Center at Upstate New York, which is being operated with the help of APPNA upstate Chapter. This service was recently recognized in a letter of appreciation by the Governor David Paterson of New York State. A recent study sponsored by the Association of Muslim Health Professionals Foundation (AMHPF) and funded by the Institute of Social Policy and Understanding (ISPU) is worth mentioning. It highlights the Muslim health professionals' tremendous effort to serve the healthcare needs of those that have no other means or access to such services. *The study's author Dr. Lance Laird of Boston University collected data on ten Muslim health related charitable institutions. He found that not only patients are better served in those clinics but the overwhelming driving force of compassion has given Muslim healthcare providers a unique opportunity to serve those who are gravely in need at a*

time of a deepening healthcare crisis in America. These services are available to all regardless of their ethnicity, race or religion. One may visit www.amhp.us for details. The challenge that lies ahead of APPNA is to adopt and promote this venture of free health clinics. Our Chapters can play a significant role in these charitable health initiatives. It will promote goodwill of our community in the American public. It is an opportunity that we must not miss. *We have benefitted from the riches of this country, and as physicians there is no better way for us in giving back to America other than establishing free wellness clinics at the local chapters.* Some of us are already providing such services at numerous metropolises including but not limited to Chicago, Detroit, New York, Los Angeles and Houston. APPNA Central Office is supporting such an initiative by an APPNA Chapter, Pakistan Physicians Society (PPS) of IL. This health clinic will soon start operating at our National Headquarters, Westmont, IL. I hope to see this trend spreading to other localities.

I thank all volunteers of APPNA for their continued support. I look forward to seeing you in October at the Fall Council Meeting in New Jersey where we expect to accomplish a great deal.

Portrait of An Artist

Continued from page 2



India, Urdu Markaz Delhi, Banaras Hindu University India, Geological Institute of India, Abu Dhabi Power House, just to name a few. The murals are tribute to man's endless quest to discover and develop the endless potential.

Self proclaimed "Faqir," Sadequain was outside society's worldly greed or hypocrisy and called himself "speaker of truth." He gifted most of his work to public institutions, friends and strangers at no cost.

In an interview he said, "People ask why I don't paint flowers, butterflies and landscapes? I tell them that I seek the truth and I am after reality. I am not inspired by someone posing against the backdrop of roses in a vase or pink curtains. What inspires me is a person who has gone hungry for hours and is struggling for survival. The expression that lights his face at the end of the day when he has finally found some scraps, that is what touches me. I am a painter of the expression of reality."

Sadequain was a social commentator. Not satisfied with painting ordinary paintings of men and women or landscapes, he adapted strong symbolic idioms to impart a universal message that represented the mankind and its environment. For example, he used cactus plant that grows in sandy soils and endures harsh scorching heat and yet it grows straight and upwards as a symbol of hope and triumph over natural forces.

He introduced the powerful curves by the rippling muscles of sturdy workers into the cactus forms to show the power and energy of his characters. Sadequain said "To me it symbolizes the triumph of life over environment. Once I used to identify it with myself. Then I started identifying it with the whole community." Thus Sadequain's cacti became people and his people became cacti.

Treasures of Time Painting on the cover

Section of the mural, "Treasures of Time," (65 x 10 foot) pays tribute to intellectual advancement of mankind. This section, thirty percent of the mural, pays tribute to the golden era of Islamic Scholars. Shown from left to right, Al-Beruni, Al-Khawarizmi, Omar Khayyam, Ibne Rushd, Sadequain, Ibne Zakaria, Rumi, Al-Idrisi, Hafiz, Ibne Khaldun. Property of State Bank of Pakistan Museum

About SADEQUAIN Foundation

SADEQUAIN Foundation is dedicated to discover, preserve, and promote the artwork of Sadequain. (www.sadequainfoundation.com), (858) 538-1574



STATE OF NEW YORK
EXECUTIVE CHAMBER
ALBANY 12224

DAVID A. PATERSON
GOVERNOR

June 14, 2008

Dear Friends:

I am delighted to send greetings to those gathered for the *Annual Meeting* hosted by the Upstate New York/Pennsylvania Chapter of the Association of Physicians of Pakistani Descent of North America.

The Empire State is fortunate to be home to a number of exceptional organizations dedicated to ensuring that all New Yorkers have access to the services of well-qualified healthcare practitioners. The Association of Physicians of Pakistani Descent of North America was founded under the mission of supporting the medical community and most specifically, to do so with the purpose of removing barriers in medical delivery in regard to race, color, creed, sex or age. This outstanding association further promotes the interests of those physicians of Pakistani origin, as they acclimate to American society and culture, and encourages medical education as well as improved healthcare in Pakistan through various charitable endeavors.

In addition to offering excellent training to healthcare workers, the Association has made a significant commitment to addressing the needs of vulnerable populations around the world. This evening, the APPNA of Upstate NY/PA recognizes its contributions to the global community through the Free Wellness Clinic at Ernie Davis Family Center, and its relief efforts in the wake of Hurricane Katrina, the earthquakes in China and Pakistan and the Myanmar cyclone.

On behalf of all New Yorkers, I commend everyone affiliated with the Upstate New York/Pennsylvania Chapter of the Association of Physicians of Pakistani Descent of North America for their contributions to grateful communities throughout our great State and Nation, and around the world.

With warmest regards, and best wishes for an enjoyable meeting,

Sincerely,

A handwritten signature in black ink that reads "David A. Paterson". The signature is written in a cursive, flowing style.

DAVID A. PATERSON

President Elect's Message



Syed A. Samad, MD
President Elect, APPNA 2008

Dear APPNA Friends,
Assalam-o-Alaikum.

APPNA, the largest democratic organization of the Pakistan Diaspora, is well on its way to being a progressive, relevant, credible, and effective organization. APPNA has truly democratic credentials. In the post 9/11 world, it has shown the potential to lead not just Pakistani physicians but the Pakistani American Diaspora along with the Muslim Americans with particular attention to our civil rights. APPNA has played an exemplary role in reinstating the rights of prospective resident physicians of Pakistani origin by lobbying for their needs here in the U.S. and in Pakistan. On a similar note, APPNA has been proactive in lobbying our legislators and administrators for our civil rights. APPNA has truly made headway, but this is only the beginning.

In order for APPNA to continue in the right direction, it would require and depend upon farsighted and dedicated leadership with an exemplary voluntary force of our members. APPNA is at a critical jun-

ture where it needs to consolidate its efforts as it moves to the next level. APPNA needs to broaden its base and work towards a greater participation from those Pakistani physicians who have not yet joined the APPNA family. We need to reach each and every Pakistani American physician in order to familiarize them with our work and encourage them to share in this caravan of success. We need to improve the representation of Pakistani Canadian physicians. APPNA chapters have been continuously growing and need the guidance and support of APPNA at various levels. We have no representation from Pakistan's largest province of Baluchistan. The smaller alumni need better support from central APPNA. We need to encourage Pakistani-American dentists for more active participation and representation. We need to create an alumnus in APPNA representing graduates from Caribbean Medical Schools.

I am privileged to report to you that the new membership verification process finished smoothly and professionally. Some component societies and chapters have been asked to furnish their accounts and we are in the process of collecting and collating these. APPNA executives meet periodically through teleconferences and occasionally in person to run our organization more efficiently.

APPNA members, we must not forget that we are blessed with two homes, our biologic homeland of Pakistan and our adopted homeland of USA/Canada. A cornerstone of my presidency would be to explore practical options that would improve APPNA's profile in North America. The American culture and infrastructure is based on community service and volunteerism. We can increase our visibility within the U.S. by empowering Pakistani American physicians to establish healthcare facilities such as clinics for the indigent and underprivileged.

APPNA is in a unique position to facilitate cross pollination of ideas between institutions of higher medical learning in Pakistan. We should ensure that all Pakistani medical institutions keep improving the quality of medical education and training. APPNA has come of age, having been incorporated in 1977. It is time we look back and evaluate whether we have achieved what we set out to achieve! Do we need to continue to do what we are doing as

APPNA or do we need to take a different course? I intend to set up a task force to help with this evaluation and report to the APPNA membership its findings in the summer meeting of 2009. Similarly, our crown jewel is APPNA SEHAT. We have used the same public health model in APPNA SEHAT for many years without finding success in durable funding for our operations in Pakistan. Perhaps we need to solicit help from public health and funding experts in order to reevaluate the model of APPNA SEHAT. This could help in making this effort fiscally stable and modern in its delivery. Along the way, APPNA has embarked on exciting projects like APPNA MERIT (visiting professorship) and APPNA SUKOON (hospice/long-term care) in Pakistan. Our efforts in APPNA need to be consolidated so that our projects do not compete with each other for funds and resources. Above all, our committees need to communicate with each other more effectively so that APPNA can function like a symphony, not a totally discordant orchestra. I intend to work in this direction.

As you can see, there is much work to be done. APPNA will not be able to move forward without dedicated member volunteers. APPNA has a tremendous pool of talent. My job is to draw on this talent and make APPNA a more effective body for its members. It is my earnest hope that when I call on you to help APPNA, you will volunteer your resources, both time and money. I will do my level best to make you feel that APPNA's success is our success and APPNA's failure is my failure as its president. Let us work together towards success, for failure should not even be an option-Insha'Allah.

My presidency for 2009 will be based on the principles of transparency, accountability, and professionalism. My vision of APPNA is for it to be a pristine professional body and that will be the direction in which our team members will work. Once again, I would like to thank all of you for your trust and would most humbly request for your prayers and good wishes as I take over the presidency of APPNA in the New Year.

Sincerely,

Syed A. Samad, MD

APPNA Day On The Hill

If We Will Not Stand Up
For Our Rights, Nobody Will!

Mahmood Alam, MD
Abdur Rashid Piracha, MD



(L-R) Sen. Joe Biden, Dr. Mushtaq Sheikh and Dr. Piracha

The Advocacy Committee organized APPNA Day on the Hill in collaboration with the PAK-PAC, the Center for Voters Advocacy, and with the assistance of the Muslim Advocates. We had tremendous encouragement and enthusiasm from our membership from the beginning, and about 300 members registered for this event.

Briefing and visits to the legislators' offices: The day started at 7:30 AM on June 26. Before visiting the offices of the Representatives and Senators, we held an educational session. Dr. Mahmood Alam welcomed the participants and gave an overview about the issues pertaining to our civil rights. Dr. A. Rashid Piracha briefly reviewed the delays in visa issuance to our resident physicians over the last several years, backing it with statistics from Educational Commission on Foreign Medical Graduates (ECFMG). *The ECFMG data show that in the academic year 2003-2004, 154 Pakistani-descent physicians were granted J-1 visas after their selection for residency training in the U.S. In 2006-2007 this number declined to its lowest at 94 (40%*



(L-R) Sen. Joe Biden (D-DE), Dr. Mahmood Alam and Dr. Saud Anwar at Day on the Hill event.

decline) as the direct consequence of this discriminatory security clearance policy. This decline also reflects a diminished interest of the residency program directors in Pakistani applicants for fear of their possible inability to join on time at the start of the training program. Mr. Khurran Wahid, Esq., brought to focus another problem that has loomed since 9/11, 2001: the significant delays in green card and naturalization application processing on account of name check and security clearance. The discussion touched on the data published by center for human rights and global justice, NYU school of law, Americans on hold: Profiling, Citizenship, and the War on Terror". The existing stereotypic passenger screening policies against the Muslim names at the airports and border crossings were also brought up in the discussion. Mr. Shahid Buttar, Esq. of Muslim Advocates presented the US – Pakistan relations and the restoration of democracy and judiciary in Pakistan. Dr. Saud Anwar spoke on the best practices during a visit to the offices of Representatives and Senators. *He also highlighted the important and critical role of Pakistani American Physicians in taking care of the health needs of some of the most underserved communities within the United States. APPNA feels that there is a need to have this role recognized by the Congress.* Dr. Saud Anwar said that they are working on getting a resolution passed by the Congress to recognize these services

The Luncheon Reception: The luncheon reception at the Hill had a desirable impact on the participants. It was an impressive gathering that packed the room HC -5 at the Capitol. More than two dozen Senators, Legislators, and their staffers attended the luncheon. Among the speakers were Senator Joseph Biden, Senator Tom Harkins and the Representatives Nick Rahall (WV), Keith Ellison (MN), Elijah Cummings (MD), Sheila Jackson (TX), Bill Pascrell (NJ), and Andre Carson

(IN). The take home message was: "if we will not stand up for our rights, nobody will". The US – Pakistan relations were particularly brought up by numerous lawmakers. *Senator Joseph Biden presented his plan for aid to Pakistan in a very passionate gesture toward the Pakistani people. Senator Biden's plan suggests giving \$1.5 Billion per year for the next 10 years in non-military aid to Pakistan. This legislation, if passed, provides an unprecedented opportunity to increasing support for Pakistan. It focuses on improving the quality of life in Pakistan in the fields of education, jobs, and healthcare infrastructure, and economy.* The representatives of numerous civil rights organizations also addressed the audience.

Advocacy Voices Spanned through the Meeting: This year's advocacy efforts were not limited to just one day. The activity started well ahead of the planned Day on the Hill. All members registered for participation had been provided with the information about the issues in advance by mail. The members of the House of Representatives as well as the US Senators were informed about our issues via facsimile transmission and appointments with them were sought. *We had greater positive responses from the Representatives and the Senators, who welcomed us to either meet with them or their staffers, than we could handle.* Most congressmen were interested in meeting with their constituents accompanied by APPNA leaders.

Our voice was echoed at the U.S. Senate Judiciary Committee's Subcommittee on the Constitution, Civil Rights and Property Rights at the hearing on "Laptop searches and other violations of privacy faced by Americans returning from abroad. Farhana Khera, executive director of Muslim Advocates, testified before that committee on June 25, 2008. On June 26, most of the day was spent on the Hill in pursuing the issues demanding (Continued on page 13)





Dubai Signature Property Collection

Shireen Yasin Mahmud

Property Representative for the Developer



NEW WORLD INVESTMENTS GROUP
NEW APPROACH. NEW POSSIBILITIES.

Booth No:

Meeting Room No:

Meeting Timings:

APPNA Secretary's Report



Sajid R. Chaudhary, MD
Secretary, APPNA 2008

Dear APPNA family, It is my privilege to bring you up to date about recent events in APPNA and important decisions made by executive Committee and APPNA council in the first six months of 2008.

APPNA has come a long way from its initiation as a small group of physicians to become the largest organization of overseas Pakistanis. APPNA now boast a membership of more than 2300 physicians which includes 893 lifetime members, 1316 annual members and 94 physician in training members.

The most significant event of 2008 was the annual meeting in

Washington D.C from June 25 to July 1st and there were 1100 registrants and 4000 participants for this convention. Dr. Hameed Peracha, the chair of host committee and his team worked tirelessly for months to put together a wonderful event which was marked by an excellent scientific and educational program, alliance and alumni associations meetings, Day on the Hill program, Council and general body meetings, and various symposiums. There was a seminar on "Dynamics of Domestic Violence" by Alliance, "Young Professionals Network Program" by social forum and a fashion show and Film Screening by SAYA in Collaboration with UPF. We once again raised our voice about problems of visa refusal, security clearance delays and civil rights in the chambers of Capitol Hill on Thursday the 26th, during the day on the Hill program. DOW and Allama Iqbal alumni association held a social forum on topic of US Pakistan relations.

The main Banquet was graced by Congressman Honorable Keith Ellison and Andre Carson. As always the entertainment program was popular amongst the attendees.

Executive Committee continues to address many issues related to the functioning of APPNA. The committee continues to meet regularly via teleconferences and discuss important issues such as disciplined fiscal management, cautious budget-making; APPNA SEHAT, APPNA Foundation and advocacy from the platform of APPNA.

A number of issues of significant importance have been discussed in the council meetings and some

notable decisions were made by the council: Since it is important to streamline the policy and procedure pertaining to the component societies; Council recommended that all Component societies should submit their annual papers to APPNA office by March 31st. Upon failure to do so they should be deprived of voting rights in the council meetings. Council approved that a prior authorization of a budget should be made by the council in beginning of each year to limit exuberant expenditures and curtail over spending.

Election Code of Conduct was presented by Nomination and Election committee and approved by the Council after due deliberation.

Council approved the hiring of the secretary for the committee on Research and Scientific affairs committee (RESA).

A budget of \$10,000 was approved for the committee on young physicians by the Council. Additionally, Physicians in training will receive 50% discount for the meeting dues. Council also approved that the Research seminars should be given due importance in APPNA meetings.

I congratulate members of VA State on the approval of their chapter and it's induction as a component society of APPNA.

It was a pleasure meeting with most of you in Washington D.C. As always I appreciate your valuable input, suggestions, thoughts and ideas.

APPNA DAY ON THE HILL (Continued from page 11)

justice and our civil liberties. In the afternoon, a delegation met with the Secretary of the Department of Homeland Security (DHS), Mr. Chertoff. The issues of security clearance and name checks were discussed in one hour long question answer session with him. On June 27, a documentary produced by the Muslim Advocates was shown. It educates on the appropriate response taken when US authorities turn up at your door or when invasive searches are conducted on your luggage at the airports.

Congressman Keith Ellison delivered an upbeat keynote speech at the APPNA Banquet. About 2500 physicians and their families along with scores of guests representing different organizations were in attendance. He urged the Pakistani-American physicians to participate fully in all aspects of American life, and stand up for the principles on which the US was founded. *Ellison said it is very American to remember and support the homeland of one's origin and urged the assembly to never give up love for Pakistan. "It is very American for you to care about Pakistan."* You are the beacon of hope for Pakistan", Mr. Ellison concluded.

What next? This 5th day on the Hill by APPNA was just a part of a long struggle, which we started in 2003. It must continue until a change assuring justice and full civil liberties of our people is

achieved through legislation. The response from our legislators was encouraging. We can take heart in the fact that our struggle is not new and that today's model minorities were yesterday's bogeymen, as we are today. African-Americans, Jews, Chinese, Irish, Italians, Poles, Germans, Japanese, and so many others have suffered worse and rose from the ashes of hate and bigotry. Getting to know your local Representative is the key to long term relationship that a physician can easily develop. We are just beginning to learn the process of communication with our lawmakers. Politics aside, our physicians could be good ambassadors for our community. Let us keep up with the good work for our dignified survival and the prosperous future of our children in this chosen country of ours. Together, we shall succeed, Inshaa-Allah.

Treasurer's Report



Manzoor Tariq, MD
FACC, FSCAI, FACP, FCCP.
Treasurer, APPNA 2008

Dear APPNA Members,

Assalam-O-Alaikum.

I hope your summer is going well and that you and your families are having a good time. This report covers the details of APPNA's finances. The final report for our summer meeting expenses in Washington, DC is not available yet. Our CPA, David Lade, is working on compiling these reports and they will be available soon, Insh'Allah. I am working with the Finance Committee and the Executive Committee to make our upcoming fall and winter APPNA meetings profitable, or at least without any loss.

Below you can find the APPNA's recent financial statements.

As always, your comments, feedback, and suggestions are always welcome.

Sincerely,

Manzoor Tariq

APPNA Treasurer 2008

APPNA Secretary 2009

Cell: 314-378-1658

mtariqmd@gmail.com

ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTH AMERICA STATEMENTS OF FINANCIAL POSITION as of December 31, 2007 and June 30, 2008

	<u>June 30 2008</u>	<u>December 31 2007</u>
ASSETS		
Cash and investments		
Checking accounts	\$ 73,478	\$ 77,784
Money market accounts	803,951	376,711
Investments - Securities	1,132,615	1,218,287
Investments - Real Estate	208,000	208,000
Total Cash and Investments	<u>2,218,044</u>	<u>1,880,782</u>
Prepaid Expenses	<u>42,905</u>	<u>262,787</u>
Net property and equipment	<u>122,345</u>	<u>122,345</u>
TOTAL ASSETS	<u>\$ 2,383,294</u>	<u>\$ 2,265,914</u>
LIABILITIES AND NET ASSETS		
Deferred Meeting Income - Italy	-	265,700
Deferred Meeting Income - DC	638,757	
Other Accrued Liabilities	<u>3,848</u>	<u>21,407</u>
TOTAL LIABILITIES	<u>642,605</u>	<u>287,107</u>
General Fund	(26,181)	14,851
Meeting Fund	(12,948)	<u>33,789</u>
Available Unrestricted Funds	(39,129)	48,640
Building Fund	122,345	122,345
Lifetime Dues Fund	<u>1,340,615</u>	<u>1,426,287</u>
Total Unrestricted Funds	<u>1,423,831</u>	<u>1,597,272</u>
APPNA Sehat Fund	(70,466)	2,250
Social Welfare and Disaster Relief Funds	362,445	363,449
Special Projects / CME Fund	<u>24,879</u>	<u>15,836</u>
Total Restricted Funds	<u>316,858</u>	<u>381,535</u>
TOTAL NET ASSETS	<u>1,740,689</u>	<u>1,978,807</u>
TOTAL LIABILITIES AND NET ASSETS	<u>\$ 2,383,294</u>	<u>\$ 2,265,914</u>

APPNA Publication Committee Report



Shahid Athar, MD
APPNA Publication Chair

Dr. Mahmood Alam, APPNA President, appointed the following to the Publication Committee 2008: Drs. Shahid Athar, Salman Zafar, Furrukh Malik, Sultan Hayat, Abdul Rahman, Syed Tariq Shahab, Asif Ali Dar, Farzana Bharmal, Naeem Kohli, M. Shahid Yusuf. The committee held its first teleconference on Thursday, March 6th between 9-11pm. The President also attended.

The goals of the committee are:

1. APPNA publications reflects the mission of the organization and to serve the membership in its best interests.
2. To keep membership informed of past and future activities of APPNA.
3. To take out 4 issues (two newsletters and two journals) on time
4. To publish material which is informative, educational or even entertaining, reflective of medical, social and healthcare issues affecting membership and Pakistan but stay away from political and religious controversies as much as possible.

The committee has been allotted a budget of \$45,000 for the year 2008 for publication and mailing of its 4 publications for the year. The committee plans to raise funds for its expenses through membership dues, advertisements in the journals and newsletters and donations from membership. It is suggested that we seek \$1000 donations from members of the committee as well as ads from businesses, from their local community and Pharmaceutical companies.

The deadlines for submission of publications are March 31st for Spring newsletter, May 15th for

Summer journal, October 15th for Fall newsletter and November 30th for Winter journal.

Other suggestions made were:

- a. Summer meeting souvenir issue be kept separate from Summer journal.
- b. Urdu section be also considered for the newsletter.
- c. Entries from other ethnic languages, i.e. Sindhi, Pashto may also be considered by the editor.
- d. There is no need for separate content reviewer but the editorial board is the reviewer of all entries
- e. English poems can also be considered for publication
- f. Art by APPNA physicians can be sought for the cover of the journal.
- g. Dr. Alam is going to explore an electronic version of the newsletter
- h. Even though APPNA publications encourage only entry by APPNA physicians, on case basis, submission by non –APPNA physicians if of interest of related to Pakistani medical schools, can be considered by the editorial board.
- I. Dr. Dar is planning to invite members to write in Urdu section, a brief article “America mai en mera pahla saal”.

Distinguished Citizen Award

The Economic Opportunity Program Inc. on Thursday presented its fourth annual Distinguished Citizen Award to Claude J. Oliver and Dr. Mushtaq Sheikh.

Sheikh, a native of Pakistan, has lived in the Elmira area since 1974. He is a board- certified internal medicine and geriatrics physician, currently practicing for Arnot Medical Services. Sheikh is past president of the medical staff at Arnot Ogden Medical Center, as well as past president of the Chemung County Medical Society and the Islamic Association of the Finger Lakes. Sheikh and the Association of

Physicians of Pakistani Descent of North America worked with local leaders and hospitals to establish a free wellness clinic at EOP in 2005.

“If you look on the program, we had to use small type to get all of his accomplishments in,” said Arnot Ogden Medical Center President and CEO Anthony Cooper. “He’s been marvelous for Arnot Ogden. He’s been a marvelous citizen. He’s a leader. Dr. Sheikh is one of those individuals you don’t have to ask. He sees a cause, and he goes to work.”

Sheikh also expressed humility in being selected for the award.

“I felt maybe I don’t deserve it. I have to take your word,” he said. “I will keep doing what I’m doing right now.”

The Distinguished Citizen Award program is co- sponsored by Corning Inc.’s Project UPWARD.



Social Welfare and Disaster Relief Committee Report



Shahabul Arfeen, MD
Chair SW&DR committee

1. ONGOING PROJECTS

APPNA HAYAT:

The focus of the project is to increase the awareness of Breast Cancer amongst women of South Asian descent. The website www.appnahayat.org has informational material, in Urdu at present, and is being developed to incorporate brochures in the other regional languages. The SW&DR committee had an informational booth at the APPNA summer meeting. In addition we plan to run APPNA sponsored messages on Pakistani Television channels such as GEO. Anticipated date of airing of messages is September 08.

BONE MARROW REGISTRY:

(<http://www.appna-swdrc.org/Bone%20Marrow%20Registry%20Drive.html>)

Aims to increase the potential donor pool of Asians willing to donate if required. A registration booth was functional during the APPNA summer meeting. A further event is planned for Houston on July 19th in collaboration with the Shifa Clinic.

HEPATITIS C:

Although precise figures are lacking, it is generally accepted that Hepatitis C is rampant in

Pakistan. We plan to screen all students of a school run by the Citizen's Aid Foundation in the Northern areas. The identified patients will be offered treatment under the auspices of area teaching hospitals. Efforts at collaboration are currently underway. Furthermore efforts are underway to establish a training program for teachers of the Citizen's Foundation. The organization administers some 400 schools in Pakistan and it is hoped that the trained teachers will disseminate the message of prevention of Hepatitis C amongst students and their families.

2. FISCAL SUPPORT

Fiscal support for the year 2008 has been committed to:

1. Medicine and Endocrine Foundation, an NGO housed in the Medical Unit of Jinnah Postgraduate Medical Center. The SWDR Committee will provide \$15000 for establishing an e-library and a skills lab where students and residents will train for procedures on manikins. (<http://appna-swdrc.org/mef.html>)
2. ACLS training program in Pakistan. The Lifesaver Foundation, (<http://www.lifesavers-foundation.com.pk/>) an organization founded by APPNA member Saeed Akhtar MD, has been providing ACLS and BLS training throughout Pakistan for the past 8 years. The original equipment, which was donated by members of SMCAANA, needs to be replaced and the SWDR Committee is looking at a proposal to procure the required materials at a cost of \$28,000.

3. RADIO TALK SHOW

Volunteers of SWDR Committee have volunteered their time and expert advice on a Radio Talk Show hosted by Dr. Mujahid Ghazi on the Asian Broadcasting Network. The show airs on AM 1590 every Sunday and caters to an audience in Chicago and adjoining areas. Thus far, Drs Shagufta Siddiqui and Aisha Zafar have spoken on Breast Cancer in South-East Asian women and Dr. Sophia Janjua on Hepatitis C in Pakistan. Further programs are planned on Cardiac disease in Asians, Hypertension and Kidney disease, Diabetes and Obesity, Health Maintenance and Preventive Medicine and Help in Navigating the US health-care system.

