

APPNA JOURNAL

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

Volume 13 • Number 1 • Summer 2011



Association of Physicians of Pakistani Descent of North America

Portrait Of An Artist

Dr. Ibrahim Shalaby

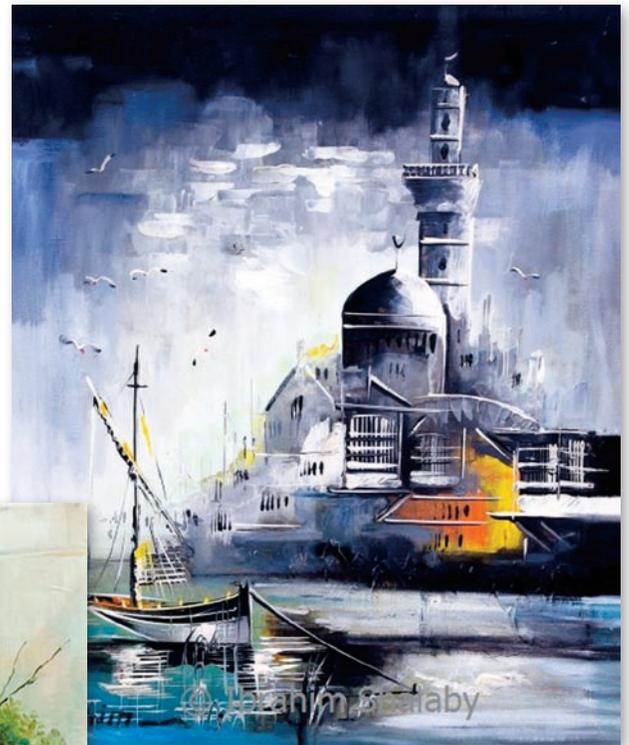
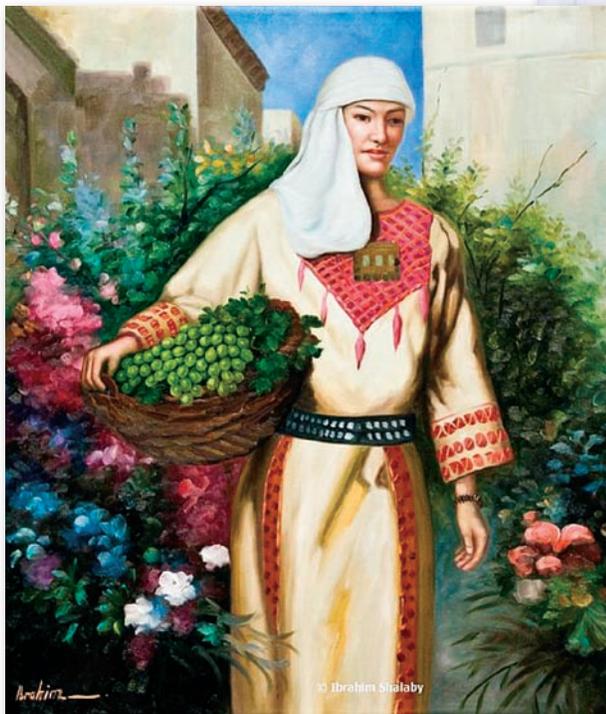


The artist of the cover design of this issue of APPNA Journal is Dr. Ibrahim Shalaby. He is a Canadian-Jerusalemite architect/interior designer who was born in Jordan and his canvases are influenced by the traditional heritage

and culture of Arabs. He obtained a PhD in fine arts from the US, Master of Architecture from the Royal College of Arts UK, and Bachelor degree in Interior Design from Cairo, Egypt. Presently, he is a highly motivated artist in Ontario and is the president of Canadian Arab Organization of Culture and Art.

Ibrahim have had more than 32 solo exhibitions to his credit held in 16 different countries from 1976 to 2005. He has sold more than 3000 originals, and thousands of artwork prints. He has been awarded numerous prizes, and his work has been published locally and internationally.

Dr. Ibrahim became an internationally known Jordanian-Palestinian artist, who worked closely with the Monarchy Hashemite Family, and one of his exhibitions was elected by the Late King Hussein. His paintings have been purchased by many Presidents, leaders, and VIP's such as, H. M. Queen Elizabeth, and former US President Bill Clinton.



Visit www.JorPalArt.com to review his work.
Dr. Shalaby can be reached via email
ishalaby2002@hotmail.com



Mahmood Alam, MD
Editor

EDITORIAL

In Search Of Security, Tolerance, And Peace!

In Pakistan, the year 2011 started with the assassination of the Governor of Punjab, Mr. Salman Taseer, by one of his armed bodyguards in a broad day light in Islamabad. Mr. Taseer had spoken against the blasphemy laws. This was followed by the heinous assassination of Pakistan's Federal Minister for Minority Affairs, Mr.

Shahbaz Bhatti, in March. Mr. Bhatti was Christian and an avid advocate of religious tolerance and moderation in Pakistan. On May 1, 2011, in Abbottabad, US Special Forces, killed Osama Bin Laden, and subsequently serious questions were raised about the credibility of Pakistan in the so-called "war against terror." The recent killing of investigative journalist Saleem Shahzad has sent another wave of horror. It appears to be an attempt to silence the media through brute force. The sense of insecurity deepens with every new terrorist act and anarchy prevails. According to journalist, Najam Sethi, about 30,000 people have lost their lives in 3,000 terrorist attacks, -including 236 drone attacks over the last seven years.

The Pakistani-American Diaspora has grave concerns about the security and integrity of Pakistan. In this issue, the article, "Security Sector Reform in Pakistan – A Must for Building Peace" written by Prof. Hassan Abbas, is an excerpt from the Asia Society's recent Study Group Report, Pakistan 2020: A Vision for Building a Better Future. This study is worth reading as it provides a careful analysis of the situation and makes recommendations for a better future for Pakistan by 2020.

Cutting the Fuse is about the explosion of global suicide terrorism. This book is coauthored by Robert A. Pape and James K. Feldman. A review of this scientifically researched book is published in the Journal. In this book, authors argue that religion has little, if anything, to do with suicide bombing. According to the authors, suicide attackers act not out of religious conviction but to resist foreign occupation. They have examined every case of suicide terrorism over the last three decades.

What is the solution to the present geopolitical and security crisis in Pakistan? Nobody seems to have an answer to this billion dollar question. After the assassination of Mohtarama Benazir Bhutto in December 2007, a lawyer's movement was spearheaded to establish the rule of law and to rehabilitate independent judiciary. Soon it gained momentum and became a popular movement of the people of

Pakistan leading to the end of president Musharaf's era. A grass roots movement like that appears to be the only way that may lead to a real positive change in Pakistan.

In the US, Congressman Peter King (R-NY), Chairman of the House Homeland Security Committee, starts his second round of congregational hearing on June 15, 2011. The widely publicized first set of hearings was conducted in March this year. It might be perfectly legitimate for the Homeland Security Committee to investigate violent radicalism in America among a wide variety of groups, but that does not seem to be Mr. King's real interest. Instead, he is singling out a tiny minority, the Muslims. Never citing credible evidence, he has said that more than 80 percent of the mosques in America are run by extremists and too many American Muslims are sympathetic to radical Islam. Rep. Sheila Jackson Lee (D-Texas), among many others opposed Mr. King's stance and suggested that national security is achievable without discrimination.

The research conducted at Duke University and the University of North Carolina found just the opposite of Mr. King's accusations and the executive summary of this study is included in this Journal. The findings of this study confirm that there has been an increased Anti-Muslim bias in America since 9/11. The practices of Muslim-American Communities not only prevent radicalization but also conduct self-policing. The study has also found that the community building and heightened political engagement by our community is a positive development in preventing radicalization. The Pakistan American Public Affairs Committee (PAKPAC) had issued a very candid response to the issue under the title, Representative King Hearings - two steps backwards. This well-written and timely response took the issue heads on and is reproduced for the membership in this journal.

Last but not least, Mr. Ethan Casey is a journalist, humanitarian, and a friend of Pakistan. He is the author of two books on Pakistan. He has written an article for the Journal on special invitation by the editorial board. Ethan's article is insightful and inspirational. Mr. Casey has always stood with our people both in the US and in Pakistan at the height of desperation and despair. Mr. Casey wrote an article entitled, "Some of My Best Friends are Pakistanis," at the eve of the incidence of failed car bombing attempt by Faisal Shahzad at Times Square in NYC. Mr. Casey intelligently argued that the act of one individual should not be the basis of collective guilt of any community.

Mahmood Alam,
Editor

APPNA JOURNAL PUBLISHER

The Association of Physicians of Pakistani
Descent of North America

Executive Committee 2011

President Manzoor Tariq, MD
President Elect Saima Zafar, MD
Past President Zeelaf Munir, MD
Secretary Mubasher Rana, MD
Treasurer Asif Rehman, MD

Editorial Board

Chair Asaf A. Dar, MD
Editor Mahmood Alam, MD
Co-editor Syed Zaheer Hassan, MD
Co-editor Wasique Mirza, MD
Editor Urdu Section Asaf A. Dar, MD
Co-editor Urdu Section Javaid Akbar, MD
Co-editor Urdu Section Ahmad Rafi, MD
Editor e-Newsletter Khawer Ismail, MD
Co-editor, e-Newsletter Nimra Tariq, MD

Disclaimer

APPNA Journal is the Biannual publication of the Association of Physicians of Pakistani Descent of North America (APPNA). The Journal is dedicated to providing useful information to the Association's members with special emphasis on organizational matters. The views expressed are those of the authors and do not necessarily represent the official position of either the Association or the Editor. APPNA does not assume any responsibility for the authors' assertions nor does it authenticate their validity. Products or services advertised in the Journal are neither endorsed nor guaranteed by APPNA. Reproduction in whole or in part of the materials contained in this Journal without prior written permission from APPNA is prohibited.

Postmaster

Please send address changes to:
APPNA Journal, 6414 S. Cass Avenue, Westmont, IL 60559.

Subscription

Free with APPNA Membership. To apply for membership please go to the APPNA Website at: www.appna.org

Advertising, Submission of Articles and Correspondence

Denise Burt, APPNA Central Office
6414 S. Cass Avenue, Westmont, IL 60559
Phone: (630) 968-8585/ Fax: (630) 968-8677
E-mail: publish@appna.org

**The Editor reserves the right to edit
all submitted material.**

Deadlines for submission of materials:
Fall Newsletter – September 1, 2011
Winter Journal – November 15, 2011

Designed & Printed By
www.axprinting.com

Table of Contents

Portrait Of An Artist	2
Editorial	3
President's Message	5
President Elect's Message.	8
Can You Bring?	8
Secretary's Report	9
After Reading Faiz	9
Treasurer's Report	10
Security Sector Reform In Pakistan	12
Book Review	14
Representative King Hearings	16
Anti-Terror Lessons Of Muslim Americans	17
Both Pakistan & America Need APPNA's Leadership	20
Pakistan American Public Affairs Committee	22
HDF / APPNA Partnership	23
Pakistan Flood Relief	25
Committee Reports	
Community Service Committee Report	26
Social Welfare & Disaster Relief Committee Report	26
Research, Education & Scientific Affairs Committee Report	27
Advocacy Committee Report	27
Young Professionals Network at APPNA	28
APPNA Alliance & Chapter Reports	
APPNA Alliance Summer Meeting Message	29
Georgia Chapter Report	29
Alumni Report	
Sindh Medical College Alumni Association of North America.	30
What About Alzheimer's Disease?	31
An Urgent Appeal To The Pakistani Community.	32
Let's Heal Pakistan.	33
Medical Practice – The New Slavery?	34
From Fledglings To Fighting Falcons	35
Revisiting Dhaka Medical College	37
Physician Investor	38
Gabriel's Wing	39
Our Recent Trip To Europe	41
Sharing Dreams.	42
Akbar's Bridge.	45
Urdu Section	46



Manzoor Tariq, MD
APPNA President 2011

Dear APPNA Family,
Assalam-O-Alaikum,

The first six months of 2011 have flown by and APPNA's 34th Annual Summer Convention in St. Louis, Missouri is upon us. Thanks to your active voices and participation and my hardworking Committees, APPNA has made a great deal of positive progress this year. I invite you to read this message and receive an update on the accomplishments of APPNA during my Presidency.

Charitable, Community, & Social Welfare Services

Hepatitis C Initiative

APPNA has set forth on a very important Hepatitis C Initiative to curb the Hepatitis C epidemic in Pakistan through awareness and prevention. For those unaware, the epidemic has reached drastic proportions, with some reports of up to 30% of the population in certain regions being infected by Hepatitis C. The Hep C Committee, chaired by Dr. Maqbool Arshad, is working to develop educational materials for the public and television and radio campaigns. Medical caregivers will be provided guidelines for proper treatment, to promote proper disinfection of medical and dental equipment, to prevent the transfusion of unscreened blood, and to promote proper disposal of needles and medical waste. This initiative was long overdue for Pakistan and was much needed.

APPNA Free Clinics

I have been planning to establish APPNA Free Clinics in different chapters of APPNA throughout US where indigent patients could be seen free of charge. Ancillary services like lab data, medicines and the rest could be provided at these clinics. I have requested Dr. Imtiaz Arain to spearhead this project; if we can establish free clinics in at least 25% of our chapters, that would be a great success, and something we can build upon, with a goal of nearly 100% chapter participation in the future.

Southern United States Tornado Relief Efforts

While spring is a season of new life and bloom, this year it has brought with it several storms and tornadoes. At the end of April, many Southern states were affected by a strong storm system that caused numerous tornadoes. Dr. Khalid Matin, Chairman of the APPNA Alabama Chapter, has been working with the Social Welfare and Disaster Relief Committee to continue the relief efforts throughout the Southern area. APPNA has been able to provide them financial aid, logistic support and in the process of providing them a truck.

Joplin Tornado Relief Efforts & Visit

On May 22nd, 2011, Joplin, Missouri was ravaged by an F5 tornado, causing miles of damage. After much worry, we were able to confirm that the APPNA members in Joplin were safe although many of them lost everything including their homes and practices. Dr. Nadeem Ahmed, Dr. Omar Quadri, and I visited Joplin with food and medical supplies for the local community. Dr. Naveed Zaidi of Joplin has helped to coordinate the relief efforts within Joplin. Despite the hardships they faced, Dr. Zaidi and other Joplin APPNA members are continuing as physicians and we commend them for their strength and service.

Bone Marrow Registry

We all know that genetic factors play significant role in disease patterns. Similarly, modern day treatments with stem cell transplants dictate that ethnic and heritage based registries be maintained since the best source of finding a compatible human leukocyte antigen (HLA) donor match comes from common ancestries. As a result, APPNA launched a National Bone Marrow Registry Drive on February 25th, 2011 at locations around the United States. The turnout and participation at all the locations was amazing and a great way to kickoff the Bone Marrow Registry. APPNA has collected donations of over \$270,000.000

Charitable Status of APPNA

APPNA's reputation and tenet to be a charitable organization were on the line when I assumed office. The EC worked extremely diligently to bring APPNA in compliance with the office of Attorney General of Illinois to restore APPNA's charitable status. During this intricate audit, we spent countless hours digging for proofs of previous years' expenses and reconciling balances. Special thanks are due to the Board of Trustees for their guidance and cooperation with this process. Our conviction to APPNA's transparency was reflected by a successful audit and eventual approval by the AGI. I have established a system for APPNA to follow the regulatory requirements on a continuous basis, allowing APPNA to comply with all rules and regulations. In this regard, the 2010 APPNA audit has been filed on time as required by law.

APPNA Cares Day

APPNA will celebrate its APPNA Cares day this fall to as a coordinated effort throughout its various Chapters. The goals include not only to see patients for check-ups across the USA, but also preventative measures, such as providing the flu shot to eligible patients. This should become an ongoing project for APPNA. Dr. Mujtaba Qazi is spearheading the project this year and various volunteers will be coordinating the project all over US.

Meetings & Committees

Strategic Planning Meeting

APPNA held a Strategic Planning Meeting Retreat in St. Louis, Missouri on February 5th-6th, 2011. It was a well-attended and productive meeting with over 100 attendees. A well-renowned strategic planning specialist moderated the meeting. We performed an interactive SWOT analysis of APPNA as well defined the mission, vision, and goals of APPNA. It was a pleasure to see the active participation and cooperation of all attendees. Everyone's voice was heard and their suggestions and comments were integrated into a collaborative mission, vision, and goals of APPNA. We formed a Strategic Planning Oversight and Implementation Ad Hoc Committee to ensure that the suggestions made at the Strategic Planning Meeting are implemented and put into action. This committee consists of four subcommittees, each focusing on the top four goals of APPNA as determined by voting at the meeting: the Transparency and Accountability Enhancement Committee, the Leadership Development Committee, the Office Administration Committee, and the Membership Increase and Retention Committee. These committees are working to ensure the meeting's goals became a reality.

Spring Meeting

The APPNA Spring Meeting was held in Louisville, Kentucky on March 24th-27th, 2011. The event was phenomenal and one of the most remarkable meetings in APPNA's history. Attendance numbers were the highest ever for a Spring Meeting. The Host Committee of Kentucky and the entire APPKI Community did an excellent job of welcoming APPNA and ensuring that our function was a success.

APPNA's 9th International Trip

APPNA held its 9th International Meeting in South America. The trip had over 160 registrants and was an event to remember. I would

like to begin by thanking Chairman of the International Meeting Committee, Dr. Riaz Chaudhry, for his efforts and hard work. I must also thank Mr. Tipu Ahmad for coordinating the entire trip and for planning expertise. Both Dr. Chaudhry and Mr. Ahmad traveled to South America on their own time and expense to organize the trip and to visit all the important sites. The trip took place from April 16th-24th, 2011 with an extension trip to Peru until April 27th, 2011. The trip began in Rio De Janeiro, Brazil, continued in Iguazu Falls on the border of Brazil and Argentina, and concluded in Buenos Aires, Argentina. The extension trip took attendees to the prehistoric Inca remnants in Machu Picchu, Peru. The entire trip was phenomenal and a joy to be part of and share the experience with my APPNA family.

Constitution and Bylaws (CABL) Committee

The CABL Committee has reported to me that the top priority is to achieve the ratification of the amendments to the Constitution and Bylaws. These amendments were proposed by previous CABL committees and were approved by the Council in 2006, 2007, and 2009, respectively. I ask you for your help to accomplish this goal of ratification in 2011. This issue will be on the agenda of our annual General Body Meeting to be held on July 2, 2011.

Resolving Young Physicians' Visa Issues

A decrease in the number of visas issues and hindrances in security clearance were the critical issues that led to the formation of the Committee on Young Physicians in the aftermath of September 11th. This issue has intensified over time and new cases surfaced during compilation of my report. The Advocacy Committee of APPNA has taken the lead to address this problem. We have been notified of scenarios in which physicians who have already begun residency training in the United States are being denied re-entry into the United States after visits to family in

Pakistan under the pretext of security clearance. The Committee on Young Physicians and the Advocacy Committee have united to resolve this pressing issue. A delegation of APPNA members met with officials from the State Department and Homeland Security to address these issues. I myself plan to meet with the State Department on my upcoming visit to Washington, D.C. on June 13th, 2011. I encourage all APPNA members to join hands with the Advocacy Committee's campaign by writing letters to your legislators about this issue and by offering support to the CYP.

Developments In APPNA

Global Diaspora Forum

The Secretary of State, Hilary Clinton, hosted a USAID Global Diaspora Forum in Washington, D.C. on May 16th to 18th, 2011. It was an honor to be invited to and represent APPNA at the event. APPNA has partnered with USAID to provide global relief efforts and, in particular, aid to Pakistan. I shared the achievements, goals, and mission of APPNA with everyone at the forum. I am proud to report to you that everyone was impressed with the accomplishments of APPNA and its tenets. They all expressed their appreciation and admiration of APPNA's efforts. This positive feedback is something we can all take ownership of. We must continue to be proud of our APPNA and the global difference APPNA has made and will continue to make.

Reduced Membership Fees

Membership growth and retention is essential for the existence of APPNA. In efforts to recruit new members and expand APPNA, we reduced both annual and lifetime membership fees in the beginning of May. The new Annual Membership Dues are \$100 and the new Lifetime Membership Dues are \$1500. Please inform your non-APPNA member physician friends about these new discounted rates. I encourage everyone to take advantage of the new rates and register as a Lifetime APPNA Member. A Lifetime

Membership comes with a Membership Benefits Package that offers discounts on important expenditures such as car rentals, airfares, and malpractice insurance. The Membership Benefits Package is a project I initiated and have been working on from the beginning of my service as APPNA Treasurer in 2008. It is exciting to see it completed and to offer it to you. I hope you are satisfied with this change, a project APPNA undertook specifically for its membership.

APPNA Leadership Development Program

The APPNA Leadership development program for encouraging and developing future leaders of APPNA was recommended by the Executive Council during the Strategic Planning Meeting. The moderator conducted this very scientific and innovative exercise during APPNA Spring meeting in Louisville and it was perceived as a very effective and successful program.

APPNA Long Range Planning Committee (LRP)

According to the Constitution and Bylaws of APPNA, the Long Range Planning Committee's duty will develop and recommend projects and plans for the long-term activities of the Association.

Since the very successful strategic planning meeting held in January at St. Louis this year, I have resolved to form a committee that continues to work year after year to ensure the formulation and implementation of long range planning for APPNA. I am sure many past presidents have had successful strategic planning meetings in their own right. However, we have collectively failed to achieve the implementation of any recommendations coming after all those brainstorming sessions. Furthermore, all the

outgoing Presidents and committee members, after a year of hard work, worry about the sustainability of their hard work. This committee would be able to ensure that any credible project is sustained over time. As with all the committees, LRP Committee will report to APPNA Council for final approval of suggested long range planning.

Therefore, I feel re-vitalization of Long Range Planning Committee is long overdue. It is my privilege and honor to start the initial formulation of this Committee. This Committee should have total of nine members. The current President and one Representative from board of trustees will be ex-officio members every year. The remaining 7 members will be nominated on staggered term basis. The sitting President will be able to nominate one member each year that will replace one senior most member serving on the committee. In case of any vacancy, the current President will have the authority to nominate replacement. I take the liberty to nominate initial 7 members. Along with two ex-officio members, the initial 9 members will serve on the committee until the end of 2012 when on the nomination of the eighth member one member will obviously retire.

Advanced Technology for APPNA – New Website

On May 8th, 2011 APPNA unveiled a brand new website. The website is ground breaking for APPNA as it is under APPNA's ownership. I hope everyone has visited the website and taken a look around it. I would like to remind everyone to update their profiles and utilize the website to keep yourself up to date with APPNA events, stay in touch with friends, as well as keep track of your APPNA membership status. This new website is the beginning of a long overdue digital age. I commend the Chairman of the

Communications Committee, Dr. Khawar Ismail, for spearheading this project. Dr. Ismail took the initiative to create this new website and worked for months to develop the site.

APPNA's 34th Annual Summer Convention

The 34th Annual Summer Convention of APPNA is just a few weeks away and is expected to be a remarkable event. The Host Committee of St. Louis is ensuring that no stones goes unturned as we plan together. I must thank all members of the committee, especially Chairperson, Dr. Shabbir Safdar, and Cochairs, Dr. Ghazala Hayat and Dr. Sajid Zafar, for their dedication to the meeting. We have innovative CME, a sold out bazaar, fun family outings, cultural entertainment, and much more planned. I am looking forward to hosting APPNA not only as President of APPNA but as a resident of St. Louis. We hope you are able to attend the convention and that you and your family will have a great time.

Thank you for reading this message. I hope that you are all well-informed, so that you can all be active members of APPNA. It is your membership, and involvement, that makes APPNA a vibrant and successful organization. I am here, as President, to serve the best needs of our organization and its members, and am honored to serve you in this manner. I hope to see all of you at the Summer Meeting, and hope you enjoy the program in St. Louis, and APPNA efforts for the rest of the year. Thank you.

Best Wishes,
Manzoor Tariq, MD
APPNA President 2011

President Elect's Report



Saima Zafar, MD, FACC
APPNA President Elect 2011

I am pleased to report that 2011 is another active and challenging year for APPNA. We accomplished several items to strengthen the organization and improve its processes with the untiring efforts of many members. In particular, we streamlined the process for certification of APPNA's Component Societies. APPNA's Chapters and Alumni Associations give strength to our democratic structure. At the same time, the Component Societies have to fulfill certain requirements in order to maintain their certification with APPNA. Financial reports are an integral part of this process. Last year, APPNA went through a tedious process to reestablish its status with the Illinois Attorney General.

APPNA central office's biggest challenge was to acquire complete documentation from the Component Societies, including financial statements. For ease of reporting, we developed a formal set of documents detailing the requirements and sent them out to all Component Societies. Deadlines were set for submission of the documents to central office. Follow up phone calls and emails were made as required. Extensions were provided at the end of the established time line to facilitate the Component Societies. By the time the auditor's started the audit for APPNA; all Component Societies had submitted their paperwork. However, the paperwork was found incomplete for regulatory requirements. I have been actively involved with the

Ad hoc Chapter Committee for setting up the policy and procedures that need to be in place to ensure compliance.

Concurrently, we anticipate significant safeguards and transparency in mandating each component society to have its own 501(c) 3 status. IRS has become very strict in enforcing its rules and regulations on non-profit organizations. This step would be a proactive step to streamline APPNA's process to satisfy legal requirements.

Not unlike previous years the annual APPNA election had to be steered carefully. The verification of membership was largely carried out smoothly. The Membership Committee paid special attention the unprecedented number of physicians-in-training, applying for membership that specifically provides them voting privileges. According to the bylaws, physicians in training can enjoy all benefits of APPNA membership and become members, without paying any dues. However, if they want to vote, they must make a payment to get that privilege.

To avoid potential exploitation of physicians in training, we were assigned the task to perform necessary due diligence of such membership requests. A fair process was established to attest the documents by requesting the physicians in training to sign a verification letter that they had actually paid the dues, and duly notarized. I have great respect for our young physicians in training and truly appreciate their bearing the additional burden in their busy schedule.

I am honored to execute my responsibilities as President (Elect) 2011.

