

Fall Newsletter 2010
Volume 20 / Number 2



APPNA NEWSLETTER

A Publication of the Association of Physicians of Pakistani Descent of North America



I Need Your Help!

**Report From The Frontline of
Pakistan's Worst Disaster**

**Social Welfare & Disaster
Relief Committee Fall Report**

**APPNA Annual Summer
Convention 2010 Report**

APPNA Newsletter

Volume 20

Number 2

Publisher APPNA

President • Zeelaf Munir, MD

President Elect • Manzoor Tariq, MD

Secretary • Nasar Qureshi, MD

Treasurer • Mubasher Rana, MD

Immediate Past President • Syed Samad, MD

Publication Committee 2010

Salim Chowdhrey, MD • Editor

Syed Amjad Hussain, MD • Advisor

Lubna Pal, MD • Cochair

Anwar Sultana Raza, MD

Mohammad Taqi, MD • Editor, Urdu Section

Najeeb Shirwany, MD, PhD

Mustafa Khan, MD

Syed Nadeem Ahsan, MD • Chair

Design and Printing by

Advanced Xpress Printing

www.axprinting.com

Cover photography by

Syed Nadeem Ahsan

Table Of Contents

Editorial	3
President's Message	4
Social Welfare & Disaster Relief Committee Fall Report	6
APPNA Annual Summer Convention 2010 Report	10
APPNA Annual Summer Convention 2010 Photo Gallery	11



31st Annual APPNA Winter Meeting 2010

**Celebrating the 150th Anniversary of
King Edward Medical College**

December 26–29, 2010 • Lahore, Pakistan

APPNA is holding its Winter Meeting at KEMU, December 26–29, 2010, to participate in the 150th Anniversary Celebration of KEMC. On December 28th APPNA is hosting its annual dinner at Pearl Continental Hotel including a musical evening with prominent artists in Pakistan. There will be 12 CME credit hours during this meeting. The details for the rest of the festivities are being worked out with KE Administration. A block of rooms has been reserved at PC at a discounted rate.

For Hotel Reservations

Please call 0300-8441670 or e-mail ibrarulhaq@hashoogroup.com, mention APPNA Winter Meeting for the group rate of \$100.00 plus tax per night.

Registration Deadline December 15, 2010

Registration Form Attached

We look forward to welcoming you in Lahore for a memorable meeting.

Dr. Masood Akbar, Chair • Dr. Mubasher Rana, Cochair.

Dr. Arif Toor, Chief Organizer Social Programming

Dr. Arif Muslim, CME

I Need Your Help!

On the seventh day after the most tragic event in Pakistan's history, Dr. Zeelaf Munir, President of APPNA, left the comfort of her adopted country for the Motherland that made her what she is. Like the rest of us she was in anguish about the suffering millions of fellow Pakistanis. Being the standard bearer of the most dedicated organization in the diaspora, she decided to find out first hand the state of affairs and to assess what and how APPNA, as the organization, and APPNA members, with their individual expertise and in individual capacity, could do in this hour of great need. Where all she personally visited, what she personally saw, what she personally accomplished and the plans she has for APPNA to implement, she tells in her own words. It is heart wrenching. Without unloading guilt she subtly nudges us to rise to the occasion. It is my faith that every one of us will, as in past calamities, once again show we care.

Rizwan Karatela MD, a cardiologist out of Florida has prepared a remarkable video of the tragic calamity that has befallen Pakistan. This as usual is an outstanding effort by a very gifted APPNA (Assoc. of Physicians of Pakistani Descent of North America) member. Please watch it, cry like me if it overwhelms you. We have Dr. Karatela's permission to circulate it. It is available at:

On You Tube (fair quality)
<http://www.youtube.com/watch?v=5YPwz3wSKA>

Direct Web show (better quality)
<http://www.karatela.com/Publish/FloodWeb2010.html>

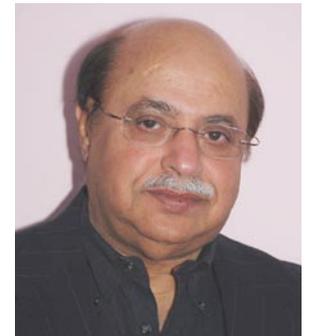
Downloadable file (better quality)
<http://www.karatela.com/Publish/Flood2010.exe>