4. TELEMEDICINE PROJECT

APPNA is the beneficiary of a \$180,000 grant

from the National University of Science and Technology to further the concept of telemedicine in Pakistan.

The grant proposal was the brainchild of Dr Rizwan Naeem and was preceded by a pilot program called 'Jharoka' conceived by Atif Aslam of Stanford University and Rizwan Naeem of Baylor University. The pilot project enabled Dermatological cases to be sent from Skardu to Boston for consultation by Dr Khalil Khatri.

The telemedicine project aims to educate health-care workers in the remote areas of Pakistan. The Mardan Hospital is the next designated beneficiary of this project.

Dr Rizwan Naeem will travel to Islamabad in August to attend a conference on Pakistan – US science and Technology Cooperation Program to further the scope of the telemedicine concept.

5. WEBSITE FOR SW&DR COMMITTEE

The committee is pleased to announce its new website at: <http://appna-swdrc.org/>
The website was created by Dr. Mansoor Alam and supported by Dukandaar.com.

Current and previous projects of the committee will be detailed at this site and online donation will be possible.

6. EARTHQUAKE RELATED PROJECTS

APPNA sponsored School at Mohri Farman Shah, Azad Kashmir.

The school built in collaboration with TCF is functional and in full swing.

APPNA – PIPOS Rehabilitation Center of Mansehra

The Pakistan Institute of Prosthetic and Orthotic Sciences (PIPOS) is Pakistan's primary prosthetic treatment center and the only school for prosthetic and orthotic sciences in South East Asia. PIPOS was informally created in 1979 by the German nonprofit GTZit and is affiliated with the Peshawar University. PIPOS is distinguished as the preeminent amputee hospital in the country and provides artificial limbs for patients at five sites across Pakistan. The PIPOS-APPNA Rehab Centre, situated in the District Headquarter Hospital (DHQ) of Mansehra, has been fully operational since February 2006. The center is well equipped with the machinery necessary for the manufacturing of prostheses (artificial legs) and orthoses (body supports).

(Continued on page 19)



Ms Mehreen Atiq
President, APPNA alliance.

We started the year 2008 with an agenda to enhance the vision and augment the mission of Alliance.

Plan:

- To utilize Alliance resources in a manner that benefits membership, local communities, and, in turn, enhances the image of the Alliance/APPNA.
- To build trust among local communities nationwide by endorsing and supporting the charitable services performed by physicians of Pakistani-descent, their spouses and families.
- Compiling the Alliance history (to serve as a resource and to inform the members/potential members).
- Developing Alliance Website (to utilize technology to create a network for the APPNA family).
- Recruiting new members for Alliance and APPNA
- Incorporation of Alliance Chapters at the State and Local levels
- Compilation of the Bylaws in a book form (to preserve the Bylaws in writing and to make them accessible to the

membership).

- Investment of a portion of Alliance funds under the direction of the Alliance Finance and Investment Committee

Proposed clubs, study circles or programs:

The following agenda/proposed clubs, study circles and/or programs were initiated this year to strengthen the Alliance and to give it a strong organizational structure, in order to better serve the Alliance/APPNA family:

- Health Awareness and community outreach program
- Book and Writing Club
- Investment Club
- Youth Development program
- Quranic Study and Reflection circle
- Art promotion club
- Business and Entrepreneurship

Challenges and Road Blocks:

- Deficient organizational structure
- Apathy of membership/volunteers
- Lack of established policies and procedures
- Challenges at the APPNA/ Alliance office
- Varied commitment by the Alliance Executive Committee members, members of Standing Committees, and the general membership
- Inaccurate membership information

Goals:

- Institution of sound organizational policies and procedures
- Accountability of elected officers and committees
- Invigorating and involving the membership
- Long-term planning for organizational progress
- Collection of e-mail, mail, and phone contacts of the Alliance membership
- Hiring a dedicated part time secretary to handle the Alliance office transactions
- Alliance allocates a portion of its charitable dollars to support the effectively monitored charities of APPNA, and other local and international charities with a proven record of service

Steps taken to implement the plan:

- The APPNA Alliance listserv was introduced

this year to communicate and exchange ideas to enrich Alliance programs

- Amendments in bylaws to improve organizational functioning
- Written agreement explaining the obligations of the office to be signed by all candidates.
- Extensive contacts with members and potential members to persuade them to get involved.
- Instruction to Alliance officers and members helping at the summer meeting to gather a volunteer list with their e-mail and mail contacts for future use.
- Clearly defined obligations of volunteers to ensure smooth running of our programs
- Requested APPNA office to hire a dedicated part time secretary for the Alliance

Seminars Conducted by the Alliance during the Annual Meeting:

- Asset Protection and Family Office Approach
- Four principles of disciplined Investing
- Uplifting Our Families
- Dynamics Of Domestic Violence (planned but speaker did not show up)

Charitable Donations by the Alliance in year 2008:

APPNA SEHAT	\$ 2500
APPNA/ Alliance Doctors Clinic	\$ 1000
Social Disaster Relief	\$ 1000
HDFNA	\$ 2500
IFYC	\$ 2500
Zaytuna Institute	\$ 2500
Educational Scholarships I	\$ 2000
Educational Scholarship II	\$ 2000
Doctors without Borders, MSF	\$ 2000
American Red cross	\$ 1000
Total:	\$19,000

Respectfully submitted,

Mehreen Atiq
President, APPNA alliance.

APPNA Finance Committee Report



Manzoor Tariq, MD
FACC, FSCAI, FACP, FCCP.
Treasurer, APPNA 2008

Dear APPNA Membership,
Assalam-O-Alaikum.
I am presenting this report on behalf of the Finance Committee. As you are aware, the Finance Committee is responsible for investing the lifetime dues of APPNA in such a manner that they are used to provide for our association's long-term objectives. This allows us to preserve capital and achieve consistent returns from capital appreciation, dividends, and interest income. The target of returns is to exceed inflation (CPI). With the current unstable conditions of the stock market, our Finance Committee is keeping very close watch over our investments. We have made some changes to our portfolio to keep in line with the current economic

conditions and we hope for a better return. The following information has been obtained from the closing APPNA account valuations as of 7/21/08.
As of July 21st, 2008, APPNA's investment portfolio at Smith Barney totaled \$1,112,169 (\$38,821 in the Office Management Fund + \$1,073,348 in the Lifetime Dues). The current asset allocation of all of the APPNA accounts is as follows: Cash and Equivalents \$82,775 (7.4%) + Preferred Stocks and U.S. Government Agencies \$366,801 (33%) + Stocks \$662,594 (59.6%). The following returns data compare APPNA's total return to the popular indices for 2004, 2005, 2006, 2007 and year to date through July 21st, 2008.

INDICES	2004	2005	2006	2007	YTD 7/21/2008
Dow Jones	+3.15%	-0.61%	+16.29%	+6.40%	-13.55%
NASDAQ	+8.59%	+1.37%	+9.52%	+9.80%	-14.05%
S & P 500	+8.99%	+3.00%	+13.62%	+3.5%	-14.19%
MSCI EAFE	+20.70%	+14.02%	+26.86%	+11.62%	-15.13%
CPI	+2.70%	+3.40%	+2.50%	+4.10%	+3.95%
Blend	+10.28%	+4.33%	+11.90%	+4.79%	-9.7%*

*(47% S&P500 / 40% LB Long Credit Index / 13% MSCI EAFE)

APPNA	+8.04%	+6.10%	+11.3%	+3.1%	-8.8%
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The primary long term objective of the portfolio is to preserve capital and to achieve consistent balanced returns from capital appreciation, dividends, and interest income. The target rate of return is to exceed inflation (CPI) by five percent over a market cycle (3-5 year period). The target allocation is to maintain an approximate balance of 60% equities and 40% fixed income & cash equivalents. The current allocation is 59.6% / 40.4%. Current strategy is to use multi-disciplined managers (investing in large-mid-small companies, growth-value-core, and international stocks) to maintain a moderate to conservative risk level. Alternative strategies using absolute return managers who are better equipped to manage more volatile markets have been recently

added to the portfolio. By maintaining the above asset allocation and by following a versatile strategy of using proactive and tactical money managers, capital has been preserved plus moderate returns have been achieved.

The equity portion of the portfolios (\$681,676) is currently managed by 5 different professional money managers (Delaware Capital, Atalanta Sosnoff Capital, Hays Advisory, MDT Advisers, and Lord Abbett) and 2 alternative strategy mutual fund companies (Blackrock Investments and Ivy Funds). These managers remain overweighted in large cap core stocks (22.6%), followed by core international (12.6%), next is large cap growth (10.6%), then mid cap growth (6.5%), then mid cap core (6.0%), then large cap value (4.0%), small cap growth (1.3%), and finally small cap core (0.8%).

The fixed income and money market securities amount to \$333,364 or 31.5% of the self-directed portion of the APPNA portfolio. \$6,521 is invested in the non-money manager money market funds and yielding around 2.38%. The \$55,371 in CD's yield between 5.05%-5.15% and will mature every 6 months between 11/24/2008 and

5/24/2010. \$271,470 is invested in preferred stocks with coupons between 6.00%-8.20%. \$76,418.25 of the managed portion of the portfolio is invested in a 3.625% U S Treasury maturing on 6/1/2010 with the balanced manager Hays Advisory.

At this time we remain defensive and still see no reason to change the current moderate to conservative allocation of approximately 60% growth/equities and 40% income/preferred stocks, U.S. Treasuries, CD's, and money market funds given the current risk in the equity markets. As funds become available through deposits and dividends and interest we would recommend adding to the absolute return alternative strategies who are hedging to mitigate and prosper from the volatility.

As always, I appreciate any comments, feedback, or suggestions.

Sincerely,
Manzoor Tariq
APPNA Treasurer 2008
APPNA Secretary 2009
Cell: 314-378-1658
mtariqmd@gmail.com

RESA Committee Report



Shabbir H. Safdar, MD
Chair RESA Committee.

President Mahmood Alam appointed Dr. Shabbir Safdar as chairs of the Research Education and Scientific Committee in March, 2008. The members were selected jointly by the president and the chair of the committee. I want to thank all the members of the committee for their selfless devotion to the task at hand. The committee has had a number of conference calls and has aggressively taken on the job of Summer CME program with a limited time to accomplish it. I am personally grateful to the members for their tireless work and kindness to me.

I outlined the future work and direction of the RESA committee at the Spring Meeting in Louisville and will outline it here for the membership.

1. RESA will initiate establishment of a CME Secretariat to offer seamless CME programs to our Chapters, Alumni Associations, and Specialty Affiliates in USA and abroad. We will charge for the CME credits at the market rates but will give discounts to our own organizations. The Secretariat will help arrange for all the requirements and will monitor and make it a painless process. In time, we will offer our services to other Islamic organization i.e. IMANA and its chapters, Bangladeshi and other ethnic organizations. This will eventually be a business venture of APPNA and obviously generate additional income as well as prestige to APPNA.
2. RESA will generate its CME funds by aggressively applying to the Pharmaceuticals for its share of CME funds. Thank to the work of Dr. Raza Dilawari, our CME program will pass the mustard to apply and secure these available and yet untapped funds. To this purpose we have applied to at least 25 pharmaceutical companies for CME grants. Unfortunately we did not meet the time restrictions for some of these, but will be able to secure some funds. Our eventual goal is to generate \$300,000 yearly and hope to attain it in the next 3 years. This should help pay for the secretariat with money to spare.
3. RESA will initiate a program to provide for the housing and counseling of the Pakistani Physicians who travel to Philadelphia for their clinical skills examination. This has been a major need for our Pakistani graduates and is well within our committee's goals to provide the educational skills to prospective members but we need to procure funds to initiate it.
4. RESA will provide guidance and funds for the projects in Pakistan for initiative already under way. RESA will help organize this initiative and may be in a position to fund the projects approved by the Executive Council.
5. RESA will initiate a study for the feasibility for exchange of teachers from and to Pakistan. This has been discussed a number of times and some aspects are already in place. Clerkships for the senior students are needed to establish their connection in USA.
6. RESA will hopefully and eventually fulfill its role as a scientific organization. We will plan to be agents for the Pharma companies to recruit our members for clinical research. This is certainly a valid organization and can serve as a conduit for recruitment of clinical researchers.

I have assumed this responsibility to take the RESA committee a step forward. Obviously it is not possible to accomplish all the above goals in a short time but it is certainly achievable.

I want to thank my co-chair, Dr. Adeel Butt, the committee members and Dr. Raza Dilawari.
Shabbir H. Safdar,
Chair RESA Committee.

Social Welfare and Disaster Relief Committee Report

(Continued from page 16)

APPNA's New York Chapter pledged US \$200,000 as three-year funding of this project.

In the year 2006-2007, the Centre provided physiotherapy, prosthetic and orthotic services to 593 patients. The centre manufactured and fitted 271 assistive devices with 103 prostheses and 168 orthoses. All services were provided free of cost to the patients. The net project cost to APPNA between June

2006-September 2007 has been Pak Rupees 4.95 million (US\$ 82,600).

APPNA Rehabilitation Center at Rawalpindi General Hospital

This project was undertaken by APPNA due to the personal interest and commitment of Professor of Orthopedics, Dr. Salim Chaudhary at RGH who has been instrumental in completing this project in record time. A budget of \$286,000 was allocated for this project by APPNA. An existing building was remodeled and expanded to construct three operating rooms and a connecting bridge between the units and the OR.

The center is located on the campus of Rawalpindi General Hospital and comprises of the following:

- 1- Physiotherapy unit.
- 2- Orthopedic workshop and Artificial limb center.

Respectfully submitted
Shahabul Arfeen
Chair SW&DR committee
Mansoor Alam
Co-Chair SW&DR committee
Shahid Yousuf
Co-Chair SW&DR committee

The Young Professionals Network



Ms. Naheed Arshad
Young Professionals Network
National Coordinator

The Young Professionals Network (YPN) event, a Social Forum program, at the annual summer meeting of APPNA in Washington DC, was attended by over 200 people. YPN provides young single professionals, ages 22 to 45, an opportunity to meet each other in an informal environment. Through this interaction, professionals from across the country get to socialize, network, make new friends and you never know, meet that someone 'special.'

At the Friday program, almost three hours were spent on "introductions." After the

introductions was dinner, followed by an open social where all the participants spent some more time meeting each other.

At the Saturday follow-up social, the room was packed beyond capacity as many participants had spread the news to their friends about the fun they had the night before.

The feedback from the DC event has been overwhelmingly positive:

"YPN was a great idea and well managed."

"I was impressed to see that everyone behaved in a very professional manner, and I did not have any hesitation in talking to anyone I wanted to talk to. I would recommend this to all interested individuals."

"Thank you for a very interesting experience at the YPN event on Friday and Saturday, it was my first time so I didn't know what to expect, it was very organized."

"This was my first time attending a YPN event. I must admit, I was surprised by the turn out. There were definitely many educated people there from all walks of life, which is reassuring."

"Initially hesitant - I was more than pleased by the end of the event. It was my first time attending an event like this, but I'm glad I did, as I can't remember having the opportunity to meet so many singles at once! ... and all in a very congenial atmosphere"

As a result of this positive feedback, another YPN event will be organized at the fall meeting of APPNA at the Hilton East Brunswick, New

Jersey, on October 11 and October 12. You can go to the APPNA website and download the registration form. Please note on the registration form that the first program starts at 10:30 am on Saturday, October 11. If you plan to attend, it is important that you are able to attend this program where the "introductions" take place. You will be expected to attend the two follow-up programs as well.

You must pre-register as onsite registration will not be available. Travel and hotel reservations should not be made until you have received a confirmation e-mail from YPN.

Once you have received confirmation, please call 1-800-HILTONS or 1-732-828-2000 to make your room reservation before September 08, 2008, to take advantage of the discounted nightly room rate of \$105. Mention **"Association of Pakistani Physicians"** for the group rate.

We have also included a separate dinner on Saturday, October 11 for the 35+ years old group; please see the registration form.

Many thanks to the Social Forum committee members who have helped in many different ways: Razia Chishti (Chairperson-Social Forum), Bushra Sheikh and Rukhsana Sharif.

I would also like to give special thanks to Dr. Kazi (Past-President) for giving the initial approval to the YPN proposal, and to Dr. Alam (President) for his full support in launching the first YPN event.

Tributes

Dr. N.A. Seyal
(7/16/1920—7/19/2008)

It is with great sadness that we report the passing of Dr. N. A. Seyal in Sacramento, California. Dr. Seyal was a well-known figure in the medical circles of Pakistan and the U.S. He is remembered by his students in both Nishtar and King Edward Medical College, where he served as principal, as a teacher who inspired them to excel. His patients pay tribute to his

kindness, generosity, and unimpeachable honesty. Many young men and women in Pakistan owe their healthy delivery to Dr. Seyal's competent hands.

Dr. Seyal's interests went well beyond medicine. He was an avid traveler, having visited many regions of the world, but felt equally at home gardening. Along with his native Punjabi and Urdu, and his professional English, he spoke Farsi fluently.

Dr. Seyal was a great Pakistani and worked night and day to further the principles of meritocracy and professionalism within the country, where he spent his professional career with pride and determination. He was awarded Tamghai Intiaz and Sitara-i-Khidmat for his unwavering service to the people of Pakistan; Fatima Memorial Hospital

dedicated a wing dedicated in his name.

Dr. Seyal and his wife of over sixty years, Iran Shafazand Seyal, retired to California in the early 1980s to be closer to their children. He is survived by sons Masud Seyal, professor of neurology at UC Davis, and Mahmood Seyal, business executive; daughters Dr. Mahnaz Ahmad, scholar, and Dr. Farnaz Seyal Shah, psychologist; seven beloved grandchildren; and two great-grandchildren.

Dr. Seyal celebrated his 88th birthday on July 16 surrounded by his children and many other family members. His joyful last words described that evening as the best birthday he had ever had.

May his soul rest in peace.

E-mail messages can be sent to TheSeyalFamily@gmail.com.

Tributes

Dr. Ayub Khan Ommaya 1930-2008



Dr. M. Ayub Khan Ommaya, a distinguished neurosurgeon and inventor, passed away in Islamabad on Friday July 11th, 2008. Dr. Ommaya, son of a Naqashbandi Sufi, hailed from Abbotabad. He graduated from King Edward Medical College with honors in 1953. Soon thereafter he went to England as a Rhodes Scholar and studied physiology of brain and emotions at Oxford where he did his honors in 1956. Four years later he was awarded fellowship of the Royal College of Surgeons

of England and a year later a D. Phil in clinical biology from Oxford. In 1964 he was named Hunterian Professor at the Royal College of Surgeons of England.

Dr. Ommaya received certification of the American Board of Neurological Surgery in 1968. At the National Institute of Health (NIH) he served as section chief of Applied Neuroscience Research and Surgical neurology for over ten years and later as Chief of neurosurgery from 1975-1980. Dr. Ommaya developed courses and lectured on philosophy of mind, theories of consciousness, and the connection between emotion, religion, and science. Dr. Ommaya vigorously pursued research to better understand and develop treatments for brain tumors and traumatic brain injury.

Dr. Ommaya invented the Ommaya Reservoir to treat patients with aggressive brain cancer; the reservoir was also the prototype for all medical ports now in use. Dr. Ommaya also developed the centripetal theory of traumatic brain injury, which leads to the improved development of design and safety devices in motor vehicles which have resulted in reducing injury and preventing death for thousands of individuals worldwide.

Dr. Ommaya's work was instrumental in laying the foundation for injury prevention and improved linkage of this field to biomechanics. He worked closely with Congressman William Lehman, then chair of the House Appropriations Subcommittee on Transportation in initiating \$10 million award to the CDC to establish a new Center for Injury Control.

As the past President of APPNA (1981-82), Dr. Ommaya contributed greatly to the early success of APPNA as its 3rd president and served on several committees and worked on numerous task force assignments. Dr. Ayub Ommaya was and will continue to remain a role model for the physicians of Pakistani-descent. His death is an immense loss to scientific community.

Dr. Ommaya enjoyed a worldwide recognition as a master neurosurgeon, a superb researcher, and inventor. He has published over 200 peer reviewed scientific articles, many books, and scores of surgical inventions to his credit. In 1982 the Government of Pakistan honored him by the Sittara-e-Imtiaz award. Dr. Ommaya is survived by his wife, Ghazala N. Ommaya and 6 children.

APPNA President has appointed an Ad Hoc Committee to establish a Dr. Ommaya Memorial Lecture and a scholarship award in medical research. The committee recommendations will be presented to the APPNA Council for approval at the Fall Meeting in New Jersey.

Mahmood Alam, MD

Cyp Summer Research Competition 2008

Oral Competition:

First Prize:

Faris Khan, M.D.

Title: A Single Measurement of Urine NGAL in the Emergency Department Predicts a Diagnosis of Acute Kidney Injury.

Authors: Matthew J. O'Rourke, Jun Yang, Pietro A. Canetta, Nicholas Barasch, Meghan E. Sise, Charles Buchen, Faris Khan, Kiyoshi Mori, James Giglio, Jonathan M. Barasch

Institute: Columbia University Medical Center, New York, NY

Second Prize:

M. Jawad Latif, M.D.

Title: Inhibition of Apoptosis by Flaxseed in a Mouse Model of Lung Ischemia Reperfusion Injury

Authors: M. Jawad Latif, Xiaogui Li, John N. Afthinos, Agnes Colanta, Jasminka Balderacchi, Scott Belsley, George J. Todd, Cliff P. Connery, Melpo Christofidou-Solomidou, Faiz Y. Bhora
Institute: Columbia University College of

Physicians and Surgeons, St. Luke's Roosevelt Hospital Center, New York, NY

Third Prize:

Tied between Imran Khalid, MD & Sunil Kanwal, MD

Imran Khalid, M.D.

Title: Irreversibly arrested, nonviable (organismically dead) human embryos as a source of viable cells for human embryonic stem cell (hESC) derivation.

Authors: Imran Khalid, Svetlana Gavrilov, Robert W Prosser, Joanne MacDonald, Mark V Sauer, Donald W Landry, Virginia E Papaioannou

Institute: College of Physicians and Surgeons of Columbia University, New York, NY

Sunil Kanwal, M.D.

Title: Skeletal Myoblast Implantation and Risk of Arrhythmias

Authors: Sunil Kanwal, Emma Miranda Malpica, Kun-Lun He, Geng-Hua Yi, Angou Gu, Ge-Ping Zhang, Myung J. Lee, Jie Wang, Daniel Burkhoff, Warren Sherman

Institute: College of Physicians and Surgeons of Columbia University, New York, NY

Poster Competition:

Winner: M. Rizwan Khalid, M.D.

Title: Glomerular Filtration Rate and Likelihood of Abnormal Stress Myocardial Perfusion Scans
Authors: M. Rizwan Khalid, Mark Balek, Ola Akinboboye

Institute: Division of Cardiology, New York Hospital Medical Center of Queens, Flushing, NY

Runners Up: Omar Khokhar, M.D.

Title: Oncologists and hepatitis B: Results of a questionnaire survey to determine their current level of awareness and practice of antiviral prophylaxis to prevent reactivation.

Authors: Omar Khokhar, James Lewis, Lisa McGrail

Institute: Georgetown University Medical Center, Washington, DC, USA.

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The likeness of those who spend their wealth in the way of Allah is as the likeness of a grain that sprouts seven spikes, in every spike a hundred grains. And Allah multiplies for whom He will; Allah is All-Embracing, All-Knowing.” Surah al-Baqarah, Ayah 261

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Appna's Amazing Potential



Mahjabeen Islam, MD
Dr. Mahjabeen Islam is a freelance columnist, family physician, addictionist, palliative care and hospice specialist practicing in Toledo Ohio. Her email is mahjabeenislam@hotmail.com

One would think that being at the pinnacle of wealth and education in the sole super power of the world would make APPNA a veritable powerhouse of clout and money. Sadly APPNA wields little influence, and even less so financially. And yet in the realm of the possible our potential is phenomenal; it just needs harnessing.

For several years I have labored under this "misplaced sense of philanthropic inferiority" as brilliantly put by Adil Najam and quoted by Dr. Amjad Hussain, in a recent article "Pakistanis among the most philanthropic people in the U.S." The title is a shocker isn't it? The contents more so: "there are approximately 500,000 people of Pakistani origin in America who give away \$250 million in charity every year which makes them surpass the average American in philanthropy." Huh? Cause for re-reading don't you think, and yes that *is* what the article says.

But let me rewind a bit. My mind has been cooking this scheme for a while. I work in a methadone maintenance program a few hours a week and one day was idly looking at my paycheck. My contribution to the United Way caught my eye. Though minuscule it had added up through last year to a respectable amount and I was livid. Angry at the fact that I did not even know I was contributing; had apparently signed a bunch of papers at the inception of employment and given in to forced charity (would prefer to choose my charity consciously). And primarily at why we do not have a program such as this at APPNA.

I was still stewing about this, even though I discontinued my unbeknownst-to-me contribution, when at the last APPNA summer meeting Hamza Yusuf in his keynote address brought up the same concept of regular giving. His plan was supraprofitable, to the point of being grandiose; it can, I believe, be altered to practicability.

APPNA claims to represent 15,000 physicians of Pakistani descent in North America. In its last annual meeting about 3000 are reported to have attended. When I was making reservations for this year's meeting I came across a line right at the end about donating \$25 to APPNA's charitable causes. Perhaps one can donate more, but in print there are no other choices that egg you on, just the same odd number of \$25.

APPNA's charitable programs, APPNA Sehat, APPNA Sukoon and others, especially APPNA Sehat have achieved so much that they would need a separate article to adequately describe them. They are akin to stars in APPNA's crown!

Requesting a donation of \$25 from a group that earns the following will make my consternation clear. The average annual income of physicians in the United States is \$117,000, at the lowest, for pediatricians, \$247,000 for anesthesiologists and \$484,000 for neurosurgeons. Most median physician incomes fall between the pediatricians' and anesthesiologists'.

While I was attempting to develop an entire scheme of organized giving, I spoke with one of the recent presidents of APPNA urging him to make a monthly amount mandatory. He revealed the startling: physicians refuse to make even a token payment on a regular basis. This is even more surprising considering that this is in an organization which is largely Muslim, and thus, on the majority of members, *zakat* is mandatory/enshrined as a pillar of faith.

With gas prices the way they are now and the ripple effect on all other prices, eating out for a family of five in a 4-star restaurant would easily total to \$100. Not to mention all the other *fuzool-kebarchi* that we do all the time and how the power of the dollar has diminished dramatically.

Dr. Amjad Hussain quotes from Adil Najam's book *Portrait of a Giving Community: Philanthropy by the Pakistani-American Diaspora*. "Besides the \$250 million cash in charity, Pakistani-Americans give of their time which translates to more than \$43 million hours which in monetary terms comes to \$750 million making the total an impressive one billion."