My kudos to all the members who carved out precious time, from their demanding schedules, for their endeavors for APPNA. A pay my special thanks to the APPNA staff in the central office for their hard work.

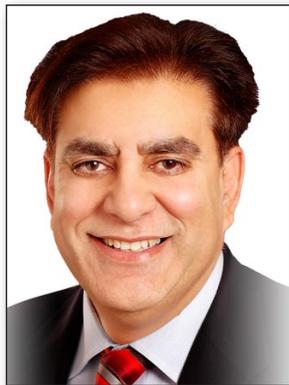
One of my friends asked, "I am in Peshawar. I will be back in Toledo in two weeks. Can I bring anything?"
Amjad.

Can You Bring?

A spoon full of love
An ounce of humanity
A pinch of sanity,
A heart-warming smile
A cache of
Peshawar aroma that once
Filled hearts with ecstasy

Those days of solace,
Nights of serenity
Moonlit alley ways
The innocence of beauty
Soothing my eyes
Now soaring and searching
For a time
Far, far away

Saleem Mir



Mubasher Rana, MD
APPNA Secretary 2011

Assalaam-Alaikum. It is an honor to serve APPNA this year as the Secretary of the organization. I am grateful for the trust APPNA membership has placed in me.

Following are the salient APPNA activities YTD, 2011.

APPNA EC Office Orientation In Chicago

January 22; All members of APPNA EC met at the APPNA office in Chicago. All Staff members were interviewed. The EC also met with the Office management committee under the Chairmanship of Dr. Imtiaz Arain.

APPNA Strategic Planning Meeting February 5-6

Conducted by Dr. Rafik I. Beekun

He focused on developing a Vision and Mission Statement for APPNA.

Four areas for Strategic Action were identified:

- Transparency and Accountability Enhancement
- Leadership Development
- Office Administration Improvement
- Membership Increase and Retention

APPNA EC Conference Call with NAS Telemedicine Grant participants, Jan 28

The goals, objectives and progress of the Grant were discussed. Mechanism for future funding was proposed

APPNA EC Conference Call with Past Presidents, February 1; EC had a

teleconference with 5 immediate Past Presidents. All the Presidents presented their recommendations and ideas on how APPNA can do better.

Bone Marrow Registry Drive launched

Hepatitis C project: Successfully initiated and continues to do very well. The goal of this project is to decrease the incidence of Hepatitis C through education and preventive measures.

Spring Meeting, March 25-27 at Louisville, Kentucky

Congratulations to the host committee for holding a very successful meeting

APPNA International Meeting in South America, April, 2011

New Website launched

Membership Dues reduced

Special Executive Council conference call held on May 2nd. Resolution passed to reduce membership dues to \$100 Annual and \$1500 Lifetime

Alabama and Joplin Natural Disasters

SWDRRC worked with local communities to provide disaster relief

ACCME Accreditation completed

Audit for 2010 completed in May 2011

APPNA's accounting processes stream- lined

Accountant Mr. Lade has been replaced by an accounting firm. This can potentially save APPNA \$20-25,000

Young Physicians' Visa Issues

Committee on Young Physicians representatives met with Homeland security officials to resolve the visa issues. Senators and Congressman were also contacted to help in this issue.

As I write this report, preparations for the summer meeting are enthusiastically under way. We are looking forward to a very productive meeting and a very successful rest of the year for APPNA.

After Reading Faiz

Sare Wadi-e Sina

I see the burning bush on Sinai

Again, Eternal Beauty

Draws me near to dare

Though the reward is death

O my thirsty eyes, awake

Time you yearned for is at hand

Get going, my tired legs

Wipe off the dust, cleanse the heart

It's the moment for a new covenant

Scribed on tablets for eternity

A command from the Most High

Live, let live. Love, be loved.

Saleem Mir

Treasurer's Report



Asif Rehman, MD
APPNA Treasurer 2011

It is my honor to serve as Treasurer and Chair of the Finance Committee (FC). I have enjoyed working with my cochairs Dr. Naem Khan and Dr. Azfar Malik, three past treasurers; Dr. Shahid Usmani, Dr. Mubasher Rana and Dr. Saima Zafar. Other dedicated members of FC are Dr. Anwar Ahmad, Dr. M. Rafique Chaudhry, Dr. Hasan Hashmi, Dr. Muhammad Sohail Jilani, Dr. Shabir Joyo, Dr. Arshad Saeed and Dr. Waris Ali Waris.

Finance

Our year began with a problem with our non-profit registration. I am happy to report that with the assistance of our past and current Councils, Margaret Serb of APPNA-Central Office, and Tom Titus, APPNA's auditor, we concluded a four (4) year audit of our records and were fully re-instated as a registered non-profit corporation in February 2011. I want to thank the Executive and Finance Committees for their efforts and hard work.

Since the beginning of the year we have had several Finance Committee teleconferences. During the spring meeting in Louisville we presented the year-end financial statements for 2010 and the budget for 2011. The 2011 Budget was approved and all recommendations made during the spring meetings were approved by the Council. As part of the recommendations, we have obtained quotations for Directors & Officers Coverage for the organization, to replace coverage that was non-renewed in 2007. Coverage and pricing options will be reviewed by the Executive Council.

At the recommendation of the Executive Committee, previous Treasurers and the Board of Trustees, David Lade was released from his position with APPNA in June, 2011.

Fund Raising

Unfortunately due to several natural calamities the Social Welfare and Disaster Relief Committee were very active helping flood and tornado victims in Alabama, Tennessee and Missouri. APPNA members have donated in excess of \$17,000 to help the flood victims.

APPNA MERIT, one of our major projects, has financial issues. The MERIT Budget requires about \$50,000 each year for operational purposes. It has been confirmed that neither RESA nor Social Welfare Disaster Relief funds can be used to augment the MERIT budget due to restrictions. A fund raising at the spring meeting was done and \$22,000 was pledged by APPNA members. \$18,000 has been collected to-date and we are working very diligently to collect all pledges. We are also investigating all venues to fund MERIT.

Statement of Assets

as of December 31, 2010

ASSETS – Cash and Investments	May 2011	December 2010
Checking accounts	\$ 1,011,455	\$ 597,728
Investments - Securities	1,226,086	1,199,818
Investments - Real Estate	208,000	208,000
Total Cash and Investments	2,445,541	2,005,546

Lifetime Dues Fund

Since the spring meeting, we have had several conversations with Hank Bashore, the financial advisor for APPNA's lifetime investment fund. A combined meeting of the Finance Committee and the Board of Trustees was held in May, 2011 and it was agreed that the long term investment account was to be re-allocated as a hedge against rising interest, inflation and a declining dollar as well as in an attempt to recover the losses suffered in the last several years, due to market volatility.

Recommendations approved:

- Change APPNA's target allocation from 60/40 to 65/35.

- Sell all preferred stocks with coupons under 6.95% and invest the preferred stock proceeds into a group of fixed income unconstrained absolute return mutual funds. This should reduce volatility and loss of capital.
- Establish a \$100,000 global portfolio of real asset inflation hedge mutual funds by liquidating a portion of the Thornburg International Value Money Manager.
- Convert Hays Conservative Growth Balanced portfolio to Hays' Long-Term Growth. This will ensure re-investment of cash.

Asset allocation of the APPNA account as of 5/31/2011:

Cash and Equivalents	\$315,818 (25.8%)
Fixed Income	153,603 (12.5%)
Equities	746,192 (60.9%)
Alternatives	10,473 (0.9%)

It is my goal to ensure that APPNA remains fiscally sound and the financial records remain transparent. I thank you for this opportunity to serve APPNA and its members.

Asif M. Rehman, M.D., F.A.C.C., F.A.S.C.I
Treasurer APPNA 2011

**APPNA Lifetime Dues Fund performance
2005 through 5/31/2011**





Dr. Hassan Abbas
Quaid-i-Azam Chair Professor
Columbia University in New York

The author is a Bernard Schwartz Fellow at the Asia Society and Quaid-i-Azam Professor in the South Asia Institute at Columbia University, where he teaches courses on politics, religion, and security in South Asia. He is also a Senior Advisor in the Belfer Center for Science and International Affairs in the John F. Kennedy School of Government at Harvard University, where he was a Research Fellow from 2005 to 2009. Prior to his academic career, Dr. Abbas served as a government official in the administrations of Prime Minister Benazir Bhutto (1994–1995) and President Pervez Musharraf (1999–2000).

Introduction

The significant rise in terrorist activity throughout Pakistan, besides being a serious threat and demoralizing fact for its people, has dampened economic growth in Pakistan. From 2007 to 2010, there were approximately 240 suicide bombings in Pakistan, all of which targeted Pakistan's armed forces, police, politicians, and civilians, as well as state and military infrastructure and traditional religious places of worship.¹ Despite innumerable sacrifices rendered by both civil and military security forces, the threat to state as well as to society continues to grow.

These internal security threats to Pakistan range from criminal networks in Karachi and insurgent groups operating in Baluchistan Province to terrorist groups operating out of FATA and sectarian extremist groups in South Punjab.² Acts of

A Must For Building Peace



Note – This article contains excerpts from Asia Society's recent Study Group Report "Pakistan 2020: A Vision for Building a Better Future".

For details, see <http://asiasociety.org/Pakistan2020>

terrorism conducted by Al-Qaeda and other global and domestic affiliates are also a very serious threat to Pakistan. These groups primarily include the Tehrik-e-Taliban Pakistan, elements of the Afghan Taliban, Pakistani militant groups focused on the Kashmir theater (e.g., Lashkar-e-Taiba and Hizbul Mujahideen), groups devoted to sectarian violence (e.g., Sipah-e-Sahaba and Lashkar-e-Jhangvi), and extremist political groups promoting a radical agenda that, at a minimum, informs and equips terrorist groups with ideology and rationale for political violence infused with religious symbolism.

Since 2004, large areas of the Pakistan–Afghanistan border region (especially the Waziristan area) and the Swat District in the North-West Frontier Province during 2007–2008 came under the complete control of militant groups aligned with the Pakistani Taliban. While a largely successful military operation in Swat and a belated but effective counterterrorism campaign in South Waziristan in 2009 improved the situation, pockets of territory remain under Taliban control where the organization is active and thriving, especially in North Waziristan, Orakzai, and the Bajaur agencies of FATA. Militants in South Punjab are also emerging as a major threat. **The media in Pakistan played an important role in raising awareness about the "reign of terror" in Swat, which also helped to push political and military leaders into conducting military operations in the area.**

In the aftermath of Osama Bin Laden's killing in Abbottabad, the U.S. President Barack Obama and Secretary of State Hillary Clinton have publicly acknowledged ongoing U.S.–Pakistan cooperation in counterterrorism, but serious questions also are being raised about Pakistan's failure to bring Bin Laden to justice on its own. Before the operation, Bin Laden

had been living for years in a secure compound close to an important military institution. How he escaped the penetrating eye of the Pakistani security services is an intriguing question. As the facts of this episode come to light, they are proving to be quite embarrassing to Pakistan. The country's leaders must properly investigate what went wrong.

What Sustains Terrorism In Pakistan?

At least three key factors sustain the relevance of global terrorist groups, Kashmir-focused groups, and Pakistan-focused sectarian and militant groups. First, these groups harbor and promote a mutilated strain of religion and related political misgivings. Second, terrorist groups are buoyed financially by the inclusion of criminal actors in their ranks, who, in return, adopt a religious-political façade and enjoy the protection of the terrorist groups. Finally, this symbiosis is replicated at a micro level: the taking up of terrorist causes by poor, young men who are provided with financial incentives, such as a salary, and intangible rewards, such as prestige.

Pakistan has muddled through many serious challenges in the past, but the current situation facing the country will require much more effort to combat. Undoubtedly, terrorists have been aggressively targeting progressive religious scholars, but this brutal campaign has inspired many more of their ilk to come forward and fill the void to challenge extremist trends. The 600-page comprehensive fatwa (religious edict) of Dr. Tahir ul Qadri, a renowned Pakistani Islamic scholar, against suicide bombing is one such example. In this context, he unequivocally maintains that "[t]here was a need to address this issue authentically, with full authority, with all relevant Quranic authority — so that [the terrorists] realize that whatever they've been taught

is absolutely wrong and that they're going to hellfire..."³

Pakistan's most critical internal security threat also emanates from the absence of a capable, well resourced, structurally coherent, and institutionally autonomous police and law enforcement service. While Pakistani policemen are responsible for providing internal security, they are poorly paid, badly trained, politically dependent, and inadequately equipped. The country's police are governed by laws and regulations designed for a nineteenth-century agrarian economy, not a rapidly urbanizing economy of the twenty-first century.

In the last decade, police reform efforts have been initiated, but poor implementation and frequent amendments quickly nullified the legislative progress and made these reforms ineffective. Lately, provincial governments have increased their police budgets, but that alone is insufficient. Approximately 18 law enforcement organizations exist in the country but mechanisms to coordinate and share critical information between these agencies are lacking.⁴ Many terrorists have been able to evade legal prosecution because intelligence agencies failed to abide by the legal formalities necessary for convictions through courts.

Ill-equipped police services with skewed institutional incentives at both the citizen interface level (thaana-kuthchehri) and the inter-police level (between the provinces and between the provinces and the federal government) exacerbate the seriousness of insecurity in Pakistan. The infiltration of criminals and religious extremists into the police ranks is yet another growing challenge.⁵ The primary reason for this state of affairs is successive governments' persistent failures to invest in law enforcement reform and modernization. Indeed, very little international funding has been diverted toward enhancing the capacity of Pakistan's police force from the billions of dollars that Pakistan has received to fight the "war on terror" since 2001.

In Baluchistan, Pakistan's largest province, the Pakistani state gradually is losing its authority and legitimacy. Many state schools, for example, do not recite the

national anthem or display the Pakistani flag. One reason for the increasing frustration in Baluchistan is regular accounts of involuntary disappearances, which have become "uglier and uglier" in recent years. Moreover, state intelligence agencies have been accused of acting above the law and without the oversight of the executive and judiciary in their efforts to exert law and order throughout the province.

How to Reform The Security Sector In Pakistan?

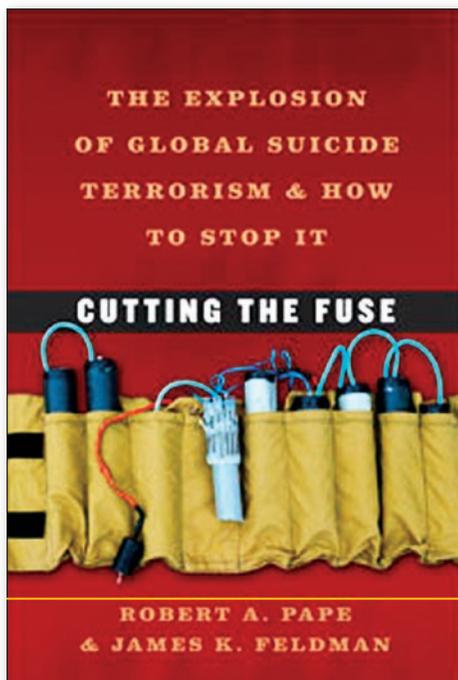
Achieving internal security is of paramount importance to ensuring a stable and prosperous future in Pakistan. At the core of internal security is the creation of a capable, well resourced, structurally coherent, and institutionally autonomous police and law enforcement service. **The establishment of a stable democratic government that makes decisions responsibly and is accountable to the public is a central part of this objective. Moreover, improvements in internal security cannot be achieved through a fire fighting approach alone. Rather, the strategy should cultivate long-term policies that must include measures that tackle the root causes of insurgency and violence in the first place, such as poverty, illiteracy, a sense of injustice, and a widely held perception that "external forces" are attacking Pakistan.** The following steps need to be taken to ensure internal security in Pakistan over the next decade:

- De-radicalization programs and the effective use of law enforcement backed by military force must be enhanced to reduce religious militancy.
- The Pakistan government will have to confront the multiple insurgent and terrorist groups operating simultaneously in the country. No terrorist or militant group should be allowed to use any space as a sanctuary.
- Establishing an efficient, resourceful, and accountable law enforcement infrastructure will require Pakistan to do the following:
 - Fully implement the 2002 Police Order and reorganize the police into an

efficient, professional, and politically neutral force. The controversial amendments made in 2004 to the Police Order should be discarded. Most importantly, police safety commissions—already provided for under the new law—must be empowered to monitor police performance.

- Increase salaries and improve conditions in the police to ensure that policing standards are enhanced. Better performance of the National Highways and Motorway Police clearly shows that incentives make a significant difference in output.⁶
- Follow, as a model, the Citizen-Police Liaison Committee in Karachi, a non-political statutory institution, and engage in similar efforts across Pakistan. Developing public trust is critical for reducing crime and sustaining any reform agenda.
- Streamline the nationwide law enforcement command and control system and enhance police and intelligence services cooperation.
- Military and civilian intelligence agencies must follow guidelines provided by law when gathering information and conducting interrogations. Human rights violations, especially in Baluchistan, where reports of abductions of political activists by security forces are common, must end.
- Antiterrorism courts can function effectively only if a cohesive legislative framework is developed. To achieve this, amendments are needed in the Criminal Procedure Code to establish a robust witness protection program and to make the protection of witnesses, investigators, prosecutors, and judges in major criminal cases, particularly terrorism cases, a priority.
- **Rigid and impartial enforcement of the law will help ameliorate ethnic strife and sectarian killings in cities, especially in Karachi. This strategy will require revising the curriculum in public schools, as**

(Continued on Page 19)



The willingness of terrorists to give up their own lives has proven to be both effective and difficult to stop. The American public has often assumed suicide attackers are motivated by religious extremism. However, in this book, Robert Pape and James Feldman argue that religion has little, if anything, to do with it. According to Pape and Feldman, suicide attackers act not out of religious conviction, but in order to resist foreign military occupation. In their book, *Cutting the Fuse: the Explosion of Global Suicide Terrorism and How to Stop It*, Pape and Feldman examine suicide attacks over the past three decades.

Since 2004, the number of suicide attacks has grown with shocking speed. Through a close analysis of suicide campaigns by Al Qaeda and other terrorist organizations throughout the world, the authors provide powerful newly found evidence. Contrary to the popular, - not to mention a dangerously mistaken belief, they suggest that only a tiny minority of these attacks are motivated solely by religion. Instead, they argue that the root cause is foreign military occupation, which instigates secular and religious people alike to carry out suicide attacks. *Cutting the Fuse* offers new, effective solutions that America and its allies can sustain for years to come

Cutting The Fuse

The Explosion of Global Suicide Terrorism and How to stop it

By Robert A. Pape and James K. Feldman, published by the University of Chicago Press.

while continuing to pursue their core political interests and upholding democratic values. These critical goals can be achieved, as Pape and Feldman demonstrate, by relying less on ground troops in Muslim countries and more on off-shore military forces along with political and economic strategies to empower local communities to stop terrorists in their midst.

If one looks at the U.S. government data on the global patterns of *ordinary terrorism* from 1980 to 2001, there is an unmistakable decline in the threat. Indeed, the peak is 1988 when some 666 terrorist attacks occurred globally, and this number declined more or less steadily over the next 10 plus years to 348 in 2001. At the same time, what started out as a tiny number of suicide terrorist attacks around the world is climbing at an alarming rate, from an average of only 3 suicide attacks per year in the 1980s to 10 per year in the 1990s to 50 per year from 2000 to 2003 and to 300 per year from 2004 to 2009.

On October 11, 2010, Neal Conan, host of *Talk of the Nation* on NPR (National Public Radio) spoke with Robert Pape. Pape, Professor of Political Science at the University of Chicago, said, "You see, I've looked over the last 30 years at over 2,200 suicide terrorist attacks. Over 97% of those suicide attacks are in response to a foreign occupation." When Conan then asked what Pape made of that determination, Pape replied "Well, what we do is we actually look a lot like researchers studying smoking and lung cancer, who gets the cancer of suicide terrorist, and who does not . . . What we see is suicide terrorist attacks as a highly concentrated phenomenon. Again, it's like lung cancer: highly concentrated among smokers. This is highly concentrated among occupiers."

The authors have studied suicide terrorist campaigns in Iraq, Afghanistan, Pakistan, Al Qaeda (global), Lebanon, Israel and Palestine, Chechnya, and Sri Lanka. Briefly, we can examine Afghanistan and Pakistan as

case studies that are relevant to present geopolitical situation in Pakistan.

AFGHANISTAN: Prior to America's toppling of the Taliban in fall 2001, Afghanistan never had a reported suicide terrorist attack; even with Osama bin Laden residing there since the mid 1990s. In the immediate aftermath of America's conquest, Afghanistan experienced only a small number of suicide attacks – fewer than 15 total attacks from 2002 through 2005. Suddenly, suicide attacks began to increase by a great degree – there were 93 in 2006, 137 in 2007, 136 in 2008, and 98 in 2009. Moreover, the overwhelming percentage of the suicide attacks (80%) has been against security targets related to American and allied forces and nearly (90%) carried out by Afghan nationals. So, what happened in late 2005 or early 2006 to suddenly motivate a large number of Afghans to willingly kill themselves to attack American and NATO military targets? Although there are multiple causes, one stands out: the growth and re-deployment outside of Kabul of Western forces in Afghanistan.

PAKISTAN: These findings on Afghanistan also help to explain the similar explosive rise in suicide terrorism in Pakistan in 2007 (and beyond). Prior to 2001, Pakistan experienced only a single instance of suicide terrorism (in 1995). From 2002 to 2006, after American combat forces deployed to Afghanistan and adjacent countries, apparently including covert use of bases inside Pakistan, Pakistan began to experience a small number of suicide attacks each year. However, in early 2007, the number of suicide attacks abruptly rose. These suicide attacks were mainly against military targets, and were mainly in the western regions of Pakistan. So, what accounts for the escalation in suicide attacks against military targets in western regions of Pakistan from 2006 onward? The key factor is the deployment of Pakistan's army against the Taliban.

Cutting the Fuse is a 350 page book by Prof. Pape and Feldman of Chicago Project on Security and Terrorism. It is published by the University of Chicago press. www.press.uchicago.edu The hard cover book that is priced for \$30.00 could be bought online cheaper than the list price. It will surely quench the thirst of all those who want to get to the bottom of the reality of the most pressing security threat of the modern age and its solution. If you really want to end the fear, and beginning of the understanding must be accomplished, then conclusion of the book tells it all.

"Cutting the Fuse" reviews from the back title of the book:

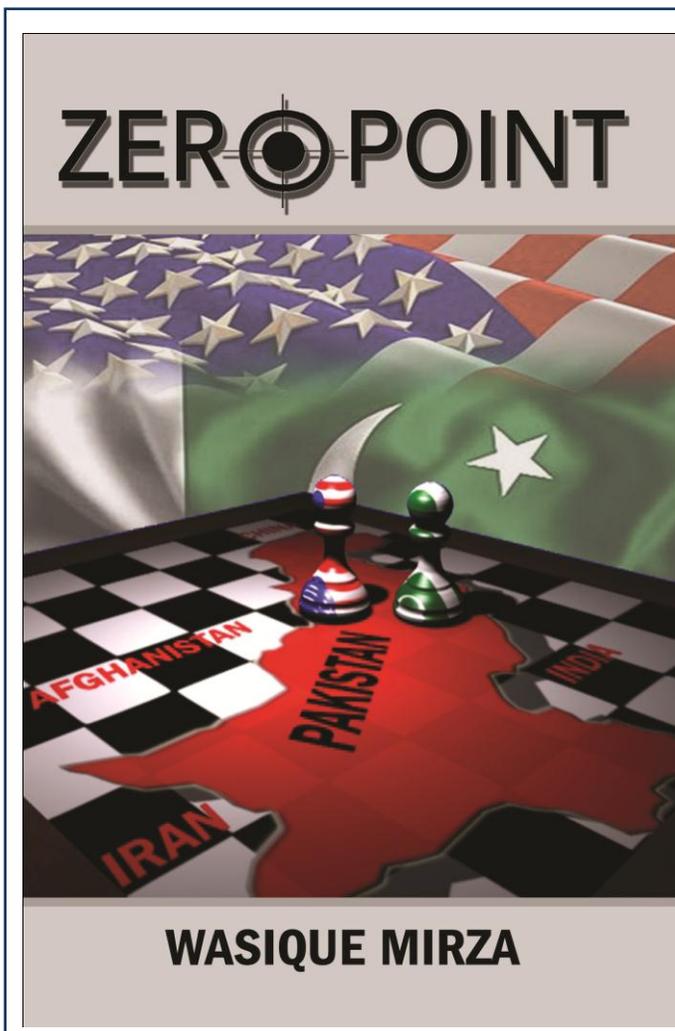
"Robert Pape and Ken Feldman mine a unique library of data to arrive at a radical diagnosis of what motivates suicide terrorists. I think you'll find it persuasive; I am convinced." **Thamas C. Schelling, Winner of the Nobel Prize in Economics**

"Pape and Feldman are the world's experts on suicide terrorism. In this carefully researched yet highly readable book, the authors lay bare the causes of suicide terrorism and demonstrate that our current military strategy serves

only to breed a new generation of terrorists. This book is a must-read for anyone who cares about America's role in the world."

Stephen D. Levitt, author of *Freakonomics* and *SuperFreakonomics*

"Pape and Feldman offer a powerful analysis of the factors underlying the rise in suicide terrorism in recent years and bring clarity to a complex and challenging subject. I recommend this book to both scholars and policy makers with a serious interest in U.S. national security policy." **Lee H. Hamilton, Cochair of the 9/11 Commission**



**A Political Thriller
by
Wasique Mirza**

*Available on Lulu.com and Amazon.com in July 2011
For more info, visit [Zero Point by Wasique Mirza on Facebook](#)*

Malik Jahangir, the man who would be Prime Minister of Pakistan, is dead; assassinated during a public rally at the peak of his election campaign. Dr. Kamran Haider, a brilliant trauma surgeon, and his accidental partner Sana Aziz, a feisty female reporter, are unwittingly caught in a cat and mouse game with a ruthless assassin who was brought up in a missionary orphanage in the Bronx. Caught between the demons that have haunted him all his life, and the unfamiliar sights and sounds of the streets of Pakistan's capitol, he hunts the two people who have the information to prove that assassination of Malik Jahangir may have motives beyond local politics and religious fundamentalism. As the story unfolds, characters in Pakistani and American politics emerge, revealing a conspiracy that involves political ambitions, regional dominance and motives rooted in a race for the natural resources of the region.