Keep your speakers on high and make full screen display

Please use it to spread the word around and raise funds and resources to help our Motherland. The better quality

videos can be downloaded to your computer and run in live presentations. Pakistan is in desperate need for help. Please circulate an appeal like this one, at work, at school, to friends, to acquaintances, to every one you know. Every American and Immigrant you know. Not just of Pakistani descent but also descendants from all the countries of all the continents. Americans are generous people. They were there for starving people during the famine in Ethiopia. They were there for the Tsunami in Southeast Asia. They were there for Earthquake in Pakistan and Kashmir. You as Pakistani-Americans were there along with other Americans, in the hours of need for disasters around the world. If we ask all Americans, they will be there again, with us. I have already asked and even in this tough economy they have come forward. Helping is inherent in the American Spirit. We need to ask, and ask unabashedly, because the situation is so desperate. It is a matter of survival. Millions are still marooned. Starvation and sickness is hovering the vast areas affected. These are our people. It is for ourselves we are asking. Let us honestly admit, we do not have the means to do it without help. Please spare your time to spread the word. Let Americans know about the dire and desperate situation. For our own sake we need to. Americans have heard about the disaster in sound-bites and 15 second video bites. The video by Dr. Karatela brings the reality closer. Seeing it without distractions gives the pause necessary to absorb the intensity. Few souls will be left unmoved to just shrug it off. My faith in humanity, I hope will prevail.

I have added at the bottom, websites considered reliable for donation. My first choice is APPNA, <https://www.instant-reg.com/apnndonations/> Edhi Foundation has the lowest overhead, about 3%. HDF is US based and is doing excellent work in Pakistan. ■



Salim Chowdhrey, MD

Salim Chowdhrey is a Dow Graduate in the Practice of Psychiatry in New Jersey. He is an Attending at St. Barnabas Medical Center. He teaches in the Department of Psychiatry at UMDNJ-Robert Wood Johnson Medical School. He can be reached at schowdhrey@gmail.com.



President's Message



Zeelaf Munir, MD

Zeelaf Munir is a 1989 Dow graduate. She practices Psychiatry in Delaware and New York City.

About 1/5 of the entire country is submerged. The infrastructure is in shambles. Much of the country is completely inaccessible to humanitarian relief efforts.

Dear Fellow APPNA Members:

While APPNA has provided effective relief efforts, we have also been successful in improving the organization as a whole, as the 33rd APPNA Convention so poignantly demonstrates.

For APPNA, the summer began with the joyous, productive, and record setting 33rd Convention in Dallas, TX, June 30-July 4. **Over 4000 people attended. It was the largest APPNA Convention ever and generated the largest revenue. Many prominent guests were in attendance** including Congressman Howard Berman, Chairman Foreign Relations Committee, Dr. James Rohac, President American Medical Association and Prof. Adib Rizvi who received the Lifetime Achievement award.

APPNA achieved its goal of smooth, transparent and democratic elections for the first time in many years, a direct result of the election reform process. The officers for the 2011 cabinet were announced at the meeting. APPNA demonstrated that it is possible to focus upon the needs of its members building careers and families here in North America, while still staying true to its values and obligations to Pakistan. The Continuing Medical Education seminars balanced ongoing issues of health care in Pakistan (medical ethics, patient rights, and quality of medical training) with local concerns of Pakistani and Pakistani-American physicians (the health care crisis, issues of women physicians, supporting the next generation of potential APPNA members, and resident visa regulations).

The convention was a lively and truly intergenerational affair: youth volunteered, participated in their own programs, family elders attended, and all enjoyed the sumptuous festivities. Over 2700 attended the Saturday night banquet.

A Call to Arms

Usually the APPNA President Fall Newsletter like summer itself is light and breezy, but unfortunately, these are not usual times for us of Pakistani descent. The devastation of our homeland remains constantly in our thoughts.