This tremendous philanthropy has been seen in action at APPNA in the face of natural disasters, be it locally with Katrina or the earthquake in Pakistan among many others. And yet what occurs invariably is the marshalling of action *after* the fact and much persuasion and arm-twisting for members to come up to the requisite fundraising goal.

Here's the scheme: \$100 is donated per month per APPNA member which would translate at the rate of 3000 members to \$3,600,000 per year. If resident members and other reluctant physicians are unwilling/unable to contribute and the number of physicians is reduced to 1500, the amount would be \$1,800,000 per year. If the number of contributing physicians is further reduced to 1000, the amount works out to \$1,200,000.

The cumulative effect of the minimum amount of \$1,200,000 year after year is, needless to say, extremely impressive.

Once this discipline, this organization is implemented, the possibilities are limitless. Primarily, a member's contribution, with their consent of course, can be split 50% between charitable and non-charitable causes. \$600,000 year after year is another impressive number and can be instrumental in getting APPNA the clout that it richly deserves and should have gotten years ago.

APPNA should be rightfully proud of its democracy, processes and principles. Couple all that with the incredible reservoir of talent that it harbors and the funds that the above scheme would generate and we would give vitality to the organization equivalent to a quantum leap.

Dr. Amjad Hussain in his article states "The most striking finding, however, was that Pakistani-Americans give 3.5 percent of their estimated household income to charity, whereas the national average in America is 3.1 percent". With physicians constituting a significant percentage of Pakistani-Americans, it is only logical that we at APPNA ought to harness this philanthropy in an organized manner. And this is entirely doable. We have the infrastructure, we have the organization, and we have the accountability. All we need is the will: after all *qatra qatra darya ban jata hai*. And in that spirit perhaps we should call it the Qatra Fund.

Mahjabeen Islam is a family physician, addictionist and freelance columnist residing in Toledo Ohio. Her email is mahjabeenislam@shcglobal.net

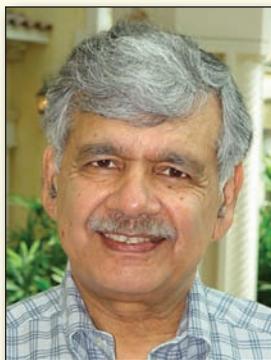


Alliance Quartet



Alliance evening guests

Muslim Association of Physicians of Pakistani Descent of North America: An Appraisal



Dr. Amjad Hussain MD former President of APPNA has been named as Trustee of the University of Toledo, OH. He writes regularly for the Toledo Blade and is an active community leader. He authored "APPNA Qissa".

The Association of Physicians of Pakistani Descent of North America (APPNA) held its 31st annual summer meeting in Washington DC in late June 2008. Apart from the usual activities of alumni reunions, social and political forums, the youth program, the excellent continuous medical education program and the ever-expanding and ever-glittering bazaar the highlight of the meeting, as always, was the Saturday night banquet. For the past number of years the banquet program has provided a window into the mindset of APPNA leadership.

Mr. Keith Ellison, the first Muslim elected to the US House of Representatives was the keynote speaker. You will recall that two years ago Mr. Ellison was, in the face of formidable opposition and against all odds was elected by the people of Minnesota to represent them in the Congress. He gave a spirited speech that enthralled the audience. The only problem was he was addressing the wrong crowd.

Let me explain.

Apart from being a Muslim, Mr. Ellison is also a consummate politician and as such he was determined to tap into the Islamic fervor of his audience. Unbeknownst to him and to the majority of his doe-eyed admirers who clapped their approval of every word he said, there were also present in the audience a number of non-Muslim APPNA members.

We have often talked about the real nature of our association. We all agree that APPNA is not a religious association but an ethnic professional association of Pakistani physicians and physicians of Pakistani descent. By virtue of the make up of our organization the leadership of APPNA should have been more interested in Mr. Ellison's comments and views about Pakistan. In all fairness he did, in the beginning of his remarks, mentioned the lawyers' movement in Pakistan and the new democratic set up in the country. The bulk of his remarks were not about Pakistan but about Muslims and Islam.

Lord knows our country of birth is in a mess. There is an unprecedented rise of religious self-righteousness and militant fundamentalism across the country. The uncouth and uneducated fundamentalist bullies are running amok, trampling on the social fabric of the society, from Karachi to the Karakorums. Mr. Ellison could have spent time discussing the evils of religious terrorism and its destructive effects on the country. He could have also talked about the negative role the army rule in Pakistan has played to bring the country to brink of economic and political disaster. And finally he could have suggested some remedies and the role he could play to help the people of Pakistan.

Instead he acted as if he were addressing a revival rally of the faithful. He talked in glowing terms about a free clinic that Muslims have started in downtown Las Angeles. He told the audience to follow suite and duplicate that effort elsewhere in the country. He talked about the gathering of Pakistanis on the Hill that afternoon and implored the audience to have a Day on the Hill in their own state capitals to inform the state legislators about issue important to Muslims. No where he proposed a dialogue between APPNA members and their legislators *about Pakistan*.

Mr Ellison, in all fairness, was taking his cues from APPNA leadership. When the president in his

remarks says we 'Muslim Americans' then the invited guests are given the carte blanche to follow that line. It was in a way de ja vu all over again, if you will pardon the cliché, when Dr. Rasheed Piracha, our immediate past president declared at last year's banquet that Alhamdollillah we are all Muslims.

I believe the issue is not very complicated. A segment of APPNA membership, including current and immediate past leadership, are in the habit of wearing their religion and their self-absorbing religious piety on their sleeves. They have been trying to paint this association in religious colors it is becoming increasingly difficult to differentiate APPNA from Islamic Society of North America (ISNA) and Islamic medical Association of North America (IMANA). This issue has to be moderated.

This year every registrant received a copy of former president Jimmy Carter's bestseller *Palestine: Democracy not Apartheid*. One wonders if the Palestinian issue is more important than the issues confronting Pakistan? Were there no books on the current problems of Pakistan that would have been more pertinent and timely? Just for the information of the holier-than- though crowd, Ahmad Rashid's new book about Pakistan *Descent into Chaos* would have been perfect read for APPNA members. It talks in detail the genesis of the problems Pakistan faces. They could have also considered Ahmad Rashid's international best seller *Taliban*. Or for that matter one of dozen other books on Pakistan published in the past few years. Is it an overt attempt to 'straighten the Qibla of APPNA' as one former president is reported to have said a few years ago?

I am a staunch supporter of Palestinians cause and have, for over 25-years, written about it extensively in my op-ed columns and have in return borne the consequences of being outspoken. But in my mind Pakistan, the country of my birth, takes precedent over other sundry international issues.

Here are some suggestions to make future APPNA meetings more open and ecumenical. Since we have members who are non-Muslims how about starting the banquet program with a recitation from *their* scriptures? How about asking those members if they would like to have a

(Continued on page 29)

The New Generation And Beyond



Faiz Y. Bhora, MD

Dr. Bhora is Assistant Clinical Professor of Surgery at Columbia University College of Physicians and Surgeons. He is also an attending cardiothoracic surgeon at St. Lukes Roosevelt Hospital Center and Beth Israel Medical Center in New York City.

There is nothing like a dose of personal anguish to help put things into perspective and crystallize one's vision of the future. I am a thoracic surgeon, and I cut on people every day. I speak from my wealth of experience when I tell patients what they can expect to feel in the post operative period. I think I do a good job with this; after all, I have done a few thousand of these procedures. I can discuss the nuances of pain from a sternotomy versus that from a thoracotomy and the significantly less discomfort from minimally invasive video-assisted procedures and robotic surgery. I feel I understand what the patient will go through and what he or she will experience after an operation-but do I really? Can one ever truly perceive the anxiety, the physically and emotional distress and the psychological adjustment required in the post operative period without having

experienced it first hand? Hard to say; I can empathize with my patients but can I experience an emotion without having experienced it?

My mother had recently been taken ill. She is a physician, as was my father. She is well entrenched in the medical community in Karachi. When she felt unwell a few days ago, the situation was somewhat unfamiliar to her. For one, she has been rather healthy all her life. But more importantly, when she tried to find a practicing gastroenterologist amongst her cadre of friends, she realized that most had retired. She was referred to a few physicians and for perhaps the first time in her life, she was dealing with physicians who were my age and doctors whom she did not know personally. Some of these physicians were friends and class mates of mine and they awarded her the same courtesy and respect she would have received from her generation of physician-friends. I tried to coordinate things as best as I could from New York. My sister, who lives close by in Scarsdale and who is more physician than the interior designer she really is, drove home the point "you know who the doctors are now, not Mummy". At the back of my mind, my mother has always been the go-to person, the individual who had answers to all problems and who knew everyone. I did not think she really needed my help. It finally dawned on me; the baton had been passed to a new generation. The brightest and the best were now my peers and colleagues. The old guard were just that, old. A new generation was in control.

Which brings me to what I really wanted to talk about today, The Next Generation. APPNA is in many ways symbolic of my family, indeed any family. It was conceived and nurtured by the old guard, the parents, the forefathers. This was done at a very difficult time in an unfamiliar place. I cannot give enough credit to the forefathers of APPNA for their pioneering spirit and determination. But like any family, the baton must and has to be passed to the next generation. The sons and daughters add to the foundation laid down by their parents. This is the way it has always been and will continue to be.

We are at a threshold with respect to APPNA, our cherished Society. The old guard has passed on

the mantle to the next generation, who must assume this responsibility with dignity, vision and wisdom. Yes, the squabbles and political maneuvering will undoubtedly continue, but, we have, for the most part achieved this transition smoothly. I think the overall handling of the controversy surrounding the election for the office of President-elect was done in a manner perhaps more dignified than that of the hanging chad incidents of the US Presidential elections or the more recent Presidential elections in Pakistan. There has been no Supreme Court involvement as of yet (granted, a lesser court was involved) and there have been no house arrests to date. The final resolution must take into account the best interests of our Society and transcend above individual ambitions. Only then can we demonstrate that we have finally matured as an organization.

It is time, however, to engage the Next Generation. This is something I feel very passionately about. My friend and colleague Adeel Butt is as passionate, if not more, about this. The next generation must be engaged and allowed to become involved in our Society. They must be appraised about the good work our founders and current leadership have undertaken and the breath of humanitarian, political and social work that APPNA is involved in. They must be engaged and made to feel a part of the success story that is APPNA. This will be critical to the continued success and growth of our Society.

The Next Generation will be very different from the preceding two generations; the generation that first founded APPNA and the generation that is now guiding APPNA. The sons and the daughters of the founders will be part of the Next Generation. This next generation will include, for the first time, native-born Americans. A defining quality of APPNA until now has been ties to medical colleges in Pakistan where the members received their medical school training. It is not inconceivable that over the next decade or so, a good proportion of new members will have trained in US medical schools. Our Society must be prepared to encourage this and this may need a revision in the structure of APPNA.

(Continued on page 29)

Interview With Saira Malik

Portrait on an APPNA Member



Adeel Ajwad Butt, MD, MS
Director, International Scholars
Program Director, VAPHS
Infectious Diseases and HIV
Clinics, University of
Pittsburgh School of Medicine,
CME Chair, 27th Annual
APPNA Winter Meeting

Saira Malik Rahman – Doctor,
Mother, Artist.

This interview was conducted by Adeel A. Butt. Dr. Butt is the Director of International Scholars Program at the University of Pittsburgh School of Medicine, and a regular contributor to the APPNA Journal.

Few people can keep up with the hectic pace of life that a career in Medicine demands. Fewer still balance it with a successful home and family life. And once in a rare while you meet a person who seamlessly combines those with an amazing talent in art. Saira Malik Rahman is one of those rare individuals who we would like to recognize in this issue of the APPNA Journal. Her paintings have been displayed at artwork has been on display at the University of Chicago and at the University of Illinois at Chicago. She is in the process of joining a gallery in Houston and working on having a showing and discussion of her work at the McGovern Center for

Health, Humanities, and the Human Spirit at the University of Texas Health Science Center in Houston.

I have known Saira and her husband Ersalan Rahman (an Ophthalmologist with a successful practice in Houston, TX) and their adorable son Raafe for several years now. Well, actually, technically, I have known Raafe since before he was born. Recently, when APPNA Journal commissioned me to identify and write about talented young individuals from our own membership to highlight the diversity of talent, Saira was the logical first choice. Here are some excerpts from my interview with Saira Malik Rahman, doctor, mother, artist.

AAB: Why do you paint?

SMR: The world of art and the world of medicine are inseparable to me. Painting has let me explore the unanswerable questions encountered in medicine. These questions on the human condition, suffering, healing, hope, life, death and our responsibility to each other have been raw material for my artwork. On my journey in becoming a doctor, I have come face to face with what it means to be human at the deepest level from my first days in the anatomy lab through my encounters with patients as a physician. Painting has awakened my senses to a new, valuable dimension to doctoring.

AAB: What are some of the themes for your paintings, and how do you choose what to paint?

SMR: The subject matter for many of my pieces in the last several years have dealt with my experiences in medicine. I paint in a stream of consciousness and it is only natural that my paintings speak of what I have seen and felt at work. None of my paintings are pre-meditated or pre-destined to be a certain way. At most, a specific experience, poem or musical piece suggests for them a general direction.

AAB: What materials and media do you use for your art?

SMR: Rather than working upon a blank, white slate, I enjoy building upon and reviving an unfinished piece. My most recent work combines paint with any obscure materials that catch my eye like textiles, gauze, magazine clippings or even x-ray film. I enjoy the challenge of uniting seemingly

incompatible items to form a harmonious whole. Finally, bold color is an important feature in my paintings and I am drawn to colors like cayenne red, lapis lazuli blue and mango yellow. They are not only reminiscent of my South Asian heritage but are also saturated with emotion and are incapable as expressive tools.

AAB: What are your aspirations in your career in Medicine?

SMR: As a dual major in the Biological Sciences and Visual Arts at the University of Chicago, I had only just begun the process of integrating these two seemingly incompatible disciplines. I am also very interested in Medical Humanities, and my interest in that began in medical school at the University of Illinois when I took a course called "Literature in Medicine." During my final year, I designed an elective in which I spent my days with children in the Pediatric ICU and used my experiences and interactions there as raw data for my artwork. I still look back upon that experience as an important part of my medical education and have continued to build upon it.

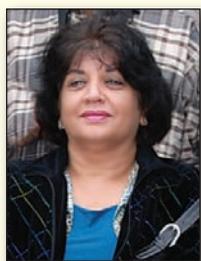
AAB: Do you see your love for painting and your aspirations in Medicine ever coming together?

SMR: I believe that the humanities have an important role in medical education and I believe that providing health care requires more than an understanding of the science of disease. Painting has allowed me to stop and look at my patients for they have been some of my most important educators. Painting has also been a way for me to cope with the intensity of some of my experiences in the hospital and has been a means to self-healing. Finally, painting has helped me reflect and connect with my reasons for choosing this calling. I am reminded of the tradition of service that pulled me here years ago and that it was my heart, not my intellect that kept me going.

AAB: Who has inspired you the most in your life?

SMR: I continue on this journey with renewed zeal as a tribute to my grandfather, Dr. Akhtar Mahmood, who encouraged me to nurture both parts of my identity, artist and doctor. The most compassionate physician and man I have ever known, he tirelessly cared for patients for over
(Continued on page 27)

Wake Up APPNA Families



Rukhi Jan

Physicians of APPNA families worked very hard to earn the income and their families worked just as hard to burn that income. First generation not only worked hard but they also took care of their families in America as well as back home. They work hard to build communities, Mosques, school and social structure to create a mini Pakistan around them. They learned by watching, listening and networking. Some became from very liberals to conservative and some changed their rigid way of thinking to open-minded individuals. The experience made us who we are but what about our next generation?

At APPNA meeting although the mothers are busy shopping and fathers are busy discussing politics and just catching up with their friends, our children are busy getting ready for late night out. (Night clubs, dancing

etc). We all look the other way or just act as if all is well with our next generation. If the girls find a Desi to marry then we are thrilled and if the sons go to medical school then we are proud that we have done a good job. Or have we?

Our girls are short tempered, ill prepared to take the house hold responsibilities, have unrealistic view of marriage and as a result great many of them have not found a life partner yet. If they do marry then they are not at all respectful of their in laws or husband while our boys are totally opposite of their Dads' generation. Many families' boys do not complete their higher education; they are busy dating, drinking and just having fun. The one who gets out of this phase, they are working and coming home to help wives clean the house, take care of children and provide company to their spouses, but least worried about their parents or responsibility toward APPNA projects, community projects.

I have met and talked to many parents' whom children decided to marry against their will, and not only that but they also showing disrespect to the parents. There are expecting the moneys to constantly flow their way but in return not even capable of giving good company to their parents or sibling. Lots of parents live under anger or sad feelings. Now this does not mean that every child is like that but great majority is fitting the above behavior. They are a pseudo Pakistani and Pseudo American. They like Desi food and clothing but that's where it stops. They like the American way of freedom and individuality. To be true Desi, one has to value family, community, respect for elders and care for family and friends. To be good American, one has to be honest, hard working, respectful of others property and above all responsible for ones actions.

Question is that what went wrong? What did our parents do to us where we were respectful, mindful and responsible citizens while our children barely manage their lives? Mind you that I see this frustration and dissatisfaction among physicians' families more than non physician families. **Could it be that we give our children too much material things and not enough religious or social skills?** Do we not communicate to our kids what we value? I have visited many non physician families that are living in joint family system, their kids are showing the love and respect for the parents as we were back home. These kids are working hard living up to their full potential and keeping the hope alive.

So my request to all young APPNA parents is that you are living in established communities, your kids can enjoy local Islamic school and learn Quran teaching, please control spending habits for your children and spend more time teaching and showing family values and cultural values so your children are more like the children you were or are for your parents. Help create productive, engaging respectful children who will be proud citizens of any society. That is my hope and prayer for all my APPNA families.

Let's create a group to raise this important issue. An open forum to address and perhaps seek help from other families who have gone through this process. Let us go ahead and call it APPNA family

Rukhi Jan, Alliance member, mother, community activist, educator, advisor and concern APPNA member

Interview With Salra Malik

(Continued from page 26)
Sixty-five years and continued to do so through the very last hours of his life. He passed away in March of 2008 in Lahore and he will always be a source of inspiration for me.

AAB: How do you manage to balance your roles as a doctor, a mother/wife, and an artist? Do you feel you have to make more sacrifices than most to achieve that balance?

SMR: The realization that all of my different roles are great privileges and not mere obligations makes it easier to balance the different aspects of my life. This means seeing medicine as more than just a career but as a calling and an opportunity to serve others. It means seeing motherhood not only as a great responsibility but also as an honor and joy. It also means valuing the process of creating artwork instead of focusing on the end product or number pieces made per week. I recognize that all of these different roles require a great deal of devotion and it is for this reason that I chose to stay home full time with my son through his first year and a half of life. I have cherished the time I

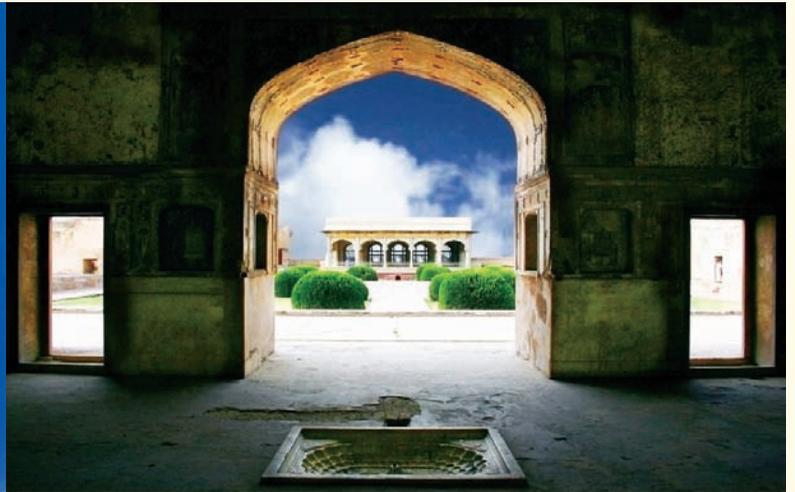
have been able to spend with him. My son has taught me more than any medical training ever could and I feel I am a more competent physician because of him. This is one example of how each of our different roles can positively contribute to all aspects of our lives. Recognizing this is a key in staying balanced. Further, I have come to terms with the fact that I cannot do everything all the time. I paint when I can and in a few weeks will be working part-time as a general pediatrician. I owe a great deal to my very supportive husband and my encouraging family and I thank the Almighty each day for his countless blessings.

APPNA

Event Calendar



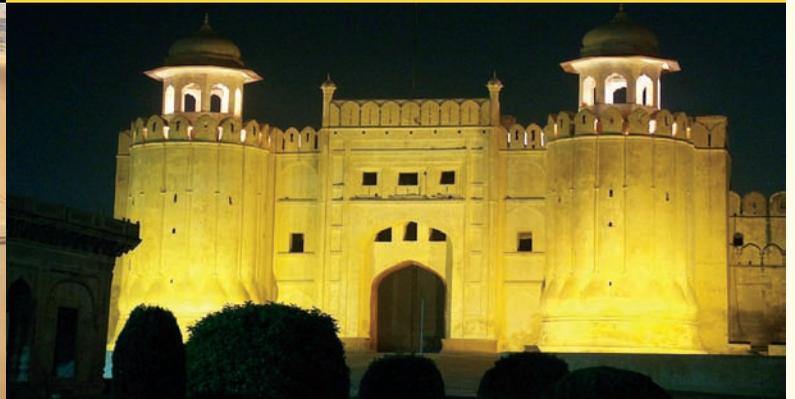
Save the date



WINTER MEETING 2008

DUBAI - LAHORE

December, 18 - 23



FALL MEETING 2008

EAST BRUNSWICK, NJ

October, 10-12

ANNUAL MEETING 2009

SAN FRANCISCO, CA

July 1 - July 5



Life Is A Roller Coaster

Shazia Hamid, MD

Immigrant Physicians have difficult career. A long struggle, going to medical college, residency, fellowship and finally a professional career. All this add to the family stress. Along the way there are setbacks and many of us are fortunate to have the support of friends and communities to put us back together. Such is the story of my brother Zahid Hamid, graduate of Dow Medical College 1990, did his residency in Internal Medicine He is a very conscientious Physician who has helped a lot of people. His life changed after he went for an elective surgery in May 2007. He has been very cautious of surgeries. He had a minor car

accident and developed mild numbness off and on. He underwent surgery of the back and woke up completely paraplegic. No sensation below xiphoid process, spinal cord injury. Seemed as the whole world is numb, I could not hear or understand after I heard what happened to my brother. It pained me immensely as I had pushed him for surgery to prevent what he developed after surgery. He was in ICU for 14 days, complete autonomic shut down. There was no ray of light, his legs atrophied after 1 week. All Pakistani physicians in Las Vegas were with us, we had tremendous amount of support, which came from all our community. APPNA started collecting funds and made arrangements for rehabilitation. Finally he was flown to

Denver Colorado where he had rehab for 3 months.

He came back walking on crutches. APPNA collected funds, physicians were genuinely concerned, we held Quran khawanees, prayers were held in mosques and by the grace of ALLAH and support of all well wishers my brother is walking. A miracle, since we were told that he might not walk again. Today he is here at the meeting to thank every one of you for showing concern and faith in him. Loving friends have made my bother a meaningful one.

Thanks to all our fabulous friends, if they ever need us we will be there for them.

Association of Physicians of Pakistani Descent of North America

(Continued from page 24)

separate room for *their* religious services? And why not having a common prayer room during the meeting? We Muslims are prone to get angry over the non-halal nature of food presented to us. Did we ever ask our non-Muslim friends if they have any dietary restrictions?

For some of us who take pride in our Muslim faith it is utmost important that we distinguish between our faith and our ethnicity. We expect the same from our leaders. And if they refuse to make that important distinction then we, the members, have to assert ourselves and make sure we defeat their ilk who are trying to re-make the

Association of Physicians of Pakistani Descent into a religious organization.

There is nothing wrong, never have been, with the direction of APPNA Qibla. It has always been straight points to the direction that the founders of this association had set. But there is a lot wrong with the direction and inclination of a few of our leading men.

A founding member of APPNA Dr. Amjad Hussain also served as the 4th president of the organization in 1982-83. He is an op-ed columnist for the daily Toledo Blade and holds an emeritus professorship in Thoracic and Cardiovascular Surgery at the University of Toledo.

The New Generation And Beyond

(Continued from page 25)

In the meantime, the relationship with this next generation must be fostered. Adeel and I are planning an event in New York City that would aim to bring together medical students and residents enrolled in New York medical schools and residency programs. A social event is being planned that is aimed at introducing them to APPNA and

encouraging active participation in our Society at a very early stage in their careers. We also want to foster a relationship with medical students enrolled in medical schools and universities in Pakistan, and several of them are currently in the US doing student electives. We want the next generation to feel part of the process and help them realize that in the next

A Rainbow In the Sky

Asaf Dar

I am enthralled by colors
Of every shade or hue,
Of clouds so moisture-laden
That give us rain or dew.

Of birds so cute and tiny
That sing on happy trees,
Of joyful flowers dancing
Attracting humming bees.

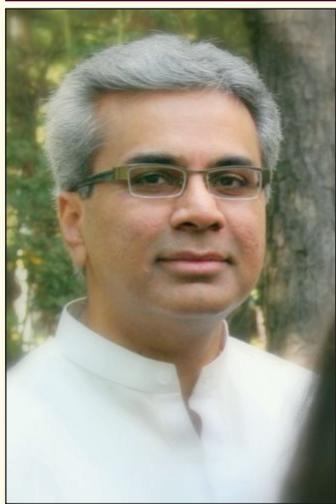
By now in life, the colors
Have variegated all.
In silent nights, some
moments
Roll down as tears and fall.

And sadly then I whisper
You are so sweet but why
As inaccessible as
A rainbow in the sky.

(Written in 1966)

Jants' Kurtas In Karachi

Fashions come a full circle



Syed Nadeem Absan, MD

In the past, the one thing I could always take for granted every time I visited Pakistan would be a freshly starched white *malmal ka kurta* and a *khaalta pajama* that my late mother would have ready for me. She is alas no more. Rather intuitively then, on this last visit, my mother-in-law had a *kurta* waiting for me when I arrived.

"You shouldn't have", I said exhibiting requisite *takalluf* before opening the box.

"But what would you have worn on Eid?" she asked.

Turns out the kurta in question was black in color with burnt-orange *kaRhai* on it. "Hmmm. Not quite my style", I respectfully confessed.

"No problem. We'll get it changed. I'll send the driver tomorrow afternoon".

"But why do I have to go? Just get me a plain white kurta in XL size."

"You'd better pick one out yourself", she said knowingly.

"OK", I said resignedly.

The next day, the day before Eid, we went to the kurta store at Park Towers in Clifton. A young salesman greeted us.

"Salam alaikum unki!" he said.

Bad start!

"Yeh kurta exchange karna hai".