Wasique Mirza, MD, FACP is a guest columnist in the Scranton's Times-Tribune and practices Internal Medicine in Scranton Pennsylvania. He graduated from Allama Iqbal Medical College in 1991

Two Steps Backward

Pakistan American Public Affairs Committee (PAKPAC) is gravely concerned about hearings convened by Congressman King (NY) titled *The Extent of Radicalization in the American Muslim Community and That Community's Response.*, in the House Homeland Security Committee. PAKPAC applauds all House Homeland Security Committee members who raised voices of legitimate reason and stood up for what is right. The hearing evoked immense emotion from members of the Committee as well as panelists. As the hearing convened, it became clear that the purpose was not to uncover facts or resolve conflicts. While there has been much controversy surrounding this hearing, it seemed to have begun and ended without accomplishing anything other than stigmatizing and profiling the American Muslim community. Some Committee members repeated that this hearing was not against a singular faith or ethnic group, yet through their opening remarks and cross-questioning all that came across was fear mongering and an escalation of hatred for American Muslims. No good can come from needlessly targeting an entire religious community.

Radicalization is a legitimate target for a congressional panel charged with homeland security, but the hearings appear to put the onus on the American Muslim community as the source of the problem, whereas the American Muslim community itself is part of the solution, not the sole problem of increased radicalization. The most effective counter-weight to radicalization is to ensure that American Muslim feel welcome and vested in our

pluralist and free society. The hearings target the American Muslim community specifically - and inherently accuse the American Muslim community of not being proactive in preventing terrorism. Representative King is using his powerful post as head of the House Homeland Security Committee to subject the entire American Muslim community to public scrutiny through discriminatory hearings based on prejudicial ideas. Congressman King asserted without any supporting evidence that Law Enforcement Officials have complained to him about lack of cooperation from American Muslims, a charge that was clearly refuted by the only Law Enforcement Officer at the hearing Sheriff Baca from Los Angeles County. Baca repeatedly defended the regular outreach program he has with American Muslim Community, and that Muslim leaders have worked well with law enforcement in Los Angeles County.

PAKPAC believes that the King hearings are creating a false narrative with the use of collective guilt. First - naturalized Muslims in the United States are Americans first - period. Second, hundreds of Muslims died on 9/11 - we were all attacked, Congressman Ellison talked about Mohammed Salman Hamdani, a Muslim-American paramedic who lost his life on 9/11 trying to save victims. Third - the largest single source of initial information on planned terrorist attacks by Muslims in the United States involved tips from the American Muslim community itself. - the very community that Congressman King is singling out. Fourth, it is correct that Faisal Shehzad, the Time Square Bomber was an

American Muslim - but so was Alioune Niass, the street vendor who first alerted authorities to the smoking car in the middle of Time Square, while Faisal Shehzad was mentioned by many at the hearings, efforts of Alioune Niass went unnoticed.

Finally, PAKPAC recognizes that American Muslims are not free of any misconduct and are certainly not immune to radicalization. We are living at a juncture of history when we need to be active and vigilant in order to maintain the peace and freedom we desire. This involves thwarting the work of all those who intend to do us harm. And it equally involves zealously guarding the values that our peace and freedom rest upon. This is a time for cultivating understanding and building relationships, and for recognizing that encouraging suspicion of the other only pushes us further away from achieving our collective goals. Continued cooperation between the American Muslim community and law enforcement is essential - a cooperation that is based on mutual trust and respect.

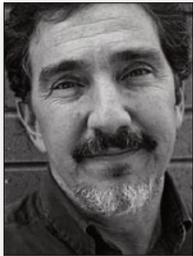
PAKPAC Editorial board comprising of Shehzad Akhtar, Amina Khan, and Salman Malik contributed this statement disseminated via PAKPAC e-mail message. I followed the media very closely during the period of Peter King's congregational hearing. I selected this statement for APPNA Journal as a meritorious piece that eloquently expresses our community's viewpoint. I thank Irfan Malik, Executive Director, and Dr. Muhammad Suleman, President PAKPAC for their permission to reprint. EDITOR

Anti-Terror Lessons Of Muslim-Americans



David Schanzer
Sanford School Of
Public Policy
Duke University

David Schanzer is an Associate Professor of the Practice at the Sanford School of Public Policy at Duke University, where he teaches and conducts research on counterterrorism and homeland security policy. He is the Director of the Triangle Institute on Terrorism and Homeland Security, a consortium between Duke, the University of North Carolina Chapel Hill, and RTI International.



Charles Kurzman
Department Of Sociology
University Of North
Carolina, Chapel Hill

Charles Kurzman is a professor of sociology at the University of North Carolina, Chapel Hill, and a specialist on Islamic movements in the Middle East and around the world. He is author of *The Unthinkable Revolution in Iran* (Harvard University Press, 2004) and *Democracy Denied, 1905-1915* (Harvard University Press, 2008) and editor of *Liberal Islam: A Sourcebook* (Oxford University Press, 1998) and *Modernist Islam, 1840-1940: A Sourcebook* (Oxford University Press, 2002).



Ebrahim Moosa
Department Of Religion
Duke University

Ebrahim Moosa is Associate Professor of Islamic Studies in the Department of Religion at Duke University. His interests span both classical and modern Islamic thought with a special interest in Islamic law, ethics and theology. Moosa is the author of *Ghazali and the Poetics of Imagination*, winner of the American Academy of Religion's Best First Book in the history of religions (2006). He was named Carnegie Scholar in 2005 to pursue research on the madrasas, Islamic seminaries of South Asia.

This is the Executive Summary of the well researched article on the topic, which was published in January 2010. The entire report can be downloaded from: http://www.sanford.duke.edu/news/Schanzer_Kurzman_Moosa_Anti-Terror_Lessons.pdf (Editor)

Purpose Of The Project

In the aftermath of the attacks on September 11, 2001, and subsequent terrorist attacks elsewhere around the world, a key counterterrorism concern is the possible radicalization of Muslims living in the United States. Yet, the record over the past eight years contains relatively few examples of Muslim-Americans that have radicalized and turned toward violent extremism. This project seeks to explain this encouraging result by identifying characteristics and practices in the Muslim-American community that are preventing radicalization and violence.

This objective was pursued through interviews of over 120 Muslims located in four different Muslim-American communities across the country (Buffalo, Houston, Seattle, and Raleigh-Durham), a comprehensive review of studies and literature on Muslim-American communities, a review of websites and publications of Muslim-American organizations, and a compilation of data on prosecutions of Muslim-Americans on violent terrorism-related offenses.

A review of these materials has led to recommendations on how the positive anti-terrorism lessons of Muslim-American communities can be reinforced.

Findings

This research resulted in a number of related findings.

Increased Anti-Muslim Bias. Since 9/11, there has been increased tension among Muslim-Americans about their acceptance in mainstream American society. Muslim-Americans perceive a stronger anti-Muslim bias from both their day-to-day interactions and the media, a bias that is confirmed in public opinion polling. While Muslim-Americans understand and support the need for enhanced security and counterterrorism initiatives, they believe that some of these efforts are discriminatory, and they are

angered that innocent Muslim-Americans bear the brunt of the impact of these policies.

Low Numbers of Radicalized Muslim-Americans. Although the vast majority of Muslim-Americans reject radical extremist ideology and violence, a small number of Muslim-Americans have radicalized since 9/11. In the eight years following 9/11, according to our project's count, 139 Muslim-Americans committed acts of terrorism-related violence or were prosecuted for terrorism-related offenses that involve some element of violence. This level of approximately 17 individuals per years is small compared to other violent crime in American, but not insignificant. Homegrown terrorism is a serious, but limited, problem.

Practices of Muslim-American Communities Prevent Radicalization. Our research shows that a variety of practices of Muslim-American communities may be helping to prevent and address instances of radicalization. These practices include the following:

- **Public and private denunciations of terrorism and violence.** Muslim-American organizations and leaders have consistently condemned terrorist violence here and abroad since 9/11, arguing that such violence is strictly condemned by Islam. Our research found that these statements were not just for public consumption, but were supported by local Muslim religious and community leaders, who consistently condemned political violence in public sermons and private conversations. These statements represent powerful messages that resonate within Muslim-American communities.
- **Self-policing.** Muslim-Americans have adopted numerous internal self-policing practices to prevent the growth of radical ideology in their communities. The practices range from confronting individuals who express radical ideology or support

for terrorism, preventing extremist ideologies from preaching in mosques, communicating concerns about radical individuals to law enforcement officials, and purging radical extremists from membership in local mosques. Muslim-Americans have also adopted programs for youth to help identify individuals who react inappropriately to controversial issues so they can be counseled and educated.

- **Community-building.** The creation of robust Muslim-American communities may serve as a preventative measure against radicalization by reducing social isolation of individuals who may be at risk of becoming radicalized. The stronger such communities are, in terms of social networks, educational programs, and provision of social services, the more likely they are to identify individuals who are prone to radicalization and intervene appropriately. Undermining radicalization is frequently not the primary goal of these community-building activities, which are generally aimed at strengthening community resources in response to the increased social and governmental pressure that Muslim-Americans have experienced since 9/11. However, our research indicates that these activities may have the positive side effect of reducing the likelihood of radicalization.
- **Political engagement.** Heightened political activity of Muslim-Americans since 9/11 is also a positive development for preventing radicalization. Political engagement channels grievances into democratic forums and promotes integration of Muslim-Americans into an important aspect of American life. At the national level, Muslim-Americans are following the example of other American minority groups by creating advocacy organizations to express their political goals. At the local level, community leaders work through political avenues to pursue community interests. These activities demonstrate to Muslims in the United States and around the world that Muslims are able to participate in the full range of American life and that their grievances can be effectively addressed through peaceful means. Like

community-building, increased participation in democratic politics did not occur for the purpose of preventing radicalization, but it too may have had the same positive side effect.

- **Identity politics.** The expression of a Muslim-American identity has taken on an increasingly assertive tone in the years since 9/11. While some observers are concerned that heightened expressions of piety may be a sign of impending radicalization, our research suggests otherwise. The assertion of Muslim-American identity follows the precedent of other racial, ethnic, and religious groups in the United States: they have embraced the compatibility of minority and American identities. Increased piety among Muslim-Americans also serves to undercut the radical message that American values and practices are hostile to Islam.

Recommendations

Research findings suggest that radicalization in the United States can be minimized by taking the following steps to reinforce successful anti-radicalization activities of Muslim-American communities and create a more positive environment for Muslim-Americans:

1. **Encourage Political Mobilization.** Increased political mobilization is the most important trend identified by this study, as it both stunts domestic radicalization and provides an example to Muslims around the world that grievances can be resolved through peaceful democratic means. We recommend that policy makers in the major political parties embrace this mobilization by including Muslim-Americans in their outreach efforts and by organizing them to gain their support, as they do with other ethnic and religious groups. Similarly, public officials should attend events at mosques, as they do at churches and synagogues. Muslim-American groups should also be fully included in American political dialogue.
2. **Promote Public Denunciations of Violence.** Denunciations of terrorism and violence are an important reflection of Muslim-American opinion and values.

The Muslim-American community should disseminate these statements widely. Public officials should reference these statements whenever possible and the media should include them in their coverage of terrorism and security issues.

3. **Reinforce Self-Policing by Improving the Relationship Between Law Enforcement and Muslim-American Communities.** Muslim-American communities are taking a variety of measures to prevent radicalization. While there have been important achievements in building a cooperative, trusting relationship between Muslim-Americans and law enforcement, there have also been tensions due to controversial law enforcement techniques, lack of communication, and breakdowns in trust. Muslim-American communities and law enforcement agencies must make efforts to cooperate more closely to overcome mutual suspicions and achieve common goals. An important element of increased cooperation would be to initiate a candid dialogue between law enforcement and Muslim-American communities about the handling of criminal cases and the use of informants. Law enforcement agencies should develop policies on the appropriate use of informants in Muslim-American communities and discuss these policies openly with community leaders. Muslim-Americans, for their part, should understand that the use of informants is an accepted, long-standing law enforcement practice and may be necessary in appropriate cases to gather evidence on individuals who are a potential danger. In addition to addressing grievances about law enforcement tactics and operations, the relationship could be strengthened and solidified by hiring more Muslim law enforcement officers, increasing outreach to non-religious entry points to the community, and expanding the FBI's Bridges Program and Citizen's Academy.
4. **Assist Community-Building Efforts.** Strong communities can provide education to Muslims who may be uninformed about Islamic opposition to terrorism,

provide guidance and positive experiences for youth, and identify individuals at risk of radicalization. We recommend that all levels of government make additional efforts to provide community-building resources such as youth centers, childcare facilities, public health clinics, and English as a Second Language courses in disadvantaged Muslim-American communities. These resources are especially important in isolated immigrant communities.

5. **Promote Outreach by Social Service Agencies.** Our research suggests that Muslim-American communities desire collaboration and outreach with the government beyond law enforcement, in areas such as public health, education, and transportation. Moving toward this type of

engagement acknowledges that Muslim-American communities have needs and concerns other than contributing to the nation's counterterrorism efforts.

6. **Support Enhanced Religious Literacy.** This research reinforces the generally accepted observation that Muslim-Americans with a strong, traditional religious training are far less likely to radicalize than those without such training. Since it would be inappropriate for government to play a role in this area, the Muslim-American community should invest in developing seminaries, leadership programs, and on-line educational courses. Foundations and universities should assist in these efforts.

7. **Increase Civil Rights Enforcement.** Enhanced civil rights enforcement will contribute toward addressing Muslim-American concerns about increased discrimination since September 11, 2001.

Project Supported by the National Institute of Justice

This project was supported by grant no. 2007-IJ-CX-0008, awarded by the National Institute of Justice, Office of Justice Programs, U.S. Department of Justice. Points of view in this document are those of the authors and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Security Sector Reform In Pakistan (Continued from Page 13)

well as in madrasa networks, in ways that encourage pluralism and deter any dissemination of intolerance. Similar initiatives in recent years should be given more focus and funding.

- Curricular improvement in Pakistan along scientific lines can be modeled on similar efforts in Indonesia and other countries.⁹ In this context, progressive religious scholars who challenge violent extremists must be provided full security as well as state support for their independent research work and publications.
- **Internal security can be achieved if the international community directly targets its assistance toward helping Pakistan in this area. Half of U.S. funding allocated for counterterrorism and counterinsurgency support in Pakistan, for example, can be directed toward supporting scientific investigations and enhancing forensic capabilities in law enforcement. Additionally, the rules of engagement of coalition forces and policies on drone attacks should be reassessed.**

End Notes

¹ Data from South Asia Terrorism Portal, <http://www.satp.org> (accessed February 7, 2011).

² For details, see Jayshree Bajoria, "Pakistan's New Generation of Terrorists," *Council on Foreign Relations Backgrounder*, October 7, 2010.

³ For the quote, see Christian Caryl, "Sheikh to Terrorists: Go to Hell," *Foreign Policy*, April 14, 2010.

⁴ For details about the law enforcement infrastructure in Pakistan, Hassan Abbas, *Reforming Pakistan's Police and Law Enforcement Infrastructure: Is It Too Flawed to Fix?* (Washington, DC: United States Institute of Peace, 2011).

⁵ Alex Rodriguez, "Extremists Have Easy Time Infiltrating Pakistan Security Services," *Los Angeles Times*, February 6, 2011.

⁶ See Raza Rumi, "Pushed to the Wall," *The News*, March 27, 2011; and I. A. Rahman, "New Threats to Rights," *Dawn*, December 9, 2010.

⁷ The Police Order of 2002 substantially improved the laws governing police organizations in Pakistan. It emulated the Japanese National Safety Commission system, which ensures oversight of police by both elected and nominated members at district, provincial, and national levels. Additionally, an independent prosecution service was provided to place more effective checks on the police. The police also were given operational autonomy in administrative and investigative spheres, while its various responsibilities were divided among separate police departments to improve performance. The provisions of the Policy Order were amended further in 2004, partially nullifying the reform agenda.

⁸ "ADB Declares Motorway Police A 'Miracle,'" *Daily Times*, July 12, 2008.

⁹ For details on the Indonesian model, see Kirsten E. Schulze, "Indonesia's Approach to Jihadist Deradicalization," *CTC Sentinel* 1, no. 8 (2008): 8–10; see also Jessica Stern, "Mind over Martyr," *Foreign Affairs*, January/February 2010, 95–108.



*Ethan Casey is the author of the books *Alive and Well in Pakistan* and *Overtaken By Events: A Pakistan Road Trip*. He is currently writing a new chapter, "After the Flood," to be added to the next edition of *Overtaken By Events*. He is also writing *Bearing the Bruise: A Lifetime in Haiti* for publication in 2012. He is on the Web at www.facebook.com/ethancaseyfans and www.ethancasey.com.*

This is a very difficult time for Pakistan, for Pakistanis and other Muslims living in America, indeed for all friends of Pakistan and of humanity and peace. Drone attacks, Osama bin Laden, Raymond Davis, the long-term damage from last summer's severe flooding – which I saw for myself in February and March in the Swat valley and in rural areas of Punjab province – there's no rest from the litany of crises Pakistan faces.

The Pakistani-American community, led by APPNA and other organizations I admire and support, is remarkably steadfast in addressing the acute and chronic humanitarian needs of Pakistani society. Year after year, crisis after crisis, fund raiser after fund raiser, my Pakistani-American friends walk the walk. I admire you enormously for knowing and doing what needs to be done for the men, women and, above all, children of Pakistan, regardless of the constantly changing and increasingly alarming geopolitical situation.

GUEST ARTICLE

By Ethan Casey

And I want you to know that I will continue walking the walk with you.

One way I think I'm positioned to help is by educating the American public about the Pakistan I've come to know and love, since I first went there in 1995. We all know Pakistan is far from perfect, but the point I try to get across to mainstream America is that the real Pakistan is very different, and much more interesting and likeable, than the Pakistan they see on TV. That's an easy and enjoyable thing to do if you know and like Pakistan as I do, and it needs to be done, because the American public's attitude toward Pakistan greatly affects our ability to support all the urgently needed humanitarian work that must be done. This is so because, as I and others have diagnosed, the Pakistani-American community suffers from chronic and worsening donor fatigue, and the wider American public represents a largely untapped source of funds for non profits working in Pakistan. But even prior to that, we need to elicit the positive interest and human sympathy of non-Pakistani, non-Muslim Americans, for everyone's sake.

And more than that, I believe the very future of Pakistan itself depends on the Pakistani diaspora's ability and willingness to reach out assertively to mainstream America. I believe that the best defense is a good offense, and that if you want something done right – in this case, if you want Americans to have a correct impression of Pakistan and of Muslims – you've got to do it yourself. This is where I believe APPNA and its chapters and individual members can play a powerful leading role on behalf of the Pakistani-American community as a whole – and thus, by extension, on behalf of Pakistan.

To mainstream America, APPNA members are potentially the human faces of Pakistan and of Islam. I say potentially, because unfortunately the faces that the words "Pakistan" and "Islam" still conjure up to many Americans are those of people like Osama bin Laden and Faisal Shahzad, the disturbed young man who planted a bomb in Times

Square in New York last year. This will change only if we make a concerted effort to change it – but we can change it. What's called for is a very assertive public diplomacy initiative, to replace those faces with the faces of accomplished professionals, good neighbors, and active citizens – people like you. Each of you lives and works somewhere in America, many of you in very provincial and even remote cities and towns. And it's exactly in those places that the need is greatest.

APPNA has the membership and institutional infrastructure to make a big difference throughout American society. What if APPNA were to do this systematically, encouraging and supporting members and chapters who take initiative locally by reaching out to churches, schools, civic groups like Rotary, and universities? And even if this were not feasible on an APPNA-wide scale, there's no reason it can't be done by regional or state chapters or individual members. It just takes initiative, resourcefulness, and imagination, all of which I know Pakistanis possess. Pakistanis are among the most resourceful people I know; you've had to be, because for 64 years your country has faced one enormous challenge after another. As author Emma Duncan pointed out more than 20 years ago, nothing is ever settled in Pakistan. That's chronically frustrating, but it has also been good practice for our current and coming crises, both in Pakistan and in America. The Pakistani-American community, led by APPNA members, has a lot to teach other Americans about how to rise to a challenge.

I want to continue rising to our shared challenges with you, because I believe we're all in this together. On June 1, I gave a speech at a prestigious TEDx event sponsored by the Princeton Public Library in Princeton, New Jersey. (The full text of that speech is under the Speaking tab on my website, www.ethancasey.com.) In it I pointed out, to a mostly non-Pakistani audience, that many Pakistani friends of mine – many of them physicians who volunteered their time and lifesaving skills – responded immediately and

with real sympathy, concretely expressed, after the earthquake in Haiti. I also said that I felt American society had missed the opportunity to show similar human concern for Pakistanis last summer, when 20 percent of Pakistan was under water. And I quoted from a message I received from Dr. Uzma Shah of Boston, after I had published an article titled "Pakistan Floods: Why Should We Care?" on the Huffington Post and on my website. "It's hard to see pictures from Pakistan," Uzma wrote, "and I can't help but choke back tears when I see all that desperation. And amidst all the furor about all things bad and hard about Pakistan and 'Islam,' it's comforting to read your article. Because at the end of the day, we are all human, living in one world, sharing the same life."

This is the point we must keep making, as often as necessary. It's easy to explain away America's failure to respond adequately to the floods: Americans suffered from "compassion fatigue" after Haiti; Pakistan is farther from the U.S. than Haiti is; a flood is a slow-moving disaster whose effects are less immediately dramatic than an earthquake. But it's also hard to avoid facing the effects of a decade-long national climate that has made Muslims the only group in America against whom it's considered permissible, sometimes even fashionable, to be bigoted. I believe, though, that – like all people – Americans are capable of responding to what Abraham Lincoln called the better angels of our nature, if they're invited and given the opportunity to do so. Many of you know this from your own experience. As my friend Dr. Shahnaz Khan of Zephyrhills, Florida told me, "It becomes personal. [My patients] actually tell me they think of me when they listen to the news. In fact, a lot of them probably didn't know I was from Pakistan before 9/11, or didn't even care. They say, 'Be careful, Dr. Khan. Come back safely. Don't get lost, don't get hurt.' It's a good feeling, a lot of goodwill." Just as the real Pakistan is better and more interesting than the Pakistan we see on TV, so is the real America.

So how can we effectively engage with and influence the real America? One thing I do is give away copies of my book, *Overtaken By Events: A Pakistan Road Trip*, to students, libraries, religious and political leaders, and

others in positions of influence in American society. The Pakistani novelist Bapsi Sidhwa understands what I'm trying to achieve; she says its "personal perspective ... lends the book much of its charm and veracity and makes *Overtaken By Events* so compulsively readable." The program's potential is well illustrated by an email I received from Texas Christian University student Paul Jorden in January, just after I spoke to his World Religions class taught by Professor Mark Dennis. "Dear Mr. Casey," Paul wrote,

Thank you very much for the copy of your book. I am thoroughly looking forward to learning more about life and the hardships of those in Pakistan and how terrorism shapes our (Americans') perception of Muslims. Thank you for taking the time to speak to our class. I sincerely appreciate the importance of issues such as this, especially during times when it seems that our lives are permeated by a constant fear of terrorism via the news. Best of luck with promoting awareness.

The American mainstream media isn't going to do the task for us, because – as Paul Jorden shows he understands in the quote above – the media is a major source of the problem. By all means, let's try to influence politicians, policy makers, media moguls, and celebrities, but let's not be seduced by the polite hearings and photo-ops that they offer us from time to time. We need to go over the heads of the American media and establishment, by reaching out directly to the American public. My public and classroom speaking and book sponsorship program are among the ways I've thought of to do this. I'm able to give away books thanks to the support of Pakistani-Americans like you, who sponsor multiple copies of *Overtaken By Events*. The more books are sponsored, the more I can give away. For example, I have an opportunity to give away 300 copies when I'll be the keynote speaker at the annual Region III convention of NAFSA: Association of International Educators (www.nafsa.org) in Oklahoma City in October. I will also be at this year's APPNA convention in St. Louis, speaking at the Fatima Jinnah Medical College alumni dinner on Friday evening and at the Social Welfare and Disaster Relief meeting on Saturday. Please find me there, or contact me

any time on my cell phone (206-226-0509) or by email (ethan@ethancasey.com).

I'm finding young Americans the most receptive to learning about the Pakistan I know and love, and this brings to mind another asset we have to work with: your own community's younger generation. When I spoke at the Islamic Association of Greater Detroit in January 2010, I was so moved by the efforts and accomplishments of the young volunteers there that I felt compelled to include in my speech this line: "We all know that America is a nation of immigrants. As an American whose ancestors came here in the 19th century from Ireland and Germany and France, I want to thank you for contributing not only your talents and material resources, but also your impressive children, to help build a new, improved America in the 21st century." I've re-used that line many times since then. On this important level, America's gain doesn't have to be Pakistan's loss. In my observation, Pakistani and other Muslim families give their children precisely the confidence, moral education, and sense of purpose and direction that are sorely lacking in all too many other American families. Your children are poised to become real leaders of American society, and that bodes well for all of us. And they are already in positions of influence with their peers at many of this country's greatest universities. Congratulations – and let's continue enlisting and empowering them.

And let's continue working together to reach out to mainstream America, with the confidence that this country is in great need of your visible and vocal presence and leadership. I say that as an American who worries about my own country at least as much as I worry about Pakistan. By virtue of your profession, you enjoy a position of prestige and trust in American society, in cities and towns from coast to coast. If you invite me to your city, I'll do my best to visit. And I invite you to make use of me, as a gora who enjoys sharing his friendship and appreciation for Pakistan and Pakistanis with other goras. Together we can change the relationship between Pakistan and America – one church or synagogue, one Rotary Club, one high school class at a time.

HDF/APPNA Partnership



Atiya Khan, MD
Chair, HDF Board of Directors

Dr. Atiya Khan 1968 graduate of King Edward Medical College, Lahore.