Seven days after the floods began to rage, I visited 19 towns and villages in Pakistan's three flood worn provinces of Sindh, KPK, and Punjab in my capacity as APPNA President. There is no need for me to recount the level of destruction. You already have plenty of reports. Rather, let me commend all of you. APPNA members were some of the first on-ground responders to the flooded regions and our donations continue to provide much needed medical and financial support.

After meeting with several government and international agencies and NGOs in Islamabad, there are specific contributions that we, as the largest professional organization of Pakistanis outside of the homeland and as individual APPNA members, can make:

- Partner with native organizations for rehab and reconstruction
- Work cooperatively with international NGOs
- Continue to extend offers of assistance to the Ministry of Health in Pakistan
- Contribute generously as alumni to the relief efforts that our medical schools coordinate
- Provide emergency and preventative health care services and supplies
- Volunteer or assist in the support of volunteer medical teams.

A Report from the Frontline of Pakistan's Worst Disaster

Turn on the television and you can't help but see images of the disaster. If you're fortunate, perhaps you've heard from friends and relatives back home. Perhaps you are still waiting for news. What, then, can one more article, one more account of the devastation of the floods in Pakistan do? What is the point?

The point is that as physicians with a duty to participate in healing and well-being of all peoples, we have a responsibility to respond. As physicians of Pakistani descent, we have a special obligation to act promptly. As a prominent organization, the largest professional organization of Pakistanis outside of the homeland, we at APPNA have the stature, reputation, and resources to mobilize. We have responded before and we have already begun to rise to the occasion worthy of our charter. For these reasons, I would like to tell my story.



On August 7, just one week after the floods started, I flew to Pakistan in my capacity as president of APPNA with the intention of participating in the relief efforts: distributing food and supplies to those displaced and rendered helpless without food, water or permanent shelter. What I found was a scale of destruction that no one could imagine.

Remember the hurricane Katrina flooding of New Orleans? The earthquakes that struck Pakistan in 2008? The tsunami that leveled Indonesia's coast in 2004? The flooding in Pakistan produced a larger humanitarian disaster than all three of these **combined**. About 1/5th of the entire country was submerged. The infrastructure is in shambles. Much of the country is completely inaccessible to humanitarian relief efforts.

If that is too abstract, then picture this: Makeshift shelters as far as the eye can see, each one crowded with many families. There is barely enough room for one family. The heat is unbearable. Insects breed and fester in the standing water. No fresh water is available. Food and

medical relief are afterthoughts. Some families have opted to live out in the open despite the heat and lack of shelter; their livestock that survived are their only means of livelihood and cannot be left alone. There are about 20 million such people uprooted from their daily lives. The scale is staggering. The statistics mind-boggling.

Behind the statistics are individual people, singular heart-rending stories. As doctors, we treat individuals. As a psychiatrist, I begin to treat people by first listening to their individual stories, their experiences of trauma. That is how we physicians begin the work of healing. We look, we listen, we react, we respond. Listen to some of the stories I heard traveling throughout as many of the towns and villages as I could access in Sindh, Punjab, and KPK provinces:*

- Seventy families camp along the raised bank of a ravine many miles from Khairpur (Sindh), right under shade of some date palm trees. Their huts are under water. They have little food and no clean drinking water. I ask, "Why don't you move to the relief camp?" Their reply: "Who will protect our huts and our animals from bandits?"
- A beautiful young girl comes up while we distribute food in a devastated village on the outskirts of Nowshera. She keeps looking at me with teary eyes: "I wanted to be like you but will never be able to go back to school". She was a fourth grade student before everything in her village got destroyed.
- A frail woman in a relief camp outside Muzaffargarh stops me saying, "They tell me you are a big doctor. I have not been able to sleep since the flood because I get nightmares." We speak for a while about her symptoms. Only later does the crux of the story come out. Despite all of her efforts, she could not rescue her infant. Her husband did manage to save their buffalo. Her husband told her, "We can have more kids, but how will we survive if we lose our livestock?"

Individual lives. Individual stories. Individual choices. Roughly 20 million such cases.