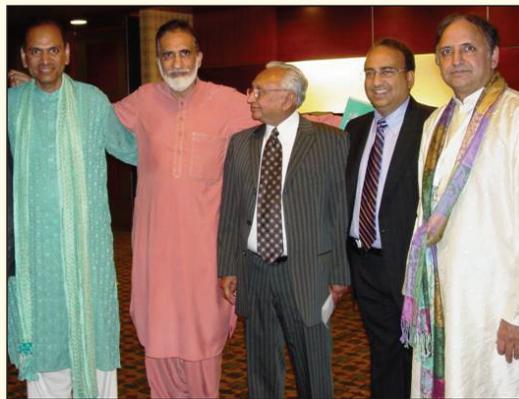
"Aai'ye Sir, yahaan dekheiN. Aap ka size idhar milay ga."

I glanced at the rack he was directing me towards.

"Mian, mardoN ke kurtay dikha'aiN", I said with a hint of indignation.

"Yeh jants' ke hi haiN. Hamaary yahaan 'laddis' ke kapRay babiN miltay".

A little worried now, I started rummaging through the rack. Bright colours, brighter embroidery. Transparent fabrics. Chicken *ka kaam*. Shadow-work all over. Big stripes. After putting myself through the WWMD (*W'bat-Would-Mufiz-Do?*) exercise -- that I routinely employ in such situations -- I picked out a relatively benign one.



All the President's men. Attendees at an APPNA convention sporting the latest fashions.

Photo courtesy of the APPNAList.

"Yeh kaisa hai?"

"Achha hai" said the indulgent mother-in-law.

"Iss ke saath matching dopatta hai?" I asked the salesman.

"Unki, usay 'ishtole' boltay haiN. Mil jaa'e ga", he said matter-of-factly.

"Aur matching chooriaN?" At this point the benevolent mother-in-law has the "I-don't-know-this-man" look on her face and is slowly inching away. The salesman is quiet.

"Kiya meiN isay try kar sakta hooN?"

"Sir, try room yahaan hai".

I put the kurta on and came out. Stiff, shiny, brownish raw silk, with relatively austere embroidery around the collar. "On a dark day this could pass for masculine attire" I thought somewhat wishfully.

"Iss ko pehan kar meiN dool'ba lag raha hooN -- ya dul'ban?"

"Sir?"

"Never mind. Yeh de deiN mujhay".

"Iss ke saath shalwar dooN?"

"Mian! Hamaaray yahaan mard pajama pehntay haiN. Shalwar khavateen ka libas hai", I said with all of the dignity I could muster and left quickly.

I wore the kurta to *namaaz e Eid* the next day. All the way to Abu Bakr mosque I went repeating the mantra under my breath; "I must not drop the soap, I must NOT drop the soap". As it turned out, after I saw what I did at the mosque, I need not have been so concerned.

At the family re-union that afternoon I got compliments for my choice of attire from female relatives who have a Paula Abdul-esque penchant for complimenting everything -- no matter how mundane or hideous. More telling, of course, were the snickers from the as always conservatively dressed male relatives. So the topic came up; what the heck ever happened to men's fashion trends in Karachi?

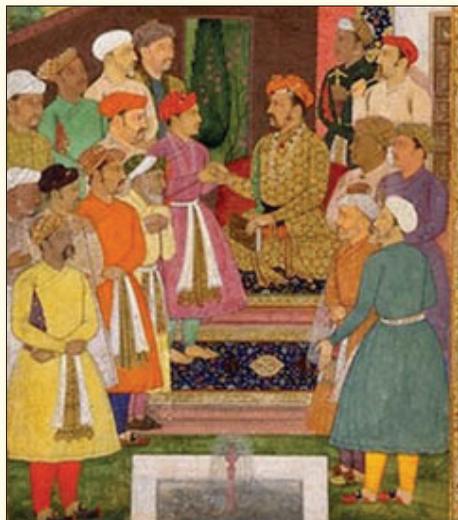


APPNA's resident fashionistas.

Photo courtesy of the APPNAList.

The ever-complimentary Paula Abdul-esque ladies were of the opinion that men who dressed like they were in touch with their feminine side were likely to be more civilized than the usual run-of-the-mill *daqyanoosi Chacha Chhakkans*. My sister, the history maven, by way I suspect of lessening my discomfort, reminded everyone of Ziryab, the famous 8th century Cordoban musician who introduced sophisticated clothing styles into the lexicon of "Islamic" couture. And, she noted, noblemen of the princely courts of Northern India routinely dressed in brightly emblazoned outfits that included shiny *ib'aas*, billowing unisex tunics, skin-tight *chooridar pajamas*, much ostentatious jewelry, garish head and foot gear and jewel-encrusted weaponry.

“After all, didn’t Papa – Mr. Starched-*Safaid-Kurta-Pajama*-himself -- wear a *kamkhwab ki sherwani* to his own wedding?” she asked.



This painting depicts the Mughal emperor **Jahangir** (r. 1605-1627) surrounded by his leading courtiers, receiving his second son Prince Parviz. The painting is ascribed to the artist **Manohar**, who was the son of Basawan, a renowned artist of the reign of Jahangir’s father, Akbar. **Notice the brightly colored garb of the King and his men.**

“Fashion is always led by the elites, in turn followed by the bourgeoisie and eventually the peasants – who’s adoption of what is fashionable makes it become instantly unfashionable -- a trigger then for the changing of these fashions, which the conservative



This oval cameo is a portrait of the Mughal emperor **Shah Jahan** (r.1628–1658) in middle age. The king is resplendent in several strings of shiny pearls.

segments of society then resist for as long as they can”, noted the wise sister by way of steering the conversation towards the more familiar climes of class-divisions, politics and religion.

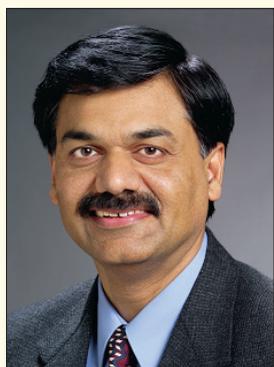
So, fashions, like history, tend to want to come a full circle.

What’s next in *desi* fashion then?

Pink cummerbunds anyone?

The author is a 1989 graduate of Dow Medical College, Karachi. He is the director of an academic interventional pain practice in Philadelphia, PA. He can be contacted via email at: dervaishbaba@gmail.com. Portions of this article first appeared on the DOGANAList.

George Winokar Award For A Pakistani Doctor



Dr. Ahsan Khan

This 34th Annual meeting of the American Academy of Clinical Psychiatrists (AACP) was held at Marriott Fisherman’s Wharf Hotel in San Francisco, California from March 14-16, 2008. It was jointly sponsored by the University of Iowa and the AACP. The focus of the educational sessions this year was on the “Use of New Technologies in Psychiatric Practice”.

Every year, AACP select one article published in the journal of Annals of Clinical Psychiatry for the “George Winokur Clinical Research Award”. This year, Dr. Carol North, president of the AACP and chair of the George Winokur Clinical Research Award Committee, selected Dr. Ahsan Y. Khan, as the winning recipient of this award for his article on “Clinical and Demographic Factors Associated with DSM-IV Melancholic Depression”, which was published in the second issue of the journal last year.

The AACP established this award in 1979. Original unpublished papers were solicited in the Annals of Clinical Psychiatry. The award included a cash prize, engraved plaque, complimentary one year membership in AACP and travel and accommodations to attend the meeting. Judging is conducted by the Academy’s Research Award Committee.

This year, the award was presented to Dr. Khan on March 15, 2008. After the award ceremony, Dr. Khan presented his article to all the attending psychiatrists came all over the United States. At the end of the presentation, Dr. Khan answered all the questions asked by the audience.

Dr. Khan, got his degree in medicine from Dow Medical college, Karachi, Pakistan. He completed his residency in psychiatry at the University of Kansas School of Medicine- Wichita. Currently he is working there as an Associate Professor of Psychiatry.

So far, Dr. Khan is the only Pakistani born Psychiatrist who got this award. Congratulations to Dr. Khan! Keep up the good work.

The publication committee would like to solicit articles and news of interest

for the APPNA Journal. The articles can be submitted to editor.

The last date for winter journal is October 15th.

Muslim Civil Liberties And The USA Of Today



Dr. A. Rashid Piracha.
Past President, APPNA
Presently Cardiologist in
Bluefield West Virginia

And my friend went on with this true narration: "I am a Muslim physician who came to the United States over forty years ago. Actually, the U. S. health agencies sought me out, measured my abilities and potential, offered me a visa on the spot, paid my airline ticket, and after picking me up at the airport, and settled me into a rent-free apartment. They treated me decently, showing no sign of racial or religious bigotry, except in the rare instances expected by the law of average in most human societies. Like other Muslims, I could practice my religion without fear or embarrassment. For instance, I could perform my Salaat at the bus depots, train stations, airport lounges, hotel lobbies, parking lots, any open field. I carefully studied the Constitution of the United States, the Bill of Rights, and the biographies of Ben Franklin, Thomas Jefferson, John Adams, and some other Founding Fathers of the United States. That's when it occurred to me that being a citizen of the United States would not be a bad idea. I let the immigration office in Philadelphia know of my intention and filed my application for the green card. One day they

called me that it was ready, and I picked it up during a lunch break in my residency training. I had no lawyer, no representative, and no rap sheet of my activities to satisfy the immigration officer, who had only pleasantness in his manner, and not a trace of obnoxiousness. Then suddenly, the U.S.S.R. collapsed, setting into motion the next ten-year plan of the United States for conjuring up a new enemy which could be easily sold to its citizens. Surprisingly, or perhaps not, this plan's new enemy? Islam and Muslims, and no belief in Islam on earth was exempt. It was easy to sell mistrust and hate by stirring up the sleeping Judeo-Christian bigotry against Islam and the memory of the eight centuries old crusades. The modern crusade was on, and the defenseless Muslim lands were no more than the video game screens for the US soldiers."

"Despite the fact that my poor nation had footed every penny of the bill for my medical education, and allowed me the opportunity to earn my M.D., I deserted them when they needed my services and abilities the most to bring improvement to their lot. (Compare this to the \$39,000 per year tuition and over \$1,000 per month for an efficiency apartment in Boston that I had to dish out for my son's medical schooling.) Now, I see that it took the elected leaders of the United States only forty days to toss aside my highly skillful and honorable services of forty years to the citizens of the U.S. By enacting the shameful Patriot Act by using the fear of terrorism, they took away, "legally," my civil liberties promised to me by the Constitution and the Bill of Rights. To satisfy their greed for power, bigotry, and racism hidden in their hearts, they made a mockery of these noble documents, letting me in on the joke that these worthy writings of their Founding Fathers were no more than the carrot waved before me and many of my fellow countrymen to rob my poor and developing nation of her capable people through the treacherous policy of brain drain. But how now do I raise a crop in a field when birds have already flown away with the seed?"

Today, the situation for Muslims in a nation tooting the deceptive horn of the freedom of religion is such that when a friend and his son wanted to perform their Salaat prayer in the Philadelphia airport, a security guard immediately approached them and said that they could not say their prayer. When asked why, the guard said "Because of the terrorism." Yes, someone would say why that

friend did not tell the guard that the U. S. Constitution guarantees them the freedom of religion, and that they had for years performed their Salaat at the airports without ever being obstructed from doing it. Well, had they argued with the guard, he would have, out of spite, taken them into custody for "disruption of peace" under the Patriot Act, and then had them incarcerated indefinitely without their being allowed even a legal counsel.

Life without liberty and rights is no life; it is slavery. To fight for a liberty or a right, one must first establish and understand what that liberty or right means. If we say a Muslim's liberty is to be able to practice Islam, A Muslim can be deprived of the liberty to practice his religion in two ways: using force for not allowing him to put his beliefs into actual practice, or distorting Islam so out of shape that it no longer remains true Islam. Another tragedy for Muslims in the United States is that they are being regularly fed the nonsense of "the so-called fighting for our liberties" by our professional and socio-religious leaders who are also engaged in carrying out the latter.

The typical "Muslim" leader in the U.S. is an individual with wealth, and is usually an M.D. Just because he has graduated from a medical school and has the money to donate to various causes, he considers it, despite having no mentionable knowledge of Al-Qor'aan-ol-Kareem, the Hadeeth, and the Fiqh, his inherent right to venture opinions in what Islam is and what it is not. Allaaho Julla JalaaloHo watches, and the Angels shake their heads at this amalgam of arrogance and stupidity called "a Muslim." Are not these leaders who want us to join them in their so called "fight for our civil liberties" the same M. D.fied and moneyfied pseudo-scholars who keep distorting Islam out of shape by their personal opinions based on sheer ignorance and conceit? If they say the U. S. Government is violating our civil liberties by not permitting us our religious freedom, then are they not the ones who are equally responsible for destroying our civil liberty of living our religion by distorting it so out of shape that it remains not the real Islam?

Hence, the U. S. Government and these pseudo-Muslim leaders actually share the goal of depriving Muslims of the liberty to practice their religion. The difference is that to achieve it, one is using
(Continued on page 32)

International Medical Education Curriculum Change



Shazmi Khan, MD, M.Phil., DGO graduated from Rawalpindi Medical College in 1984. Following graduation Professor Khan pursued international training in Twin-Twin Transfusion syndrome at Mt. Sinai Hospital, Toronto. Later, Dr. Khan then also achieved a Diplomat status in OB/GYN and a Masters of Philosophy degree in Pharmacology. At present Dr. Khan is a professor at Ross University, School of Medicine, Dominica..

An Article: Suggested improvements to International Medical Education Medicine has come a long way since the time of Hippocrates. In a world where the human anatomy is still the same but the penicillin is no more the only antibiotic, it is hard to know where medicine is headed. With the immense shortage of physicians and surgeons both in North America and across the world, more and more people are choosing a profession in one or another field of Medicine. So many people plan to be physicians and surgeons and many achieve that goal. However, not all of those people pursue their medical education in their home country.

Many North American have gone to offshore medical schools

in the Caribbean and many from the Middle East have come to Pakistan. Hence there exists a need for recognition of International Medical Education, and more importantly there is a need to understand that the term "Foreign Medical graduate" has become a relative term in Medicine. Fortunately the medical schools in Caribbean are more recognized in the US and Canada because their curriculum is modeled after the North American medical schools which leads to the schools recognition. Hence it can be predicted that a foreign medical school and its graduates can achieve the same objectives as North American medical school as long as the curriculum and students are at par with those in North American medical school.

In recent events the question that many western medical practitioners have raised is that "foreign" medical schools need to pursue efforts that allow for their recognition, and that they need to adapt a more clinical based curriculum that allows for medical students to gain international clinical experience during their medical education. This implies that all medical schools arrange for foreign collaboration and allow for their students to pursue both elective and core general education requirements in an MD /MBBS program abroad. In doing that they will not only help to build the institutions reputation abroad, but will also encourage student's development as a medical professional. This in turn will lead to students taking less time to clear licensing exams across the globe and more time for them to work in the field.

How is that established? The first step would be to educate students in a more integrated curriculum and integrated assesment. Instead of just focusing on objective assessment, medical schools should focus on objective, summative and self assessment. In this process students gain confidence in their knowledge and pursue their career as a passion rather than a liability. Many I V League institutions have actually waived the formative and summative assessment part in the first two professional years of the MD program. E.g. Yale School of Medicine is one of those that does not evaluate the students during the first two years of the MD program, and allows them to integrate their basic sciences with clinical sciences. Yale School of Medicine is also handful of US medical school that requires US licensing examination Step 1 and Step 2 to be passed before starting the 4th year clerkship. In doing that the student works and learns for the sake of their profession not just for

obtaining a medical diploma. Of course that is not possible in a country like Pakistan where instead of licensing exam, students undergo evaluation in form of professional exams conducted by University i.e. a kind of summative assessment for graduates. Hence students are unable to meet the standards of non summative and integrated assessment.

Integration of curriculum comes through appreciation social sciences in lieu of medical science they should be adapted as part of medical education, and bridging the basic, social and allopathic medicine. All three subjects will then help towards better treatment of patients both at home and abroad. A well rounded curriculum should be initiated where surgical skills are learned and practiced with social and preventive medicine. A curriculum which produces a surgeon who not only identifies the inflamed appendix and performs an appendectomy, but someone who can talk with his or her patients and make him feel comfortable both in pre-op and post-op period. A surgeon that can explain to the patient in simple terms what he or she will do and at the same time show interest in the patient by pursuing social conversation and concerns. To this, one might say well that's not part of a surgeon's job description, and truth be told it's not, at least directly. However that is the difference between a good and an Ok surgeon. A surgeon who understands his patient's point of view from social perspective is more likely to be better in his field than those that don't. Similarly a physician would be some one who can combine both preventive medicine, social science and allopathic medicine to help his patient. He will also try to approach his patient with a personal attitude and will diagnose it with a treatment plan that does not immediately rely on broad spectrum antibiotics. He will be able to understand that a patients' concern can have more depth to it than just a medical illness. In applying this approach foreign medical graduates would come at par with western medical graduates.

In terms of curriculum teaching foreign medical schools need to stay abreast with medical curriculums in leading medical institutions. In many countries including Pakistan the medical curriculum is government regulated and so the institution has no control over it. However many institutions like All India Institute of Medical Sciences (AIIMS) has come to improvise it's medical curriculum. Long gone are the days where the Examination question

use to be “Describe the effects of 4 opioids on the human circulatory system” or “Compare and contrast an influenza virus with common cold” This sort of information students already have access through the world wide web. Instead the current curriculum should include a case based learning questions that integrates basic and clinical sciences. In doing that student’s mind will start thinking in terms of application of the basic sciences instead of memorization of fundamental concepts. For example (Janet, a 27 year old, healthy, nonsmoker female who has a 1 year old live healthy child wants to start a combination oral contraception to plan her family. What contraindication you want to rule out before putting Janet on oral contraceptive pills? After taking her menstrual history and ruling out the major contraindications in her, menstrual, medical, family and social history which combination pill you would select and what instructions you give to the patient?) Essentially students will become active learners instead of passive learners. In having this sort of trend in assessment it would be seen the medical students will become better at their diagnosis and would do better in their clerkships and house job/residency. They would think like a clinician and not a basic science

scientist. Pakistani medical school have an edge by having MD’s teach in basic sciences however, many of them fail to use their clinical expertise in delivering basic science education and consequently they are unable to asses the students on application of basic sciences too. In country like Pakistan, where the curriculum is mandated by government, medical school faculty can still achieve the goals of the curriculum by changing their instruction method.

Use of clinical cases and recent research trends in instructing the students and essentially teach them how to apply Katzung’s pharmacology rather than memorizing it, should be used. Also having Problem Based, Team Based and Clinical Based Learning sessions will help students integrate the knowledge in their mind and at their level not at the level of some one who has already learnt this knowledge . In having PBL, CBL or TBL sessions faculty will act as a moderator/ facilitator for the session and students works with their peers to solve the problem presented. Introducing PBL, TBL, CBL session from day one of medical degree program makes students think as a clinician rather than a basic science scientist. The students begin to integrate the basic and clinical sciences, and essentially become active learners. So even though there is no curriculum that integrates the basic and clinical sciences, there are the instruction methods that let the student integrate the knowledge. In doing that, the schools would attract students that truly care about medicine as a profession, and are not pressured into applying to medical schools by parents and families.

Secondly the medical schools would graduate students that are quick thinkers who are not foreign to licensing exams of western countries. The USMLE or PLAB questions would not be strange to them. The students will then find little or no

difference in the education system, which will lead to fewer boundaries for physicians practicing medicine. With these ideas in mind also comes a need to establish and regulate bodies on curriculum of Medical Education across the globe. International non-profit bodies and non governmental organizations such as Foundation for Advancement of International Medical Education and Research (FAIMER) and Institute for International Medical Education (IIME) have been established. However that is not enough. There needs to be an initiative to bridge the gaps between all medical schools. The executives of these bodies along with foreign medical schools need to promote meeting of minds amongst the Deans of medical schools. The need to establish a Federation, if you may that not only enlists recognized medical school, but promotes dialogue amongst medical institution from various parts of the world. By promoting dialogue one would gain better understanding of world’s medical education system and consequently better practicing opportunities for physicians and surgeons.

About the Author

Shazmi Khan, MD, M.PHIL is Associate Professor of Pharmacology at Ross University school of Medicine. Dr. Khan holds diploma of OB/GYN and has gained training at Mt.Sinai Hospital, Canada in Twin-Twin-Transfusion Syndrome. She is accredited by various professional organizations and is currently a candidate for Royal Medical Society of England. Aside from teaching pharmacology, Professor Khan teaches Problem Based Learning, and Introduction to Clinical Medicine. Dr. Khan graduated from Rawalpindi Medical College in 1984, and completed residency in 1988 as a Chief Resident. She lives on the island of Dominica and travels between Honolulu and Toronto which is where her husband and son live.

Muslim Civil Liberties And The USA Of Today

(Continued from page 32)

power; the other, the perversion. One would like to know the purpose of these so-called Muslim leaders in their “fight” for something they themselves are hard at destroying.

The leaders of APPNA and other Muslim organizations in the United States are no different, and are eagerly treading the same path. Now which “fight for our civil liberties” are we to back? The one against the government’s Patriot Act, or against the distortion of our Deen by the “friendly fire” of our own ignorant and arrogant leaders?



Agha Khan medical alumni group

Summer APPNA Meeting 2008 Washington DC



Shahid Yousuf, MD

The Association of Physicians of Pakistani Descent of North America (APPNA) held its annual summer meeting at the Marriott Wardman Park Hotel in Washington DC from June 25-29. The main theme was community empowerment through activism and solidarity.

The activities started early with the "Day on the Hill" which was organized by APPNA Committee on Advocacy, Legislative and Governmental Affairs and was sponsored by Muslim Advocates, Center for Voter Advocacy and Pak-Pac, .

This annual APPNA event held in Washington consists of members meeting their legislators to present their concerns. This year the preservation of American values of individual freedom and upholding of constitutional guarantees was the main theme. Racial and religious profiling as well as taking care of the health needs of underserved US population was also brought to the attention of the legislators. The event culminated in a luncheon during which Senator Joe Biden (D) spoke at length of his vision of aid to Pakistan. The major issues pertaining to the civil liberties of the Pakistani and the Muslim American community were the focus of APPNA Day on the Hill. The problem of significant delays in background security checks and visa issuance to young physicians and students continue to prevail. The broader problem of immigration delays in the issuance of green cards and citizenships is part of the profiling against our community. APPNA has noted existing stereotypic passenger screening policies against the Muslim names at the airports and the border security checkpoints are the most intimidating civil rights violation that our community faces day in and day out. The four days had numerous parallel events. On the educational and scientific side there were numerous medical lectures by experts. APPNA is authorized to issue AMA category I CME certification. There were activities for youth, women and numerous medical college alumni get-togethers.

The attendance was the largest so far and an adjacent hotel had to be used to house the excess attendees. The banquet itself had some 2000 guests. As usual numerous business entities of all descriptions, e.g. real estate offerings, religious and charitable booths, boutiques, jewelry, arts, crafts and carpets, were all on display at the bazaar. There was a mushaira almost every day. The APPNA Alliance, an organization of spouses of physicians, had invited Zia Mohyuddin who enthralled the audience with his polished delivery of a number of Urdu readings. Thirteen Pakistani medical college alumni had their annual meetings and banquets.

Rep. Keith Ellison (D-MN) was the keynote speaker on the banquet night. The night also showed a video produced by Muslim Advocates regarding the appropriate response when US authorities turn up at your door. The video advised the presence of your lawyer when speaking to authorities such as FBI etc. The mushaira had numerous popular poets including Ahmad Faraz, Qasim Peerzada, Gopi Chand Narang, and Noshi Gilani. The entertainment program had a variety of performers including Amanat Ali and Mauli Dave.

All registrants received a copy of former President of USA Jimmy Carter's book "Palestine Peace Not Apartheid"

Synopsis of Residency Seminar APPNA MI July 25th 2008

APPNA MI organized a seminar for prospective residents on July 25th 2008 at Islamic Association of Greater Detroit. The seminar was attended by the local and out of state FMGs as well US med. students from Wayne State University Detroit, MI. A total of 18 participants and six faculty members attended the seminar. The faculty was: Dr.Raouf Seifeldin Dr.Nadeem Khan, Dr.Umer Khan and Hena Tirmizi. Also, Dr. Naeem Khan (President APPNA MI) and Dr.Zulfiqar Ahmed (course organizer) delivered lectures at the occasion.

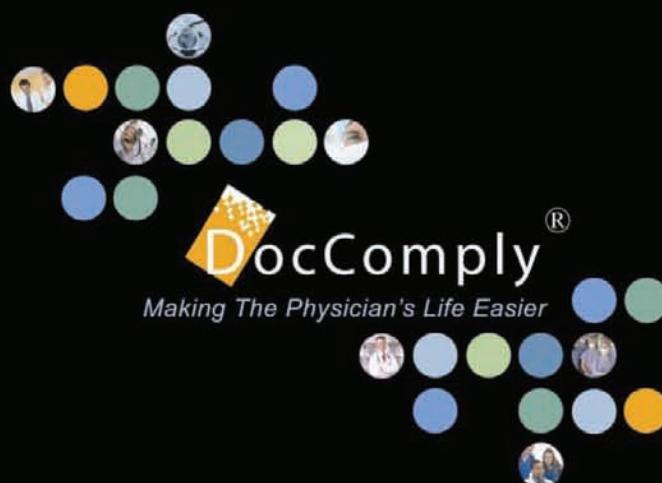
The theme of the seminar was "Communication Skills". The faculty members gave their perspectives on the subject in an interactive session. The important lessons learned in the seminar are as follows.

Communication skills are the key to success. Assess your strengths and weaknesses and work on them. If speech therapy is the answer to a clear communication, then do it. Speak slow and deliberately. Show up on time. Upon entrance in the office, have a strong presence and initiate well. If initiated well, then the interview process will go well. Make eye contact. Smile. Have some one read your resume and personal statements and give constructive criticism. Prepare for difficult questions. Practice in

front of the mirror and a friend. Be genuine, honest and diplomatic. Do not lie but put a positive note on your answer. Have a command on your subject. Read about the recent advances in the specialty and be ready to discuss. Attend the conferences of local chapter of medical society and meet people. Focus on your area on interest. Be a team player but be an individual performer as well. Be genuine and creative. Stay positive despite the unfairness of life.

Zulfiqar Ahmed, M.B., B.S. F.A.A.P.
Staff Anesthesiologist, Children's Hospital of Michigan, Director of Research, Assistant Professor of Anesthesiology, Wayne State University Detroit, MI

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Venice the city of canals, gondolas, pigeons and plazas had much to offer APPNA travellers. The city of Marco Polo offered rich history, landmarks and unique architectural attractions.

<< Photo left . A street art vendor takes a smoking break. To the right is the Rialto Bridge. A passing tourist takes a quick glance. Tourists on the bridge watch waterways with gondolas and boats.

Photo Right >> Pigeons feed off the hands of Dr. Uzma Khalid (Pakistan). Dr. Asma Ahmed (NY) converses with Dr. Uzma Khalid's relatives.