Formed by a group of visionary Pakistani Diaspora, The Human Development Foundation (HDF) concept was formalized in August of 1997 during the APPNA summer meeting. Since inception HDF has implemented a holistic model of development by empowering communities and providing them with tools and resources necessary to achieve and sustain a better standard of living. Currently HDF is serving over 400,000 people through the holistic model approach comprised of social mobilization, education, health, economic development, and sustainable environment. In addition, HDF has extensive experience in disaster management due to its work during the 2000 Drought, 2005 Earthquake and the recent 2010 Floods. In the wake of the devastating 2010 flooding in Pakistan many organizations including APPNA partnered with HDF to provide necessary relief and rehabilitate the



flood affected communities. APPNA Central organization along with APPNA local chapters have contributed over half a million dollars to HDF for flood relief rebuilding and sustainable development. HDF has received donations from all across USA including Michigan, Illinois, California, North Carolina, New York and New Jersey. We at HDF are appreciative of the trust APPNA demonstrated by partnering with us. APPNA members can be certain their collective donations are put to good use, both in the short and long run. With over 14 years of aid and development expertise and a highly-trained staff of over 700 in all 4 provinces of Pakistan, HDF can move quickly to meet emergency needs as well as to provide long-term recovery aid and support.



HDF has a well thought out and detailed rehabilitation plan focusing on creating sustainability within the villages destroyed by the floods. Over a three year period, HDF plans to build self-sustained “model villages” that will allow the inhabitants to return to a form of normality.

It is thanks to organizations and individuals like you that HDF was able to provide immediate flood relief in the form of:

- 2.4 Million Meals
- 2,321 EID Gift Packs
- 15 Water Filtration Plants
- 247 Free Medical Camps with nearly 47,000 patients treated
- 34,000 Water Purification Tablets
- “Adoption” of 4 model Villages (one in each province of Pakistan)

In addition to generously contributing to general flood relief, national and local chapters of APPNA have partnered with HDF for specific projects, such as rebuilding a village, improving health care in another, and contributing to the “10 Million Children” Fund.

Samar Bagh Model Village

APPNA and HDF have collaborated to create a “Misali Basti,” or model village, in Samar Bagh, a flood-affected village in Mardan. The project is in Phase I of a three-year initiative. The goal is to create a self-sustaining village that will include:

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

The first component of the village rebuilding was housing for affected families. A typical one room/one bathroom unit was completed in February 2011 to serve as a model for future construction. When constructing the homes, HDF implemented a system where the beneficiary provides the labor, and materials and skilled labor are provided by the HDF/APPNA.

HDF is working with three groups of 15 beneficiaries each to construct homes. The first group’s homes are completed and bathrooms are under construction; the second and third groups have begun excavation. A donated solar pump has been installed and has started supplying water to an overhead water tank, from which the water will be filtered for village consumption.



APPNA’s grant has also helped HDF enhance the Community Health Center in Samar Bagh. Achievements of the health center in the first quarter of 2011 alone include:

- 100% of over 1,000 pregnant women examined
- 804 safe deliveries by trained birth attendants
- 93% vaccination rate for children under two years of age

- 850 students examined and educated as part of the School Health Program

APPNA Michigan Chapter Supports Karachi Health Center

The APPNA Michigan chapter has donated moneys for enhancement of a health center in Malir, Karachi. With their support, HDF will be able to provide services to 22,533 people. Over 50% of these families are below the poverty line, and ailments such as Acute Respiratory Tract Infection, Diarrhea, Skin infections and Malnutrition are prevalent. The HDF Health Program is providing both preventive and curative services to villages in Malir. Preventive care services are delivered by female health workers, who travel door to door and impart health education to women at the household level. In addition, curative services are delivered by a team of qualified

staff (including a medical Doctor) in a health center donated by the community. With this funding HDF is looking to enhance the facilities to allow HDF to provide higher level of care.

Progress of CHC (Clinical Health Center) Karachi:

- More than 90% of children under 2 are fully immunized.
- More than 80% of women of reproductive age are fully immunized against tetanus.
- Skilled birth attendance rate for safe deliveries is more than 95%.
- Over 12,000 patients have been assisted at the health center through curative services.

APPNA New York Chapter Donates To “10 Million Children” Campaign

In addition to donating to flood relief efforts, the APPNA New York chapter donated

\$5000.00 towards the “10 Million Children Campaign.” The initiative provides flood relief, focusing on access to education, providing shelter, and preventing malnutrition.

A Final Thank You

As always we are very thankful for the generosity and support of the APPNA membership especially during floods in Pakistan. But our work in Pakistan is far from done. We hope we can count on continued support and collaboration with APPNA as we continue our struggle to rebuild the communities in Pakistan.

In the end we want to request all of you to give your Zakat money to HDF in the coming month of Ramzan.

Please visit our Website at “www.hdf.com” for further information and donations.



Rahmdad Khan, the first beneficiary of a home in the APPNA – HDF Model Village in Samarbagh Mardan, adopted after the flood disaster.

HDF would like to thank APPNA and its Members for supporting the fight against poverty in Pakistan.

This Ramadan remember HDF for your Zakat donations. We look forward to your continued support!!!



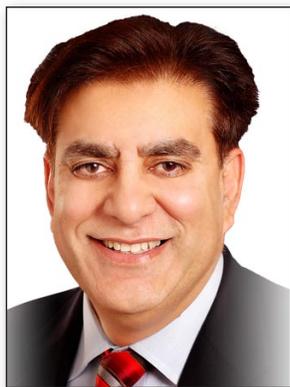
With Your Support We...

- Help over 400,000 people help themselves through direct and indirect programs.
- Provide preventive and primary healthcare to 183,000 people
- Educate over 10,000 students in 193 schools
- Empower people to make their own decisions through 1700 Grassroots Community Organizations



1350 Remington Road, Suite W
Schaumburg IL 60173
847-490-0100
Tax ID: 36-418940

Learn More at **HDF.com**



Mubasher Rana, MD
APPNA Secretary 2011

A Little Help For A Disaster Of Mammoth Proportions

When Floods hit Pakistan, we knew we had to go back and help. I took 2 weeks off from my practice and went to Pakistan as a representative of Association of Physicians of Pakistani Descent in North America (APPNA). The arrangements for my visit were made through Relief International. Qasba Gujarat is about 1.5 hour drive from Multan and is close to Kot Addu in District Muzaffargarh in Southern Punjab. As I drove to my destination, the effects of the Flood became increasingly apparent. Whole villages were destroyed. Roads were badly damaged and bridges washed away. People were living in tents or partially built shacks. These poor people had very little to begin with and had lost all they possessed.



I was assigned to a Medical clinic in the Qasba. This clinic was owned by a very dedicated Pediatrician, Dr. Abdul Qadeer, practicing in the area for about 20 years. He became my hero. His devotion to his patients was

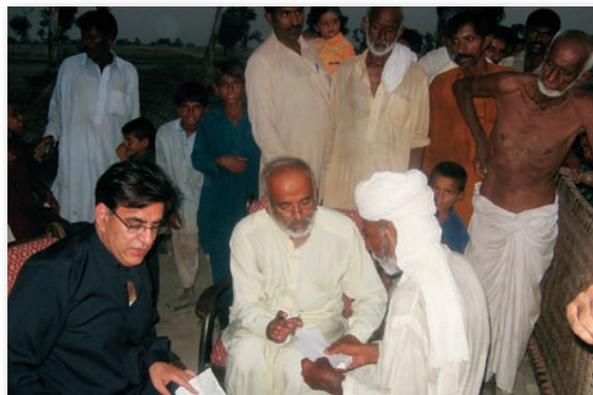
remarkable. What he accomplished with such little resources was a miracle in itself. In his small clinic with rudimentary supplies, he treats infants with sepsis, meningitis, seizures and so on. I wondered how these children could survive without his services. The people of Qasba Gujarat were very fortunate to have him as a part of their community. He charges very little and often treats the poor for free. I complemented his practice by treating adult patients in his clinic.

Besides, volunteering in Dr. Qadeer's clinic, I organized Medical Camps in various villages. The devastation of the flood and its consequences were apparent. We saw 100-150 patients per day. I realized there were 5 basic diseases which were rampant; infectious diarrhea, malaria, skin abscesses, and upper respiratory infections. Moreover, you could immediately identify the widespread malnutrition, especially in children.

Winter was fast approaching and shelter was in imminent need. It was heartfelt to see the local effluents pitching in for help. One of the biggest oil refineries in Pakistan is located close to Qasba Gujarat. It is operated by The Pakistan Arab Refinery Company (PARCO). I was fortunate enough to meet Mr. Muhammad Saeed and Mr. Babar Mughal who worked in PARCO. They had been very active since the floods, distributing rations, quilts, cooking utensils, free medicine, holding free medical camps and now building houses. I teamed up with them and was able to raise funds to distribute 200 quilts to the flood victims.

King Edward Medical College Alumnus (KEMCAANA) had assigned me the task of identifying an area where they could adopt a

village and build 100 homes Mr. Saeed and Mr. Mughal were instrumental in identifying a Village called Farooqabad, which KEMCAANA Executive Committee has agreed to adopt. I am happy to report that the construction of homes in the village has already begun and will be an immense help to the people of the area who are desperately trying to recover from this tragedy. When we were surveying Farooqabad, I remember a



teenager who had built a makeshift shop in his washed away home. He was selling chips and other light snacks which he had received as donations to raise money to rebuild his house.

As I concluded my visit, I was reminded again and again not only of the immediate tragedy but the continuous plight of these unfortunate, poor people. More than half of their ailments are due to lack of education and poor hygiene. This is compounded by the fact that they cannot afford their health care. By the grace of Allah, I was able to raise \$3,500 to supply medications. While I was there, we dispensed free medication. We can continue to supply free medications for another 3-4 months from the funds available. With the help of my friends, we are arranging more funds to carry this work forward. I hope it will make some difference in the lives of these very unfortunate people of Pakistan.

Community Service Committee Report Community Center for Women in South Punjab

The Community Service Committee of APPNA North Carolina Chapter has started a Community Center for Women in Tehsil Fort Abbas, Distt. Bahawalnagar. The Center provides free training in Stitching, sewing and embroidery. In addition, it has an adult literacy program where these women are being taught basic reading, writing, and math skills. The Center also plans to provide day care for the children of these women. After completion of one year course the graduates will receive free sewing machines so that they can start their own business. The center is spearheaded by Dr. Naveed Aziz, who is the chairperson of the Community Service Committee. Dr. Aziz is 1983 graduate of Fatima Jinnah Medical College. She is an internist who also holds two masters degrees including MBA and MHA.



Social Welfare & Disaster Relief Committee Report Aisha Zafar, Chair, SWDRC

This spring experienced rather severe weather in the south of USA. There were destructive tornados in Alabama and Missouri and in both instances; these chapters were actively involved along with SWDRC in raising funds and volunteering in these areas. Drs. Khalid Mateen, President Alabama chapter and Secretary, Dr. Talha Malik worked along with a team in delivering supplies and donations to those affected by these storms. Many members of the community joined them and so far, 15,000 dollars have been raised for disaster relief.

The recent tornado in Joplin, Missouri affected some of our APPNA members as well in the floods causing massive destruction. SWDRC and St. Louis chapter held an emergency meeting and Dr. Manzoor Tariq approved immediate release of 5,000 dollars. Dr. Manzoor Tariq and Dr. Nadeem Ahmed, member SWDRC went to Joplin to volunteer and see patients in the hospital. Dr. Naveed Zaidi, a resident of Joplin whose home was damaged by the tornado, coordinated the volunteer clinic. He had requested medications that were needed by many in the shelters and these were taken by the St. Louis team along with food and other supplies.

Appna will be building villages for flood affected areas in both Sind and Punjab. The village in Punjab is Munirabad in the Kot Adhu area and there are 130 homes that will be built there at a cost of 1,000 dollars each. We will be working with Rotary Club for construction of these homes. There is also a plan to build a dispensary, a school, and water purification system in this area. For those needing financial assistance, Appna plans to provide funds for small businesses especially for females. Previously, this has been a successful model and has created jobs and financial independence for women.

There are two villages identified in the Thatta, Sind areas and again apart from the homes that will be built, there is a huge need for clean

water, educating and providing skills for people to be able to work and earn. California Chapter has been very gracious in offering funds for this project.

The Hepatitis project under the leadership of Dr. Maqbool Arshad is doing very well and it's the students in various medical colleges who are helping spread the word. There have been seminars, poster presentation and groups of students, going to wards and distributing brochures and pamphlets about hepatitis C. The patient welfare societies of KE, Khyber, Shifa, Punjab, and FJ Medical Colleges have been actively working on this and other alumni and medical colleges will be joining the campaign as well.

Dr. Munir Abidi is leading the Bone marrow registry project and will be giving a talk during CME in the summer meeting about frequently asked questions about bone marrow transplant. We are also working with the National Bone Marrow registry and though the screening is done free, APPNA will help raise funds since each kit costs at least 50 dollars to the agency.

Please visit our booth in the summer meeting where we will have brochures and information and posters about our various projects.



Joplin crew and goods



Omar Quadri, Manzoor Tariq and Nadeem Ahmed in Joplin



Research, Education, & Scientific Affairs Committee Report

Tariq Jamil, MD, Chair RESA Committee

It is my pleasure to report on the activities of the RESA committee over the last 6 months. Committee is chaired by Tariq Jamil, MD with two cochairs and fourteen members. The committee held its first teleconference on 2/8/2011. Agenda included a rundown of responsibilities and formation of subcommittees. Every member showed the commitment to support the mission statement of APPNA by providing high quality CME programs that enhance professional growth.

Over the last few years, CME programs have continued to grow. Beside APPNA meetings, local chapters and alumni meetings are participating in the CME program in greater numbers every year. It is the responsibility of the RESA to make sure that our CME programs are

in compliance with accreditation standards set by ACCME. Our 2nd teleconference included local host committee members to plan for the Summer Meeting. Renowned specialists will be invited as speakers for this meeting.

ACCME audit will be our principle priority. 15 CME programs from the past three years have been picked by ACCME for review. Dr. Ayaz Samadani has graciously taken the responsibility to supervise the paperwork and represent RESA during the interview on 26th of July. Our vision is to streamline the paperwork, fix the loopholes in the application process, maintain members' interest by inviting good speakers and keep adding novel topics for CME. Keen interest of general membership and support of APPNA Council will be required to fulfill this vision. I am encouraged by the support I have received from the president and the Executive Committee+ to achieve these goals.



Advocacy Committee Report

Zaffar Iqbal, MD, Chair APPNA Advocacy Committee

Visa Issues of Young Physicians and what we can do for them?

APPNA Advocacy Committee chair – Dr. Zaffar Iqbal, APPNA Young Physician Committee chair Dr. Rubina Inayat, Past

APPNA President - Dr. Abdul Rashid Piracha and APPNA's Treasurer - Dr. Asif Rehman met State Department and Department of Homeland Security (USCIS officials) on 6/5/11 to discuss the visa refusals, cancellation and security clearance of Pakistani physician in residency or awaiting to start July 1, 2011.

Most of the refusals of J1 visa are due to lack of clear understanding by the visa officers of the importance of these physicians for our community. As these young physicians have signed contracts to start or to continue their residencies, they will not be a burden on our society. They will be productive members of the community and like rest of us will provide health care, produce jobs and contribute in advancing health care research. International Medical Graduate (IMG) makes up 25% (200K) of total 800K of US Physicians. 65% of IMGs serve as Primary care physicians in rural health professional shortage areas. Almost all of them follow legal means to become US citizens. A (Strong) vibrant Pakistani community of 15,000 physicians is a shining example of this fact.

Delay in security clearances or cancellation of J1 visas are primarily because each day State Department computers are inundated with new names of "suspected individuals". Many of these individuals whose names reach the US law enforcement agencies like CIA, FBI etc. do not have common identifying data like social security number, place or date of birth. Many of us sharing merely their names and having nothing to do with those individuals face undue hardship in the

form of delay and cancellation of already issued visas.

Our young physicians have suffered significantly and our community has paid the price by gradual decline of our residents in training programs. In 2003 about 100 physicians from both India and Pakistan started their residencies on J1 visa. Last year more than 400 physicians started residency from India and number of Pakistan physician has remained stagnant at around 100. Our young physicians are not given residency interviews by many program directors because of these lengthy security clearances. State Department should expedite the clearance for these physicians as these are highly skilled individuals needed by our hospitals to take care of the patients. The expedited clearance of these residents, who have already endured a tedious security clearance while applying for visit visa, can be the finest opportunity to build bridges with the dynamic Pakistani community.

APPNA understands and realizes that these young physicians are the lifeline of APPNA. We should not leave any stone unturned to get these physicians here in a timely manner. This is an urgent matter and prompt action is needed by all of us.

I request all APPNA members to write letters and encourage other physicians from the community to send letters to our members of Congress. We need to request:

1. Congressional inquiry to Department of State and US Ambassador to Pakistan.
2. Meeting of APPNA officials with Secretary of State Hillary Clinton and US Ambassador to Pakistan.

Please contact APPNA Advocacy committee by sending an email to appnadvocacy@gmail.com for more information if you would like to help the residents matched in your state.



Young Professionals Network at APPNA

Naheed Arshad, MD, Chair Young Professionals Network (YPN)

The Young Professionals Network (YPN) was started in 2008 at the summer meeting. Since then it has been appreciated a great deal by the young professional who attend our dinner programs. I have established a team of workers; whose help makes our event

successful.

Based on the feedbacks from previous programs, I have a few reminders to share (previously sent via e-mail) with our potential participants for this summer's event.

- When you communicate with someone please remember that you are not interviewing a candidate for the position of "husband" or "wife". I have had quite a lot of feedback in this area, "sent me a list of questions," "seems controlling," "felt like an interview" . . . Yes, you need to ask the questions but there is a way of keeping the process respectful.
- If you have told me that you like a particular profile then respond to that person on a timely basis, don't leave the other person checking their email day after day.
- If a profile seems a good match and you have exchanged a few emails or talked over the phone, then invest in a visit. Much time is wasted in emailing over many months only to be disappointed on meeting. It could also be that a visit seals the deal as someone just emailed to tell me.
- Try and be realistic in "requirements for potential spouse". Height is important but not more important than character and personality. Age is important but not more important than someone being a good mental match. Beauty can be on the surface but lacking within.
- If you don't think someone is a good match then tell the person, don't just disappear. Treat others like you would like someone to treat you.
- The YPN events are good venues to meet someone that you have been communicating with, make the effort. The YPN events in St. Louis will be on July 1 and 2. The YPN event in New York at the APPNA Fall Meeting will be on Saturday, September 24.
- Guys who have never sent in their profile, consider doing so, some have met up with a suitable match within a few days of sending in their profile.

I write these comments based on over three years of experience with YPN and hundreds of emails received from many of you.

Following are some responses to the reminders received via e-mails.

- *Thank you so much for sending this email out. I haven't been in this situation long but the experiences I have had are exactly like you are describing. I do appreciate your feedback and do think it is much needed advice. Thanks for your wisdom!*

- Thanks Naheed! Great reminders - you hit the nail on the head. Thanks for your work and your efforts, I really appreciate it!
- *Thank you for organizing this service. I have met someone and we plan to get married soon inshallah. May Allah reward you for your efforts*
- *Haha... great email Aunt Naheed!*
- *I came to your event last July at the Dallas Summer Meeting. And I know the role you take on is a challenging one, and you have to often navigate a very emotional and uncomfortable area for many young single people. I just wanted to say thank you for the work you've been doing, and I think you've done a wonderful job and kept people interested, humble, and respectful. Sometimes you may get complaints, and I understand not everyone has an understanding of how to carry themselves in these situations. But nonetheless, I admire the way you've handled it.*
- *Your advice is excellent. Hopefully potential matches will be open to these suggestions.*
- *Thank you for giving us that feedback. May Allah bless you and all your hard work for making this process a bit easier for people*
- *Very, very well-put Naheed Aunty!! Completely agree with you on all points. Speaking of which, I have spoken to the guy in CA a few times. Seems like a very nice guy. We discovered that both of our families have very similar backgrounds. My khala also knows his father. We are going to meet next weekend Insha Allah. I will let you know how it goes. Thank you again for thinking of me*
- *Salaams. It is good to give "the talk" now and then: hopefully it did not fall on deaf ears.*
- *Thank God at least one person in this world recognizes this but ultimately I feel you are only wasting your energy on this topic. At 5'6" I have learned I have close to zero chance to someone actually wanting to get to know me for me instead of focusing on my looks and height first. Its 5'10" or bust according to all the girls I've met or talked to. If you are short you have a chance but only if you are someone extraordinary. I've learned that of course girls want a nice and caring guy but only if their strict checklist of looks, height, and job are all marked off. Otherwise, good luck. It's amazing how many times I've been turned down by my height. I've even tried using other services like this one and have not had even one person take an interest. I can bet you if I put my height as 6 foot and Photoshoped myself to be taller for YPN I'd have a lot more people interested in my profile, but it is what it is.*

If you would like more information on Young Professionals Network please send an email to appna_ypn@yahoo.com.

Salaam

Naheed Arshad, YPN-Chair

Committee Members: Shazia Alam, Razia Chisti, Lubna Qureshi, Rukhsana Mahmood, Rukhsana Sharif and Aisha Zafar



APPNA Alliance Summer Meeting Message

Rania Asif, President, APPNA Alliance 2011

Assalamo-Alykum,

APPNA Alliance welcomes you to St. Louis, MO, where you can ride to the top of the Gateway Arch, towering 630-feet over the Mississippi River and while you are doing that take lots of photos and share them with us at www.appnaalliance.com. After many years APPNA has come back to the city and I hope you are looking forward to your stay here as much as we are

It is indeed an honor and a privilege to serve as the APPNA Alliance President 2011. It would have not been possible without the support of the members, ALLIANCE Executive Committee, APPNA President Dr. Manzoor Tariq, St. Louis Alliance Host Committee Chair, Hamida Tariq & the entire team. My special thanks to Dr. Aftab Naz and Dr. Taqi Azam for helping out with the Thursday night dinner program.

Alliance is an integral part of APPNA, growing bigger and stronger with each passing year and serving societal as well as charitable purposes. Alliance is a social organization with a purpose. This year we

are trying to raise awareness on women's health issues. Thursday night Annual dinner will be hosted by ALLIANCE and keynote speaker for the evening is Dr. Shaheena Asif from Lahore Pakistan. She will shed some light on the same issue. This is surely going to be a memorable event with fun filled family entertainment. We look forward to seeing you there!

Finally, I would like to congratulate Fatima Elahi, the elected President for APPNA ALLIANCE 2012. I am confident that she has the potential to take Alliance to the higher level. All the best to her and her team for next year!



Georgia Chapter Report

Roohi Abubaker, MD, President 2011

It gives me great pleasure to talk about GA-APPNA, which has become very vibrant and active chapter now. I am very proud and greatly humbled to be the first woman president of GA-APPNA. I would like to thank the local members for giving me the chance of representing the APPNA chapter of Georgia. This year has not only proved to be a historical year but we also reached a milestone by having 50 main APPNA members, which is the greatest number in all times. We also delivered the message that by being main APPNA member, you get the chance to vote and your chapter becomes a strong voice in all the decisions made by APPNA.

Since the start of this year, we have conducted three events. The General Body Meeting was held in January. A Pakistani cultural show in March, which was a fund raiser for DIL (Development in Literacy);

a US based nonprofit organization which strives to open schools for underprivileged children in Pakistan. We also had a spring meeting in May. During this meeting Mr. Donald J. Palmisano, who is the CEO of Medical Association of Georgia, gave a talk as a guest speaker and also talked about how GA-APPNA physicians can play an active role in the legislative process of the state. All this would not have been possible without the help of other executive committee members, Dr. Waheed Malik and Dr. Sarah Hayat and the Board of trustees Dr. Adnan Abbassi, Dr. Yaseen Abubaker, Dr. Khaliq Rehman, Dr. Shahid Rafiq and Dr. Shahbaz Mirza.

I am also pleased to announce the launching of our Quarterly Newspaper as well and the credit goes to the publication Committee who made it possible. We pledge to continue towards the goal of having APPNA annual summer meeting in Atlanta, sometime soon and show the proverbial southern hospitality to the guests.



Sindh Medical College Alumni Association of North America

Aftab Ahmed, MD, President, SMCAANA

Dear APPNA Members,

I would like to start with Thanking ALL of you for coming to the first Annual SMCAANA Retreat in Chicago, IL. It was a huge success ... more than my wildest expectations.

I salute the Host Committee and specially the Chair, Mansoor Alam, for a job well done. As you all know, we started Thursday night with 1 hour of CME, followed by dinner and a light musical program, with over one hundred attendees. We kicked-off Friday with additional CME, followed by a Social Forum involving Q&A with the Department of Homeland Security which was very well attended. The Q&A session was very engaging and satisfying for all the attendees. Thanks to Mujahid Ghazi for arranging this terrific panel of speakers.

The Friday evening banquet saw more than 200 SMCians reminiscing old SMC memories through a slide show created by Umar Murad. Afterwards we all listened to Todd Shea about his charity work in Pakistan. This was followed by the update on the SMC Project by Javed Suleman. I hope everyone enjoyed the dinner catered by Sabri which was followed by an exciting performance by Jawad Ahmed. The fun continued until 3:30 AM with the comedic Mushaira ! Again thanks to Mujahid Ghazi who single-handedly arranged the whole Mushaira.



Saturday morning again started with CME followed by the largest attended General Body Meeting ever for SMCAANA, with active participation of Membership Committee Chair (Taqi Azam), Bylaws Committee Chair (Umar Murad), and Advisory Committee Chair (Nadeem Haque). Their inputs and recommendations will continue to make SMCAANA stronger.

Saturday afternoon saw the highlight of retreat - a 4 hour candid discussion with the pride of SMC, Shahid Masood. It was successfully moderated by Umar Murad and ably assisted by Jamil Farooqi. Everyone will agree this was a hugely memorable event!