These cases, taken as a whole, present a public health crisis of epic proportions. The earliest estimates (August 2010 report by OCHA- Office of Coordination of Humanitarian Affairs of UN) state that \$460 million is needed in international aid for the immediate relief period. Of this, \$56 million is needed to counter the direct health-related consequences of the flood, including: diarrheal and other water-borne diseases, skin infections, respiratory infections and snake bites. The risk of epidemics is extremely high with non-availability of safe drinking water and sanitation infrastructure.

Where to begin? What can be done?

To answer some of these questions, I traveled to Islamabad (the capital) and met with several government and International agencies and NGOs to gather information and offer APPNA's services and supplies.

I learned that the government of Pakistan, through the NDMA (National Disaster Management Authority), has taken the lead in responding to the disaster, with deployment of the Armed Forces' logistic capacity for rescue and relief operations. There are hundreds of NGOs involved in the relief and redevelopment effort. The WHO, USAID and the UN are working together under the cluster approach

and they have all launched responses to provide life saving emergency assistance through the governmental agencies and NGOs on the ground. In addition, several medical schools (whose alumni include APPNA members) have mobilized to contribute medical assistance.

As a long time member and current president, I am proud to say that APPNA has been involved in the relief efforts from within a week of the disaster. We participated with other on ground entities in the immediate relief phase, providing essentials such as food, water, and shelter.

I am humbled by the generosity of our community and their confidence in APPNA. Within the first five weeks of the disaster we have **raised over a million dollars** with the hard work of our SWDRC (Social Welfare and Disaster Relief Committee), our chapters and our alumni.

APPNA's participation was critical and deeply appreciated; **nevertheless, our involvement cannot end there.** We have too many resources at our disposal NOT to mobilize them.

Towards this end, there are several initiatives that APPNA is undertaking:

- Vaccination Project through partnership with the Pakistan Pediatric Association. The American Academy of Pediatrics is also collaborating with APPNA in this project.
- We are a physician body. Our focus should be provisioning emergency and preventative health care services and supplies.
- We have alumni from medical schools across the country, a unique strength. We are partnering with the medical schools' relief efforts, supporting them both financially and deployment of volunteer teams.
- We will partner with organizations such as HDFNA (Human Development Foundation of North America) in Pakistan for rehab and reconstruction that have expertise in development work and a track record of serving in these areas.

As devastating as the destruction has been, we must keep in mind that within every natural disaster is the opportunity to begin anew. It is not for us to become paralyzed by the scope of the work. It is upon us to be part of the vision for that which must arise in the void.

APPNA has always committed itself to relief efforts globally. We will continue to do the same for the relief efforts in our homeland. It is upon us -- it is upon you -- to keep our mission alive, roll up our sleeves, and get to work in whatever ways we can. ■

Sincerely, Zeelaf Munir, MD

*The towns and villages visited:

Sindh: Sukkur, Rohri, Khairpur, Piryaloi, Loop Band, Babarloi.

Punjab: Multan, Muzaffargarh, Mahmoodkot, Bassera, Sanawan

KPK: Nowshera, Charsadda, Choki Darb, Kander, Tarnab, Amankot, Chamba, Risalpur.



I am humbled by the generosity of our community and their confidence in APPNA.



Social Welfare & Disaster Relief Committee Fall Report

Report



Jamil Farooqui, MD

Since August 2010, Pakistan is facing the devastation caused by the worst flood of its history. Every day the news of death and destruction adds to the despair of the Nation. Some are shamelessly exploiting the tragedy for political mileage. The rest of the Nation took it as another challenge with traditional courage and fortitude. They are doing their best to help the suffering victims of the calamity. The Social Welfare and Disaster Relief Committee of APPNA and a group of volunteer physicians, being aware of the enormity of the disaster and knowing the limitations of the National resources, have risen under the banner of APPNA to do their share in these days of hardship. We have been active in the following tasks.

Fund Raising

SWDRC launched a fund raising campaign. The membership has been generous. The APPNA Chapters and APPNA member Alumni have responded gallantly to the call. This drive is still on and active To date our collections are over one and a quarter million dollars (\$1,343,630).