(Above) Mrs. Sabiha and Dr. Arif Qureshi/{FM}
 <<Left (L-R) Drs. Saleem Afridi, Shahnaz Khan and Adnan Zaidi find Venice pigeons eating out of their hands. {AZ}



Sajid Chughtai, Zenida Chughtai, Faiqa Quresni, Nauveed Iqbal, Mrs. Umber Iqbal, Fauzia Rana, Shehnaz Khan, Mrs. Wasima Younus, Fayyaz Mirza, Nuzhat Nisar, Ruh Afza Afridi, Rubab Shah Samina Zaidi exploring canals in Murano and pay attention to two photographers {AZ}



(L-R) Adnan Zaidi, Fayyaz Mirza, Tipu Sultan, Nuzhat Nisar, Nigar Sultan, Shahnaz Khan, Faiqa Quresni, Shireen Qalbani, Waliullah Khan, Wasima Yunus, Samina Zaidi Fauzia Rana at the base of the Spanish Steps, Rome. {AZ}



(L-R) Mrs. Arifa Siddiqui, Mr. Nammuddin Saleem, Anwar Siddiqui and Dr. Rafia Saleem (IL) enjoy afternoon tea near Rialto Bridge, Venice. {MSY}



(L-R) Dr. Rubina Inayat, Mrs. Samina Chaudhry, Mrs. Samina Mirza and Mrs. Durdana Latif enjoy the sights on return from Murano.



Photo to Right >> With map in hand, APPNA tourists roam the bazaars of Venice (L-R) Dr. Zahra Yousof (MI), Saeeda Mobinuddin (OH), Dr. Aziz Arain (IL), Following Dr. Karim Zafar and Mrs. Ejaz Zafar (OH). {MSY}

Photo Below Deborah Ahmed, Waheed Ahmed (Louisville, KY) and Laeeq Ahmed Khan (Houston, TX)



(L-R) Taj M. Khan, Surriya Khan, Mohammad Latif and Naseem Latif (Winter Park, FL) Razia Rahman and Abdul Rehman (Staten Island, NY)

To see more pictures of APPNA Italy CME Trip please visit APPNA's website appna.org



(L-R) Shanon Persaud, Drs. Fahima Qalbani, Askar Qalbani, Mike Persaud take in the sights of Sienna {MSY}



(L-R) Mrs. Farzana Naz, Mrs. Rifat Nagra, Dr. Babra Rana (Burnby BC, Canada) and Nishat Mian (Williamsville, NY) at Sienna {MSY}



(L-R) ?, Dr. Kamran Chodry, Dr. Umbreen Chodry (sitting) and Dr. Jamila Bhatti. Dr. Chodry's children Sofia (left) and Kamran (right) enjoy an ice cream break in Sienna {MSY}



Shopping at the leather factory. (L-R) Mrs. Naheed Safdar and Mrs Firdaus Sharif admire emerging fashions. {MAA}



More shoppers relieve stress of travel by shopping. (L-R) Babra Rana, Rubina Inayat, Sarah Ansari and Shahida Qazi {MAA}



(L-R) Drs. Ilyas Rajput and Zubeda Rajput (Pleasantville, NJ) {MAA} Below Dr. Arif Muslim presents a token of appreciation from the tour group to Dr. Shabbir Safdar {MSY}



A festive gathering at the farewell party on the last evening of the tour (Standing L-R) Rubab Shah, Fauzia Rana, Wasima Yunus, Umber Iqbal, (rear) Nauveed Iqbal, Mahmood Qalbani, Asim Malik, Fayyaz Mirza, Javed Hafeez, Adnan Zaidi, Sameena Zaidi, ?, Rubina Inayat, Afzal Arain, (Sitting) Faiqa Qureshi, Tipu Sultan, Nigar Sultan, Shireen Qalbani, Nuzhat Nisar {MSY}



Above Dr. Hassan Bukhari and Talat Bukhari sample the elixir of youth at St. Moritz, Switzerland. << (Left) The Swiss group of APPNA tourist Photo Right >> (L-R) Mrs. Mahmooda Raza and Dr. Mohammad Raza (Trenton, NJ) in Switzerland



(L-R) Drs. Riaz Ahmad Naseer, Shahida Naseer (St. Louis, MO) and Zahra Yousof (Bloomfield Hills, MI) at Lugano, Switzerland. {MSY}



(L-R) Mrs. Rubina Iqbal and Dr. M. Javed Iqbal (Elizabethtown, KY) Swiss Alps in the background. {MSY}



Swiss Alps form a dramatic backdrop. (L-R) Dr. Athar Ansari and Mrs. Sarah Ansari (Alpine CA). {MSY}

APPNA Annual Summer Meeting, Wardman Park Hotel, Washington DC June 25th - 29th June 2008

Photos by Dr. M. Shahid Yousuf & Dr. M. Afzal Arain



(L-R) Dr. Mahmood Alam, APPNA President 2008 presents APPNA's Gold Medal Award for 2008 to Dr. Shabbir Safdar (MO) Rep. Keith Ellison (D-MN) in center.



Pakistani national anthem sung by Hira Fatima Alam great great grand daughter of Late Abu-Al-Asar Ha-feez Jullandhuri (1900- 1982) author of the anthem.



2008 Elected candidates presented at annual banquet. (L-R) Dr. Saima Zafar Treasurer 2009, Dr. Man-zoor Tariq Secretary 2009 and Dr. Zeelaf Munir President elect 2010. Dr. Mahmood Alam President 2008 present at the ceremony.



<<Photo Left (L-R) Dr. Buharat Ahmad (MI) Dr. Zeelaf Munir Presi-dent elect 2010.

Photo Right>>(L-R) Dr. Sajid Chaudhary Secretary APPNA 2008, Dr. Aftab Ahmad (KY), Dr. Rubina Inayat (FL) and Dr. Manzoor Tariq APPNA Treasurer 2008.



<<Photo Left Social Welfare and Disaster Relief Committee Booth L-R Dr. Khwaja Rehman Dr. Shahab Arfeen Chair SWDRRC Dr. Shagufa Siddiqui and Dr. Sofia Janjua. Posters to the left of the photo depict bone marrow registry drive, AP-PNA Kathai School and Cytogenetic Lab Karachi



ABOVE (L-R) Drs. Ijaz Qayyum (Burr Ridge IL), Dr. Shabbir Safdar (St Louis MO) Mushtaque Sharif (Carol Stream IL, Mubashir Rana (Danville CA) Arif Muslim (New Windsor NY), Hassan Bukhari (Dallas TX), Mufiz Chauhan (Newport AK), Javed Akhtar (Bradford PA) and Adeel Butt (Pittsburg PA)



Rawalpindi Medical College banquet attendees (L-R) Drs. Tanvir Ahmad (L) President elect RMCAANA 2008, Mrs. Farah Ahmad, Dr. Raheela Pizzada President RMCAANA and Dr. Nadeem. Islam.



Growth of APPNA reflected in the numerous booths. Here Sind Medical College booth volunteers register attendees (L-R) Drs. Nadeem Haque, Adil Rasheed, Joseph Emmanuel, Fahim Qureshi, Tahir Mehmood. (Below) CME attendees listen to Sheykh Hamza Yusuf's lecture on medical ethics.





(L-R) Dr. Yasmeena Cheema (at podium) announces the award for Mr. Shahid Malik, UK Minister for International Development for his commitment and support for Malaria control and HIV prevention in the poor nations. Dr. Mahmood Alam, Mr. Shahid Malik with award and Dr. Abdul Rashid Piracha.



(L-R) Mr. Shaarik Zafar, Senior Policy Advisor, Office of Civil Rights and Civil Liberties, Department of Homeland Security receives an APPNA award for his support for Pakistani American community from Dr. Syed Samad (center) President Elect 2009. Dr. Mahmood Alam APPNA President 2008 on the right.



(L-R) Mrs. Samina Chaudhry and Mrs. Mehreen Atiq President APPNA Alliance



Mrs. Shazia Mahmood (KY), Chairperson of the APPNA Alliance Board of Trustees and Chairperson of the Scholarship Committee



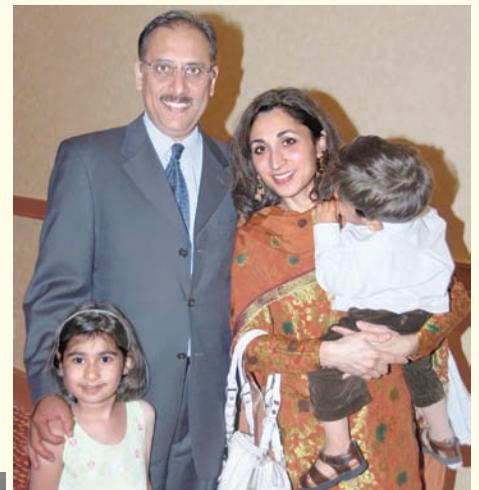
(L-R) Dr. Rafiq Rehman and Dr. Salim Afridi (FL)



(L-R) Dr. Aamer Bhurgri, Mrs. Maira Bhurgri and daughter Hajra (MI)



(L-R) Dr. Manzoor Tariq, APPNA Treasurer 2008 and Mrs. Hamida Tariq



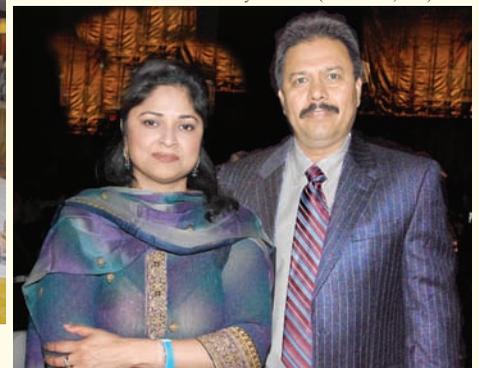
(L-R) Dr. Sohail Ikram and Dr. Farah Ikram and their family (KY) Below Dr. Samina Kazmi and Mr. Syed Kazmi (Charleston, WV)



Mr. Saad Quraishy, son of Dr. Shafi Quraishy (former Principal of Dow Medical College and Secretary Health Government of Sindh) receives the DOGANA Lifetime Achievement Award from DOGANA



DMC class of 1975 rekindle "forgotten memories" of days gone by. (L-R) Drs. Waseem Arain, Tasneem Mirza (FL), Shamim Ansari (WI), Tariq Shaikh (NY) and Abdul Qadir (NY)





<< Photo Left
(L_R) Shaykh Hamza Yusuf receives an APPNA award from Dr. Nadeem Kazi, President APPNA '07 in recognition for the services to the community.
(Photo Courtesy Dr. Afzal Arain, CA)



Breast Cancer Awareness Volunteers (L-R Front Row) Amber Qureshi, Sophia Qureshi, Laila Hakam and Sonal Vijaynagar. (L-R Rear) Tayyab Shaikh and Vilok Vijaynagar. Breast Cancer Awareness is a project of APPNA's Social Welfare and Disaster Relief Committee



Running the meeting Dr. Mahmood Alam (left) confers with Dr. Rizwan Naeem. In the rear left Dr. Abdul Piracha confers with Dr. Ghazala Kazi (center). Dr. Shaheen Mian (extreme right)



PHOTO ABOVE Ms. Amna Bajwa President SAYA and Ms. Ayesha Butt at SAYA booth

<< Photo Left Dr. Saima Zafar (IA) APPNA Treasurer elect 2009 participates in general body proceedings.



(L-R) Mrs. Zubaida Arain (CA), Mrs. Nazneen Muslim (NY), Dr. Shahnaz Akhtar (PA), Mrs. Naheed Safdar (MO) and Saeeda Alam all regular attendees of APPNA gatherings meet once again in DC



Dr. Irum Shahab and Dr. Nasir Shahab , (Columbia, MO)



(L-R) Drs Zeenat Anwar (MI) Shahnaz Khan (FL) Alamgir Khan (MI)



CAPPNA Booth (L-R) Vice President Hana Ahmad (FL), President Farah Nawaz (FL) and Zia Siddiqui (AR)(officer)



(L-R) Dr. Arshad Masood Dr. Rana Masood (Pittsford, NY), Dr. Naheed Chaudhry(Fonthill, ON, Canada) , Yasmin Malik, Nazneen Khan and Dr. Rashid Masood Khan (Loveland, OH)



Dr. Elias Zimdis presented a paper on Stem Cell Research



De. Keith Horvath spoke on MRI guided surgery.



Dr. Syed T. Raza spoke on the corn industry and its health impact in USA



Dr. Farooq Mohyuddin speaking on Immigrant Physician



Dr. Cheryl Winkler discusses Genomic Diversity



Dr. Robin Pearson presents a paper on Primate Heart Transplantation



Dr. Nadeem Afridi delivered a paper on Prevention of Coronary Artery Disease.

Photographs on this page are by Mr. Khan.



(L-R) Dr. Mahmood Alam, Dr. Shad, Dr. Shabbir Safdar



Congressman Andre Carson (D-IN)



Sen. Joe Biden shares a joke with members of the Day on the Hill participants



(L-R) Drs. Mohammed Haseeb, Mubasher Rana and Ijaz Mahmood



(L-R) Dr Afzal Arain presents an APPNA award to Alex Kronemer (holding the award) Co-founder Unity Production Foundation (UPF). Dr. Mahmood Alam center



Dr. Khalid Riaz announcing the names of various recognition awards of APPNA.



HDFNA booth volunteer explains the HDF female literacy project



The volunteers who made smooth running of registrations possible.



Alumni booth volunteers



Nishtar Medical College Alumni Association registration desk



Jewelry vendor makes a sales pitch



Shopper check the insides of a bag before purchase



Attendees ask for directions to events at the registration desk



Miss. Mavara Agha recites the US national anthem.



Free bottled water was available just for the asking



Shoppers engage in intense price bargaining while the vendor presents a united front



Etihad Airways salesman makes his pitch



Right Pakistan International Airline booth



Dr. Durakhshan Tanveer



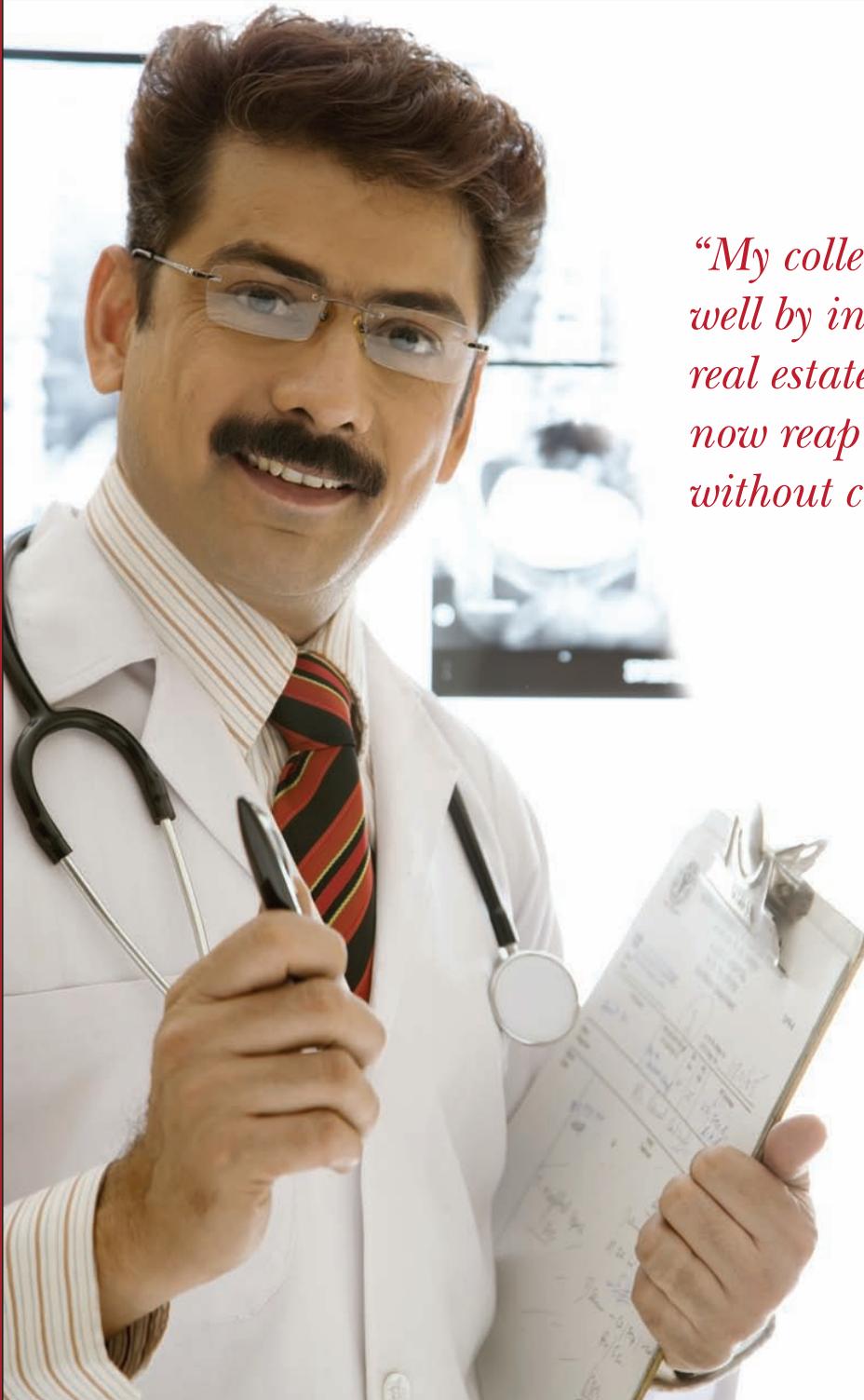
Left Mushaira (poetry recitation) audience, partial view.



Right Dr. Abdul Rehman recites Urdu poetry

Right A partial view of banquet night guests





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ڈاکٹر جاويدا کبر

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اک اور محبت کو سمونے نہیں دیتا
ادراک نیا بیچ یہ بونے نہیں دیتا
ان آنکھوں میں کیسے وہ سجائے نئے سنے
تعبیر کا ڈر رات کو سونے نہیں دیتا
تشنہ ہے زمیں دل کی، مری شہر جنوں میں
عفریت انا کا مجھے رونے نہیں دیتا
دیتا ہے دلا سے تو مجھے وقت ہمیشہ
وہ داغ مگر پیار کے دھونے نہیں دیتا
اخلاص رہے ذہن کے پردے پہ اجاگر
یہ شہر وفا میں کبھی کھونے نہیں دیتا
نفرت کا بھی حقدار سمجھتا نہیں مجھ کو
جو پیار میں پلکوں کو بھگونے نہیں دیتا
جاوید وہ دیتا نہیں جلوہ مجھے اپنا
اور مجھ کو مرے ساتھ بھی ہونے نہیں دیتا

غزل

ڈاکٹر ندیم رفیع

(گریجویٹ 1986ء - کنگ ایڈورڈ میڈیکل کالج)

آنکھوں میں روشنی کا سمندر بکھر گیا
سورج مرے وجود کے اندر اتر گیا

آبِ نمو، ہوا بھی میسر تو کیا کہ اب
تجدیدِ برگ و بار کا موسم گزر گیا

اب کس سے اعتبار کے جذبے ادھار لیں؟
اس شہرِ نا سپاس سے ہر معتبر گیا

پہنا سکوں میں کاش تجھے حرف کا لباس
لیکن مرے وجود کا شاعر ہی مر گیا

رخصت تو ہو گیا وہ مرے شہر سے مگر
اک اشک بن کے دیدہء تر میں ٹھہر گیا

وہ بھی پھر کسی کی تمنا میں کو بکؤ
جس کا خیال مجھ کو لئے در بدر گیا

ہم جا سکے نہ قریہء مہتاب تک ندیم
الزام یہ بھی اپنے مقدر کے سر گیا



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ہوا چھوئے جو تجھے، چاند جو تجھے دیکھے
تمہارے نام پہ سب سے عداوتیں ہوں گی
وہاں پہ مصلحتیں پائیں گی، سزائے موت
جہاں کہیں پہ بھی دل کی بغاوتیں ہوں گی
جسے ثبات سمجھ بیٹھا ہے ناداں بلبل
وہ تیرے آنے پہ گل کی شرارتیں ہوں گی
تمہارے بعد حسین اور بھی ہوں گے لیکن
ہماری آنکھوں سے روٹھی بصارتیں ہوں گی
حماد کتنا چھپائے وہ سب بتا دیں گی
کسی کے ذکر پہ اس کی جو حالتیں ہوں گی

اظہار تشکر:

”اپنا“ اردو میگزین کو خوبصورت اور کامیاب بنانے کا سہرا
لکھنے والوں کے سر ہے۔ (منجانب: سپلی کیشن)

سرکاری، شوقیہ فنکاروں کی موسیقی ہے۔ سرکاری محفل میں بہت سے بھنگڑا ڈال رہے ہیں اور غیر سرکاری محفل میں ڈاکٹر اکمل میز کو طبلہ بنا کر میز توڑ رہے ہیں۔ پتے بھی اچھے، ماہیے بھی دلکش لیکن ایک ڈاکٹر صاحب قصہ سیف الملوک سنا رہے ہیں اور سننے والے دم بخود ہیں، یہ عظیم پاکستان کا عظیم ورثہ ہے۔

ہفتہ کی شام ہے، سالانہ ڈنر ہے، ایک جم غفیر شرکت کر رہا ہے، بہت سی تقریروں کے بعد محفل موسیقی ہے، بہت سے بھنگڑا نمبرز گائے جا رہے ہیں۔ اگر اب بھی کچھ ازبجی چکی ہے تو چلیں ”بین الاقوامی اردو مشاعرہ“ سنیں۔

تلاوت کے بعد جناب سلمان ظفر یعنی ناچیز جناب ڈاکٹر تقی عابدی کی نئی کتاب ”چوں مرگ آید“ کے تعارف کے سلسلے میں ڈاکٹر عبدالرحمن عبدصاحب کوٹیج پر آنے کی دعوت دیتے ہیں۔ مشاعرہ ہوٹل کی انتظامیہ کی مشکلات کی وجہ سے دیر سے شروع ہو رہا ہے۔ لوگوں کو ڈاکٹر عبدصاحب بتا رہے ہیں کہ یہ کتاب شاعر امت علامہ اقبال کے امراض اور ان کی موت کا باعث بننے والے عوامل پر ایک قابل ستائش اور فکر انگیز کوشش ہے۔ بعض سامعین شاعری سننا چاہتے ہیں۔ اس کتاب کی اہمیت عبدصاحب کے بعد خود مصنف ڈاکٹر تقی عابدی اور جناب گوپی چند نارنگ صاحب اجاگر کرتے ہیں، ہال میں سنا سنا جاتا ہے۔ اشفاق حسین صاحب نظامت سنبھالتے ہیں، ڈاکٹروں میں ندیم رفیع صاحب، آصف ملک صاحب، درخشاں تنویر، جاوید اکبر، محمد شفیق، فیض چوہان، آصف ڈار، لطافت حمزوی، سید تقی، عبدالرحمن عبدکلام سے نوازتے ہیں، مقامی شعراء میں سے شفیق خلش، سردار احمد خان، عزیز قریشی، شکیل آزاد، سید کرامت گردیزی، انوار قادری اور مونا شہاب شرکت کر رہے ہیں، آخر میں جناب اعجاز احسن (پاکستان سے) ڈاکٹر عبد اللہ علیگ (میری لینڈ سے) محترمہ حمیرہ رحمان (نیو یارک سے) فیضان حق (بغلو سے) طاہرہ رباب صاحبہ (جرمنی سے) اور ڈاکٹر تقی عابدی (کینیڈا سے) کلام سنا رہے ہیں۔ اور اب سننے جناب احمد فراز کو تقریباً دو بج چاہتے ہیں مگر سامعین فرمائش پہ فرمائش کر رہے ہیں اور فراز صاحب بھی غالباً موڈ میں ہیں۔ اپنا تازہ کلام بھی سنا رہے ہیں اور پرانا بھی۔ جناب گوپی چند نارنگ صدیقی خطبہ دے رہے ہیں اور لوگ ہمہ تن گوش ہیں۔ جناب محمود عالم بحیثیت صدر ”اپنا“ شعراء کرام اور حاضرین کرام کا شکریہ ادا کر رہے ہیں۔ ڈاکٹر محمود عالم صاحب، ڈاکٹر تقی عابدی صاحب کی خدمات برائے اردو کے اعتراف میں اعزازی شیلڈ دے رہے ہیں۔ اس کے بعد مشاعرہ کمیٹی کے ارکان کا شکریہ ادا کرتے ہیں۔ آخر میں ڈاکٹر سلمان ظفر یعنی راقم الحروف مشاعرہ کمیٹی کے ارکان، ڈاکٹر عبد، ڈاکٹر لطافت حمزوی، ڈاکٹر آصف ڈار اور ڈاکٹر فرزانہ بھرا ل کا شکریہ ادا کرتے ہیں۔

تقریباً اتواری کی صبح ہو رہی ہے اور ہاں مقامی ہوسٹ کمیٹی کا بھی شکریہ ادا کرتے ہیں۔ خصوصاً ڈاکٹر سہیل قرنی اور ڈاکٹر طارق شہاب کا شکریہ اور ہر اچھی چیز کی طرح یہ ”اپنا میلہ“ اختتام کو پہنچتا ہے۔

”پھر ملیں گے اگر خدا لایا“



ڈاکٹر سلمان ظفر، کوچیرمین چل کیٹن کمیٹی
گرجویٹ ۶۶ء تا ۱۹۷۱ء اور میڈیکل کالج

میلہ اپنا کا

موسم گرما۔ سال ۲۰۰۸ء

ایک خوش آئند بات ہے کیوں کہ جس ملک میں انہوں نے ہم سے زیادہ مدت رہنا ہے، وہ اس ملک میں نظام کو سمجھنا چاہتے ہیں۔ بہت سے کانگریس مین اور سینٹرز ملنے آئے اور کچھ کا تو پروگرام بھی نہیں تھا مگر وہ پاکستانی امریکیوں کی آمد کی خبر سن کر ملنے چلے آئے ہیں۔ ہمیں لڈی ڈال کر بلانا نہیں پڑا۔

جمہرات کی رات ہے جوشب جمعہ بھی کہلاتی ہے، بعض دوستوں نے ہوٹل میں ڈنر کیا ہے اور بعض راوی کباب ہاؤس میں کبابوں سے لطف اندوز ہو کر آئے ہیں، فہمی نائٹ پروگرام ہے۔ ضیاء محی الدین آواز کے اتار چڑھاؤ سے اور اپنے تاثرات سے حاضرین کو مسحور کر رہے ہیں لیکن ابھی رات جوان ہے، ابھی بہت سی دلچسپیاں ہیں، ڈاکٹر امان اللہ خان اور ڈاکٹر آصف ریاض کی محنت شاقہ سے ”اپنا“ کا چوتھا سالانہ ملٹی پلچرل مشاعرہ ہو رہا ہے۔ ڈاکٹر آصف ڈاکٹر کا کہنا ہے کہ سب زبانیں اللہ تعالیٰ کی مخلوق کی زبانیں ہیں اور اس ناتے سے اللہ تعالیٰ کی زبانیں ہیں۔ پنجابی، سرائیکی، انگریزی میں شاعری سننے کے بعد بھی ”رہے“ نہیں۔ یار دوست مل بیٹھے، ایک میز کو طبلہ بنایا گیا ہے، کچھ گانے والے میری طرح، آپ کی طرح بے سرے ہیں۔ تاہم اس محفل میں زندگی کا سر ہے، زندگی سے لطف اندوز ہونے کا سر ہے۔ پرانے فلمی گیت گائے جا رہے ہیں، لوگ گیت سنائے جا رہے ہیں۔ بیاہ، شادیوں پر گائے جانے والے گیتوں کی تائیں فضاء میں تیر رہی ہیں، کانوں کی لوں گرم ہو رہی ہیں، گانے والیا توں میں واریاں، تیرے گانے توں بل ہاریاں۔ یہ اپنا کی ”غیر سرکاری“ تقریب ہے اور ہر سال اس کی مقبولیت میں اضافہ ہو رہا ہے۔

جمعہ کا دن ہے، بہت سے پروگرام چل رہے ہیں، تعلیمی، سیاسی، مذہبی، وغیرہ وغیرہ۔ ”اپنا“ کا بازار بھی ہے۔ خواتین نئے ملبوسات اور زیورات دیکھ رہی ہیں اور شاید خرید بھی رہی ہیں۔ دیکھنا مفت ہے، خریدنا مفت نہیں۔ امریکہ میں رہنے والے دوہئی سے آئے ہوئے پراپرٹی ڈیلرز سے دوہئی میں گھر خریدنا چاہتے ہیں مگر کسی کو بتائیں نہیں کہ دوہئی والے خود امریکہ میں گھر بسانا چاہتے ہیں۔ جمعہ کی نماز ہو رہی ہے، جمعہ پڑھنے کے بعد وہی گرمی، بازار، جمعہ کی رات المنائی کے ڈنر ہو رہے ہیں۔ صدر جناب محمود عالم ہرڈنر میں تشریف لا رہے ہیں، کھانے کے لئے نہیں، صرف ہر المنائی کو مبارک باد کہنے، شکر یہ ادا کرنے۔ مجھے ایک کلاس فیلو ۲۶ سال بعد ملے ہیں، وہ ویسے کے ویسے ہی ہیں، وقت نے ان کا کچھ نہیں بگاڑا مگر میں۔۔۔۔!