The banquet and award presentation on Saturday night was attended by over 260 SMCians, the APPNA Executive Committee, and all the candidates for APPNA 2012 offices. The highlight of the banquet was a presentation by Saeed Akhtar - who came all the way from Pakistan just to attend the retreat and to provide some inside details on the Sindh Medical University project. The performance by the legend Sohail Rana on Saturday night was attended by more than 600 people. The Retreat ended on Sunday afternoon with an Executive Committee meeting of SMCAANA, 1 hour CME, and a heavy Pakistani breakfast!



I would like to thank many SMCians who have made 2011 an extremely successful year-to-date. Thank you Mansoor Alam, Maleeha Ahsan, Kishwar Ali, Ishaque Memon, Saroor Alam, Fatima Ahmad, Mujahid Ghazi for taking a leadership role in the First SMCAANA Retreat.

Thank you Executive Committee - Rukshinda, Adil, Yaseen, Intikhab, and our revolutionary past president I. Zafar Hamid ... without your continued support none of the above would be possible. It won't be fair unless I also thank all the committee chairs - Umar, Taqi, Nadeem, Rizwan, Kamal, Emmanuel, Mansoor, and Javed. Their recommendations and execution help make SMCAANA stronger every day.

Lastly, I thank Azim K. Niazi, Babar Zuberi, Asif Choudry, Furrukh Khan, Sajid Ahmed, Faiq Hameedi, Nadeem Kazi, Rahat Abbas, Ghayas Ahmad, Suhail Siddiqui, Sabir Khan, Naghmana Shafi, and my wife Farzina Ahmed for their help and unconditional support throughout.

What About Alzheimer's Disease?



S. Tariq Shahab, MD, FACC

Dr. Shahab is a practicing cardiologist in DC-Virginia area associated with George Washington University Medical Center and Inova Fairfax Hospital. He can be reached at stshahab@gmail.com

We all know the benefits of eating right, regular exercise and the harmful effects of tobacco use. Being a cardiologist I have been preaching preventive measures to my patients and general public all the time. After my cardiology fellowship I launched the Appalachian Health Educational Campaign in Kentucky, which received widespread media attention all over the state. Why then, after 20 years of advocating prevention, I now seem to question its worth? Am I confused? Was I wrong? It seems that I am looking for some answers from my fellow physicians. Should we or should we not adopt those preventative strategies! Should we deprive ourselves from all the tasty foods? Instead of having low calorie low fat sorbet, should we not enjoy the creamy banana split! What is the harm in having a nice steak at the Outback steak house?

Should we or should we not? That is the question which popped up into my mind one day, while sitting at the medical staff lounge waiting for the lunch to arrive. The physicians sitting there were chatting about their efforts to cut back on fat in their diet and what exercise routines they were following. After listening to them for a while, I interrupted and asked: "Is it worth avoiding all the

Low fat low calorie diet, Exercise and staying away from Tobacco prevents Heart disease, High Blood pressure and Diabetes ... BUT

What About Alzheimer's Disease?

pleasantries of this life?" They were surprised to hear from me – a practicing cardiologist, who had been aggressively advocating preventative measures all his life. They turned to me with a look of surprise on their faces and I shared my real family story with them.

My father had four siblings; two brothers, one older and one younger to him. Both of them passed away more than 20 years ago. It seemed that they had not paid attention to their health. They ate whatever they could get, never exercised and loved smoking cigarettes. His older brother developed lung cancer in 1984 when I was a fresh medical student. The news of his cancer was a dead blow to our family. I was the first member in the immediate family to go to a medical school, so I was involved in all the decisions about his medical care. We tried everything: chemotherapy, radiation therapy, homeopathic therapy, ayurvedic therapy, hikmat: we even tried "fakiri", and yes, "Jadoo tona" too. Although, I do not believe in these alternative treatments, but what could I say? The doctors were not giving him any hope. They would tell our family that he would die in 6 months, whereas these other healers were giving some hope. When you are desperate and have no chance, you tend to do anything that would give you some hope. So, our family did everything that they were told. Of course none of the treatments worked and he died after 6-7 months as expected. My father's younger brother died a "sudden cardiac death" most likely secondary to a fatal heart attack. His younger sister died from complications of diabetes and kidney failure.

On the other hand, my father was "lucky", or "is he? He did not develop heart disease, diabetes or stroke. Nor did he end up having cancer. No surprise, because he never smoked, he ate a balance diet and he exercised regularly. He was a professional soccer player and played for the famous

"Mohammedan Club" during his college days. His only ailment was mild elevation in blood pressure, which we treated aggressively. Long time ago when he had chest pain, we brought him to the United States and he underwent coronary angiography by the chief of cardiology at the University of Kentucky, where I was doing my fellowship. At first he refused to sign the consent for the procedure and I was paged to help. I came over and he said, "They are asking me to sign on my death warrant, how can I?" He was alarmed when he was told by the attending physician about the risk of dying during the procedure. The routine of informed consent that we perform with our patients every day, describing even the remotest chance of death during a procedure felt very odd to him. Fortunately, he had no disease and his chest pain was deemed non-cardiac. However, our family continued to make sure that he ate a balanced low fat diet and did regular walking. All our efforts paid off. He did not develop heart disease, diabetes or stroke. He outlived his younger brothers and sisters by 20 years.

As everything was going well, 6-7 years ago we started noticing that his memory was not the same. At first it was small lapses but they continued to progress. He started saying things that did not make much sense. We noticed that he could not tie his shoe laces and started having difficulty in buttoning his shirt. We initially attributed all these symptoms to advancing age but finally, we decided that he needed to be evaluated. The doctors did all kinds of tests: CT scan, MRI, etc. Maybe he had a stroke; maybe he had watershed infarcts from long standing hypertension; maybe it was multi-infarct dementia. Finally, they concluded that he is suffering from "Alzheimer's Disease." As with all patients with dementia, he was started on Aricept and Namenda. We did everything

(Continued on Page 33)

An Urgent Appeal To The Pakistani Community



Muneer Abidi, MD

After my assertion, to an unrelated donor, about the necessity and nobility of bone marrow donation, I was asked a question, by the donor, which really hit me. "Are you a donor?" While I was preaching the nobility of becoming a donor, I was quickly made to realize, that despite my professional affiliation to this field, and being aware of the fact that there is an immediate need for minority donors, I was not part of the National Marrow Donor Program registry.

Bone marrow transplant is a curative, life-saving procedure for many hematological cancers and blood disorders. Success of the transplant requires the availability of stem cells, from a genetically identical donor, preferably, a sibling. Stem cells are collected by performing a bone marrow harvest under general or spinal anesthesia. The preferred method for stem cell collection is allowing the donor's blood to go through an apheresis machine over the course of few hours. These are outpatient procedures and donors go home the same day with minimal side effects. The safety profile for both these procedures

Register For The National Marrow Donor Program

expands over two decades. Another compounding problem is the more common, smaller family size today, resulting in the unavailability of sibling donors, for the majority of patients, living in developing countries. An unrelated registry, the National Marrow Donor Program (NMDP), of voluntary donors was established in 1986. There are over 8 million donors in this registry. Caucasian patients have a 70-80% chance of finding an unrelated donor and this proportionality decreases for other minorities. Due to the pattern of inheritance, the best chance of a perfect matched donor is within one's own race. Unfortunately, there is a severe shortage of unrelated donors from the South Asian community. This becomes painfully obvious when a child in our community is diagnosed with a hematological malignancy and then a frantic search for the donor is initiated. Donors signing up for the registry during this emotional time, for a particular patient, are not enthusiastic to donate for someone else, later. Sadly we don't have any formal registry in Pakistan that can be accessed and linked to NMDP. There is some effort in neighboring countries to formalize this process. With the rising incidence of cancer, there is an urgent need to educate our community about this entire process. There are many myths about the stem cell donation process. The bottom line is that this is an extremely safe procedure. There is no cost to the donor. Any healthy individual between the ages of 18 and 60 years can register. Donor safety is always a priority. Prior to undergoing stem cell donation, a donor goes through an extensive medical evaluation to

determine their eligibility to donate. The donor always has the final say in selecting the type of donation procedure, i.e. bone marrow harvest verses peripheral blood stem cells collection. There is no disadvantage to the donor, as the marrow replenishes very quickly. It is imperative to increase our participation in the "Be the Match registry-former NMDP", as our community continues to grow in North America. Many times, our extended family is left behind, making it difficult to find a related donor, in a timely manner, in our time of need. Recently, APPNA member's families have been affected by this need to find unrelated donors. I am sincerely grateful to Dr. Aisha Zafar for giving me this opportunity to spearhead the task of involving our community through SWDR. I am happy to report that I have been registered as a donor since 2000 and hope that I can help give someone the precious gift of life. We need committed stem cell donors, like you, to make a difference in someone's life. All that is required is your willingness to donate stem cells to a community member, in need. Please visit www.BeTheMatch.org to confirm that you meet basic registry guidelines and complete the online form to receive your registration kit. Follow the instructions in your kit to collect a swab of cheek cells and return the kit.

For more information, please contact Dr. Muneer H. Abidi, Director of Stem Cell Lab and Collection Facility, Wayne State University, Karmanos Cancer Institute, Detroit, MI abidim@karmanos.org

FOR SALE

1) 2 kanal residential plot in Izmir town Lahore. Price GB Pounds £ 125000. additional 2 Kanal next plot also available price for 4 kanals will be GB pounds £ 275,000 (negotiable).

2) Another residential plot is also available (for the right price) on the main Kanal Lahore. It is one of the best spots on the Kanal where only the elite have residences, (before Toka Niaz beg and on the opposite side to canal view housing society) The size is approx 1 kanal and 14 marlas (just under 2 kanals) and the demand is 5 Krone pak Rupees (negotiable).

If you are seriously interested give us a call and we will inform you about further details. No time wasters please

Please contact Raheel Samad (in london) on 00 44 207 581 9562 (office hours) 00 44 207 584 6902 (office hours)
E-mail : raheel.samad@btconnect.com



Muhammad Mudassar Amin, MD

Dr. Amin, is a 2002 graduate of King Edward Medical College. He currently specializes in Internal Medicine in Kansas City, Missouri.

Ever since its birth, Pakistan has faced several challenges both domestically and internationally. Since the fall of Dacca in 1971, the events of 9/11 and their aftermath has completely shaken every Pakistani both inside Pakistan and abroad. Every citizen of Pakistani origin is being looked at with great suspicion all over the world. We as a nation seem to have lost the credibility, the very basic ingredient of any human relation and interaction.

Who and what has led us into such a deep hole? Contrary to what we may be led to

believe, that this rapid downward deterioration (including national pride, economy, ethical and moral values) is the result of evil plans by other countries; the truth is that our own actions are directly responsible for this free fall, ultimately leading to national humiliation at the international stage.

Power hungry politicians have been, and are constantly being used by those in powers and also by different opportunistic international entities. When your own body's immune system is weak, you get attacked by serious and often life threatening infections. Years of colonial and then feudal and military oppression has rusted the power of people to speak and stand up against incompetent, corrupt and often uneducated politicians. They have thrived using different conspiracy theories over the years including the nationwide popular belief that every nation in the world is after the very existence of Pakistan (a defense mechanism to hide their own incompetence).

A quick but honest review of our short history will easily conclude that nobody else but we, are to blame for where we are today as a nation. Ignorance about our own religion has just added fuel to the fire. We as a nation and community have failed to educate our children and ourselves about the true teachings of Islam and as a result have allowed its exploitation for self-serving agendas of different factions.

We need to stop the blame game and start reflecting upon ourselves as individuals and

as a nation. Let's face it; our politicians, bureaucracy and military are mere reflection of nationwide prevalence of corruption, moral hypocrisy and "anti-motivational syndrome". Instead of whining about outsiders as a source of our problems, we need to strengthen our own immune system.

A thorough and nationwide cleansing of our infected infrastructure is required. We need to sow the right seeds to reap the sweet fruit. Every one of us should effectively use the right and power of vote in order to eradicate the corrupt candidates and elect a new breed of honest and patriotic politicians. It only takes one or at the most two terms from the right person to guide any nation from wilderness towards prosperity (Malaysia and Brazil are classical examples) Allama Iqbal has rightly suggested

"Khudaa nae aaj tak uss qoam kee halat nahin badlee
Na ho jiss ko khudd khayal appni halat badalnae kaa"

A key hurdle can be our age-old prejudice of ethnicities, tribes and languages. We have to think beyond Punjabi, Sindhi, Urdu, Pashtoon and Balochi if we really want to give us a real chance of survival in the world. It all has to start at individual level. I will finish with another verse of Allama Iqbal;

"Afraad kae haathon mein hae aqwaam kee taqdeer
Har fard hae millat kae muqaddar kaa sitara"

What About Alzheimer's Disease? *(Continued from Page 3)*

they recommended, but we did not see any benefit. His disease would not stay steady and seemed to progress every passing day. At first, he only needed assistance in walking to the dining room or to the bathroom, and then all the time. Initially, he could feed himself, but soon, he had to be fed like a baby. He could not even dress himself. We had to pull his pajamas for him and button his shirts. When we took him to the tub, he would just stand there and needed help in bathing. Slowly and progressively, he has lost all his abilities and has reverted to a state of childhood. All his neurons (brain cells) seem to have disappeared. He does not even recognize his wife and his children. He calls her – "amma," just

like what he hears us call her. When at times, he gives us a little smile, only then we believe that he recognizes us or likes what we said or did. He would eat anything that we give him, but we do not know whether he likes it or not. However, it seems he still likes his tea. When we give him sips of tea, he tries to grab the cup and likes to have more. That is the only indication we have that he likes it and that some of his taste neurons are still alive.

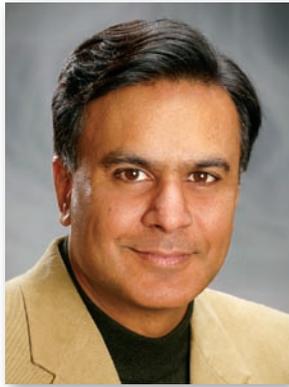
It is sad to watch your father lose all his strengths and abilities. As children growing up, we see our fathers – strong and powerful, and the answer to all our needs. But to watch you father lose all their senses and abilities is

not easy. A man, who was the emblem of strength and power when we were growing up, has now become helpless and dependent on us for all his needs. What an irony? What a paradox? Such is Alzheimer's disease!

So sitting in the staff lounge after telling my father's story, I asked my doctor friends, "Is he really better off than his siblings?"

Disclaimer: The article is a philosophical thought based on a real family story. In no way it is meant to discourage healthy preventive habits.

Medical Practice – The New Slavery?



Wasique Mirza, MD, FACP

Wasique Mirza, MD, FACP, is a graduate of AIMC, 91. He contributes as an Op-Ed Guest Columnist to the Times-Tribune of Scranton, PA. He is an internist and Medical Director for a Community Health Center in Scranton, PA and a Clinical Faculty and Assistant Prof. of Medicine at The Commonwealth Medical College and The Wright Center for Graduate Medical Education.

Someone had said, “Insurances are like hospital gowns – only you think that you are fully covered.” Anyone who has witnessed the peek-a-boo nature of those inadequate garments can attest to that.

Imagine a prominent lawyer, well respected, in a court room. A witness examination has just ended and jury is torn between stark facts and emotional rhetoric of equally compelling intensity. It is getting late and the judge, realizing that, decides to adjourn for the evening.

“Your honor! We need to wrap this up today.”

“Who are you?”

“I represent the legal insurance plan for the defendant. His plan allows three days for this indictment. If it continues, none of you will get paid and the defendant will lose his coverage. Besides, that previous felony record constitutes a pre-existing condition and voids his contract.

Or consider the FBI, receiving a tip regarding a terrorist cell, requests high tech surveillance equipment but the response says. “Studies have shown that 88 percent of such tips are not reliable, thus utilizing costly equipment, though potentially lifesaving is not economically feasible and thus denied. Please call our intelligence expert to file a grievance after reviewing our 22 page appeal policy.”

Sounds ridiculous doesn't it? I must be cynical to even suggest that such absurdity is even possible in USA but this is something my colleagues and I deal with on a daily basis. Basic health care decisions have succumbed to painful scrutiny of the insurance carriers, blatantly interfering in physicians' decision making process and dangerously undermining their ability to diagnose and treat.

Cost is a major hurdle in provision of quality health care and while it is sky rocketing, quality of care and number of the uninsured is also rising at rates reminiscent of a dotcom stock in the nineteen-nineties. The fact is that while physicians and hospital reimbursement have stalled at roughly the same rates for years if not lowered, total health care costs and insurance premiums have gone up more many folds. Reimbursement for diagnosing and treating an actual human lags way behind analyzing a machine read report. Physicians are forced to see more patients to maintain their revenues in less time but are discouraged to use new [expensive] technology as an aid toward diagnoses. Such policies, created by insurances, both private and public, have created a lopsided structure that is discouraging new physicians to choose primary care specialties, gravitating towards more financially rewarding subspecialties, a migration that facilitates more use of expensive technology when simple diagnostic tools and poorly reimbursed good old fashioned “clinical skills” would suffice.

On one hand, physicians are paranoid about getting sued and “Defensive Medicine” has become a rule rather than exception. On the

other, patients, getting used to always getting more done than needed, demand more and are upset if told that an expensive test is not needed in their case, leading to unsatisfied patients who are promised a lot more by their insurances in fancy commercials and further misled by various nonprofessional and soliciting websites.

All this may be fair as it is our job to treat our patients with the best possible interpretation of evidence based medicine and educate those who do not understand its intricacies, but a knee jerk reaction from the insurance companies have decided to take the matter in their own hands. In an unprecedented move to display fiscal responsibility [to their shareholders] and in an effort to discourage patients and providers alike from spending more, companies have increased co-pays, drastically down sized formularies and put strict rules on any costly tests and medicines, making prior-authorization a tortuously difficult procedure for physician offices. Even if one succeeds in securing one, my favorite disclaimer follows, “Prior authorization does not guarantee payment for services provided.”

What is bothersome is not the fact that spending and cost is being curtailed, it is the way it is done. What was a notorious MO for a few companies in the past is now becoming the norm and frequent rejections for initial requests is common in the hopes that by making appeal process tedious and time consuming, busy provider would just give up. Sometimes it is just not worth fighting for one rejected hospital day, but if everyone let's go of that one day, a company can save millions in unpaid revenue.

One could suppose that this financially sound strategy is simply good medicine but more than likely, it is seriously flirting with ethical boundaries. Is it just me or there is something really wrong with this picture? Then again . . . what do I know? . . . I am just a doctor.

Revisiting Dhaka Medical College

By Saleem Mir, MD, FACP

Maulana Jaluludin Rumi said, “He who is separated from his essence yearns to go back to it.”

Last summer, some of us who reminisced about days spent in (then) East Pakistan decided to visit Dhaka to experience what is it like since we left, nearly 40 years ago. There was a lot of excitement at the time this plan was discussed, but as the date got nearer, the number of DMC graduates willing to make the journey began to dwindle. We were discouraged by the pessimism expressed by some of our friends that the timing of our proposed visit (which would coincide with the Victory Day celebrations of Bangladesh, December 16) would see anti-Pakistani sentiments at their zenith. “You will witness the most bitter ire and venom in the eyes of even your best friends if you happen to go at this time of the year,” warned another well meaning friend in Pakistan whose wife (also a DMC graduate) happens to hail from Bangladesh.

I emailed an old Bangladeshi DMC classmate about our planned visit to Dhaka and asked of his opinion. “Come as you wish and do not pay attention to gossips,” he wrote back. Whereas there was huge enthusiasm at the beginning of our plan, only six were finally willing to take the risk of a journey on these uncharted waters. Three of us from the US, Dr. Nasir Ahmed (from Flint, MI), Dr. Khalid Mahmood (from Boston, MA), and myself

travelled separately and were joined in Dhaka by Dr. Mubarak Sheikh, Dr. Ausaf Nabi Khan (from UAE) and Dr. Shehnaz Khan (from Karachi).

As our plane hovered over the city of Dhaka, I noticed the innumerable concrete buildings that had replaced and transformed the lush green landscape that once was its trademark. As we landed at Shah Jalal Airport, the fears expressed by our Pakistani friend were beginning to emerge. We saw a large mural on a wall depicting the fall of Dhaka as we emerged from immigration area. The roads were littered with automobiles of all sorts slowing the taxi to a snail’s pace as we inched towards our destination at hotel Sonargaon. Nasir was already waiting for us in the hotel lobby. We made haste to drive to Dhaka Medical College.

The impressive boulevard that once ran across the entrance of Dhaka Medical College Hospital and was lined with huge shady palm trees had been transformed into a bumpy road because of encroaching buildings. The serene corridors of the hospital we crisscrossed years ago were now crowded with patients.

There was little surprise knowing that Dhaka, which in 1971 was a sleepy city with a population of less than a million, was now a sprawling metropolis with a population of more than twelve million. After spending some time touring different wards, we walked across to the college building.

This was the place where the foundations of our medical career were laid by some of the

finest teachers of that time. We owe so much to those dedicated men and women; who sowed the seeds of creative learning when teaching in the class and gave us a discourse in humanity by inviting us to their homes. We visited the Principal of the Medical College, Professor Dr. Qazi Deen Mohammad, who took us around the college, showing us all the new developments since we left.

The highlight of our journey was an impromptu luncheon meeting arranged by our friend Dr. Mir Nizam with some of our classmates.

It was a pleasant surprise, meeting old friends and sharing memories of the days past that we spent together. There was no rancor or rage, expressed as a result of the traumatic events that tore us apart. I wished to say some soothing words at the end of our meeting—as Faiz Ahmed Faiz in his poem “Returning from Dhaka,” had summed up :

“Faiz, what you’d gone to say, ready to offer everything, even your life.”

Yet those healing words remained unspoken after all else had been said. It is my hope that one day soon APPNA will host a CME meeting in Dhaka to facilitate the restoration of our severed relationship with the Medical community in Bangladesh. It would be like balm on the wounds if we offer a week long free clinic in a remote district like Rangamati, which we visited on the last leg of our tour of Bangladesh. The time is past due to mend the rift.



Dr. Nasir Ahmad and Dr. Saleem Mir



The VP, Prof. Ismail Khan, MD, Principal; Prof. Qazi Deen Mohammad, MD; Dr. Nasir Ahmed and Dr. Saleem Mir



Azmat Hussain, MD
KE 1980 – Ohio



Asaf A. Dar, MD
KE 1971 – Ohio

Arguably, Pakistan has never been the one and only indomitable cricket lot in its Test history for a considerable length of time. But there is no denying the fact that it has been a very enterprising and dubiously the most unpredictable side. Of course a lot can be written for or against this statement but let us restrict ourselves to three salient features of Pakistan cricket. The first salient feature is the induction of teenagers, the second is bowling innovations and the third is their spirit of fighting back.

Walking down the memory lane, we cannot ignore the first Pakistan Test series circa 1952, when A. H. Kardar as the skipper along with a Test spinner Amir Elahi played against India in India; the other nine team members were all debutantes. These debutantes, if you allow some poetic flourish, were mere fledglings waiting to be fighting falcons. This side had Hanif Mohammad (age 17 years and 300 days on debut at Delhi in October 1952; score 51 & 1) and the likes of Fazal Mahmood, Imtiaz Ahmed, Nazar Mohammad

The Evolution Of Pakistan Test Cricket

and Waqar Hassan. Pakistan lost its first ever cricket Test but in its second venture it avenged the defeat when Fazal took 12 wickets (at Lucknow; October, 1952).

Paraphrasing an English sports writer: Pakistan is known for giving Test caps to boys, who have not even started shaving. It is a great tribute. The youngest Test Cricketer ever has been Hasan Raza (age 14 years 227 days at Faisalabad against Zimbabwe; October, 1996). The youngest player to score a century for Pakistan was Mushtaq Mohammad (age 17 years 82 days; score 101 against India at Delhi; February, 1961). The youngest Pakistani player to hit a century on debut was Saleem Malik (age 18 years and 328 days; 100 not out against Sri Lanka at Karachi; March, 1982). Javed Miandad scored 163 on his debut (age 19 years and 120 days; against New Zealand at Lahore; October, 1976). In the same series, Javed Miandad became the youngest player to score a double century for Pakistan (score 206; age 19 years 141 days; against New Zealand at Karachi; October, 1976). The list of debutante centurions includes among other names Khalid Ibadullah and Younis Khan.

Wasim Bari was 19 years old when he made his debut at Lords, England on July 27, 1967. And what a delight it was to watch his acrobatics behind the wicket. He set records in wicket keeping and that ensured his berth on Pakistan Test side as long as he played.

When we review the Test debuts by Pakistani bowlers, we find Intikhab Alam's feat as the most memorable. Intikhab took a wicket with his very first ball on his debut (against Australia in Karachi; November, 1959). Australian opener C.C. McDonald could not read his googly at all and was clean bowled. It is interesting to note that President Eisenhower watched the fourth day play of this Test, sporting a Pakistan Test blazer and tie.

The second salient feature of Pakistan Test cricket history is the innovations in bowling. A Lahore club player developed the art of reverse swing and taught it to Sarfraz Nawaz who took 11 Australian wickets at Melbourne in 1978. Later, this art was passed on to Imran Khan, Wasim Akram and Waqar Younis. Though Wasim Akram claimed more scalps than any other Pakistani bowler, it was Waqar Younis who elevated this art to a level of magic. That his reverse swing was all the more menacing with a somewhat worn out ball was a paradox in the history of pace bowling, which is generally more effective with a new ball. The second innovative bowling technique was introduced by Saqlain Mushtaq. In essence, it was the opposite of googly. It was aptly named as DOOSRA ball.

Though Pakistani cricketers have lost matches due to sheer carelessness on a number of occasions it would be unfair not to admire their fighting spirit which sometimes clinched

victory when a defeat was looming large (Fazal Mahmood 12 for 99 runs at Oval 1954) or changed an almost definite loss to a historical draw (Hanif Mohammad 337 at Bridgetown against West

There's a breathless hush in the Close tonight -
Ten to make and the match to win -
A bumping pitch and a blinding light,
An hour to play and the last man in.
And it's not for the sake of the ribboned coat,
Or the selfish hope of a season's fame,
But his Captain's hand on his shoulder smote -
"Play up! play up! and play the game!"