In the initial phase, for immediate relief we have released \$272,747 through various charities according to our donor's choice. These funds have been used for providing food, drinking water, shelter and Medicines.

- Pakistan Red Crescent Society \$10,000
- SWS Khyber Medical College \$26,500
- PWS Nishtar Medical College \$25,000

- DUHS \$10,000
- Edhi Foundation \$50,000
- Mohammad Medical College \$8,247
- Islamic Relief \$26,000
- Human Development Foundation [HDF] . . \$117,000

APPNA and SWDRC thanks the officers of the Chapters' and Alumni for organizing record breaking fund raising events. APPNA also thanks its members for participating generously.

Partnerships

We have partnered with organizations in the most effected areas.

- Social Welfare Society of Khyber Medical College
- Patient Welfare Society of Nishtar Medical College
- Dow University of Health Sciences
- Mohammad Medical College, Mirpurkhas

We are partnering with Pakistan Pediatric Association [PPA] for our Vaccination project for the Flood effected children of Pakistan. In the USA we are partnering with American Academy of Pediatrics [AAP] for this project. We are also working with HDF, EDHI, PMA, Humanity Hopes and many other organizations registered in Pakistan and approved by the US State department.

The APPNA Chapters and APPNA member Alumni have responded gallantly to the call.



Camps & Adopted Village



Dow University of Health Sciences



Coordinating The Volunteers

A sub-committee has been created to organize and facilitate the volunteers to the medical relief camps in Pakistan. Dr. Jalil Khan chairs this sub-committee. Drs. Babar Rao, Afzal Arain and Umair Shah share in the work. APPNA members are requested to volunteer. Please contact Dr. Khan at drjalil@aol.com, or cell 972-672-5156.

Forty-seven volunteers have already registered with the sub-committee. A forward batch is already in place in Pakistan. Others will be going according to their availability. We are also collaborating with different camps and placing our volunteers with them.

- Charsadda – A Pediatric and Mother/Child Health Center at DHQ Hospital
- Nowshera – Dr. Jawad Chisti and his mobile medical team
- Swat – A small maternal health center in Bagh Deri (about an hour north of Mingora)
- Kohistan – A rural health center with Ayub Medical College Physicians
- Sukkur, Sindh – A Mother/Child Health Services at DHQ Hospital
- Khairpur, Sindh – A mobile medical team
- Hyderabad, Sindh – A mobile medical team
- Jaffarabad, Balochistan – A mobile medical team
- Gilgit, Dr. Fauzia Wali Khan
- Todd Shea and his group

Supplies & Medicines

We are sending bulks of donated medicines and other supplies in cooperation with Humanity Hopes. The shipment will leave for Pakistan on October 5, 2010. PMA Islamabad will supervise the distribution of these supplies to different ground partners.

Mobile Giving

APPNA SWDRC has obtained an APPNA mobile number for donations by Texting. Please type in SAVING on your mobile phone and TEXT it to 27722 to make a \$10 donation for the flood victims.



APPNA and SWDRC thanks the officers of the Chapters' and Alumni for organizing record breaking fund raising events.

We are sending bulks of donated medicines and other supplies in cooperation with Humanity Hopes.

*In partnership with PPA
... typhoid inoculation
has been started in
three different camps in
different parts of Pakistan.*

Public Awareness/Media Coverage

APPNA appeal for donation has been broadcasted on NPR Radio and aired in five states.

- TV Interview on KY Channel 18 and 36
- Radio Fund raising in Dallas
- Newspaper coverage
- Fund raising campaign launched on local TV in Nashville, Tennessee

APPNA was included in the "ISNA News Alert" for the flood relief efforts.

www.lex18.com/player/?video_id=9017&categories=56

www.publicbroadcasting.net/weku/news.newsmain/article

Intermediate Project Inoculation & Save Our Children

In partnership with PPA this project has been launched and typhoid inoculation has been started in three different camps in different parts of Pakistan. The American Academy of Pediatrics is partnering with APPNA in this project. They are also fund raising for the Children of Pakistan.