المنائی ڈنر کے بعد محفل موسیقی ہے۔ اس سرکاری محفل موسیقی کے بعد ”غیر

خیال تھا کہ صرف اردو مشاعرے کی روداد لکھوں لیکن اردو ایڈیٹر ڈاکٹر آصف ڈاکر کی فرمائش پر ”اپنا سمر میٹنگ جون ۲۰۰۸ء واشنگٹن ڈی۔سی“ کا کچھ ”آنکھوں دیکھا“ اور کچھ ”کانوں سنا“ حال بتا رہا ہوں۔ آپ اسے میٹنگ کہیں یا میلہ، چاہے کنونشن کہیں یا کانفرنس، اس تقریب میں کئی تقریبات ہیں۔ اس مجموعہ تقریبات میں کئی رنگ درختاں ہیں، اس چمن میں رنگ برنگ پھول مختلف انواع کی خوشبو لٹاتے ہیں۔ ایسی سمفنی ہے، جس میں سینکڑوں ساز موسیقی بکھیرتے ہیں۔

نیویارک سے ساڑھے چار گھنٹے کی ڈرائیو کرنے سے پہلے اور ڈرائیو کرتے ہوئے دوستوں سے واشنگٹن ڈی سی میں مل بیٹھنے کے کئی پروگرام سوچے اور کئی وعدے ہوئے مگر ہمیشہ کی طرح کچھ وعدے وفا ہوئے اور کچھ فریڈا پریٹل گئے۔ آخر اس گہما گہمی میں چار، پانچ دن ہوا ہوتے پتہ نہیں چلتا۔

ہر سال کی طرح بہت سے احباب ملے کہ وہ تو ہر سال آتے ہیں مگر ہمیشہ کی طرح نئے چہرے بھی دیکھے اور کچھ نئے دوست بھی بنائے کہ یہی زندگی کا حسن ہے۔

لابی میں، کارڈ ریز میں، ایلی ویٹرز میں، ریسٹورنٹ میں مرد حضرات اگر گپ شپ لگاتے، قہقہے اڑاتے نظر آ رہے تھے تو خواتین کی اپنی اپنی ٹولیاں بھی اس جشن میں خوش نظر آ رہی تھیں۔ لگتا تھا بچوں کی کھلی چھٹی ہے، موج اڑائیں۔

اب میں صیغہ ماضی سے صیغہ حال استعمال کرتا ہوں تاکہ جو خواتین و حضرات اس میٹنگ میں شرکت نہیں کر سکے، وہ اس تحریر سے یہی محسوس کریں کہ وہ بلفنس نفیس شرکت کر رہے ہیں۔ بدھ کی شام ہے، آئیں رجسٹر کروالیں، کہا جاتا ہے اتنی بھی جلدی کیا، کل رجسٹر کروالیں۔

جمہرات کی صبح ہے، بہت ڈاکٹر صبح سویرے اٹھ کر سی۔ ایم۔ ای کانفرنس میں رجسٹر ہو رہے ہیں، کچھ رجسٹر ہونے کے بعد ناشتہ کر کے واپس سونے جا رہے ہیں مگر اکثریت علم حاصل کرنے کے درپے ہے۔ خدا خدا کر کے یہ صبح کے لیکچر ختم ہوں گے اور پھر لچ کے لئے حاضرین لیکچر کے سامعین سے زیادہ نہیں تو کم بھی نہیں ہوں گے۔ ایک ہم دم دیرینہ سے بات چیت کا آغاز کرتا ہوں مگر آپ نے سنا ہی ہوگا: اول طعام، بعد کلام۔

کیپٹل ہل کی بس میں بیٹھ رہے ہیں، جناب محمود عالم صاحب کی ویژن ہے۔
Empowering Community Through Activism۔ یہ پروگرام انتہائی مقبول ہے، بہت سے ہائی سکول اور کالج کے طلباء بھی جانا چاہتے ہیں اور یہ

ترجیحات زیر غور ہیں



ڈاکٹر وسیم صلاح الدین

گرجویٹ 1983 ڈاؤمیڈیکل کالج - کراچی

نیویارک کے سفر سے پہلے ہمارا بھی ہزاروں، لاکھوں پاکستانیوں کی طرح یہی خیال تھا کہ امریکہ پہنچ کر واپس اپنے ملک میں نقل مکانی کرنے کے بارے میں بات کرنا ایک بے معنی بحث ہے۔ خیال یہی تھا کہ دونوں ملکوں کا آپس میں کیا مقابلہ۔ ایک طرف پاکستان جہاں بجلی، پانی، ٹریفک اور لاء اینڈ آرڈر کی صورت حال بد سے بدتر ہوتی جا رہی ہے۔ دوسری طرف امریکہ کا بہترین سسٹم، ٹریفک، تعلیمی نظام اور بہت کچھ۔ لیکن ان سب باتوں کے باوجود بھی حقیقت یہی ہے کہ:

ع۔ سوسال بس کے بھی یہاں رہنا ہے اجنبی

یہی بات ہے جو شاید سب کو بار بار اپنے ملک لوٹ جانے کے بارے میں سوچنے پر مجبور کرتی ہے اور ایسے ہی کسی موٹر پر انسان ترجیحات کا شمار کرنا شروع کرتا ہے۔ میرے خیال میں انسان کی ترجیحات وقت کے ساتھ بالکل بدل جاتی ہیں۔ کبھی ماں باپ پہلی ترجیح ہوتے ہیں، کبھی معاشی مقاصد، کبھی اپنا کیریئر، کبھی اولاد اور کبھی ان دیکھے خدشات سے تحفظ۔ اپنی ترجیحات کے لئے ہم ہر قسم کے صحیح یا غلط فیصلے کرتے رہتے ہیں۔ آج کل کے حالات کو سامنے رکھ کر دیکھا جائے تو ہم صرف اگلے دو تین سال ہی کی پلاننگ کر سکتے ہیں۔ اس کے بعد کیا سے کیا ہو جائے گا، ہمیں خود پتا نہیں ہوتا۔

یہ بھی ایک حقیقت ہے کہ ہم اپنی زندگی کے فیصلے کرنے میں چالیس، پینتالیس کی عمر تک (یعنی اولاد کے جوان ہونے تک) ہی آزاد ہوتے ہیں۔ اس کے بعد ہماری زندگی کا نظم و نسق ہماری اولاد سنبھال لیتی ہے اور ہمیں پتا بھی نہیں چلتا۔ ڈاکٹر شمیم سلمان نے اپنے مضمون میں شاید اسی قسم کی بات کی ہے۔ مضمون شاید بہت عجلت میں لکھا گیا ہے۔ کچھ جملوں کا مفہوم واضح نہیں ہو سکا۔

ڈاکٹر ابصار کی خوش قسمتی یہ ہے کہ انہوں نے اپنی اولاد کی کمسنی میں ہی پاکستان واپس آنے کا فیصلہ کر لیا اور اسی لئے وہ اس میں کامیاب رہے۔ اس کا ذکر خود انہوں نے اپنے مضمون میں بھی کیا ہے۔ ویسے ڈاکٹر ابصار نے لاء اینڈ آرڈر کے سلسلے میں کچھ احتیاطی تدابیر کا بھی ذکر کیا ہے، جن کو وہ نیویارک میں اختیار کرتے تھے اور ان سے بھی کم احتیاطی تدابیر کے ساتھ وہ پاکستان میں رہ رہے ہیں۔ خود حفاظتی تدابیر یا احتیاطی تدابیر میرے خیال میں بہت ضروری ہیں اور مزید وضاحت کی ضرورت ہے۔ اس سے دوسرے لوگوں کو بھی فیصلے کرنے میں مدد ملے گی۔

یہ تو تھے بیرونی عوامل۔ میرے خیال میں بیرونی عوامل کی اہمیت اپنی جگہ لیکن غیر معمولی فیصلوں کیلئے مضبوط قوت ارادی سب سے زیادہ ضروری ہے اور پاکستان واپسی ایک غیر معمولی فیصلہ ہی ہے۔ نقل مکانی میں مضبوط قوت ارادی ہی پہلی منزل ہے، کبھی ایسا بھی ہوتا ہے کہ ہم خود ہی کوئی فیصلہ نہیں کر پاتے اور کبھی اولاد بہانہ بنتی ہے اور کبھی ملکی حالات۔ ایسا بھی نہیں ہونا چاہئے کہ آج ہم کوئی فیصلہ کریں اور کل کسی کی بات سن کر یا کوئی واقعہ پڑھ کر ٹکٹ واپس کروانے کے بارے میں سوچنے لگیں۔ ایسے لوگ کبھی کوئی فیصلہ نہیں کر پاتے۔ بقول شاعر۔

ارادے باندھتا ہوں، سوچتا ہوں، توڑ دیتا ہوں

کہیں ایسا نہ ہو جائے، کہیں ویسا نہ ہو جائے

پاکستان واپسی کے فیصلے میں وقت یا ٹائم فیکٹر کی بھی بہت اہمیت ہے۔ ہر شخص کو اپنے حالات کے مطابق فیصلہ سوچ سمجھ کر کرنا چاہئے مگر ایک معقول، معینہ مدت کے اندر اندر کیوں کہ کوئی اور آپشن یا کوئی دوسری ترجیح بھی وقت گزرنے کے ساتھ ساتھ سامنے آجاتی ہے اور اسی کشمکش میں زندگی کے کئی سال گزر جاتے ہیں۔

کبھی یوں بھی یوتا ہے کہ ہم اپنی سمجھ کے مطابق بہترین فیصلہ کرتے ہیں لیکن قسمت سے وہ ہمارے لئے خراب ثابت ہوتا ہے۔ اس لئے میرے خیال میں انسان کے اپنے اختیار میں سب کچھ نہیں ہوتا۔ جہاں تک میرا تعلق ہے، میرا تو ابھی پاکستان سے امریکہ نقل مکانی کا عمل مکمل نہیں ہوا۔ اس سلسلے میں میری ترجیحات زیر غور ہیں۔

اپنا اردو میگزین

کے لئے ہمیں آپ کی قیمتی آراء، تجاویز اور مشوروں کا انتظار رہے گا

ڈاکٹر آصف ڈار (مدیر اردو)

غزل



نعیم محمود کوہلی (گریجویٹ 1981ء کنگ ایڈورڈ میڈیکل کالج)

ہم تو ہوئے، مگر تو ہمارا نہیں ہوا
اک دوستی پہ تیرا گزارہ نہیں ہوا
جھوٹا سہی، تشفیء قلب و نظر تو ہو
کوئی بھی ایسا ویسا اشارہ نہیں ہوا
وہ تیرا التفات تھا یا حسن اتفاق
اک بار جو ہوا وہ دوبارہ نہیں ہوا
گرداب جذب و شوق سے ہشیار اے نعیم
اس بحرِ ہاؤ ہو کا کنارہ نہیں ہوا

(ڈاکٹر نعیم محمود کوہلی ’اپنا‘ میگزین کے سابق مدیر ہیں
اور ’اپنا‘ کی ادبی سرگرمیوں میں جانی پہچانی شخصیت ہیں)

کو

”کو؟“ گرائمر میں ہمیشہ مذکر استعمال ہوتا ہے۔ کو صبح صبح موڈ خراب
کرنے میں مدد دیتا ہے۔ ایسا موڈ جو کوئے کے بغیر بھی کوئی خاص اچھا نہیں ہوتا۔ علی الصبح
کوئے کا شور انسان کو مذہب کے قریب لاتا ہے اور زروان کی خواہش شدت سے پیدا
ہوتی ہے۔ کو انہیں سلگتا اور کوشش بھی نہیں کرتا، وہ کانیں کانیں کرتا ہے، ”کانیں“ کے
کیا معنی ہیں؟ میرے خیال میں تو اس کا کوئی مطلب نہیں ہے۔

کوئے کا لے ہوتے ہیں، برفانی علاقوں میں سفید یا سفیدی مائل کو انہیں
بایا جاتا، کو سیاہ کیوں ہوتا ہے؟ اس کا جواب بہت مشکل ہے۔

ڈاکٹر شفیق الرحمن (گریجویٹ 1948ء۔ کنگ ایڈورڈ میڈیکل کالج)

کے مضمون ”ملکی پرندے اور دوسرے جانور“ سے اقتباس

پسند ہیں۔“ تو یہاں کیا کر رہا ہے؟“

”جائے کس DEAF & DUMB گرنز سکول میں“۔ کسی دل جلی

نے کہا۔ ”چلا جائے گا، تم کیوں چمتا کرتی ہو؟“ کسی نے شرارت سے جواب دیا اور
ایک نفرتی قہقہہ گونجا۔

اور اسی شام جب آخری کلاس کے بعد وہ باہر آئی تو وہ ملا۔ بے حد اداس

آنکھوں میں بے شمار سوال لئے۔ ہاتھ میں شاید ایک خوبصورت سا کارڈ تھا۔ ”میں

چند گھنٹوں میں یہاں سے ہمیشہ کے لئے چلا جاؤں گا۔ لیکن جانے سے پہلے

۔۔۔ وہ یہ سن رہی تھی کہ نزدیک سے صوفی اور اس کا گینگ تیزی سے اس کی

طرف بڑھے اور اتنی ہی تیزی سے وہ وہاں سے چلی آئی۔ ”کیا یہ جانتا ہے کہ یہ

جنموں کی کہانی ہے“۔ اور پھر شاید اسے صرف ایک بار دیکھنے کے لئے اسے اور کتنے

جنم لینے پڑیں گے۔

بریلی رات

ڈاکٹر آصف ڈار

ڈھیروں برفاں وچ کلدے نیں

لے رُکھ چناراں دے

برفاں وچ دَبَن نال مکن

رستے ساگر پاراں دے

دل وچ دیوے کب کب بلدے

کنے وچھڑے پیاراں دے

K.E.M.C.

کی ایک اداس شام



ڈاکٹر زہرت بخاری

ہونولولو، ہوائی

بہتر ہے کہ اس محفل میں ہے۔“ جب ہم اکٹھے ہوتے ہیں تو کبھی احساس ہی نہیں ہوتا کہ بچھڑ جائیں گے اور اب ایسا محسوس ہوتا ہے کہ کبھی ملے ہی نہ تھے۔ پھر اچانک نہ جانے کیسے اسے ایک بے حد اداس اور بالکل ادھوری داستان یاد آگئی۔

وہ نارتھ سرجیکل سے مریضوں کی ہسٹری لے کر تیز تیز قدم اٹھاتی واپس جا رہی تھی لیکن گرلز ہوٹل کے پاس مزار پہ چلتے دنیوں کی مدہم سی روشنی میں بے انتہا سکون اور تقدس تھا۔ اتنا سکون جو شاید طوفان کی خبر دیتا ہے، پھر اچانک جیسے اس کی زندگی ہمیشہ کے لئے اسی لمحے پتھم گئی ہو، جب اسے احساس ہوا کہ کوئی کچھ پوچھ رہا تھا اور ایک دم دنیوں کی روشنی میں قوس قزح کے رنگ جھلملانے لگے۔ ”یہ کون ہے۔۔۔ کہاں سے آیا ہے۔۔۔؟“ کیا اتنے حسین لوگوں کے ہونے کے باوجود یہ مختلف تھا۔ وہ اسے جانتی تھی۔۔۔ پہنچاتی تھی۔

اس نے کچھ حیرت، کچھ شرارت سے اپنا سوال دہرایا، شاید وہ پٹیا لہ بلاک کا راستہ پوچھ رہا تھا، بمشکل وہ ہاتھ کے اشارے سے جواب دے سکی۔

اس کے دل اور دماغ کے سوالوں کا کوئی جواب نہ تھا، اپنی بنگالی روم میٹ سے مدد چاہی، ”ارے کیا تمہیں معلوم نہیں کہ اگر پچھلے جنم میں چاہنے کے باوجود بھی نمل سکیں تو دوبارہ جنم لیتے ہیں اور نہ پہچاننے کے باوجود ایک دوسرے کے لئے اجنبی نہیں ہوتے۔“ اچھا تو یہ جنموں کی کہانی ہے۔

وہ اکثر نظر آتا، صوفی سے باقی تمام لڑکوں کے ساتھ ساتھ اس کی بھی انفارمیشن ملتی رہی، کسی دور دراز یونیورسٹی سے کوئی Thesis مکمل کرنے کچھ عرصے کے لئے یہاں آیا ہے۔ بہت پاپولر ہے اور کافی لڑکیوں کا فیورٹ بھی۔ بہت باتیں کرتا ہے، کافی Impressive ہے۔

وہ حسب معمول ایک گوشے میں نوٹس دیکھ رہی تھی۔ ”آپ اتنی خاموش۔۔۔ اتنی پراسرار کیوں ہیں؟“ وہ وہاں موجود تھا، ”نہیں تو“ وہ بمشکل اتنا ہی کہہ سکی۔ ”تو آپ کو بولنا بھی آتا ہے“ اور پھر وہ اسے نہ جانے کیا کیا بتا رہا تھا۔ اپنے بارے میں اور نہ جانے کس کس کے بارے میں۔۔۔ اس نے ایک لفظ بھی نہیں سنا۔ کیا یہی کم تھا کہ وہ اس فضا میں موجود تھا جہاں وہ تھی۔

پھر ایک شام وہ اسے مزار کے قریب ملا۔ ”انسان کو اتنا پراسرار نہیں ہونا چاہئے کہ دوسرا کچھ جاننے کے لئے ٹرپ اٹھے۔“

اور پھر ایک رات بے انتہا فیشن زدہ لڑکیوں کا گروپ لڑکوں کو ڈسکس کر رہا تھا کہ اچانک اس کا ذکر آگیا۔ ”ٹھیک ہے، مغرور ہے، سب کو توجہ دیتا ہے لیکن کسی کو خاص توجہ“ نہیں دیتا اور سخت قدامت پسند ہے۔ کہتا ہے کہ اسے خاموش لڑکیاں

آخری بار K.E.M.C کے سیاہ بوجھل لوہے کے گیٹ سے نکلے ہوئے اسے بے حد دکھ ہوا۔ نہ جانے کتنے سالوں سے کتنے ان گنت سٹوڈنٹ اسی طرح اس گیٹ سے الوداع کہہ کر باہر کی دنیا میں ہمیشہ ہمیشہ کے لئے گم ہو جاتے ہیں۔ کبھی نہ واپس آنے کیلئے، اگر بھولے سے کوئی ہمت کر کے آ بھی جائے تو کون اسے پہچانے گا۔۔۔ وہ ساتھی۔۔۔ وہ رستے تو بہت دور رہ گئے ہیں۔ سب لوگ بدل جائیں گے۔ یہ حال ماضی بن جائے گا۔ اور دنیا میں بہت کم لوگ ماضی پرست ہوتے ہیں۔ جو ”گئے سے کاسوگ“ مناتے ہیں۔

اب یہاں سب اجنبی ہوں گے۔ تمام تقریبات، مباحثے، سپورٹس ویسے ہی پر رونق ہوں گے۔ اس کے نہ ہونے سے کسی کو کوئی فرق نہیں پڑے گا۔ کوئی کمی نہیں آجائے گی۔

وہ ایک بے حد پرسکون اور دلکش سحر تھی جب وہ اس خوبصورت جزیرے میں بالکونی سے آہستہ آہستہ بلند ہوتے سورج کو دیکھ رہی تھی، جس کی سنہری کرنوں سے گہرے سبز سمندر کی لہریں اور آسمان کے بادلوں کے کنارے چمک اٹھے تھے۔ نہ جانے سامنے پڑے سنہری کپ کی براؤن کافی میں سے معطر بھاپ نے کب سے اٹھنا بند کر دیا تھا۔

اچانک فون کی مسلسل بجتی گھنٹی نے سکوت توڑا۔ ”بہت مشکل سے تمہارا نمبر ملا ہے۔ سنا ہے کہ تم کسی دور دراز جگہ پر بے حد اداس، سب سے الگ تھلگ رہ رہی ہو اور کوئی بھی تمہارے بارے میں کچھ نہیں جانتا۔ یہ اس کی کلاس فیلو، پرانی روم میٹ نزی تھی۔ ”اچھا“؟ اس کا چہرہ بڑھا۔ ”اور کیا سنا ہے؟ ویسے ذکر میرا مجھ سے

غزل

ڈاکٹر عبدالرحمن عبد

کسی سے گفتگو کرنا بسا اوقات مشکل ہے
مجھے آسان ہے اب شعر کہنا، بات مشکل ہے

سبھی کو علم ہے کہ آج کل حالات نازک ہیں
حقیقت کو بیاں کرنا دریں حالات مشکل ہے

عدو سے کوئی یہ کہہ دے کہ اب خنجر بکف آئے
ہمارا قتل آسان ہے، ہماری مات مشکل ہے

کروڑوں راز ہیں کہ ماورائے فہم انساں ہیں
سمجھ میں آسکے ہم کو خدا کی ذات مشکل ہے

مشینوں نے تو اب مفلوج کر کے رکھ دیا ہم کو
ہمارا آج کل جینا بجز آلات مشکل ہے

یہ دنیا ہے یہاں شام و سحر یکساں نہیں سب کے
کسی پہ دن ہوئے بھاری، کسی پہ رات مشکل ہے

(ڈاکٹر عبدالرحمن عبد اپنا اردو میگزین "کے قارئین کے لئے جانی پہچانی شخصیت ہیں۔
وہ بطور مدیر کئی سال میگزین کے لئے خدمات سرانجام دے چکے ہیں)۔

ہو چکی ہے۔ غالباً اسی وجہ سے کوئی گرل فرینڈ بھی نہیں مگر ڈینس اس بات پر بھی قانع
معلوم ہوتا ہے۔

ڈینس کی اپنے بھتیجے اور بھتیجیوں سے محبت کی وجہ سے اس کو چچا کہنا، مجھے
بہت مناسب لگتا ہے، کلینک کے سارے لوگ اس کی ذہانت اور قابلیت کو دیکھ کر
سوچتے ہیں کہ وہ کیوں اپنی حالت کو ٹھیک نہیں کرتا۔ وہ چاہے تو کچھ کورسز لے کر ایک
آدھ ڈیپلومہ حاصل کر سکتا ہے اور پھر ایک اچھی نوکری تلاش کر سکتا ہے، مگر مجھے تو وہ
کوئی خبلی سافلسفر لگتا ہے۔

میرا ذاتی خیال ہے کہ ہماری دنیا میں فرزانوں کی بہتات ہو گئی ہے اور
اس وجہ سے ترقی کی دوڑ میں ہم ایک دوسرے کے پاؤں تلے آ کر کچلے جا رہے ہیں۔
امریکہ سمیت ہر ملک میں چچا ڈینس ایسے دیوانوں کی ضرورت ہے، جو فرزانوں کے
ہاتھوں دنیا کو تباہ ہونے سے بچا سکیں۔

غزل

نعیم محمود کوہلی

(گر بچو بیٹ 1981ء گنگ ایڈورڈ میڈیکل کالج)

مُحبتاں دے روگی ناں دوا دارو منگدے
اے تاں نمائے دکھ دسدے وی سنگدے

ہتھ وچ ٹھوٹھا کتئیں کچ دیاں مندرائیں
سکھ چین پیار دی خیرات پئے منگدے

زلفاں دی چھاں ہووے بھلیاں تے ہاں ہووے
اپنی اوقات نالوں وودہ ناں جے منگدے

محل منارے ساڈے کسے درکار نہیں
ربا سانوں سچاں دے رنگ وچ رنگدے

چچا ڈینس



ڈاکٹر غزالہ قاضی

خلاف دونوں نقطہ نظر بہت تفصیل سے بیان کئے۔ اس تفصیل میں اس کی وسیع معلومات واضح نظر آ رہی تھیں۔ دونوں نقطہ نظر معلوم ہونے کے باوجود ڈینس جنگ کا حامی ہرگز نہ تھا۔ اس کی باتوں سے مجھے حیرت ہوئی کہ وہ بچپن میں لوگوں کے اس کلینک میں واحد شخص تھا جس نے معمول کے میڈیا کے علاوہ بھی خبریں اور کنٹری سن رکھی تھی۔ باقی لوگ یا تو سیاست سے کوئی دلچسپی نہیں رکھتے یا سی۔ این۔ این اور فاکس کے چینل پر ہی خبریں سنتے ہیں۔ کچھ کا نقطہ نظر یہ تھا کہ چونکہ انہوں نے ایک بار سوچ سمجھ کر لیڈر چن لئے تھے، سو اب جو جنگ کا فیصلہ انہوں نے کیا ہے، ٹھیک ہی ہوگا۔