Vitai Lampada by Sir Henry Newbolt

Indies; January, 1957) or transforming a humiliating defeat into an honorable loss when Pakistan was 65 for 8, Asif Iqbal (at Oval against England; August, 1967) executed hooks and drives for 146 and his partnership with Intikhab produced the 9th wicket score of 190 which remained a Test record for over thirty years.

A NEVER SAY DIE attitude for a long battle has an aura of its own, which Tests display from time to time. On the other hand One Day cricket is an intense duel requiring a different set of tactics and traits. If Pakistan Test cricket history is resplendent, its One Day record is no less impressive. In 1992, Pakistan under the skipper's ship of Imran Khan won the World Cup in Australia with a remarkable team play. Though this piece was written

mainly about Pakistan Test cricket, we could not avoid mentioning its flamboyant offspring – One Day cricket.

Now a few words about our recent setbacks. This bleak spring morning of Ohio, as we reflect the recently concluded 2011 World Cup series, we are not disheartened at all. In the foregoing narrative, we have amplified the nature of Pakistani cricketers, their talent, and

their grit. We have to acknowledge that Shahid Afridi did a remarkable job by providing an inspiring leadership, fostering team spirit, and rebuilding the morale of the team in the aftermath of spot-fixing scandal. The team had lost its opener Captain and its two best seamers, including the teen-age left-handed sensation Mohammad Aamer. Wherever they went, crowds hissed and howled at them. Still this Pakistan One Day

cricket side kept their heads high as Shahid Afridi led them from front and center. Thus they reached the semifinals confounding all experts. It was indeed a great achievement. We do realize that a long road lies ahead but on the basis of ample, youthful talent – yet to be tapped and groomed – and the tradition of defying heavy odds, Pakistan will accomplish the job.

Grove Dental Clinic, P.C.

3400 Payne Street | Suite 101 | Falls Church, VA 22041

703.578.0000

Free Consultation
for Ortho and Implant

One Visit Root Canal and Crown

IMPLANTS & RESTORATION
INVISIBLE BRACES
CERAMIC BRACES
METAL FREE BRIDGES
COMPUTERIZED CROWN
COMPUTERIZED INLAYS/ONLAYS
ONE HOUR WHITENING
3D ROOT CANAL TREATMENT
COSMETIC DENTISTRY

VEENERS/DIGITAL X-RAYS
COMPUTERIZED ANESTHESIA
SMILE MAKE OVER

DENTAL LAB ON PREMISES
FINANCING AVAILABLE
FREE CONSULTATION
ACCEPT MOST INSURANCES

Too Busy For Two Dental Visits?



Maqsood A. Chaudhry, DDS

One Day Dentistry

CEREC has helped millions of smiles around the world. CEREC enables us to quickly and economically restore damaged teeth using a durable porcelain material!



We know you're busy. That's why we offer CEREC restorations. With no temporaries needed, CEREC is absolutely the fastest way to receive crowns, fillings and veneers. All can be done in one visit, saving you time in your busy life. The one and only for one-visit dentistry.

info@grovedentalclinic.com
www.superdentist.com



DO YOU HAVE ONE OF THESE PROBLEMS ?

• High Blood Pressure • High Cholesterol • Blockages • Chest Pain • Shortness of Breath • Heart Failure



S. Tariq Shahab, MD FACC, FACP.

Your Heart and Vascular One Stop Resource

This is the place to come for evaluation!

- One of few in area qualified to treat High Blood Pressure
- Consultative Cardiology – sees all patients with various problems of heart and vascular disease
- Associated with all regional hospitals and performs high risk angioplasty at these hospitals
- Open blockages in heart, legs and neck with no surgery
- Prevent stroke
- Accept most insurances
- Financing available

We Specialize in:

- Angioplasty
- Stenting
- High Blood Pressure Treatment
- High Cholesterol
- Leg Pain (PVD)
- Carotid Stenosis (Stroke)



Call Now 703-532-1700

6400 Arlington Boulevard, Suite 930 Falls Church, VA 22042
www.tariqshahab.com

Dr. Annemarie Schimmel's Masterpiece on Allama Iqbal

By Ahmed S. Khan, Ph.D.

Dr. Ahmed S. Khan (askhan@devry.edu) is a senior Professor in the College of Engineering & Information Sciences, DeVry University, Addison, Illinois. He is the author of *The Telecommunications Fact Book (2E)* and the coauthor of *Technology and Society: Issues for the 21st Century and Beyond (3E)*, and forthcoming title *Nanotechnology: Social and Ethical Implications*. His research interests are in the areas of fiber optic communications, nanotechnology, application of telecommunications technologies in distance education and medicine, and impact of technology on society. Professor Khan is a member of American Society of Engineering Education (ASEE) and a senior member of Institute of Electrical & Electronics Engineers (IEEE). He also serves as an evaluator for the Accreditation Board of Engineering & Technology (ABET).

Sir Allama Muhammad Iqbal, MD (1877-1938) was one of the great thinkers of the 20th century. Dr. Iqbal was an amalgam of an oracle, a seer, a poet, a philosopher and a thinker. Dr. Ali Shariati considered him to be a contemporary thinker and philosopher of the same rank as Bergson in the West or the same level as Ghazzali in Islamic history. The message and the writings of Iqbal have many dimensions: literary, religious, political, social, educational, and economic. Iqbal's poetry and philosophy are aimed at humanizing the world.

The central theme of his philosophy is the concept of "Khudi or Selfhood." It is the source of feeling and knowing one's inner capabilities and potential through contemplation, introspection, self-cognition, self-realization and determined action. It is the sense of human identity in the individual as well as the society. In the words of Iqbal:

When 'self' embraces the energy of life
The stream of life is transformed into an ocean

According to Iqbal science, culture, poetry, literature, and law – everything – is the product of human aspirations actualized through continuous struggle.

Dr. Annemarie Schimmel (1922-2003) was an internationally acclaimed scholar who dedicated more than fifty years of her life to explain Islam to the West. Her interest in Iqbal dates back to her student days at the University of Berlin. She says, "My long lasting love of Iqbal has let me to publish a number of works which are more or less relevant for a study of his contribution to Muslim thought... In many articles I have tried to show Iqbal in context of Islamic modernism, or deal with his imagery." Her scholarship



served as a bridge between East and West, cultures and religions. Dr. Schimmel was an avid scholar of the poetry and philosophy of Allama Iqbal and Maulana Jalaluddin Rumi. She considered Iqbal as one of the greatest poets of the East.

Dr. Schimmel served as the professor of religious studies at the University of Ankara, Turkey (1954-59). During her stay in Turkey her translation of Rumi's poetry furthered her interest in Iqbal. On the insistence of her Turkish friends she translated 'Jawednama' into Turkish. This led to her first visit to Pakistan in 1958, which opened a new door in her scholarship and inquiry that ultimately took her to the Harvard University. During

her tenure at Harvard (1967-1992) as professor of Indo-Muslim culture, she authored volumes of articles and dozens of books covering a wide spectrum of topics and issues related to Islamic studies, Sufism, Iqbal and Rumi. Dr. Schimmel wrote her first article on Iqbal in 1954, and later she wrote on Iqbal in various languages and on different aspects of his message and philosophy.

But her book *Gabriel's Wing – A study into the Religious Ideas of Sir Muhammad Iqbal* (E.J. Brill, Leiden, Netherlands, 1963 & 1989) is considered a superb example of her scholarship and insight in Iqbal studies. In the foreword of *Gabriel's Wing* Dr. Schimmel writes, "During the 25 years which have passed since the death of Muhammad Iqbal, hundreds of books and pamphlets, articles and poems in honor of the poet-philosopher of Muslim India have been published, most of them in Pakistan, the country which is proud of calling him a spiritual father. In the West, too, his fame has spread perhaps more than that of any other modern Muslim thinker and poet."

Dr. Schimmel's *Gabriel's Wing* has five parts. In the first part she provides the historical background of Muhammad Iqbal, his life, the aesthetic side of his work, and his religious motives. In the second part she discusses Iqbal's interpretation of the five pillars of faith. In the third part she expounds on Iqbal's interpretation of the essentials of faith. In the fourth part she presents some glimpses of Western and Eastern influence on Iqbal's thought, and on his relation to mystics and mysticism. And in the final and fifth part she sums up her work on Iqbal by synthesizing the poet's message and philosophy.

Dr. Schimmel regards Iqbal as the spiritual father of Pakistan and the best example of a modern interpretation of Islam. She believes that Iqbal had tried under the influence of Goethe and Rumi, to postulate a dynamic Islam; he was aware that the human being is called on to improve God's earth in cooperation with the Creator, and that one should

exhaust the never-ending possibilities of interpreting Qur'an in order to survive changing circumstances.

Dr. Schimmel further observes that Iqbal also taught that one should never rely exclusively upon intellect, as much as modern technology and progress can be admired, and that man is called on to participate in it. In a central poem of Iqbal, "Message of the East," his answer to Goethe's "Divan," Iqbal writes that science and love, that is critical analysis and loving synthesis, must work together to create positive values for the future. And regarding the status of Iqbal, Dr. Schimmel states: "Iqbal has been praised – to quote only one instance – by a leading Pakistani as 'the triumphant missionary, the high priest of humanity,' (A. K. Bokhari, *Iqbal Rev.* April 1961) and one of the first authors in this field has held that if the peacock throne is cause of pride for Iran, and the Kooch-i-noor means glory and dignity for British crown, then is Iqbal, of necessity, the decoration and ornament of poetical court of very country."

And in response to Iqbal's critics regarding the difficulty in his expressions, Dr. Schimmel tells the story that after her publication of the Turkish-prose translation of the *Javidname*, she received a letter, in very bad Turkish orthography, revealing that the letter writer was an unlearned man; but he expressed his admiration for Iqbal's work, and asked her for more books of his in Turkish translation. Dr. Schimmel writes that "the person wrote that he was a bearer in a restaurant in a small town of Eastern Anatolia – that seems to be sufficient proof for Iqbal's unquestionable appeal to simple minds too, who do not grasp properly the philosophical implications of his poems but are moved just by the energy they feel, even through the medium of a translation."

Commenting on the background of his philosophy, Dr. Schimmel writes: "No doubt, Iqbal cannot be understood without the religious background of his homeland. He's firmly rooted in the prophetic tradition of Islam, and in the mystical thought of India. He has struggled against whatever he thought wrong in this mysticism and has rediscovered the personal, dynamic God of Prophetic revelation who is described best not in the

abstract philosophy of the lectures but in the poet's deep and pathetic prayers."

Discussing the nature of Iqbal's philosophy, Dr. Schimmel observes that "as to the question of this philosophy one should not forget that a difference exists between a scientific philosopher and a prophetic philosopher. Iqbal was certainly of the second type, endowed with an extraordinary capacity for assimilation, and for synthesizing seemingly divergent facts into a new unity that may look, at the first glance, surprising enough, but has, in any case, proved as stimulating for native of the *Weltanschauung* of Pakistan."

Dr. Schimmel observes that "sometimes one gets the impression that his study of European philosophy leads him, in the course of his life, more and more to the conviction that all the good and appropriate ideas launched by Western philosophers had been expressed centuries ago in a somewhat more ideal form by Islamic thinkers. As he writes in 1916:

Yesterday, I saw the *Mathnawi* of Maulana Rumi:

Every thought devours another thought,
One idea grazes upon another idea---

In a special chapter he has put this idea that every being besides God Almighty is devouring and being devoured and has brought into consideration so beautifully Shakespeare's philosophy that Shakespeare's spirit itself would tremble!"

Dr. Schimmel observes that "this way of interpretation provided him with new possibilities of combining harmoniously Islamic tradition with the most recent scientific research. Only thus, he thinks, Muslims can become interested in Western science and discover that Europe is indebted to Islam, and that therefore the adopting of recent scientific results from the West does not do any harm to primacy of Islamic thought." As Allama Iqbal has said, "If Muslim scholars were aware that Einstein's most thrilling ideas are already existent in Islam, they would like to take more interest in them and study them carefully."

Dr. Schimmel observes that "Einstein granted Iqbal the proof for his view concerning the relation of God and universe --- that the universe is limitless but finite --- and his theory of relativity has impressed Iqbal's theories of

time and space." She further observes: "... thus the European philosophy and scholarship becomes, in Iqbal's reading, a medium for leading back the Muslims to the sources of their own culture, and giving them the feeling that these conceptions are nothing but their own heritage. Interpreted in this way, European civilization is no longer a danger for the Muslims but a stimulant for their awakening.

Dr. Schimmel states that Iqbal has tried to answer in poems the claims of different philosophers and political leaders during the different periods of his life, and the *nasqsh-i-frang* (the picture of Europe) in the fourth part of *Payam-i-Mahriq* contains short poetical sketches, skillfully characterizing thinkers and poets of the West. The philosophers whose names have occurred most in Iqbal's prose and poetry are Hegel, Bergson, and Nietzsche.

In the concluding pages of *Gabriel's Wing*, Dr. Schimmel remarks, "Whether or not the Muslim or non-Muslim readers will approve of Iqbal's ideas, or his way of expressing them, they will have to acknowledge that Iqbal, to quote Kenneth Cragg, was 'the spokesman of something deep within the contemporary soul . . . The age them must have felt its need of him.' Dr. Schimmel compares this sentence with Iqbal's words which he used to characterize the prophetic revelation: "The world-life intuitively sees its own needs, and at critical moments defines its own direction. This is what, in the language of religion, we call prophetic revelation."

Dr. Schimmel observes that "the similarity of the two sentences springs in the eyes. It is this very kind of representing the needs of an age of a society which can be witnessed in Iqbal whose whole personality tended to a prophetic interpretation of religion. Nobody will assert that he was a prophet . . . but we may admit that he has been touched by Gabriel's wing."

Gabriel's Wing is a comprehensive study on Iqbal's thought and philosophy. It is an illuminating and fascinating read for all seekers of truth and wisdom. Today, the world needs people like Dr. Schimmel who can build intellectual bridges to promote global peace, harmony and coexistence.

Our Recent Trip To Europe

By Sabiha Qureshi

It was with great anticipation that we set forth for the trip to Eastern Europe. This was a small group of friends; most of us had travelled together before and were quite attuned to each other's idiosyncrasies and gifts. Despite the uncertainties of travel due to volcanic ash, we were lucky to find a window and got together at JFK.

Rochester, Cincinnati, Louisiana and Canada were represented in our contingent. It was a colorful group full of excitement and a wide variety of talents that kept us engaged and entertained during our bus trips with humor, laughter and a wide repertoire of songs.

Arrival into "Booda-Phest" as our Hungarian guide drummed the correct pronunciation into us, was an opportunity to immerse ourselves in the history and culture of Eastern Europe replete with strife and art. The amazing fact was that relics dating from Roman times were preserved and visible but not a single iota of Turkish presence was to be seen even though the Turks ruled for 150 years yet everything was obliterated.

Budapest, surprisingly still unsullied by commercial tourism proved a gem. Shopping on Vaci Street for hand embroidered linens and other specialties provided a nice respite. Walking the city was an ever pleasant surprise; one square opening onto another even more beautiful one, with shade trees, sculptures and fountains. Outdoor cafes afforded a chance to rest and enjoy the local musicians.

One such walk culminated in the discovery of the renowned Gerbeaud bakery, a homage to days of elegance gone by, when going out to have coffee was treated with respect attributed to epicurean delights. The bakery was reminiscent of Lahore of olden days.

Travelling along the blue Danube brought us to the very elegant Vienna, home of Mozart, Strauss and Mahler, some of my favorites. The very air seemed imbued with their music

covered with the most delicious mouth watering chocolate icing.

Prague or Praha as the correct pronunciation goes is a city worth visiting with a very rich and interesting history. A city to walk in and see to your heart's content. There are a lot of Turkish restaurants, Rana's, a Pakistani restaurant hidden in a labyrinth of narrow streets was a very welcome surprise. The ambiance was genuine, clean and the hosts very friendly.

The food was good and the aroma of fresh naan from the wood oven whetted even the most jaded palate. Shops overflowing with bohemian crystal shimmered and beckoned one and all. Old castles with stories of ghosts and ghouls, multiple bridges over river Vltava; it was truly a romantic city in the glow of lights and stars. A city evocative of legends and mythology of school days, when names like Good king Wenceslas, and Matthias were kings to study but we never knew where they ruled.

All in all it was a wonderful trip and we had a great time. The friends were fantastic, and at the end the atmosphere was more of a happy family than a tour group.

I would like to thank everyone for this and all the hard work put into achieving this is greatly appreciated. Mostly I would like to thank Arif for being such fun to travel with and enjoying exploring off the beaten paths.



Kausar Saeed, Sabiha Qureshi & Samina Mirza Prague Central Square

and we very lucky to be able to attend a concert featuring them. I had longed to see Vienna, a city with its majestic palaces and baroque architecture. The famous concert halls and the palpating pedestrian shopping avenues, finely cobbled and studded with the best of things to buy and see.

My quest for the elusive Sacher torte brought us to the Sacher Hotel, where Arif and I had the famous chocolate cake, delicately doused in apricot jam, leaving a mere hint of it and



Shahnaz Khan, MD

Shahnaz Khan is a graduate of Fatima Jinnah Medical College who currently lives in Dade City, Florida.

My father had a dream: for me to become a doctor. And he mentioned it so many times to me and to others in front of me that eventually, sub-consciously, it became my dream also. He often quoted these words by Henry David Thoreau, "Do not lose hold of your dreams or aspirations. For if you do, you may still exist but you have ceased to live." Father and daughter, we held steadfast onto our aspirations as we set off to make our shared dream a reality. He constantly stood by my side helping me with schoolwork and I studied diligently to keep my grades up. Soon enough, he accompanied me to Fatima Jinnah Medical College for admission. I remember it as if it was yesterday: we were both excited and proud, but in that moment of ecstasy, neither one of us realized that although we had shared the same dream, the time had come for us to part ways.

Upholding the values of honesty and endurance that he taught me, I embarked on the journey that would establish the foundation of my future. After five, long and short, years as I graduated, and was ready for the next stage of my life. I wanted to explore the world

and test myself in uncharted territories, so when life presented an opportunity to come America, the land where all dreams come true, I did not hesitate for a single moment. The thought that this may not be part of his dream did not even cross my mind.

I thought of all this as I sat by his bedside during his final moments in this world. Cancer, diagnosed much too late, had been consuming his bones and spine leaving him paralyzed and incontinent. He was in a small military hospital in Dera Ismael Khan and I had travelled from Florida to be with him. Even though his body had given up, I could see in his eyes, as I held his hand, that his mind was as sharp as ever.

I could not help but think; what was his dream? Did he want me to stay and take care of family's medical needs? To be with them when they were at the end of their rainbow? Was he disappointed that I left the country? In the past two years, I had made many trips to Pakistan to see him as much as I could, but for the most part my mother was left alone to take care of him. A sense of guilt came over me. Should I have stayed and accompanied them in their trips to the doctors, for radiation and chemotherapy, or even just for moral and emotional support? Surely, I could have helped them make some very difficult decisions like I have done for so many of my patients. In my professional life, I have counseled countless families during painful times when a loved one is terminally ill. But it now pained me to think I was not there for my own family.

In the next few days his condition deteriorated. He was having trouble breathing and the oxygen tube in his nose was not much help. He struggled to communicate his last thoughts, but his words were broken by his gasps for air and his voice was hoarse due to dryness of throat. Weakness overpowered him, as he had been unable to eat much

during the last few days. His lips moved but sound did not come out. His eyes anxiously moved from one part of the room to the other as if they yearned to find a resting place but were unable to do so. I wanted to ask for his forgiveness for deserting him during his time of need, but dared not cause an exacerbation in his distress.

My father had been in the Pakistan Army; he was a fighter, always in command, making decisions, giving orders, and expecting obedience. Now, he knew that the odds of him winning this war were dwindling fast and this realization showed on his face. He refused to take any medicine to relieve his anxiety or to help him sleep; as he knew it would dull his senses. I think in his heart he knew that if he fell asleep, he might never wake up. I watched helplessly. Finally, I could not take it any longer and tricked him into taking a small dose of a tranquilizer. Mercifully it worked, and his eyes closed as he fell asleep.

That night as I sat with him and prayed for his peace and comfort, I knew I was praying for his death, not his life. He was gone the next day, never waking from his sleep.

Many years have passed since. I have never stopped wondering if the trajectory of events might have been different had I not left the country. Had I monitored his health more closely, would he have lived longer and lived more peacefully? Did I abdicate his dream, in pursuit of my own? Would he have forgiven me, had I asked for it? Now, I will never know. But I do know that I have to be careful about the extent to which I can share my dreams with my own children.

Khalil Gibran once said, "For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams." I take comfort in the thought that perhaps my father also knew and accepted this.



Bahu S. Shaikh, MD, FACP
Clinical Professor of Medicine

DISCLAIMER: Dr. Bahu Shaikh is a practicing Oncologist in Ohio. He is not a financial advisor and is expressing his own opinions based on his personal experience in managing his own portfolios. Please consult your own financial advisor regarding investing your money

Physician Investor Part 1 Points to Remember

1. As a physician, you consider yourself in the business of helping others, but remember you can help others a lot better if your finances are in good shape.
2. From the religious standpoint, Prophet Mohammad was a businessman first and earned his reputation as "Al-Ameen," the honest one, by making his money honestly.
3. When do you start? Start as early as possible and use the power of compounding to your advantage.
4. Be tax sensitive; take advantage of IRA's, 529 plans and 401 K.
5. When starting out use, low cost mutual funds such as Vanguard index funds which have no loads and small annual fees.
6. Do not buy individual stocks until you have at least \$100,000.00 to spare. Then do your homework and buy ten high quality Blue Chip Stocks that pay handsome dividends.
7. Make sure you balance holdings between stocks and bonds using a formula to favor optimum allocation.
8. Remember to keep six months living expenses in cash and 5-10% of your

portfolio in cash to take advantage of better opportunities or unexpected downturns in the markets.

9. Stay the course, it is hard to buy stocks when your portfolio has lost 30-50%, as it happened recently, but that is precisely the time to buy the stocks on sale.
10. Be an investor not a trader. Do sell the stocks that do not meet your goals and keep those that continue to do well. Take profits when the stock has had a good run and the fundamentals become too expensive.
11. When you have a decent net worth, make an estate plan. Use an independent financial advisor and a tax accountant.
12. Read financial publications like you read your medical journals
13. Use the insurance plans early in life to fill in the gaps in your financial plan.
14. Save for college as soon as your child is born and save for retirement as soon as it is possible.
15. Use the following references to increase your financial knowledge and acumen.

Physician Investor Part 2 Do's and Don't's

Harvest your investments for long-term growth. As a physician investor, you should have a long-term view just like a farmer who grows crops so the harvest will provide for future needs and interests.

1. Do your homework: Are you saving to buy the land (invest in stocks and bonds)?
2. Buy the seeds or trees: Buy the right kind of investments that suits your personality from the risk tolerance standpoint.
3. Water and fertilize: Slowly add to your investments month by month. Look after them (research) learn about the company business. You are a shareholder; if you do not understand the business model, you should not own the business.
4. Watch it grow: Let your profits run but cut your losses. All trees will not survive. Get rid of the dead wood and plant some new ones (sell poorly performing investments and buy better ones) cut your losses at 10-20%. Do not ride your stocks down to zero. If you feel the company is solid, buy some more to decrease your average cost per share.

5. Harvest the fruit: Once the stock has run up and you have doubled the stock price, sell $\frac{1}{2}$ of the holdings so you get all your money out and let the rest run as long as the prospects are good and the valuation is reasonable. Look at the price earning ratio to determine this (PE ratio).
6. Rotate your crops: Buy the stocks that have the best potential for the next 3-5 years. Currently, Energy, Materials and Technology stocks are favored.
7. Plan for long-term growth: You must have some trees that will bear fruit for a long time to come, so that your children can benefit from it. Therefore, you should have a core holding of stocks for the long-run that have paid dividends for 20 years or more; that will make you money and protect you against inflation. A 3% dividend now can be a 10% dividend in the future with reinvestment of dividends.
8. Keep some of your fruit at home to eat: Always have enough cash saved up for emergencies. Money that you need for 3-5 years should be in very safe investments, e.g., money for college, kids' marriage, pending retirement, etc.
9. Farmers do not go hungry: If you have different kinds of crops, something will be growing in the field to harvest. Diversify with stocks, bonds, real estate, precious metals, annuities, life insurance, REITS, etc., so that you have some income coming in at all times.

Acknowledgements

The author would like to acknowledge and thank Ronald D. Hamilton, Independent Financial Planner, who is currently his financial advisor, for reviewing the manuscript and giving his valuable suggestions

References

1. Beating the Street, Peter Lynch, Simon & Schuster
2. 100 Best Stocks to Own in America, Gene Walton, Longman Group
3. Real Money, Jim Cramer, Simon & Schuster, 2009
4. Barrons Weekly Newspaper Magazine.
5. Wall Street Journal.
6. The Future for Investors, Jeremy Siegal Crown, 2005
7. Value Line Publication.

*The Greater St. Louis Chapter of APPNA
Welcomes you all to our historic city, St. Louis
... The Gateway to the Midwest*

APPNA STL Executive Council

President: M. Haseeb, MD

Secretary: Naseem Shekhani, MD

Immediate Past President: Mujtaba Qazi, MD

Treasurer: Shahid Badar, MD

Members at Large: Umair Ali, MD

Hasan Ali Habib, MD

Aayesha Khan, MD



Akbar's Bridge

A poem by Rudyard Kipling

Jelaludin Muhammed Akbar, Guardian of Mankind,
Moved his standards out of Delhi to Jaunpore of lower Hind,
Where a mosque was to be builded, and a lovelier ne'er was planned;
And Munim Khan, his Viceroy, slid the drawings 'neath his hand.

(High as Hope upsheered her towers to the promised Heavens above.
Deep as Faith and dark as Judgment her unplumbed foundations dove.
Wide as Mercy, white as moonlight, stretched her fore courts to the dawn;
And Akbar gave commandment, 'Let it rise as it is drawn'.)

Then he wearied, the mood moving, of the men and things he ruled,
And he walked beside the Goomti while the flaming sunset cooled,
Simply, without mark or ensign, singly, without guard or guide,
And he heard an angry woman screeching by the riverside.