In the second phase, we plan to extend the number of the vaccination centers. We will also add more vaccines including Hepatitis, Influenza, Cholera and others depending on the need.

Rehabilitation Project Reconstruction Of An APPNA Model Village

We are working with our ground partners to adopt some villages and provide some basic necessities to the villagers.

At present we are working on two villages in Charsada and Nowshahra with SWS of Khyber.

A task force was formed by Dr. Zeelaf Munir, President of APPNA, to work with HDF on the project, "Reconstruction: A Model village" for the rehabilitation of the displaced people. The task force members are: Dr. Manzoor Tariq, President Elect; Dr. Nasar Qureshi, Secretary; Dr. Javed Akhter, Former Chair SWDRRC; and Jamil Farooqui, Current Chair SWDRRC.

A project of reconstruction of an "APPNA/HDF Model Village" was discussed and approved by the sub-committee and later by SWDRRC. The project was submitted to the EC and was forwarded to the council for approval.

Collaboration with Relief International & USAID

In collaboration with RI, APPNA is making a grant proposal for USAID funding for joint projects.

Request To Fellow Members

These are challenging times, let us all rise to the occasion and do our share for those who are facing death and destruction. Lives have been lost, loved ones have untimely departed, Crops and livestock have perished and homes have swept away. Please don't let them lose their hopes. ■

Respectfully submitted,

Dr. Jamil Farooqui, MD

Chair, Social Welfare and Disaster Relief Committee 2010

Dr. Humeraa Qamar, Cochair

Members: Dr. Sophia Janjua, Dr. Mansoor Alam,

Dr. Aftab Ahmed, Dr. Talha Siddiqui. Dr. Afzal Arain,

Dr. Naeem Khan, Dr. Jalil Khan, Dr. Javed Akhter

Camps & MHU



Shipments To Pakistan



Vaccination Project



Letter To The Editor

Dear Sir,

It was moving to see the photos of Dr. Zeelaf Munir's visit to flood affected areas. Rather than fly over or have photo ops with the rich and powerful of that country, she chose to spend a little time with the victims. This is a testimonial to her leadership and humanitarianism. All who learn about this should be filled with pride to see a leader like Dr. Munir at the helm of APPNA.

Regards,

Aslam Malik, Past President APPNA

(Continued from Page 10)

community and its contribution ever since the inception of APPNA 33 years ago. She made a compelling case of recognizing APPNA's dual responsibility to the future of our American children in our adopted homeland and our country of origin. She illustrated the many facets of APPNA and APPNA's presence whenever there was a need. She enumerated the many projects initiated by APPNA. The most recent project, and of her own initiation, being the launch of APPNA National Health Care Day on June 5. Five Hundred health field volunteers of which 400 were physicians of different specialties took part at 40 locations across the USA. Free examinations and care were provided to thousands of patients in their own communities. Dr. Munir also proposed a future direction for APPNA in initiating and owning causes relating to health care both in the US and THE MOTHERLAND. US media covered the event widely. She mentioned that she has fulfilled her pledge for election reform. This year's election was transparent and free of rancor. Another initiative was in starting a youth conference with mentors from various fields. A Math Bee contest started by her this

year was eagerly participated in by young people.

The election results were announced and the new cabinet introduced. The 2011 cabinet will include: Dr. Manzoor Tariq, President; Dr. Saima Zafar, President-Elect; Dr. Mubasher Rana, Secretary; Dr. Asif Rehman, Treasurer; and Dr. Zeelaf Munir, Immediate Past President.

In the entertainment part, Bushra Ansari warmed up the crowd to a pitch for Atif Aslam to heat up the evening with his dazzling and popular renditions. Showman par excellence that he is, he kept the young crowd entertained past 3AM.

Sunday Morning Halwa Puri, Choley plus Nahari brunch as a farewell meal, sent the participants of the convention away stuffed and smiling.

Under Dr. Munir's leadership and Dr. Nadeem Ahsan's chairmanship the summer edition of APPNA Journal was given a new face and a new format which was also unveiled at the Convention. ■

... a farewell meal, sent the participants of the convention away stuffed and smiling.