سیاست کی بات ہر جگہ کی طرح یہاں بھی بہت محتاط طریقے سے کرنا پڑتی ہے کہ کوئی کسی بات سے غلط مطلب نہ لے۔ میری اس کے بعد ڈینس سے گا ہے گا ہے لہجے ٹائم پر بات ہوتی تھی، میں نے پچھلے کئی برسوں سے یہ طریقہ اختیار کیا ہے کہ اخبار میں صرف خبروں کی سرخیاں اور ادارتی صفحہ پڑھتی ہوں۔

ٹی وی وغیرہ پر خبریں سننا بھی میں چھوڑ رکھا ہے، اس کی وجہ نیشنل انٹرنیشنل خبروں کی ہولناکی ہے جو مجھ پر ایک ڈیپریشن کی کیفیت طاری کر دیتی ہے۔ یہی وجہ تھی کہ ڈینس سے گفتگو کے دوران مجھے خبروں کی تفصیل کا کم ہی پتا ہوتا تھا، مگر مجھے اکثر وہ خبروں کا خلاصہ بتا دیتا۔ اسے بھی دنیا میں جاری قتل و غارت گری اور جنگ و جدل سے سخت نفرت ہے۔ خصوصی طور پر بچوں پر ہونے والے ظلم پر بہت جذباتی ہو جاتا ہے۔ میں نے ڈینس کی سیاست اور تاریخ کی معلومات سے متاثر ہو کر اس سے پوچھا کہ وہ انٹرنیٹ کی کن سائٹس (SITES) پر جاتا ہے، تو معلوم ہوا کہ اس کے پاس کمپیوٹر ہی نہیں ہے، کہنے لگا کہ کمپیوٹر لینے کے بجائے وہ ایک نئی وین کے لئے پیسے جمع کرنا چاہتا ہے۔ نئی وین اس لئے نہیں خرید سکتا کہ سارے پیسے پرانی وین کو ٹھیک کروانے میں خرچ ہو جاتے ہیں۔ ڈینس کی وسیع معلومات اور اظہار بیان کے طریقے کو دیکھ کر لگتا ہے کہ وہ بہت سی ڈگریوں کا مالک ہوگا، لیکن اس کی تعلیم صرف ہائی سکول (بارہ جماعتیں) تک ہے۔

ڈینس کیلی فورنیا کی ریاست سے اوہایو (OHIO) کے اس چھوٹے سے قصبے میں اپنے بچپن اور بھتیجیوں کی وجہ سے آسا ہے، بھائی اور بھابی کی طلاق کے بعد اس کی بھابی نے دوسری شادی کر لی۔ بچے اپنی ماں کے ساتھ رہتے ہیں، ان بچوں کو بچپن میں ڈینس نے ہی پالا اور وہ ان کے قریب رہنا چاہتا ہے۔ لہذا ان سے دس پندرہ میل کے فاصلے پر ایک چھوٹے سے اپارٹمنٹ میں قیام پذیر ہے۔ اپنی شادی اس لئے نہیں کی کہ تنخواہ بہت تھوڑی ہے اور شاید اب تو اکیلے رہنے کی عادت

میریالا (Marietta) کے اس واک ان (Walk-In) کلینک میں ڈینس کی جاب کوریئر (Courier) کی ہے۔ کوریئر کو اردو میں ہر کارہ کہتے ہیں جو گھوڑے پر سواریک سپاہی کا تصور ذہن لاتا ہے۔ ڈینس کا کام مختلف دفاتروں میں ڈاک اور دوسری چیزیں پہنچانا ہے۔ باون سالہ ڈینس عینک لگا کر بہت پڑھا لکھا اور معتبر سا شخص لگتا ہے۔ وہ سارا دن ایک پرانی سی وین میں چیزیں ڈھوتا ہے۔ یہ بے ضرر سا شخص ویسے تو خاموش طبع نظر آتا ہے، لیکن گفتگو کے شروع ہوتے ہی فقرے چست کرنے اور ہنسی مذاق کرنے میں ماہر ہے۔

اس کا ہنسی مذاق ہمیشہ اخلاق کے دائرے میں ہوتا ہے۔ کلینک میں کوئی بھی ایسا شخص نہیں جو ڈینس کو پسند نہ کرتا ہو۔ ڈینس غیر شادی شدہ ہے، اس لئے لڑکیاں اسے چھٹی ہیں کہ وہ اس کے لئے بیوی تلاش کریں گی، یہ وعدہ ہے جو تین چار سال سے وفا نہیں ہوا۔

ڈینس کو دوڑنے کا بہت شوق ہے اور وہ لڑکپن کے زمانے سے اب تک کئی ریسوں میں حصہ لے چکا ہے، اگر وہ کسی روز لنگڑاتا ہوا دفتر آئے تو سب سمجھ لیتے ہیں کہ اس نے کسی لمبی ریس میں حصہ لیا تھا۔ کھانے پینے کے معاملے میں ویسے تو بہت محتاط ہے کہ موٹا نہیں ہونا چاہتا لیکن مفت ہاتھ میں آنے والے کیک اور پیٹریاں کبھی نہیں چھوڑتا۔ شروع میں مجھے اس کی شخصیت میں کوئی دلچسپی پیدا کرنے والی خوبی معلوم نہ ہوئی۔ یہی وجہ ہے کہ میں نے اس سے پہلو، ہائے اور میرے لئے تمہارے پیکٹ میں کیا ہے؟ سے گفتگو آگے نہیں بڑھائی تھی؟

ایک روز عراق کی جنگ کے دنوں میں، میں اپنا نقطہ نظر کسی سٹاف ممبر سے بیان کر رہی تھی کہ ڈینس نے سن لیا۔ اس نے مجھے اس جنگ کے حق میں اور

غزل

ڈاکٹر مفیض چوہان

(گریجویٹ 1973ء کنگ ایڈورڈ کالج)

تری التفاتِ نظر کا اثر ہے
وگر نہ کہاں میں کہاں تیرا در ہے
یہ خاکوں میں لتھڑی دبی سسکیاں ہیں
خرابات کی زندگی مختصر ہے
نہ تو ہی خدا ہے، نہ میں کوئی موسیٰ
اٹھا دو یہ چلمن، تمہیں کیسا ڈر ہے
نہ ہیں پھول نظروں میں، نہ کوئی کانٹے
یہ کیا وادیاں ہیں، یہ کیسا سفر ہے
تری اک نگاہِ کرم کے میں صدقے
نہ روزِ حشر کا مجھے کوئی ڈر ہے
مجھے تم اکیلا سمجھ کر نہ چھوڑو
مرے رہبرو! مجھ کو ساری خبر ہے
مفیض! انتہائے محبت تو دیکھو
کہ سنگ اس کے ہاتھوں میں اور میرا سر ہے

منظم طریقے سے چلاتا ہے اور چلائے رکھتا ہے کہ یہ عمر بھر بس یوں ہی از خود سپارک
دیتا چلا جاتا ہے۔ اس برقی نظام کے ساکت ہونے کا نام موت ہے۔

اب دیکھنا یہ ہے کہ کیا اسی گوشت کے بنے دل کو مسکن روح اور سکونت
گاہ خودی سمجھنا چاہئے یا اس کے علاوہ بھی انسان کے مادی وجود کے اندر کوئی مقام
ہے جسے یہ شرف حاصل ہے۔ میں تو یہ سوال کروں گا کہ کیا، اس عالمِ بالا کی مخلوق کے
لئے کسی مادی وجود کی یا مقام کی ضرورت بھی ہے یا نہیں؟ عین ممکن ہے کہ سینے اور دل
کو محض علامتی طور پر روح کا مسکن بتایا گیا ہو، گویا ایسے مسکن کی چنداں ضرورت نہیں۔

بایں ہمہ، جب دل اور مقامِ دل کا عرفان ہو جائے تو انسان کے دل کے
ذہن پہ وہ کیفیت طاری ہو جاتی ہے کہ وہ اپنی زندگی، اپنی ذات اور اپنے ماحول سے
مطمئن ہو جاتا ہے۔ اہم نقطہ یہ بھی ہے کہ بنیادی طور پر ایک ہی ساخت کا دل ہر
انسان کے سینے میں پایا جاتا ہے، چاہے وہ انسان کسی بھی مذہب یا طبقہ فکر سے تعلق
رکھتا ہو۔ اسی لئے صوفیاء کا طریقہ رہا ہے کہ وہ ہر انسان سے حسنِ اخلاق سے پیش
آتے ہیں۔ کسی کا دل توڑنا، ان کے نزدیک بہت خراب عمل ہے۔

”مسجد ٹھادے، مندر ٹھادے، ٹھادے جو کج ٹھیندا

پر نہ دل کس دا ٹھانیں، رب دلاں وچ رہندا“

(مسجد گرادے، مندر گرادے اور جو تم سے گرایا جاسکتا، بے شک اسے گرادے مگر
ایک کام مت کرنا۔ کسی کا دل مت گراننا (توڑنا) کیوں کہ خدا دلوں کے اندر رہتا
ہے)

چھوڑا

ڈاکٹر جاوید اکبر

کیا خبر ہائی اور نکھڑا ویسی دل موبجھا ماندا کرو ویسی
اوسنے بھٹنے ماسم کوں بھاندا آن بھاندا کرو ویسی
کر لاٹ ہوسی دل دے و ہڑے ہر نیر کوں و ہندا کرو ویسی
جاوید وچھوڑا ڈے میکوں او آپ کوں وانڈھا کرو ویسی

پورا آسمان نظر آتا محسوس ہوتا ہے۔ جب یہ وجود اپنا تشخص قائم کر لیتا ہے اور نشوونما پانا شروع کرتا ہے تو کیفیت ہی کچھ اور ہو جاتی ہے۔ انسان اس مادی دنیا کے علاوہ ایک اور دنیا سے اپنا تعلق قائم کر لیتا ہے اور صحیح معنوں میں منصب نائب یزداں کو سمجھتا ہے۔

آئینہ دل چوں شود صافی و پاک

نقش باہنی برون از آب و خاک

”جب دل کا آئینہ پاک و صاف ہو جاتا ہے یہ اس مادی دنیا سے ماورئی (عالم بالا) مناظر دیکھنے قابل ہو جاتا ہے۔“ پھر ایسے انسان کا مشاہدہ عین الیقین بن جاتا ہے اور اسے عالم بالا کے بارے میں کسی اور ثبوت کی ضرورت نہیں رہتی۔ کیفیت یوں ہو جاتی ہے کہ بقول علامہ سیماب اکبر آبادی:

حرم اور دیر کے کتبے وہ دیکھے جس کو فرصت ہے

یہاں حد نظر تک صرف عنوانِ محبت ہے

پھر کسی اور نشانِ راہ کی ضرورت رہتی ہے نہ فرصت۔ انسان سراپا محبت بن جاتا ہے اور اس کے اندر سے تمام وہم و گمان نکل جاتے ہیں۔ وہ کسی کو اپنے سے کمتر نہیں سمجھتا اور تمام مخلوق سے پیار کرنے لگ جاتا ہے۔ اس کے مشاہدات لا متناہی ہو جاتے ہیں۔ ایک مشکل ہے کہ وہ ان مشاہدات کو دنیاوی زبان میں کسی اور کو بیان کرے بھی تو کر نہیں پاتا۔ اگر کوشش بھی کرے تو سننے والا ان مشاہدات کی حقیقت کو تسلیم نہیں کرتا اور کہنے والے کو مجنون یا حواس باختہ سمجھنے لگتا ہے۔ ان مناظر کی کیفیت ایسی ہے کہ روز مردہ کے انسانی مشاہدے سے بالکل جدا ہے اور لغت انسانی میں کوئی حروف ایسے نہیں جو ان مناظر کی ترجمانی کر سکیں۔ ایسی کوشش بھی اس حقیقت کے ساتھ نا انصافی کے مترادف ہے کیوں کہ الفاظ اس حقیقت کا احاطہ نہیں کر سکتے۔

اپنے دل کے ساتھ رابطہ استوار کرنے کے لئے اور اس آئینے میں مناظر ماورئی کے مشاہدے کے لئے انسان کو اس مادی دنیا کے معاملے سے مکمل کنارہ کشی کرنا ضروری ہے۔ اگر ایسا ہو سکے تو پھر ایک ایسا مقام آتا ہے جب بیداری کی حالت میں کھلی آنکھوں کے باوجود، انسان اپنے حواسِ خمسہ کے اثرات سے منقطع ہو کر دل کی آنکھیں کھول کر کسی اور دنیا کے مناظر دیکھ رہا ہوتا ہے۔

اس کے برعکس دنیا سے محبت اور دنیاوی خواہشات کی پیروی انسان کو آہستہ آہستہ اپنے آپ سے دور کر دیتی ہے اور ایک ایسا وقت آ جاتا ہے کہ وہ اپنی حقیقت اور زندگی کے اصل مقصد کو بھول جاتا ہے۔ دل کا آئینہ زنگ آلود اور تاریک

کی حالات میں زندگی گزارتا ہے۔ اسی کیفیت کو اقبال نے یوں بیان کیا ہے:

”عشق ناپید و خرد می گرددش صورتِ مار
عقل کو تابع فرمانِ نظر کر نہ سکا“

یعنی چونکہ آج کے سائنس زدہ انسان میں عشق کا فقدان ہے، لہذا اس کی عقل اسے (مشکل سوالات کر کے) سانپ کی طرح ڈستی رہتی ہے۔ یہ اس باعث کہ یہ انسان ہر مشاہدے کو عقل کی کسوٹی پر پرکھنے کی وجہ سے ان مشاہدات پر یقین سے محروم ہے اور محروم رہے گا۔

معلوم ہوا کہ اس مادی دنیا کے علاوہ بھی کوئی دنیا ہے جس کا تعلق ہماری اس دنیاوی زندگی کے ساتھ ہے۔ اس دنیا سے مستفیض ہونے کے لئے دل کے آئینے کو صاف کرنا ضروری ہے تاکہ اس کے عکس ہم اس آئینے میں دیکھ سکیں۔ دل کی پرورش یعنی اس روحانی وجود کی پرورش نہایت ضروری ہے تاکہ انسانی وجود مکمل ہو سکے۔ اسی بات کے پیش نظر مولانا جلال الدین رومی کہتے ہیں۔

”دل بدست آور کہ رج اکبر است۔ از ہزاراں کعبہ یک دل بہتر است

کعبہ بنگاہِ خلیل اکبر است۔ دل گزر گاہِ جلیل اکبر است

یعنی ”دل کو حاصل کر کہ یہ عمل رج اکبر کی مانند ہے۔ ایک (پاک و صاف) دل ہزار کعبوں سے بہتر ہے۔ (وہ اس لئے کہ) کعبہ سیدنا ابراہیم علیہ السلام کی جگہ ہے مگر دل وہ چیز ہے جس میں رب اکبر کا گزر ہوتا ہے“۔

جہاں تک علم سائنس کا تعلق ہے، سائنس ہمیں سکھاتی ہے کہ دل بھی باقی جسم کی طرح گوشت پوست کا بنا ہے اور اس کا کام ایک پمپ کے جیسے ہے جس کے مختلف حصوں کے سکڑنے پھیلنے سے رگوں کے ذریعے پورے بدن میں خون مہیا کیا جاتا ہے۔ دل کے اندر برقی تاروں کا ایک منظم سلسلہ ہے جو اس سیٹھ اور پھیلاؤ کا محرک ہے۔ ان برقی تاروں کو دل کے ایک خاص مقام (S.A.Node) سے ایک منٹ میں تقریباً 72 مرتبہ، ایک Spark ملتا ہے جس سے یہ دل کے تمام حصوں کو بالترتیب حرکت میں لا کر خون کی ایک طرف روانگی کو برقرار رکھتا ہے۔ دل کا یہ برقی نظام (جسم کے باقی حصوں کی طرح) دماغ کے زیر اثر نہیں ہے۔ سائنس آج تک یہ سمجھ نہیں پائی کہ اس سپارک دینے والے نقطہ (S.A.Node) کو آخر کون اس

مقامِ دل



ڈاکٹر عبدالرحمن عبد

جہاں دل ہے، وہاں وہ ہیں، جہاں وہ ہیں، وہاں سب کچھ
مگر پہلے مقامِ دل سمجھنے کی ضرورت ہے

(سیماب اکبر آبادی)

انسان ان پڑھ ہو یا پڑھا لکھا، امیر ہو یا غریب، مرد ہو یا عورت، کسی دین
و مذہب کا پابند ہو یا بے دین، اس ایک بات کا قائل ضرور ہوتا ہے کہ اس کے اندر دل
نامی کوئی چیز ہے جو اسے اپنا ایک خاص تشخص دیتی ہے اور جس سے وہ اپنے
معاملات میں رہبری حاصل کرتا ہے۔ وہ ہمیشہ اس دل کو خوش رکھنے کے لئے کوشش
کرتا رہتا ہے اور اس دل کی آواز کو اپنی مرضی سمجھتا ہے۔ دل مانے گا تو انسان خوشی
سے کوئی کام کرے گا اور اگر نہ کرے گا تو اس کام میں کوئی لطف باقی نہیں رہے گا۔
آخر یہ دل ہے کیا شے؟

کیا دل گوشت کے اس لوتھڑے کا نام ہے جو ہمارے سینوں میں دھڑکتا
رہتا ہے اور خون کی گردش کو عمل میں لاتا ہے۔ اس کی حیثیت اس سے بڑھ کر کچھ اور
بھی ہے۔ آخر کار اس دل کا، ہمارے احساسات اور جذبات کے ساتھ کیا تعلق ہے۔
آئیے! اس بات پر ذرا غور کرتے ہیں۔

دل کے بارے میں مولانا جلال الدین رومی فرماتے ہیں۔

”تومی گوئی کہ دل از خاک و خون است۔ گرفتارِ طلسمِ کاف و نون است

دل ماگر چه اندر سینہ ماست۔ ولیکن از جہان ما برون است“ (رومی)

”تو یہ کہتا ہے کہ دل خاک اور خون (کی آمیزش) سے بنا ہے

(لگتا ہے کہ) تو کاف و نون یعنی ”کن“ کے جادو میں گرفتار ہے

(حقیقت یہ ہے کہ) گو ہمارا دل ہمارے سینے میں ہے

یہ ہمارے جہان (عالمِ کن فکاں) سے باہر کی چیز ہے۔“

ان اشعار سے ظاہر ہوتا کہ مولانا رومی کی نظر میں وہ لوگ جو دل کو محض

گوشت اور خون سمجھتے ہیں وہ اصل مقامِ دل سے موافق نہیں۔ یہی وجہ ہے کہ انہیں

ذاتِ خداوندی کا عرفان بھی کما حقہ نہیں ہے۔ طلسمِ کاف و نون سے ان کی مراد

قرآنِ پاک میں بیان کردہ عملِ تخلیق کائنات (کن فیا کون) کی طرف ہے۔ مگر

ساتھ ہی ان کا اشارہ ”نفخ فیہ من روحی“ کی طرف بھی ہے، یعنی کائنات تو امرِ کن

سے بن چکی تھی مگر جب حضرت آدم (اور بنی نوع) کے لئے تخلیق کا وقت آیا تو اس

تخلیق کے لئے ایک عنصر ایسا کام میں لایا گیا جس کا اس مادی کائنات سے کوئی تعلق

نہیں تھا۔ وہ امرِ ربی تھا، جسے اللہ رب العزت نے ”اپنی روح میں سے“ کہہ کر بیان

کیا ہے۔ گو اس عنصر کا کوئی مادی وجود نہیں ہے، روح کی طرح کے روحانیت والے

لوگ عالمِ بالا کے اس عنصر کو دلِ اول میں جاگزیں کسی قوت سے تعبیر کرتے ہیں۔

ایک حدیثِ مبارکہ میں ہے کہ ”جس نے اپنے آپ کو پہچانا اس نے

ذاتِ خداوندی کو پہچانا“، یعنی اپنے آپ کو جاننا اور اپنی اصل کو تلاش کرنا خداوند

قدوس کے قریب لاتا ہے اور زندگی میں اطمینان اور کامیابی کا راز یہی ہے۔ دیکھنا یہ

ہے کہ اپنے آپ کو (اور ذاتِ خداوندی کو) کس طرح پہچانا جائے۔ حکیم الامت

حضرت علامہ اقبال فرماتے ہیں۔

تو ہے میرے کمالاتِ ہنر سے۔ نہ ہونا میدا پے نقشِ گرسے

مرے دیدار کی ہے اک یہی شرط۔ کہ تو پنہاں نہ ہوا پنی نظر سے

یعنی خالق کائنات یہ کہہ رہے ہیں کہ تو میرا بنایا ہوا ایک کمال ہے۔ اگر

تیری اپنی حقیقت تجھ پر کھل گئی تو پھر تو مجھے بھی دکھ لے گا۔ اپنی نظر سے چھپا نہ رہنا اور

اپنے آپ کو پہچانا ہی اس بات کی ضمانت ہے کہ انسان اپنے خالق کو پہچان سکتا

ہے۔ اس درج بالا شعر میں گویا تسلی دی جا رہی ہے کہ انسان اپنے خالق سے مل سکتا

ہے۔ شرط صرف یہ ہے کہ وہ پہلے اپنے کو دیکھے دوسرے لفظوں میں جس بدن نے

ابھی تک اپنا تشخص ہی قائم نہیں کیا۔ اقبال نے اس وجود کو ”خودی“ کا نام دیا ہے اور

کہا ہے کہ۔

خودی کا نشین ترے دل میں ہے

فلک جس طرح آنکھ کے تِل میں ہے

یہ تمثیلی شعر نہایت خوبصورتی کے ساتھ اس بات کو واضح کرتا ہے کہ گو

روحانی وجود بہت بڑا مگر وہ دل کے اندر ایسے سما جاتا ہے جیسے آپ کو آنکھ کی پتلی میں

خواب برائے فروخت

ڈاکٹر اعجاز شفیق

(گریجویٹ 1961ء کنگ ایڈورڈ میڈیکل کالج)

گنگناتے ہوئے چشمے سے یہ میں نے پوچھا

کون سے خواب کی تعبیر ہے یہ کچھ تو بتا

بولاً،

کون وہ لوگ ہیں جو خواب ابھی دیکھتے ہیں؟

کون ہیں جن کو اجازت ہے ابھی سوچنے کی؟

سوچ اور خواب کا اس شہر میں رہنا ہے محال

سوچ کا کال ہے اور خواب پریشاں سارے

کچھ تو تعبیر سے پہلے ہی بکھر جاتے ہیں

چند ایسے بھی ہیں جو ترک تمنا کر کے

خود کو نیلام کے بازار میں لے آتے ہیں

میں بھی گذرا تھا، اسی کوچے سے کچھ روز ہوئے

کیا بتاؤں کہ خریداری کا عالم کیا تھا

ایک دکان میں انبار تھا ان خوابوں کا

شور ہی شور تھا چاروں طرف ہنگامہ تھا

اور خریدار تھے کہ قیمتی دوشالوں میں

جوق در جوق اتر آئے تھے بازاروں میں

خواب جب بکنے لگے، میں نے کسی سے پوچھا

ایسے خوابوں کو بھلا لے کے کرو گے تم کیا؟

بولاً،

سوچ مفلوج ہے اور روشنی سے ہم محروم

ہم بھلا خواب کہاں دیکھیں گے

آنکھ میں نور نہیں لب بھی ہمیں سینے پڑے

میں نے دیکھا کہ وہ خوابوں کے خریدار

سب نابینا تھے!