'Twas the Widow of the Potter, a virago feared and known,
In haste to cross the ferry, but the ferry-man had gone.
So she cursed him and his office, and hearing Akbar's tread,
(She was very old and darkling) turned her wrath upon his head.

But he answered, being Akbar, 'Suffer me to scull you o'er.'
Called her 'Mother,' stowed her bundles, worked the clumsy scow from shore,
Till they grounded on a sand-bank, and the Widow loosed her mind;
And the stars stole out and chuckled at the Guardian of Mankind.

'Oh, most impotent of bunglers! Oh, my daughter's daughter's brood,
Waiting hungry on the threshold for I cannot bring their food,
Till a fool has learned his business at their virtuous grandam's cost,
And a greater fool, our Viceroy, trifles while her name is lost!

'Munim Khan, that Sire of Asses, sees me daily come and go
As it suits a drunken boatman, or this ox who cannot row.
Munim Khan, the Owl's Own Uncle, Munim Khan, the Capon's seed,
Must build a mosque to Allah when a bridge is all we need!

'Eighty years I eat oppression and extortion and delays,
Snake and crocodile and fever, flood and drouth, beset my ways.
But Munim Khan must tax us for his mosque whate'er befall;
Allah knowing (May He hear me!) that a bridge would save us all!

While she stormed that other laboured and, when they touched the shore,
Laughing brought her on his shoulder to her hovel's very door.
But his mirth renewed her anger, for she thought he mocked the weak;
So she scored him with her talons, drawing blood on either cheek. . . .

Jelaludin Muhammed Akbar, Guardian of Mankind,
Spoke with Munim Khan his Viceroy, ere the midnight stars declined,
Girt and sworded, robed and jewelled, but, on either cheek appeared
Four shameless scratches running from the turban to the beard.

'Allah burn all Potters' Widows! Yet, since this same night was young,
One has shown me by sure token, there was wisdom on her tongue.
Yes, I ferried her for hire. Yes,' he pointed, 'I was paid.'
And he told the tale rehearsing all the Widow did and said.

And he ended, 'Sire of Asses, Capon, Owl's Own Uncle, know
I, most impotent of bunglers, I, this ox who cannot row
I, Jelaludin Muhammed Akbar, Guardian of Mankind,
Bid thee build the hag her bridge and put our mosque from out thy mind.'

So 'twas built, and Allah blessed it; and, through earthquake, flood, and sword,
Still the bridge his Viceroy builded throws her arch o'er Akbar's Ford!

Rudyard Kipling (December 30, 1865-January 18, 1936) was Associate Editor of The Civil and Military Gazette, Lahore for about five years (1882 to 1887). His father was Curator of Lahore Museum. He was a prolific writer – of poetry as well as prose. In 1907, he became the first ever winner of the Nobel Prize in literature from England.



Jalal uddin Akbar

آصف ڈار (اوبائیو)

۱۹۷۱-کنگ ایڈورڈ

اکبری پل



مکن جنبش ، خمیدہ سر ، مواظب ، باادب ہر کس
جلال الدین محمد اکبر اعظم ، پناہ ما!
لا فرمان شاہی اب ارادہ جونپور کا ہے
سپہ آرام سے بیٹھی تھی ، دہلی کی فضاؤں میں
وہ تھامے اکبری پرچم مع تیغ و سناں نکلی
عجب تھی برق رفتاری کہ گھوڑے تھے ہواؤں میں
بہت سرعت سے سب کے سب کنارِ گوتمی پہنچے
خمار آگیاں لگا دریا ، تھی برکھا رت گھٹاؤں میں
نظر آیا وہاں اک شہر خوابیدہ لب دریا
جلال الدین محمد اکبر اعظم ، پناہ ما!

بلایا خان منعم کو حضور اپنے جو اکبر نے
وزیر آیا حضورِ شہ با آداب شہنشاہی
دیا فرمان اکبر نے یہاں مسجد بنانی ہے
بڑی اتنی ہو یہ مسجد ، ملے عالم کی آگاہی
ہو روشن صحن اتنا کہ نظر نورِ خدا آئے
نمازی ہو مقامی یا کوئی بھٹکا ہوا راہی
پتہ سب کو چلے اکبر ہے قائل رب کی عظمت کا
جلال الدین محمد اکبر اعظم ، پناہ ما!

بدل کر بھیس کچھ دن بعد نکلا دن ڈھلے اکبر
تو دیکھا آتشیں سورج کو غرقِ گوتمی ہوتے
لب دریا، تن تنہا اندھیرے میں بڑھا اکبر
ٹھٹھک کر رہ گیا جو ایک عورت کو سنا روتے
وبال جاں ہے یہ دنیا، مرے اے پالنے والے!
نہ میرا حال ہوتا یوں ، میاں زندہ اگر ہوتے
سنی فریاد بیوہ کی ، پیسجا دل بھی اکبر کا

جلال الدین محمد اکبر اعظم ، پناہ ما!

کہا اس نے میں ہوں کمہار کی بیوہ مصیبت میں
مرے بچے بھی تو اب بھوکے پیاسے سو گئے ہوں گے
مجھے ڈر ہے کھوئے پار دریا جا چکے ہیں سب
گھروں کے چین سکھ میں اب کبھی کے کھو گئے ہوں گے
کہا اکبر نے چاہو تو تمہیں کشتی سے چھوڑ آؤں
وہ بولی خان منعم کے نیارے ہو گئے ہوں گے
مری دن بھر کی روزی پر لیا ہے مالہ اتنا
جلال الدین محمد اکبر اعظم ، پناہ ما!

بٹھا کر اس کو کشتی میں کہا اکبر نے کچھ ہنستے
بجا ہے سب مگر منعم برا اتنا نہیں ویسے
خراشیں ڈال کر اکبر کے چہرے پر وہ چلائی
تمہیں ہنستے ہوئے احمق حیا آئی نہیں کیسے؟
ہے اڑیل بیل اکبر تو یہ منعم خان الو ہے
بناتے اپنی مسجد ہیں ہمارے چھین کر پیسے
خیال آتا نہیں دریا پہ لیکن پل بنانے کا
جلال الدین محمد اکبر اعظم ، پناہ ما!

محل میں پہنچ کر اکبر نے آدھی رات سے پہلے
بلا کے خان منعم کو کہا ، تجھ کو پتہ بھی ہے ؟
مجھے نوجا ، تمہیں کوسا ، دیا بھاڑا بھی کشتی کا
وہ بیوہ ہے تو مفلس پر بھیانک سی بلا بھی ہے
ابھی مسجد بھلا کر گوتمی پر پل بنا ڈالو
اگر خلق خدا ہو خوش ، تو خوش ہم سے خدا بھی ہے
شہنشاہی تو فانی ہے ، رہے گا نام اللہ کا!
مکن جنبش ، خمیدہ سر ، مواظب باادب ہر کس!
جلال الدین محمد اکبر اعظم ، پناہ ما!
(روڈیاریڈ کیپلنگ کی نظم اکبر زبرج سے ماخوذ)



آفتاب احمد ناز (کیلیفورنیا)

۱۹۷۲ ڈاؤ

(نوخیز تخلیقی قوت مند زور ہوتی ہے اور فنی لوازمات سے کبھی کبھی بے نیاز بھی۔ یہ نظم پبلک کے پر زور اصرار پر من و عن شائع کی جا رہی ہے۔)

اپنے جنت میں

ہے علم عام جنت سے آدم کی وجہ اخلا
آئے جب تفتیش کرنے قبر میں منکر نکیر
کیسے شیشہ میں اتارا یہ کہانی پھر سہی
رضوان نے خود بڑھ کے کیا میرا استقبال
گھوڑا یا عربی نسل کا رائیڈ کے لیے
خلد میں واپس مرا کیسے ہوا پھر داخلہ
میں نے صرف اتنا کہا میرا ماموں ہے وزیر
شیروں کو کیسے پچھاڑا یہ کہانی پھر سہی
خوش قسمتی پاپنی میں ہوا کتنا نہال
ٹیپو کو ہم رکاب کیا گا نیڈ کے لیے

Tipu (tour guide for APPNA)

پر لطف اور پر کیف تھا جنت کا نظارہ
اسٹال تھا اک مئے کا اور ساقی تھی وہاں حور
پرنو تھی، بھر پور تھی، وہ ہیر سی تھی حور
مسرور چہرے پر چمکتی آنکھیں تھیں منور
کرتی تھی سبکو اپنی اداؤں سے وہ مسور
دل لگئی پاکبازاں پر وہ تھی معمور
کوثر سے ہم کنار تھا تھا اک قصر عالیشان
تھیں نہریں انگبین کی اور مئے کا فوارہ
چھلکا کے سر کرتی تھی وہ مشرب طہور
حسن میں تھی چور، جی ہاں چشم بددور
اس کے عشوہ ناز کے آگے سہی مجبور
تھوڑی سی مغرور تھی پھر بھی ہمیں منظور
روپ نگر کی رانی تھی وہ حوروں میں مشہور
لکھا تھا اس پہ اپنا ریٹائرمنٹ پو لیٹاں

APPNA retirement pavilion

چوپال میں تھے بیٹھے اپنے حقد درمیاں
بھرتی تھیں پانی کوثر کے پگھٹ پہ وہ بنیاں

WAPPNA ladies

تھیں عانتہ و صامتہ و رعنا و زلیف منیر
منظور طارق تھا وہاں اور چوہدری ریاض بھی
مرزا تھرک رہا تھا وہاں سیماب کی طرح
احسان الحق، عرفان الحق، اختر، خٹک، بابا ظہیر
محمود عالم بھی تھا وہاں اور میرزا فیاض بھی
حوریں پھڑک رہی تھیں وہاں مرغاب کی طرح

تھا ایک کونے میں جمع لوگوں کا اک ہجوم
اور تاش کی تھی بازی وہاں پر جمی ہوئی
اور دیکھ کر ان سب کو پکارا میں الامان
لگتا تھا جنم سے وہ جیسے ہوا فرار
بیٹھا وہ کس شان سے تھا تخت طاؤس پر
بارڈر کے پار ہونا چاہئے تھا اس کا گھر
نوکر و چاکران کے تھے یاں حوریں اور غلاماں
منزل انہیں ملی جو شریک سفر نہ تھے
ہونٹوں سے نکلی آگ، نکلا ناک سے دھواں
کیسے یاں پر آن ٹپکا ہے یہ پاپنی آفتاب
اس کام کے لیے انہیں پتھر بہت ملے
بجلی کا گویا جسم میں ایک کرنٹ سا لگا
پھر آنکھ میری کھل گئی تھا فرس پر پڑا
اور بیگم کے لیے ابھی ناشتہ بنانا تھا
پھر ایک شور و غل اٹھا، سوچا کروں معلوم
اک جھمکتا تھا وہاں پتھی محفل سچی ہوئی
واں پر تھا ہر شرابی کہانی براجمان
بیٹھا ہوا تھا بیچ میں بچپن کا میرا یار
لعنتیں پڑتی تھیں جس مردود پر منحوس پر
نرم و نازک بات کا ہوتا نہ تھا اس پر اثر
دنیا میں جو تھے خلق کی خدمت سے گریزاں
جو چورڈا کو راہزن تھے، راہبر نہ تھے
دیکھا مجھے تو پیش میں سب آگئے وہاں
بایک زباں رضوان سے پوچھا کہ اے جناب
سگسار کرنے پر تھے یا سب تلے ہوئے
آیا جو ایک سن سے میرے سر پہ آ لگا
پیشانی کو چھوا تو وہاں گومڑ تھا ایک بڑا
آفس سے لیٹ تھا ابھی مجھ کو نہانا تھا
خواب تھا جو کچھ کہ دیکھا جو سنا افسانہ تھا



نسیم احمد شیخ (ویسٹ ورجینیا)

۱۹۸۰-کنگ ایڈورڈ

سلکی روٹی (ایک بچی کہانی)



جانا چاہئے۔ انہیں دیکھ کر مجھے فارسی کا مقولہ یاد آ گیا۔ غم نداری۔
بُزنجَر۔ کئی ماہ گزر گئے مگر شعیب صاحب کے وزن میں رتی بھر فرق نہ آیا
۔ بیگم سخت پریشانی میں مبتلا تھیں کہ چاول بھی بند کر دیئے روٹی بھی ہول
ویٹ کر دی اور وہ بھی سائز میں چھوٹی، ٹریڈل پر بھی ورزش ہو رہی ہے
ہے مگر وزن ہے کہ ہلنے کا نام نہیں لیتا۔ زمین جہد نخبند۔

ایک دن شعیب صاحب کی والدہ نے پاکستان سے اپنی بہو کو
ٹیلی فون کیا۔ کہنے لگیں کہ شعیب کو کال کرتی ہوں اور کوئی ٹیلی فون نہیں
اٹھاتا، اس کے بھائی کی طبیعت کچھ خراب ہے، طبی مشورہ لینا ہے۔
عزیز صاحبہ نے کہا ”میں ڈھونڈ کر آپ کو کال کرواتی ہوں“۔ دوپہر کا
ایک بجا ہوگا۔ عزیز صاحبہ نے خاندان کو اس کے سیل فون پر کال کیا۔ کو
نی جواب نہیں آیا۔ Page کیا، جواب نہ دار۔ کارپکڑی اور میاں کے
دفتر پہنچ گئیں۔ شعیب صاحب وہاں بھی نہیں تھے۔ شعیب صاحب کی
نرس سے پتہ چلا کہ شعیب صاحب کے مریض دو بجے آنا شروع ہوں
گے۔ بیگم پریشان ہو گئیں سیدھا شعیب صاحب کے ایک بہت ہی
قریبی دوست منصور کے گھر پہنچ گئیں۔ دیکھا کہ میاں صاحب کی کار با
ہر کھڑی ہے۔ کھڑی کی سے جھانکا تو پیروں تلے زمین نکل گئی۔ منصور
اور شعیب دسترخوان پر براہمان تھے اور بریانی اور نان نہاری کا لُچ ہو
رہا تھا۔ کواڑ کھولا، اندر داخل ہوئیں اور استفسار پر پتہ چلا کہ لُچ ہر روز
منصور صاحب کے ہاں ہوتا ہے اور جو لُچ بیگم سلکی روٹی کی شکل میں بنا
کے دیتی ہیں وہ پھینک دیا جاتا ہے۔ لُچ ریسٹورنٹ سے آتا ہے اور
پیٹ بھر کے کھایا جاتا ہے۔ عزیز صاحبہ غصے سے لال پیلی ہوئیں مگر
ضبط سے کام لیا۔ ان کی مہینوں کی محنت پر پانی پھر ہاتھ بلکہ نہاری پھر
رہی تھی۔ شعیب صاحب DCBA نکلے یعنی Desi Can
Confuse Born Americans۔

ابھی کچھ روز پہلے کسی کام سے دوپہر کے وقت شعیب صاحب
کے گھر گیا تو بیگم شعیب نے ایک پیکٹ دیا، جس میں ایک خوبصورت
خوان تھا۔ پوچھا کہ اس میں کیا ہے کہنے لگیں کہ اس میں Whole
Wheat کی موٹی روٹیاں ہیں جو میں نے بنائی ہیں۔ اب میں روز
شعیب کو اپنے ہاتھ سے روٹیاں بنا کے دیتی ہوں تاکہ سلکی روٹی نہ
خریدی جائے۔ یقین کیجئے کہ شعیب صاحب کا وزن کم ہو چکا ہے۔
اب وہ انتہائی فٹ اور خوش نظر آتے ہیں۔

شعیب صاحب ایم۔ بی۔ بی۔ ایس کرنے کے بعد سیدھا
امریکہ پہنچے۔ امریکی امتحان پاس کرنے کے بعد ریزینڈنسی مل گئی۔ اب
ان کے سر پر شادی کا جنون سوار ہوا۔ گھر والوں سے شرط طے پائی کہ
لڑکی امریکہ میں پیدا ہوئی ہو اور اس کے ماں باپ پاکستانی ہوں۔
چنانچہ گھر والوں نے دن رات ایک کر دیئے کہ شعیب صاحب کے
لئے کوئی پاکستانی نژاد امریکی لڑکی ملے جسے پاکستانی محاورہ میں
ABCD بھی کہا جاتا ہے یعنی American Born Confused Desi
نیویارک میں رہتی تھی اور نیویارک یونیورسٹی میں تعلیم حاصل رہی تھی۔
موصوفہ کا نام عزیزیں تھا۔ چاک و چوبند اور دیکھنے میں ماڈل یعنی وزن
مناسب سے بھی کم۔ اتفاقاً دونوں گھرانوں میں دور کی پہچان بھی نکل
آئی۔ چنانچہ اک انتھک کوشش کے بعد رشتہ طے پا گیا۔ یہ بات واضح
رہے کہ ہمارے شعیب صاحب چلنے میں سست رو تھے، بولنے میں ذرا
ہچکچاہٹ تھی اور وزن کا پیمانہ بھی لبریز تھا۔

شادی ہو گئی۔ شادی کے بعد پہلا مہینہ تو بہت شاندار گزرا مگر دو
سرے مہینے ہی عزیزیں صاحبہ نے فرمان جاری کر دیا کہ میاں وزن کم کرو
اور اس مقصد کے لئے میں نے ایک پروگرام مرتب کر لیا ہے۔ کل سے
تمہارے چاول بند اور پیزا (PIZZA) بھی ممنوع ہے اور ہاں کل
سے ٹریڈل پر روزانہ آدھا گھنٹہ دوڑنا بھی ہوگا۔ پھر دیکھنا تم کیسے فٹ
نہیں ہوتے۔ شعیب صاحب ”مرتا کیانہ کرتا“ کے مصداق ”بسر و چشم“
کہنے کے علاوہ اور کیا کرتے، وہ یقیناً اس نادر شاہی حکم سے خوش نہیں
تھے چال تو ان کا من بھاتا کھا جاتا تھا۔ بیگم نے چاول تو بند کئے ہی تھے
سفید روٹی کی جگہ چوکروالی یعنی ہول ویٹ روٹی کا بھی بندوبست کر
لیا۔ روٹی اتنی پیلی کہ مٹھی میں بند ہو جائے۔ مجھے کوئی حیرت نہ ہوئی
جب شعیب صاحب نے اس پتلی روٹی کو سلکی روٹی کہنا شروع کر دیا۔
میرے دوست پر کیا گزر رہی ہوگی اس کا اندازہ سلکی روٹی کے نام ہی ہو



جاويد اکبر (وسکانسن)
۱۹۸۹-علامہ اقبال

سر زمانہ میں چپ تھا خیال اس کا تھا
جواب دیتا بھی کیسے سوال اس کا تھا

میں سوچتا تھا کہ کچھ پل تو میرے بھی ہوں گے
مگر وہ چار دنوں کا بھی سال اس کا تھا

اسی کی سانسوں میں ڈھل کر مٹا دیا خود کو
جو میں نہ مرتا تو جینا محال اس کا تھا

مرے سخن بھی اسی کے رہن منت تھے
دیز لہجے میں پنہاں جلال اس کا تھا

وہ ساری وحشتیں دل کی اسی کی تھیں جاوید
عیاں تھا چہرے سے میرے ملال اس کا تھا



فرحت عباس خان (وسکانسن)
۱۹۸۸-راولپنڈی میڈیکل کالج

غزل

وقت تھوڑا سا تری حمد میں کٹ جاتا ہے
بو جھ کتنا بھی ہو سینے پہ تو ہٹ جاتا ہے

خود سے سمجھو تو ہے پیغامِ اخوت مذہب
ہاتھ ملّا کے لگا دین بھی بٹ جاتا ہے

فکر محکم سے منور ہوں اگر دل کے چراغ
رہ میں گہرا اندھیرا ہو تو چھٹ جاتا ہے

دل آوارہ کو مل جاتا کہیں اور سکون
شہر ان کا ہے کہ پاؤں سے لپٹ جاتا ہے

سہل انداز سہی دل کی ہے خوبی فرحت
ٹھان لیتا ہے جو اک بار تو ڈٹ جاتا ہے





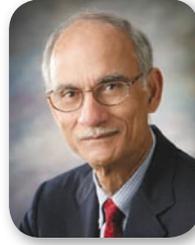
محمد جاوید اکبر (وسکانسن)
۱۹۸۹ء۔ علامہ اقبال

میں تاں منساں

توں دور پیا خوش وسداں ہیں چن نیڑے آ میں تاں منساں
اِس حرص ہوس دی دنیا وچ مینوں گل نال لا میں تاں منساں
الزام نہ دھر کجھ ڈے گھن کر انصاف کرا میں تاں منساں
جاوید جے شہر وسانوناں ہی میڈے نال وسامیں تاں منساں

توں یاد آندیں

چڑھ بدل آوے پئی کھمن کھمے مینہ وس پووے توں یاد آندیں
ٹھنڈے سنے موسم تے دل ہس پووے توں یاد آندیں
پئی چلدی واچن لے دی تیڈی ڈس پووے توں یاد آندیں
جاوید جے سکیاں شاخاں وچ نویں رس پووے توں یاد آندیں



امان اللہ خان (ٹیکساس)
۱۹۶۳ء۔ کنگ ایڈورڈ

اے دُنیا وانگ سراں

اے دنیا وانگ سراں بندیا نہ چوکر مار کر بیٹھیں توں
ہر کوئی پروہنا دو دن دا چھڈ ساریاں لمیاں گلاں توں
ایہہ زیور سونے چاندی دے ایہہ شیش محل تے جاگیراں
ایہہ سارے تیرے ویری نے کیوں بیٹھا ایں مار کے ملاں توں
گن تیرے نیں سب دنیاوی ایہناں تیرے کم کیہ آنا اے
بس سکہ چلنا اے عملاں دا جتھے آخر جا کے وسناں توں
توں رتے وچ خلیفہ ایں فر ثابت کر اس لیتق وی ایں
کر خدمت بندے بندے دی بھر جھولی وچ دعاواں توں
اس جگ دے چسکے بھیڑے نے توں یار امان اے بھلتیں نہ
پڑھ سوہنے رب دیاں حمداں توں جیڑارو کے پٹھیاں راہواں توں

آصف ڈار (اوبائیو)

۱۹۷۱ء۔ کنگ ایڈورڈ

ڈراونا خواب

شکلوں لگن پاک فرشتے

وچ دلاں دے زہر

اگاں لگیاں رگھانوں تے

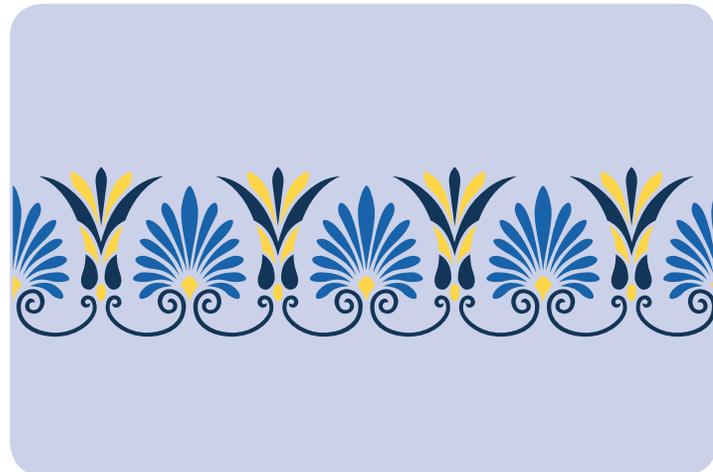
لہودی وگدی نہر

عرشاں اُتے تارے کمبن

دھرتی اتے قہر

بلھے شاہ تے باہونوں ہن

لہے سارا شہر



مفیض چوہان (آرکنساس)

۱۹۷۳ - کنگ ایڈورڈ

غزل

دنیا کے ہیر پھیر سے اکتا گیا ہوں میں
اس کاروبارِ زیت سے گھبرا گیا ہوں میں
اس اضطرابِ عشق کی کیفیتیں نہ پوچھ
سب کھو کے اس کی ذات میں کچھ پا گیا ہوں میں
خود ہی چمن اجاڑ کے بلبل ہے خندہ زن
کچھ ایسے حادثات سے گھبرا گیا ہوں میں
غم ہائے روزگار بڑھانے کا شوق تھا
خود کو خروشِ ذات میں الجھا گیا ہوں میں
بھولے سے مسکرا جو دیئے دیکھ کر مفیض
الفت کے اس فریب میں پھر آگیا ہوں میں

غزل

کچھ دنوں سے مرا گردش میں ستارا ہے بہت
مشکلیں حل نہ ہوئیں اس کو پکارا ہے بہت
دشتِ تنہائی میں اب کون سنے گا فریاد
وہ بھی آیا نہ کبھی جس کو پکارا ہے بہت
لوگ بھٹکیں تو بھٹکتے ہی چلے جاتے ہیں
گرچہ منزل کی طرف ایک اشارہ ہے بہت
دشت و صحرا میں پھرے اور پتہ تک نہ ملا
آبلے پاؤں میں غم دل میں تمھارا ہے بہت
اپنے اعمال پہ اب کوئی بھروسہ ہی نہیں
شافعِ حشر ہمیں تیرا سہارا ہے بہت
تم اکیلے ہو یا اک شمعِ نموشاں ہے مفیض
ہجر کی راتوں کو اشکوں سے سنوارا ہے بہت

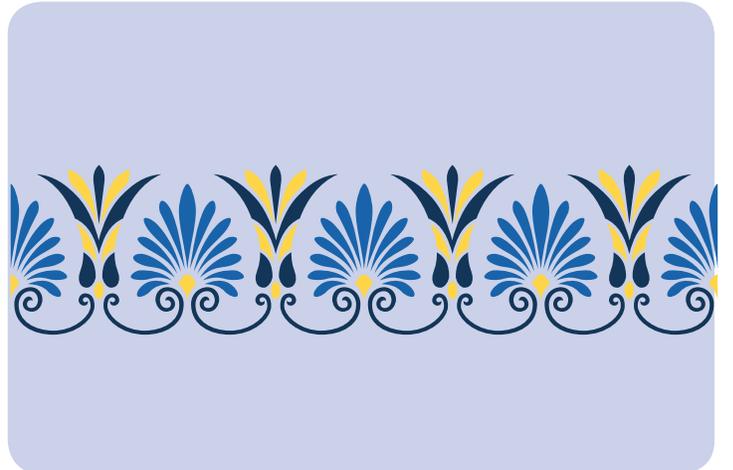


جاويدا کبر (وسکانسن)

۱۹۸۹ - علامہ اقبال

غزل

نگاہ ناز سے پردہ ہٹا تو رُک سا گیا
وہ کوئی اور تھا اُس کو لگا تو رُک سا گیا
لگا کے آگ مرے گھر وہ جانے والا شخص
جب اُس کے گھر سے بھی شعلہ اٹھا تو رُک سا گیا
اب انتقامِ غربی کے منہ پہ لکھا تھا
وہ بڑھتا ہاتھ ذرا سا اٹھا تو رُک سا گیا
میں جس کو روک سکا نہ ہی جو رکنا خود سے
وہ برسوں بعد وہیں پر ملا تو رُک سا گیا
جسے تلاش نئی منزلوں کی تھی جاوید
جو میرا نام کسی نے لیا تو رُک سا گیا



احمد ندیم ریح (آرکنساس)

۱۹۸۶-کنگ ایڈورڈ

آنسو

سورج جیسی اُن آنکھوں میں

بادل کا اک ٹکرا تیرا

اک پل برسا

اک پل ٹھہرا

پل دوپل کی اس جل تھل میں

پلکوں کی شاخوں کے نیچے

اشکوں کی کچھ کونیلیں پھوٹیں

گالوں کی بے داغ زمیں پر

جھلمل، جھلمل موتی چمکے

ہر موتی کے اجلے تن سے

رنگوں کا اک چشمہ پھوٹا

اک اک چشمہ

ہلکے ہلکے، رفت رفتہ

میرے پیاسے ہونٹوں کی

کچھ کچھ پیاس بھاتا جائے!