ASBAHI LAW GROUP

CHICAGO | WASHINGTON, DC | DETROIT

Healthcare Boutique Law Firm

National practice led by: Mazen Asbahi (Northwestern Law Honors) & Greg Ewing (Harvard; Boston Univ. Law; 15 years with Healthcare Law)

*****Asbahi Law Group focuses on the unique legal needs of healthcare providers, organizations & related businesses.**

Representative legal services:

- Physician employment management
- Physician practice formation, dissolution and reorganization
- Buy-ins and Buy-outs
- Practice sales and acquisitions
- Stark, HIPAA, HITECH and other regulatory issues.

Chicago
450 East Waterside Drive
Suite 1602
Chicago, IL 60601
(312) 854-1878

Washington, D.C.
1050 Connecticut Ave NW
10th Floor
Washington, D.C. 20036
(202) 449-9695

Metro-Detroit
2000 Town Center
Suite 191
Southfield, MI 48075
(248) 274-1100

Toll Free: (800) 501-3006 ■ Facsimile: (888) 310-8640 ■ Email: info@asbahilaw.com ■ www.asbahilaw.com

APPNA Annual Summer Convention 2010 Report

Report

Salim Chowdhrey, MD

The 33rd Annual Convention of the Association of Physicians of Pakistani Descent of North America (APPNA) was held this year in Dallas, Texas from June 30 to July 4 at the spacious and elegant Gaylord Texan Hotel and Convention Center.

APPNA outdid its own fine tradition of blending professional programs and fun.

- Continued Medical Education (CME) that all US Physicians are required to fulfill to maintain their license to practice Medicine
- Reports on, and plans to further their ongoing and new humanitarian and health projects
- Panel discussions on issues of concern
- Shopping bazaar for the families complete with a Ladies Fashion Show
- And still time to squeeze in four evening's worth of first-class dining and entertainment.

The local host committee was headed by its Chairman, the multi-tasking Dr. Jalil Khan. He was supported by Drs. Khalid Mehmood and Adnan Nadir, and the very hardworking Chairs of the various committees and their spouses addressed every minute detail in pre-planning and during the meeting to ensure smooth transitions in the various and varying phases of the entire meeting. In their execution and style they were matchless hosts.

The theme for the meeting was Celebrating APPNA and the diversity of APPNA under an all inclusive big tent, emulating the Pakistan of yesteryears which only the earliest generation of APPNA remembers and cherishes, and which every member of APPNA yearns for in a future Pakistan. It was as if this group of Pakistani-Americans had absorbed values from their adopted country without giving up the values of their own heritage.

And what a meeting it was; in the tradition, yet outdoing all benchmarks to set up new ones. It was the largest APPNA gathering ever with a total of 4000 attending. There were spouses and kids and family elders too. Youth participating actively, volunteering as part of the host committee, producing newsletters and just hanging out.

The first day, Wednesday, the host committee owned it completely. People arriving at the Gaylord Texan were greeted with polite welcomes by men, flowers handed out to ladies by graceful and charming young girls, and now and then bursts of embraces between old friends and new ones too. To seal in our memories, the warmth and generosity of spirit of the New Texans (Pakistani-Texans), a sumptuous reception topped the day. It was followed by the Chapter Night and Sufi entertainment.

The meeting was formally inaugurated on Thursday by Mayor William D. Tate of Grapevine with a ribbon cutting ceremony. The Mayor brought along with him a touch of

Texicana – a marching band, complete with a twirler, some acrobatic dancers, and the Dallas Cowgirls. An unavoidable blending of the East and West complete with blushing, slant eyed ogling and outright unabashed American appreciations were noted by many.

Thursday evening is traditionally APPNA Alliance Night. Keeping the tradition the ladies made it an impressive family affair. This night a new event, a Tamseeli Mushaira was introduced. It was the brainchild of none other than Nadeem Ahsan. It was well attended and an instant hit. If the enthusiasm of both participants and the audience is a measure, it could become an APPNA tradition.

Friday was marked as a "Day of Solidarity" with physicians in Pakistan, and families of victims of targeted killings and sectarian violence. A special event was arranged and prayers were offered.