ایک بار ملکہ غزل فریدہ خانم بھی آئیں اور انہوں نے اپنی سریلی آواز میں میر وغالب کا کلام سنا کر پر جوش داد وصول کی۔ ایک بار میں نے نادر لوک گلوکار شوکت علی کو کالج کے فنکشن میں آنے کی دعوت دی۔ وہ بڑے شوق اور اہتمام سے اپنے بھائی عنایت علی کے ساتھ آیا۔ عنایت علی شوکت علی کے ساتھ بانسری بجاتا تھا۔ میڈیل کالج کے باذوق مہمانوں سے بھرے ہوئے ہال میں دیر تک ان کے نغمے گونجتے رہے۔ کنگ ایڈورڈ کالج کا ہی کوئی فنکشن تھا کہ ہم نے نامور کلاسیکل گلوکارا منات علی خان فنخ علی خان صاحب کو بلا یا۔ وہ دیر تک اپنے فن کا مظاہرہ کرتے رہے اور بہت پڑھے لکھے، باذوق حاضرین کے دلوں کو گرمایا۔ کوئی موسیقار، کوئی آرٹسٹ کالج کی کسی تقریب میں شرکت کے عوض کوئی معاوضہ نہیں لیتا تھا لیکن انہیں بعد میں کالج کی طرف سے کوئی نہ کوئی قیمتی تحفہ ضرور پیش کیا جاتا تھا۔

کنگ ایڈورڈ میڈیکل کالج میں اعجاز میر بھی میرا دوست تھا۔ وہ غالباً 1953 میں ڈاکٹر بنا اور پھر انگلینڈ سے ماہر امراض چشم بن کر واپس آیا۔ اس نے ڈاکٹری کے ساتھ ساتھ فلم سازی میں بھی شہرت حاصل کی۔ اس کی بنائی ہوئی دستاویزی فلمیں معلوماتی بھی ہوتی تھیں اور دلچسپ بھی۔ اسی طرح ڈاکٹر احسان اللہ سے بھی گہری دوستی تھی اور ابھی تک گاہے گاہے ملاقات رہتی ہے۔ ان باتوں کو کئی یگ بیت گئے ہیں لیکن کل کی باتیں لگتی ہیں۔

کالج کی کینیٹین سے ذرا آگے جا کر چند سیڑھیاں اترتے تو ذرا پیچھے مردہ خانہ رہ جاتا، جہاں پوسٹ مارٹم ہوتا تھا اور سامنے کالج کا خوبصورت پائیں باغ آ جاتا۔ اس باغ کی دائیں جانب کسی بزرگ کا مزار تھا اور بائیں جانب گلاب کے پھولوں کا پلاٹ۔ ہم پلاٹ میں داخل ہو کر رنگ برنگے کھلے ہوئے انگلش گلاب دیکھتے۔ یہاں دو چار پودے زرد گلابوں کے تھے۔ میں ان زرد گلابوں کو دیر تک تکتا رہتا تھا۔ اسی پلاٹ میں ایک زرد گلاب کو دیکھتے ہوئے میرے ذہن میں میرے ناولٹ ”زرد گلاب“ کی ہیروئین کی اداس شکل میری آنکھوں کے سامنے آگئی تھی اور میں نے ”زرد گلاب“ ناولٹ لکھا تھا۔

کنگ ایڈورڈ میڈیکل کالج میں دوستوں کے ساتھ گزارے ہوئے دن مجھے کل کی بات لگتی ہے۔ کوئی شے نہیں بدلی۔ کالج کے لان میں جو گلاب کھلا تھا، ویسے کا ویسا کھلا ہوا ہے۔ کسی شے پر وقت کی تخریب کاری کا کوئی اثر نہیں ہوا۔ سب نقش و نگار ویسے کے ویسے ہیں۔ کوئی رنگ پھیکا نہیں پڑا، جو آواز سنی تھی وہ اب بھی سنائی دیتی ہے، جو شکل کبھی دیکھی تھی وہ ابھی دکھائی دیتی ہے۔ ایسے لگتا ہے کہ جیسے وقت نے یہ سب کچھ اپنی حفاظت میں لے لیا ہے۔

ہے کہ میں اس کالج کا کسی دوسرے کالج سے موازنہ کروں۔

کنگ ایڈورڈ کالج سے جڑی ہوئی میری یادیں مجھے بہت عزیز ہیں۔ میری رہائش ان دنوں مصری شاہ میں تھی۔ میں صبح تیار ہو کر سیدھا گولمنڈی میں اپنے دوست نواز کے گھر آتا، نواز میرا گہرا دوست تھا، وہ پنجابی اور اردو میں افسانے لکھتا تھا۔ وہ صرف میرا دوست ہی نہیں تھا، میڈیکل کالج کے ہمارے سبھی دوست اس سے محبت کرتے تھے۔ یہ ہمارا عہد شباب تھا، چہرے روشن تھے، سردیوں، گرمیوں ورستوں کی گرے پتلونیں، گولڈن کورڈ رائے کی پتلونیں، ٹول کی ٹائیاں، منزل ہماری پاک ٹی ہاؤس ہوتی تھی لیکن پہلا شاپ کنگ ایڈورڈ میڈیکل کالج ہوتا تھا۔ گولمنڈی سے نکل کر ہم میوہسپتال کے سامنے باغیچے والی کینٹین میں آجاتے۔ وہاں اپنے ڈاکٹر دوستوں سے ملاقات ہوتی۔ کبھی چھوٹی سی کینٹین کے اندر کرسیوں پر بیٹھ کر چائے پیتے اور خوبصورت باتیں کرتے۔ کبھی کینٹین کے چھوٹے سے لان میں گھاس پر ہماری محفل جمتی۔ کیسی سنہری دھوپ ہوا کرتی تھی۔ کیسی پرسکون خاموشی ہوتی تھی۔ لگتا ہی نہیں تھا کہ ہم ایک ہسپتال میں بیٹھے ہیں، کبھی کبھی کوئی گاڑی یا تاکہ آکر ہسپتال کے پورچ میں کھڑا ہو جاتا تھا۔ وارڈوں میں بستر زیادہ تھے، مریض کم ہوتے تھے، کینٹین کے باغیچے کے درخت ہم پر جھکے ہوتے، ہماری باتیں سنتے تھے، ہم ان کی سرگوشیاں سنا کرتے تھے۔ اگر ہمیں پتہ چلتا کہ ہمارا کوئی دوست ڈاکٹر اوٹڈ پر ہے تو میں اور نواز، وہ جس وارڈ میں ہوتا، اس کے برآمدے میں چہل قدمی کرتے ہوئے اس کے باہر نکلنے کا انتظار کرتے۔ ہسپتال کے ٹھنڈے برآمدے خالی خالی ہوتے تھے۔ اکا دکا لوگ سرگوشیوں میں بات کرتے دے پاؤں چلتے تھے۔ کسی وارڈ کا دروازہ کھلتا تو اندر سے دواؤں اور ڈی ٹول کی ہلکی ہلکی خوشبو آتی۔ اندر نگاہ جاتی تو سرخ کمبلوں میں مریض بستروں پر خاموشی سے لیٹے ہوتے۔ پھر ہم اپنے دوست ڈاکٹر کے ساتھ کبھی کینٹین میں آجاتے اور کبھی اس کے ہوٹل کے کمرے میں آجاتے۔

کنگ ایڈورڈ کالج کے ہال میں جب کبھی طلباء کا کوئی فنکشن ہوتا تو بڑی رونق ہوا کرتی تھی۔ ان فنکشنز میں جب کبھی کوئی موسیقی وغیرہ کا پروگرام ہوتا تھا تو موسیقاروں اور آرٹسٹوں کو بلانے کی ذمہ داری میری ہوتی تھی۔ میرا تعلق ادب، آرٹ، موسیقی، ریڈیو سے تھا۔ شاعر، موسیقار، فنکار میرے دوست تھے۔ ویسے بھی میڈیکل کالج کے طلباء کا لوگوں کی نگاہ میں ایک پروقار مقام ہوتا ہے۔ اس لئے مجھے ان کے فنکشن میں آرٹسٹوں کو بلانے کیلئے زیادہ تگ و دو نہیں کرنی پڑتی تھی۔ ایک بار مجھے یاد ہے، میں اس وقت کے مشہور کتھک ڈانسر کتھک مہاراج کو لے آیا تھا۔ پھر

دکھاؤں۔ اس نے کہیں سے لمبا سفید کوٹ لاکر مجھے پہنایا اور ہم اس لمبے کمرے میں آگئے جہاں چند ایک لاشیں رکھی ہوئی تھیں۔ انور سجاد مجھے ایک لاش کے پاس لے گیا جو جل کر سیاہ پڑ چکی تھی۔ انور سجاد نے مجھے اس کی انگلی میں پڑی ہوئی انگوٹھی دکھائی اور کہا کہ ایک نوجوان لڑکی کی لاش ہے۔ لاش سیاہ ہو چکی تھی۔ کہنے لگا۔ ”خدا جانے یہ لڑکی کون ہے، شاید یہ اس کی منگنی کی انگوٹھی ہے، کتنی خوش ہوئی ہوگی یہ بدنصیب لڑکی، جب اس کے ہونے والے خاوند نے اسے یہ انگوٹھی پہنائی ہوگی۔“ ہم دونوں خاموش تھے، اداس نظروں سے اس نوجوان دلہن کی جلی ہوئی لاش کو دیکھ رہے تھے، جس کی منگنی کی رسم ہوئی ہوگی۔ سہیلیوں نے ڈھولک پر سہاگ گیت گائے ہوں گے اور اب ہسپتال کے مردہ وارڈ میں اس کی جلی ہوئی لاش پڑی تھی جس کا کوئی والی وارث نہیں تھا۔

ایک روز ڈاکٹر آصف ڈار میرے گھر آیا، اس نے کہا۔ ”کالج کی ادبی سوسائٹی کی جانب سے افسانہ نگاری کے مقابلے کی تقریب ہے، جس میں آپ کو بطور جج فرائض ادا کرنے ہوں گے۔“ میرے لئے یہ بڑی عزت افزائی کی بات تھی۔ یہ تقریب کالج کے ایک لیکچر تھیٹر میں منعقد ہوئی۔ باہر سے ادیب اور شاعر حضرات مدعو کئے گئے تھے۔ کالج کی طالبات اور طلباء نے اپنے اپنے افسانے پڑھے۔ میرے ساتھ دو ایک اور بھی جج صاحبان بیٹھے تھے۔ یہ تقریب آج بھی مجھے یاد ہے اور یہ میری خوشگوار یادوں میں شامل ہے۔

علمی اور تعلیمی اعتبار سے کنگ ایڈورڈ میڈیکل کالج کا شمار ملک کے پروقار میڈیکل کالجوں میں ہوتا رہا ہے۔ اس کالج سے کئی ایسے سٹوڈنٹس فارغ التحصیل ہو کر نکلے کہ جنہوں نے ڈاکٹری کے علاوہ ادب میں بھی بڑا نام پایا۔ اردو ادب کے نامور افسانہ نگار، مزاح نگار ڈاکٹر شفیق الرحمن بھی اسی کالج سے پڑھے ہوئے تھے۔ لیکن پاکستان میں کنگ ایڈورڈ میڈیکل کالج ہی صرف واحد کالج نہیں ہے، دوسرے میڈیکل کالج بھی ہیں جہاں کے پڑھے ہوئے ڈاکٹرز نے اپنے اپنے شعبے میں کمال حاصل کیا اور ملک کا نام روشن کیا۔ ان میں وہ ڈاکٹرز بھی ہیں، جنہوں نے اپنی قابلیت اور پیشہ ورانہ مہارت سے صرف پاکستان ہی نہیں بلکہ دنیا کے دوسرے ترقی یافتہ ممالک میں بھی پاکستان کی عزت اور تکریم میں اضافہ کیا۔ اب تو پاکستان میں کئی ایسے میڈیکل کالج معرض وجود میں آچکے ہیں جن کے اعلیٰ تعلیمی معیار کو دیکھتے ہوئے یہ فیصلہ کرنا مشکل ہے کہ کون سا میڈیکل کالج کس سے بڑھ کر ہے۔ دوسری اہم بات یہ ہے کہ یہ مضمون میں صرف اپنی خوشگوار یادوں کے حوالے سے لکھ رہا ہوں جو کنگ ایڈورڈ میڈیکل کالج سے وابستہ ہیں۔ میرا ہرگز مقصد یہ نہیں

کنگ ایڈورڈ میڈیکل کالج کی

یادیں

اے۔ حمید

(جناب اے۔ حمید اردو افسانہ نگاری اور ناول نویسی میں

ممتاز حیثیت اور شہرت کے حامل ہیں)

لیوی گلیوں سے نکل کر کنگ ایڈورڈ کالج آیا کرتے تھے۔ باقی تقریباً میرے سبھی ڈاکٹر دوست کالج کے بروم ہوٹل میں رہتے تھے۔ کوئی ہوٹل کی پہلی منزل کے کمرے میں تو کوئی ہوٹل کی دوسری منزل کے کمرے میں۔ فارغ اوقات میں ان ڈاکٹر دوستوں کے کمروں میں بھی چائے کی محفلیں گرم ہوتی تھیں۔ اردو اور انگریزی ادب پر باتیں ہوتیں، اپنے اشعار سنائے جاتے۔ کافی کا دور چلتا تو انیسویں صدی کے رومانی ادب پر گفتگو شروع ہو جاتی، ڈاکٹر اعجاز قریشی اور ڈاکٹر اعجاز میاں کے کمرے، جہاں تک مجھے یاد ہے ہوٹل کی دوسری منزل میں تھے، پانی ابلانے کے لئے اور چائے دم کرنے کے واسطے انہوں نے الیکٹرک کیپل اپنے کمروں میں ہی رکھی ہوئی تھی۔

کنگ ایڈورڈ کالج کی کینیٹین (میرا خیال ہے کہ وہ کالج کی کینیٹین ہی تھی) میوہسپتال کی عمارت کے بالکل سامنے ایک باغیچے میں ہوا کرتی تھی۔ ایک کالج نما کمرہ تھا، جس کے اندر کرسیاں لگی تھیں، سامنے چھوٹا سا سرسبز لان تھا۔ قریب ہی کینیٹین کا کچن تھا۔ فارغ اوقات میں ہم کبھی اندر بیٹھ کر چائے کی محفل لگاتے اور کبھی کینیٹین کے لان میں گھاس پر بیٹھ کر چائے پیتے اور باتیں کرتے۔ میرے ان ڈاکٹر دوستوں میں سے تقریباً سبھی میڈیکل کالج کی ابتدائی کلاسوں کے طالب علم تھے۔ ہو سکتا ہے فائنل ایئر میں طلباء بھی ہوں، اس کا مجھے علم نہیں ہے۔ میں یہ جانتا ہوں کہ یہ سب آسمان طب کے وہ درخشاں ستارے تھے جنہیں آگے چل کر چاند سورج کی طرح دکھنا تھا اور مسیحا نفس بن کر انسانوں کی خدمت کرنی تھی اور حاجت مندوں کی حاجت روائی کرنی تھی۔ میں اپنے آپ کو بڑا خوش قسمت سمجھتا ہوں کہ مجھے اوائل جوانی میں ہی اتنے لائق اور اعلیٰ ترین ادبی ذوق رکھنے والے دوستوں کی صحبت میسر رہی اور انہوں نے میرے ادبی ذوق کی پرورش میں میری مدد کی۔ مجھ سے محبت کی، میری کوتاہی کو کشادہ دلی سے معاف کیا اور مجھ سے ہمیشہ اچھا سلوک کیا۔ میں ان کا یہ احسان ساری زندگی یاد رکھوں گا۔

ڈاکٹر انور سجاد سے میری اس زمانے سے دوستی تھی، جب وہ ایف۔ سی کالج میں پڑھتا تھا اور ہوٹل کے ایک کمرے میں رہتا تھا، وہ کنگ ایڈورڈ کالج آیا تو میرا بھی ادھر آنا جانا ہو گیا۔ ہماری دوستی اور زیادہ پکی ہو گئی۔ ان دنوں ایک لمبے سے کمرے میں زیر تعلیم ڈاکٹروں کی اناتومی کلاس لگا کرتی تھی، جہاں سینئر سر جن ڈاکٹر میڈیکل سٹوڈنٹس کو لاء وارث لاشوں کے جسم کے کسی حصہ کو کھول کر انہیں دکھایا کرتے تھے کہ کون سی رگیں یا ویدیں کہاں کہاں سے گزرتی ہیں۔ ایک دن ڈاکٹر انور سجاد میرے پاس آیا، کہنے لگا۔ آؤ تمہیں ایک لاش

لاہور کے چوک نیلا گنبد کی طرف سے مال روڈ کی جانب آئیں تو بائیں ہاتھ کو کنگ ایڈورڈ میڈیکل کالج کا کہنی گیٹ دکھائی دیتا ہے۔

کنگ ایڈورڈ میڈیکل کالج کے ساتھ میری بڑی خوشگوار اور شگفتہ یادیں وابستہ ہیں۔ میں اس کالج کا کوئی میڈیکل سٹوڈنٹ تو نہیں تھا لیکن ایک زمانے میں پاک ٹی ہاؤس کے علاوہ میرے اکثر صبح و شام اسی کالج یعنی کنگ ایڈورڈ میڈیکل کالج کی فضاؤں میں گزرتے تھے۔ اس کی ایک وجہ تو یہ تھی کہ اس کالج کے خوبصورت لان کے دونوں قطعوں میں ہر کلر کے انگلش گلاب دھوپ میں مسکرایا کرتے تھے۔ دوسری وجہ یہ تھی کہ میں نے افسانہ نگاری کے میدان میں جو تھوڑا بہت مقام پیدا کر لیا تھا تو اس کالج کے سبھی نوجوان میڈیکل سٹوڈنٹ مجھ سے بڑی محبت کرتے تھے اور بڑے ایثار اور مروّت کا سلوک کرتے تھے۔ اعلیٰ تعلیم یافتہ ہونے کے علاوہ یہ سٹوڈنٹ ادب میں بھی بڑا گہرا شعور رکھتے تھے۔ ان میں سے بعض بڑے اچھے شعر کہتے تھے اور بعض بڑے اچھے افسانہ نگار بھی تھے۔ بعض سٹوڈنٹ انگریزی میں شاعری کرتے، مضمون نگاری بھی کرتے، بعض انگریزی کے بڑے بڑے اچھے مقرر تھے۔ افسانہ نگاری میں ڈاکٹر انور سجاد ایک خاص مقام پیدا کر چکا تھا۔ ایک عرصہ گزر چکا ہے۔ ان دنوں کو یاد کرتا ہوں تو ان سب دوستوں اور کرم فرماؤں کی پیاری صورتیں سامنے آ جاتی ہیں۔ شکلیں سب کی یاد ہیں، ان کی آوازیں بھی ویسی کی ویسی سنائی دیتی ہیں۔ افسوس کہ کچھ کے نام بھول گیا ہوں۔ جن کے نام بھی مجھے سنائی دیتے ہیں اور جن کی پیاری صورتیں بھی میری یادوں کے کارواں کے ساتھ سفر کرتی ہیں، ان میں ڈاکٹر اعجاز قریشی ہیں، ڈاکٹر اعجاز میاں ہیں جو آج کل امریکہ میں ہیں۔ ڈاکٹر حمید سرور ہیں، ڈاکٹر سلیم الرحمان اور ڈاکٹر انور سجاد ہیں، ڈاکٹر انور سجاد اور ڈاکٹر آصف ڈار کے مکان شہر کی چار دیواری کے اندر تھے۔ وہ لاہور کی پراسرار الف

غزل

ڈاکٹر آصف ڈار

(گریجویٹ 1971 کنگ ایڈورڈ میڈیکل کالج - لاہور)

بارِ آخر بھی ملیں تو مسکرانا چاہئے
کچھ نہ کچھ افسردگی میں حُسن آنا چاہئے

ایک وقت ایسا بھی تھا، جب دوستوں کی بھیڑ تھی
گردشِ حالات میں اب آزمانا چاہئے

اک سنہری صبح کی مانند روشن عشق ہو
حسن کی خواہش مگر کچھ تو چھپانا چاہئے

قدرے آسانی ہوئی آخر مجھے یہ جان کر
اس دلِ ناداں کو رونے کا بہانہ چاہئے

زرگروں کے دیس میں رہتے ہوئے مدّت ہوئی
ایک دن شہرِ سخن شیراز جانا چاہئے

بعض دن اچھے بھی آئے سوچ کر آصف انہیں
اپنا احساسِ زیاں کچھ تو مٹانا چاہئے

ایک دفعہ میں کلیولینڈ کے ہی ایک اسپتال میں راؤنڈ زکر رہا تھا۔ ایک مریض اونچی آواز میں نرسوں سے جھگڑ رہا تھا۔ ایک نرس بولی۔ ”یہ ہسپتال کے قواعد و ضوابط کے خلاف ہے کہ مریض باہر سے پیزا ڈلیوری کروائیں۔“ مریض بولا۔ ”لیکن میں لوکسٹر ول فوڈ سے تنگ آ گیا ہوں اور اپنا ہاسپٹل گاؤن اتارتا ہوا ہوں۔“ یہ رہا تمہارا گاؤن، میں جا رہا ہوں۔“

واپس ڈاکٹر منگی کی طرف آتے ہیں، کوئی شخص وارڈ کے اندر بالٹی اٹھائے کوکا کولا، سیون اپ وغیرہ بیچ رہا تھا کہ ڈاکٹر منگی اتفاقاً وہاں پہنچ گئے، اس شخص پر برسے لگے۔ ”میاں! یہ ہسپتال ہے یاریلوے سٹیشن؟“ بعد میں معلوم ہوا کہ وارڈ کا پیرائٹھڈے مشروبات فروخت کرنے والے سے کچھ پیسے لیتا ہے۔

ایک دن اوبائیو کے ایک نرسری سکول سے بچوں کو معمول سے پہلے چھٹی کروانے کے لئے مجھے جانا پڑا، دوپہر کا وقت تھا، رابداری نیم تارک تھی، خاتون ٹیچر نے مجھے دبے پاؤں چلنے کا اشارہ کیا۔ پتہ چلا یہ وقت بچوں کے سونے کا وقت ہے اور بچے دودھ بسکٹ وغیرہ سے لطف اندوز ہو کر ٹیچر سے کہانی سنتے، سنتے سو جاتے ہیں۔ اس دن مجھے پاکستان کے بچے بہت یاد آئے، جن کی اکثریت سکول نہیں جاسکتی اور جو سکول جاتے ہیں، ان کی بہت بڑی تعداد زمین پر بیٹھ کر تعلیم حاصل کرتی ہے۔ میں نے گاہے گاہے اپنے بچوں کو پاکستان کے بچوں کے بارے میں حقائق بتانے شروع کر دیئے۔ جب میرے بچے وقت کے ساتھ ساتھ قدرے باشعور ہو گئے اور کئی دفعہ پاکستان چھٹیاں گزار چکے تو انہوں نے میرے خیالات کی تردید شروع کر دی اور کہا کہ پاکستانی بچوں کے لئے اتنا پریشان ہونے کی کوئی ضرورت نہیں، مزید یہ کہ پاکستان نے غالباً سب ممالک سے زیادہ ٹین ایجرٹسٹ کرکٹرز پیدا کئے ہیں، پاکستان میں نو یادس برس کے بچے بھی سڑکوں پر ٹریکٹر چلا لیتے ہیں، وغیرہ وغیرہ۔

سردیوں کی ایک شام تھی، میں نیملی کے ساتھ لبرٹی مارکیٹ لاہور کے ایک سٹور سے نکلا۔ بخ آلود ہوا چل رہی تھی، ہلکی ہلکی بارش بھی ہو رہی تھی، گرم ملبوسات کے باوجود ہم قدرے ٹھنڈے تھے کہ اچانک ایک دس سالہ بچہ پھٹی قمیض پہنے، پشت پر پلاسٹک کی خالی بوتلوں کی گٹھری اٹھائے، چھلانگیں مارتا ہوا ہمارے پاس سے گزرا۔ وہ بلند آواز میں گارہا تھا۔

”اسی تے جاناں پودے گھر“

میرا بیٹا بے ساختہ ہنس پڑا اور بولا ”ہی از اے پاکستانی تھی“ اور میری آنکھیں بھرا آئیں۔ جلد ہی وہ بچہ تختی بچہ، ہنستا، گاتا، چھلانگیں لگاتا ہوا تاریکی میں گم ہو گیا۔

پورب، پچھم، پورب



ڈاکٹر آصف ڈار

ہسپتال کا کھانا ایرلائنرز کے کھانے سے بھی بدتر ہے، کہیں باہر جا کر کھانا چاہئے۔
 “اگر کوئی بھلے مائس اس کی گاڑی میں چلا جاتا تو کہتے۔ اوہو! میرے بٹوے میں
 کیش تو ہے نہیں اور کریڈٹ کارڈ سارے میکس ہو چکے ہیں۔“ نیتجتاً ساتھ جانے
 والے کو بل ادا کرنا پڑتا۔

کنگ ایڈورڈ میڈیکل کالج کی ٹک شاپ کے باہر گاڑی بیٹا کی باڑ کے
 پاس بیٹھ کر شعر و ادب سے شغف رکھنے والوں کی اکثر محفل جمی رہتی تھی۔ اس قبیل
 کے لوگ چائے اور سگریٹ کے رسیا ہوتے ہیں۔ اس محفل میں کبھی کبھار ایسے دوست
 بھی آجاتے جو اپنی جیب سے سگریٹ خرید کر پینا حرام سمجھتے، آخر ایک ترکیب کام
 آئی۔ جب ہم کسی مفت خور کو آتے دیکھتے تو سگریٹوں سے بھری ڈبیہ زمین پر پھینک
 دیتے اور سگریٹ کی فرمائش پر بڑی لجاجت سے کہتے۔ یا! ابھی ابھی ڈبیہ خالی
 کر کے پھینکی ہے۔“

حال ہی میں کلیولینڈ کے ایک ہسپتال میں ایلی ویٹرز کے پاس ایک
 امریکی خاتون دو عدد کتوں کو کھامے کھڑی تھیں، میرے دوست ڈاکٹر اکرام سید نے
 پوچھا۔ ”کیا ہسپتال میں کتے لانے کی اجازت ہے؟“ جواب ملا کہ ایڈمنسٹریشن نے
 ہی کتوں کا آرڈر دیا ہے کیوں کہ مریض کتے دیکھ کر خوشی اور سکون محسوس کرتے
 ہیں۔“

میو ہسپتال لاہور میں ایک ڈی۔ ایم۔ ایس ڈاکٹر منگی ہوتے تھے۔
 1970 کا واقعہ ہے، ڈاکٹر منگی خاصے جھلائے ہوئے تھے، پتہ چلا کہ کسی سٹاف نرس
 نے فون کیا ہے کہ وارڈ میں دو عدد آوارہ کتے گھس آئے ہیں اور وارڈ کا بیر ابھی غائب
 ہے۔ ڈاکٹر منگی دھاڑ رہے تھے۔ ”میں نے ایم۔ بی۔ بی۔ ایس کتے پکڑنے کے
 لئے تو نہیں کیا تھا،“ ہم نے ان سے فوراً اتفاق کیا۔

ایسوسی ایشن آف فزیشنز آف پاکستانی ڈسینٹ آف نارٹھ امریکہ

اپنا اردو میگزین

گرما 2008ء

مجلہ - شماره : 1

جلد - سالانہ 10

مدیر اردو: ڈاکٹر آصف ڈار

اوبائیو کے ایک اسپتال کا واقعہ ہے کہ ڈاکٹر زلاؤنچ میں مختلف قومیتوں
 کے ڈاکٹر صاحبان کافی اور چائے سے لطف اندوز ہو رہے تھے۔ گپ شپ جاری
 تھی، ایک انڈین ماہر سرطان نے کہا۔ ”میں نہیں مانتا کہ آج کل ریڈیڈٹ نکتے
 ہیں۔ اس مہینے میرے ساتھ جتنے ریڈیڈٹ ڈاکٹرز ہیں لائق ہیں، خصوصاً ایک
 امریکی ریڈیڈٹ خاصا ذہین ہے۔“ بات آئی گئی ہوگئی، ہفتہ، دو ہفتہ بعد وہ انڈین
 ڈاکٹر اتفاقاً ملا۔ مایوس نظر آ رہا تھا۔ میں نے خراب موڈ کی وجہ پوچھی تو بولا۔ ”پتہ نہیں،
 مجھے ہنسنا چاہئے یا رونا چاہئے۔“ میں نے کہا۔ ”پہلے ہنس لو، پھر بات بتاؤ، پھر
 رولینا۔“ بولا۔ ”یاد ہے! میں نے ایک امریکی ریڈیڈٹ ڈاکٹر کی بڑی تعریف کی
 تھی، میں اسے شرمیلا سمجھتا تھا مگر وہ دوسرے ریڈیڈٹ ڈاکٹروں کے پیچھے رہ کر پام
 پائلٹ سے سوالوں کے جواب ڈھونڈ لیتا تھا۔“ یہ سن کے مجھے میو ہسپتال میں فائل
 ایئر میڈیسن کا وارڈ ٹسٹ یاد آ گیا۔ ایک صاحب تھے، آپ انہیں جمشید کہہ سکتے ہیں
 ۔ جمشید صاحب کی علمی حالت تیلی تھی۔ طرفہ یہ کہ دوسرے میڈیکل کالج سے آئی
 ہوئی پروفیسر صاحبہ خاصی سخت گیر تھیں، جمشید صاحب کے دوستوں نے دوستی نبھاتے
 ہوئے لانگ کیس کے لئے ڈیوڈسن کی مختصر کتاب سے معلومات لے کر، انہیں ٹیلی
 گرافک انداز میں لکھ کر اور مختصر کر دیا۔ یہ چیٹ شیٹ جسے ”بوٹی“ کہتے تھے وارڈ کے
 اندر پہنچائی گئی، بوٹی کا آخری جملہ تھا ”ایکس پیڈیڈ یور سیلف“ جمشید صاحب نے
 گھبراہٹ میں یہ جملہ بھی لکھ دیا۔ باہر سے آئی ہوئی خاتون پروفیسر کا پارہ چڑھ گیا۔
 ”ایکس پیڈیڈ یور سیلف“ کا کیا مطلب ہے؟“

دوسروں کی جیب کاٹ کر مزے لوٹنا بعضوں کا خاص فن ہے۔ عام طور پر
 اس فنکاری کا جواب بھی فنکارانہ ہوتا ہے۔ اوبائیو کے اسپتال میں جنوب مشرقی
 ایشیا سے آئے ہوئے ایک ڈاکٹر آئے دن کسی نہ کسی ڈاکٹر کو چھنسا لیتے اور کہتے



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