Alumni night is the get together of old school friends, but much gets accomplished in this one evening – Alumni causes, scholarships, Alumni sponsored school projects, and a keynote speaker from the Alma Mater. This year, too, all was done with the usual energy and gusto. The evening ended with multiple parallel functions including a Mushaira, a fashion show, a bhanga performance and a Pushto recital.

The day sessions included fora and roundtable discussions on Health Reforms in Pakistan, Medical Ethics in Pakistan, and Patients Rights in Pakistan. The Principals and Vice Chancellors from Dow University of Health Sciences, Aga Khan Medical University, Allama Iqbal and Fatima Jinnah medical colleges participated. DG Health in Pakistan was also a guest.

In a forum on Sociopolitical issues Dr. Hoodbhoy offered his courageous and progressive views as a discussant.

CME lectures on Current Trends in Medicine were given by Pakistani-American Physicians from prestigious US Institutions concurrently.

The APPNA Banquet on Saturday was the highlight of the Convention. A record 2700 hundred people in glittering attire and spiffy suits perfectly melded in the elegant setting and sophisticated ambiance. Rep. Howard Berman of California, Chair of the Foreign Relations Committee, spoke about US Policy and his vision of US-PAKISTAN relations. Dr. James Rohac, President of the American Medical Association, praised the contribution of Pakistani-American Physicians in the US health care system and made special mention of Dr. Busharat Ahmad's work in the AMA. Dr. Adib Rizvi (safaid baal wala farishta) presented an inspiring talk on his seminal effort in founding and his gratis work at Sind Institute of Urology and Transplantation (SIUT).

Zeelef Munir, President of APPNA, opened the dinner speech session and immediately took ownership of the evening with her graceful presence and her eloquent address. She spoke about the Pakistani-American physician

(Continued on Page 9)

The Banquet on Saturday was the highlight of the Convention. A record 2700 hundred people in glittering attire and spiffy suits perfectly melded in the elegant setting and sophisticated ambiance.

APPNA Annual Summer Convention 2010

Photo Gallery



Inauguration by Mayor Tate accompanied by Dr. Jalil Khan, Chair of the Summer Convention, Dr. Khalid Mahmood and Dr. Adnan Nadir, Cochairs.



Dr. James Rohac, President of the American Medical Association



Dr. Zeelaf Munir, President of APPNA, addressing members at the Banquet



Congressman Howard Berman



Ice carving



Convention ambience



Prof. Adib Rizvi of SIUT receiving a plaque from Dr. Zeelaf Munir, President of APPNA



Host committee at the Colors of Pakistan show



View of the Atif Aslam Concert



The HSY Fashion Show at the Colors of Pakistan Night



Convention ambience



Crowd enjoying Atif Aslam



Past Presidents of APPNA with Dr. Zeelaf Munir, President of APPNA 2010, at the Annual Convention



APPNA

6414 S. Cass Avenue
Westmont, IL 60559

Non-Profit Org.
Presorted
U.S. Postage
PAID
axprinting.com
75081

Introducing the Amana **Developing World Fund**. Emerging markets with a long-term focus.

Your world of investment choices just got bigger.
Explore the potential of emerging economies in your portfolio.

To learn more about the **Amana Developing World Fund** visit www.amanafunds.com/amdwx



Sharia Compliant Investment Solutions



Amana Mutual Funds Trust

888/73-AMANA

www.amanafunds.com

The Amana Developing World Fund limits the securities it purchase to those consistent with Islamic principles. This limits opportunities and may increase risk. Investing in foreign securities involves risks not typically associated with investing in U.S. securities, including fluctuations in currency exchange rates; less public information; less governmental market supervision; and lack of uniform financial, accounting, social, and political standards.

Please request a prospectus which contains information about the investment objectives, risks, charges, and expenses of the Amana Developing World Fund which you should read and consider carefully. The Amana Funds are distributed by Saturna Brokerage Services, member FINRA/SIPC and a wholly-owned subsidiary of Saturna Capital Corporation, investment adviser to the Amana Funds.