ہلکے ہلکے، رفت رفتہ

کچھ کچھ پیاس بڑھاتا جائے!



احمد ندیم ریح (آرکنساس)

۱۹۸۶-کنگ ایڈورڈ

غزل

شہر جنوں میں سگِ ملامت بھی ساتھ ہے

عزمِ صمیم بھی ہے ، ندامت بھی ساتھ ہے

سوئے ابد رواں ہے جہاں موجہ نشاط

غم ہائے زندگی کی قیامت بھی ساتھ ہے

روشن ترے وصال کا سورج تو ہے کہیں

کیا جو شبِ فراق کی قامت بھی ساتھ ہے

تہا نہیں ہے پیاسے سفر میں بلائے جاں

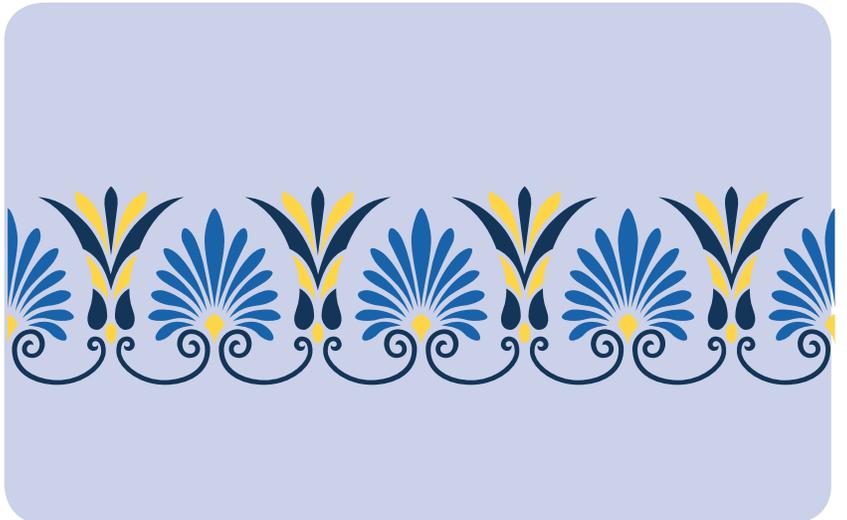
اب گر زپا کی علامت بھی ساتھ ہے

سَر پر جنونِ آبلہ پائی نہیں فقط!

اک دشتِ خارزار کی شامت بھی ساتھ ہے

منزل کی سمت چل تو پڑا ہوں مگر ندیم

لوحِ سفر پہ حرفِ اقامت بھی ساتھ ہے





سید انوار احمد (میزوری)

۱۹۸۳ء- ڈاؤ

غزل

لگتا ہے تیرا ساتھ بھی اب چھوٹنے لگا
تب ہی تو بات بات پہ تُو روٹھنے لگا
جب خوش گمانیاں مجھے اچھا نہ کر سکیں
میرا طبیب سچ کی دوا کوٹنے لگا
اغیار کا گلہ جو کریں بھی تو کیا کریں
جب باغبان خود ہی چمن لوٹنے لگا
وہ اعتبارِ دوستان ، کب کا بکھر گیا
اک اعتمادِ ذات تھا ، سو ٹوٹنے لگا
وہ دیکھو آسمان کی نیلی سی جھیل میں
چپکے سے چاندنی کا کنول پھوٹنے لگا

لاؤں کہاں سے بندہ صاحب نظر کو میں
حیراں ہے بُو علی کہ میں آیا کہاں سے ہوں
رومی یہ سوچتا ہے کہ جاؤں کدھر کو میں
(بالِ جبریل)

آشوب آگہی

نعیم کوہلی (الینائے)

کنگ ایڈورڈ۔ ۱۹۸۱ء

”وہ لوگ بہت خوش قسمت تھے“

جو سوچ سے بالکل عاری تھے

یا سوچ کو عار سمجھتے تھے

ہم جیتے جی بیزار رہے

اس سوچ کے ہاتھوں خوار رہے

جب ہم نے سوچ کا ساتھ دیا

دنیا نے آڑے ہاتھ لیا

ہم لوگوں کو سمجھا نہ سکے

اوروں کی سمجھ میں آنہ سکے

”آخر میں ہم نے تنگ آ کر

دونوں کو اکیلا چھوڑ دیا“



تری نگاہ سے ہے پوشیدہ آدمی کا مقام
(ملائے حرم۔ ضرب کلیم)

انسان نے اس دنیا کو آباد کیا، صحراؤں کو سرسبز کیا، بنجر زمین کو
زرخیز بنایا۔

۔ کیا اسیر شعاعوں کو برق مضطر کو
بنادی غیرت جنت یہ سرزمین میں نے
قدرت کی کاریگری کے شاہکار بے شمار ہیں۔ جیسے پہاڑ، در
یا، سمندر، صحرا، پھول، پھل، چرند، پرند۔ مگر جو قدرت نے نہ کیا،
انسان نے کر دکھایا۔ مثلاً تاج محل، دیوار چین، اہرام مصر، برج
الخلیفہ، سیزر ٹاور، پاناما کینال، سویٹز کینال، مونالیزا، دیوان
غالب، برادرز کارمازوف، ہیروارث شاہ، ہیملٹ۔

۔ بے ذوق نہیں اگر چہ فطرت
جو اس سے نہ ہوسکا، وہ تو کر
(بال جبریل)

۔ اس دشتِ جگر تاب کی خاموش فضا میں
فطرت نے فقط ریت کے ٹیلے کئے تعمیر
اہرام کی عظمت سے نگوں سار ہیں افلاک
کس ہاتھ سے کھینچی ابدیت کی یہ تصویر
(اہرام مصر۔ ضرب کلیم)

۔ تو شب آفریدی چراغ آفریدیم
سفال آفریدی ایغ آفریدیم
(تو نے رات بنائی میں نے چراغ بنایا۔ تو نے مٹی تخلیق کی میں نے
پیالہ ساخت کیا)

۔ بیابان و کہسار و راغ آفریدی
خیابان و گلزار و باغ آفریدیم
(تو نے بیابان، پہاڑ اور جنگل بنائے۔ میں نے چمن زار، گلزار اور
باغ تخلیق کئے)

۔ من آنم کہ از سنگ آئینہ سازم
من آنم کہ از زہر نوشینہ سازم

(مجاورہ مابین خدا و انسان۔ پیام مشرق)
(میں وہ ہوں جس نے پتھر سے آئینہ ساخت کیا۔ میں وہ ہوں

جس نے زہر سے میٹھا مشروب تیار کیا)
اقبال کے نزدیک خلش، اضطراب، تڑپ، جستجو اور خواہش
میں جولنت ہے وہ سکون میں نہیں۔

۔ متاعِ بے بہا ہے درد و سوزِ آرزو مندی
مقامِ بندگی دے کر نہ لوں شانِ خداوندی
(بال جبریل)

رہی انسان کی کوتاہیاں تو اقبال کے چند اشعار قابلِ غور ہیں
جن میں انسان کے محدود اختیار اور خدا کے لامحدود اختیار کی طرف
واضح اشارے ہیں۔

۔ روزِ حساب جب مرا پیش ہو دفترِ عمل
آپ بھی شرمسار ہو مجھ کو بھی شرمسار کر
(بال جبریل)

۔ فارغ تو نہ بیٹھے گا محشر میں جنوں اپنا
یا اپنا گریباں چاک، یا دامنِ یزداں چاک
(بال جبریل)

فطرت کے راز دریافت کرنے والا، بجلی کو قابو کرنے والا،
روشنی اور توانائی کے اسرار پانے والا، ابتدائے آفرینش کا کھوج لگا
نے والا، ذرے کے در و دل کو سمجھنے والا، صحراؤں کو سرسبز کرنے والا
جب توجہ اپنی ذات کی طرف مبذول کرتا ہے تو کوئی تسلی بخش
جواب پانہیں سکتا۔

۔ ڈھونڈنے والا ستاروں کی گزرگاہوں کا
اپنے افکار کی دنیا میں سفر کر نہ سکا
(ضرب کلیم)

وہ کیا ہے؟ وہ کون ہے؟ اس کے وجود کا مقصد کیا ہے؟ اس
کی ابتدا کیا اور انتہا کیا ہے؟ اس کے شعور کا سفر کب تک جاری
رہے گا؟ یہ سفر ختم ہوگا کہ نہیں؟ اور ختم ہو بھی گیا تو اس کے بعد کیا؟
۔ کھلتا نہیں میرے سفرِ زندگی کا راز

اس جہاں کو آباد کرنا اور زندگی کا بوجھ اٹھانا فرشتوں کے بس میں نہیں تھا۔ آدم جبریل سے مخاطب ہوتا ہے۔
 نہ کر تقلید اے جبریل میرے جذب و مستی کی
 تن آسان عرشوں کو ذکر و تسبیح و طواف اولیٰ
 (بال جبریل)

فرشتے آدم کی صلاحیتوں کا اعتراف کرتے ہیں۔
 سنا ہے خاک سے تیری نمود ہے لیکن
 تری سرشت میں ہے کوکبی و مہتابی
 (فرشتے آدم کو جنت سے رخصت کرتے ہیں۔ بال جبریل)
 حضورِ حق میں اسرافیل نے میری شکایت کی
 یہ بندہ وقت سے پہلے قیامت کر نہ دے برپا
 (بال جبریل)

انسان کی کوئی تقدیر نہیں۔ وہ آزاد عمل سے اپنی تقدیر خود تحریر کرتا ہے۔ جنت سے اس دنیا میں وارد ہونے پر روح ارضی نے اسے خوش آمدید کہا:

بچتے نہیں بخشے ہوئے فردوس نظر میں
 جنت تری پنہاں ہے ترے خونِ جگر میں
 اے پیکرِ گل کوششِ پیہم کی جزا دیکھ
 ہے راکبِ تقدیر جہاں تیری رضا دیکھ
 (روح ارضی آدم کا استقبال کرتی ہے۔ بال جبریل)
 اس کے تخیل کی پرواز آسمانوں اور ستاروں سے کہیں آگے
 ہے۔ قدرت کے راز ایک ایک کر کے اس کے سامنے کھلتے
 جارہے ہیں۔

آغوش میں اس کی وہ تجلی ہے کہ جس میں
 کھو جائیں گے افلاک کے سب ثابت و سیار
 (بال جبریل)
 انسان کا وہ مقام ہے کہ اس کو سمجھے بغیر شاید خدا کو پہچانا ممکن نہ ہو۔
 عجب نہیں کہ خدا تک تری رسائی ہو

شعور اور آزاد ارادہ ایک طرف تو انسان کو منفرد بناتی ہیں، دوسری طرف یہ اُس کے لئے دشواریاں بھی پیدا کر دیتی ہے۔ انسان کے جنت سے نکالے جانے کی وجہ بھی اس کا شعوری عمل تھا۔ اُس کو شعوری عمل کی آزادی نہ دی جاتی تو معاملہ یہاں تک پہنچتا ہی نہ۔

لگی نہ میری طبیعت ریاضِ جنت میں
 پیا شعور کا جب جامِ آتشیں میں نے
 (سرگزشتِ آدم۔ بانگِ درا)

اقبال کے نزدیک باغِ عدن لامکاں ہے اور یہ جہاں
 ماکاں۔ جنت جہاں سے انسان کو بے دخل کیا گیا اس کا اصلی وطن
 ہے۔ اس دنیا میں وہ بے وطنی یا جلاوطنی کی زندگی گزار رہا ہے۔
 فرشتوں میں اتنی صلاحیت ہی نہ تھی کہ یہ جہاں یا وہ جہاں آباد
 کرتے۔ انسان کو جنت بدر کرنے کا نقصان کس کو ہوا؟

اس دنیا میں جو رونق، دلچسپی، رنگینی، ہنگامہ اور شور و غوغا ہے
 انسان کے وجود سے ہے۔ اس کی روانگی کے بعد لامکاں میں
 خاموشی چھا گئی ہے اور وہاں اُس کی واپسی کا انتظار ہو رہا ہے
 باغِ بہشت سے مجھے حکم سفر دیا تھا کیوں
 کارِ جہاں دراز ہے، اب میرا انتظار کر
 (بال جبریل)

قصور وار غریب الدیار ہوں لیکن
 ترا خرابہ فرشتے نہ کر سکے آباد
 ہے گرمیِ آدم سے ہنگامہ عالم گرم
 سورج بھی تماشائی، تارے بھی تماشائی
 اگر ہنگامہ شوق سے ہے لامکاں خالی
 خطا کس کی ہے یارب، لامکاں تیرا ہے یا میرا؟
 اسی کو کب کی تابانی سے ہے تیرا جہاں روشن
 زوالِ آدمِ خاکی، زیاں تیرا ہے یا میرا؟
 (بال جبریل)



سلطان اکبر حیات (میزوری)

۱۹۷۰ء۔ کنگ ایڈورڈ

عظمتِ آدم، اقبال کی نظر میں

عروجِ آدمِ خاکی سے انجم سہمے جاتے ہیں کہ یہ ٹوٹا ہوا تارا مہ کامل نہ بن جائے (بالِ جبریل)

علامہ اقبال نے جب یہ کہا تھا اس وقت تک آئین سٹائین خاص اضافیت (۱۹۰۵) اور عام اضافیت (۱۹۱۵) کا نظریہ پیش کر چکا تھا۔ مادے اور توانائی کا رشتہ دریافت ہو چکا تھا۔ ہوائی جہاز، کار، بجلی، ٹیلی فون استعمال ہونا شروع ہو گئے تھے۔ مگر ٹیلی ویژن عام نہیں ہوا تھا۔ فیکس اور انٹرنیٹ ابھی دور کی باتیں تھیں۔ ہبل دوربین ابھی خلا میں نہیں پہنچی تھی۔ انسان ابھی چاند پر نہیں اتر تھا۔ انسولین اور پینسلین دریافت ہو چکی تھیں مگر عملی طور علاج معالجے میں ان کا استعمال شروع نہیں ہوا تھا۔ ایٹم بم نہیں بنا تھا۔ ڈی۔ این۔ اے دریافت نہیں ہوا تھا۔ جی نوم کوڈنگ نہیں ہوئی تھی۔ اعضا کی ٹرانسپلانٹیشن شروع نہیں ہوئی تھی۔ تاہم اس وقت تک انسانی شعور اور علم اتنی ترقی کر چکے تھے کہ علامہ اقبال مستقبل کے حوالے سے یہ سوچنے پر مجبور ہو گئے کہ علم اور جستجو کا یہ سفر انسان کو کہاں تک پہنچا دے گا۔

آنکھ جو کچھ دیکھتی ہے لب پہ آسکتا نہیں مجھ حیرت ہوں کہ دنیا کیا سے کیا ہو جائے گی انسانی ارتقاء کا یہ سفر جنگلوں اور غاروں سے شروع ہوا۔ جو چیزیں آج معمولی لگتی ہیں جیسے آگ کا استعمال آواز نکالنا، زبان بول چال۔ کئی ہزار سال کی کوشش کے بعد شروع ہو سکے۔ کھانے کے لئے دوسرے جانوروں کے بچے کھچے شکار پر گزارہ تھا۔ دو، اڑھائی لاکھ سال کی انسانی تاریخ میں زراعت صرف دس ہزار سال پہلے شروع ہوئی۔ پھر شہر بنے، تہذیبیں بنیں، سلطنتیں قائم

ہوئیں، ملک معرض وجود میں آئے، قانون بنے، آئین مروج ہوئے، انسانی شعور، تحقیق، جستجو، کھوج، کاوش اور تخلیق کا ایک مسلسل عمل ہے جو جاری ہے۔ جس کے رکنے کے آثار نہیں۔

دریافت اور ایجاد کے لئے انسان کو خام مواد تو فطرت نے مہیا کیا، مگر اس مواد کا استعمال انسان کے اپنے شعور کی پیداوار ہے۔ جو کچھ انسان نے اب تک حاصل کیا ہے، اس کی اپنی کوشش کا نتیجہ ہے۔ کوئی ایجاد، کوئی دریافت آسان نہیں تھی، نہ کہ اس کی جھولی میں خود بخود آن گری۔ انسان نے جو علم حاصل کیا۔ مشاہدے، تجربے اور جانچ پڑتال سے حاصل کیا، غلطیاں کر کے حاصل کیا۔

قدرت کا عجیب یہ ستم ہے

انسان کو راز جو بنایا۔ راز اس کی نگاہ سے چھپایا بیتاب ہے ذوق آگہی کا۔ کھلتا نہیں بھید زندگی کا حیرت آغاز و انتہا ہے۔ آئینے کے گھر میں اور کیا ہے کوئی نہیں نمگسارِ انساں۔ کیا تلخ ہے روزگارِ انساں (انسان۔ بانگِ درا)

انجان کو جاننے کی خواہش، پیہم کاوش، مسلسل تگ و دو، مستقل بے چینی، شعور اور آزاد ارادہ وہ خصوصیات ہیں جو انسان کو دوسری تخلیقات سے جدا کرتی ہیں۔

تسلیم کی خوگر ہے جو چیز ہے دنیا میں انسان کی ہر قوت سرگرم تقاضا ہے اس ذرہ کو رہتی ہے وسعت کی ہوس ہر دم یہ ذرہ نہیں شاید سمٹا ہوا صحرا ہے چاہے تو بدل ڈالے ہیئت چمنستاں کی یہ ہستی دانا ہے، بیٹا ہے، توانا ہے (انسان۔ بانگِ درا)

ہر ایک مقام سے آگے مقام ہے تیرا حیات ذوق سفر کے سوا کچھ اور نہیں



نعیم محمود کوہلی (اے نائے)

۱۹۸۱ء۔ کنگ ایڈورڈ

غزل

یہ لوگ بھی کیا لوگ ہیں جینے نہیں دیتے
صد چاک گریباں ہمیں سینے نہیں دیتے
سر عام یہ پیتے ہیں لہو اہل وفا کا
ہم کو مئے خواب بھی پینے نہیں دیتے
دیوانے ہی کرتے ہیں نمو طرز نومی کی
فرزانے تو جینے کے قرینے نہیں دیتے
میں کیسے بتا دوں تمہیں رازِ غم ہستی
ویرانے تو بے وجہ دینے نہیں دیتے
گرداب میں لہریں ہیں جزیروں کی بشارت
ساحل کی ضمانت تو سفینے نہیں دیتے

میں تو نکلا تھا اسی دُھن میں
چرخ سے تارے توڑ لاؤں گا
ڈھونڈ لاؤں گا گوہر نایاب
اور تری مانگ میں سجاؤں گا
کیا خبر تھی ترے محافظ بھی
تیری عصمت دری پہ ماں ہیں
رند و واعظ سے شیخ و زاہد تک
سارے پیشہ وری کے قائل ہیں

اس سے پہلے کہ یاں عذاب اترے
مجھ کو یہ شہر چھوڑ جانا ہے
اہل ایماں کا ایسی بستی میں
کوئی گھر ہے نہ ہی ٹھکانا ہے

سہلاتے رہتے تھے۔ اس وقت بھی تمام کنبہ ان کے چاروں
طرف تھا اور انہیں خوش کرنے کی کوشش کر رہا تھا۔ سب سے بڑی
پوتی زبامدنی جو اب بھر پور جوان تھی اور بیحد خوبصورت اور گوری
چہی تھی عید کا کامدار سبز جوڑا پہنے ان کے سامنے کھڑی تھی۔ اچانک
ایک طویل القامت سیاہ فام حبشی نژاد لڑکا تیزی سے ان کی طرف
آیا اور ایک کریمہ مسکراہٹ کے ساتھ زبیا کو دیکھا اور اسکی کمر میں
ہاتھ ڈال کر اسے اپنے سینے کی طرف کھینچا۔ مدنی صاحب کا چہرہ
سرخ ہو گیا وہ یہ سمجھے کہ یہ غیر لڑکا موقع سے فائدہ اٹھا کر ان کی
عزت پر ہاتھ ڈال رہا ہے۔ مفلوج ہونے کے باوجود انہوں نے
انتہائی قہر کے عالم میں اپنا عصا اٹھا کر اسے مارنے کی کوشش کی مگر
عین اسی وقت ان کی بیٹی درمیان میں آگئی اور چیخ کر بولی ”ابا۔۔
آپ کیا کر رہے ہیں؟ یہ تو زبیا کا دوست ہے۔“ ابھی تک شاید
اس میں اتنی رواداری تھی کہ اس نے ”دوست“ کا لفظ اردو میں کہا
تھا۔ مدنی صاحب کی آنکھیں چند لمحوں کیلئے حیرت سے پھیلیں۔
ان کا دماغ تیزی سے چل رہا تھا ”دوست، فرینڈ۔ یعنی بوائے
فرینڈ“ وہ اس سے زیادہ کچھ نہ سوچ سکے۔

زبامدنی شیخ محمد فخر الاسلام صدیقی المدنی کی پوتی اپنے بوائے
فرینڈ کے ساتھ ان کے سامنے کھڑی تھی جو اسے سینے سے لگا کر
چومنے کی کوشش کر رہا تھا۔ ان کی گلے کی رگیں پھول گئیں، چہرہ
پہلے سرخ اور پھر نیلا پڑ گیا، زخروے سے عجیب آوازیں نکلیں ہونٹ
نیلے ہو کر پھڑ پھڑائے اور انہیں ایک زور کی ہچکی آئی پھر گردن ایک
طرف ڈھلک گئی۔ ان کی پتھرائی ہوئی آنکھیں زاہد پر پکی تھیں جیسے
پوچھ رہی ہوں کیا یہی وہ صبح ہے جس کا اس نے وعدہ کیا تھا۔

روقیں ٹوٹ ٹوٹ کر یاد آتیں۔ وہ دن بھر بیٹھے کھڑکی سے باہر ٹنڈ منڈ درختوں کو تکا کرتے۔ پھر سردیوں میں جلد اندھیرا ہو جاتا اور برفباری کے ساتھ تیز ہوا سیٹیاں بجاتی ہوئی دروازوں کھڑکیوں پر دستکیں دیتی۔ بس اپنا دل مسوس کر رہ جاتے۔ پھر تمام لڑکے الگ ہو کر خدا جانے کہاں اور کس کے ساتھ رہنے لگے تھے۔ مالی طور پر غیر مستحکم ہونے کی وجہ سے ان میں سے کسی کی شادی بھی نہیں ہوئی تھی۔ بیٹی کا یہاں بھی مقدر نہ کھل سکا اور وہ کسی چائلڈ کیئر سینٹر میں کام کر کے زندگی کے دن کاٹ رہی تھی۔ ادھر ہوا یہ کہ امریکہ آتے ہی ایک دن بڑے بیٹے کے پیٹ میں درد اٹھا ہسپتال پہنچتے پہنچتے آنت پھٹ چکی تھی تین دن میں وہ جوان بیوی اور نوجوان بچیوں کو چھوڑ کر اللہ کو پیارا ہو گیا اب اس کی بیٹیوں نے گھر چلانے کیلئے چھوٹی چھوٹی نوکریوں کا سہارا لیا اور فاسٹ فوڈ کی یونی فارم پہن کر سر پر کاغذ کی ٹوپیاں لگا کر برگر کی پڑیاں پیہم باندھنے لگیں۔

مدنی صاحب کیلئے یہ سب ناقابل برداشت تھا وہ اپنے دل کی بھڑاس کسی سے نکال بھی نہیں سکتے تھے۔ وہ شدید اعصابی کشیدگی، بلڈ پریشر کی زیادتی اور جذباتی تناؤ کی وجہ سے فالج کا شکار ہو کر بولنے سے معذور ہو گئے اور اس طرح ایک نرسنگ ہوم میں وہیل چیئر کی زینت بن کر رہ گئے۔ ڈاکٹر نے کنبے کو بتا دیا تھا کہ ان کے دماغ کی رگ سے خون رسا ہے اور اگر ان کو کسی قسم کا جذباتی جھٹکا لگا تو رگ پھٹ جائے گی اور یہ جانبر نہ ہو سکیں گے۔ گھر والے ان کی اب بھی وہی عزت کرتے تھے جو پہلے تھی اور اپنے طور پر انہیں خوش رکھنے کی کوشش کرتے تھے۔

آج عید کا دن تھا سارے لڑکے، بیوی بیٹی اور پوتیاں ان سے عید ملنے نرسنگ ہوم آئے تھے۔ انہیں نرسنگ ہوم میں داخل ہوئے اتنے ماہ ہو گئے تھے کہ انہیں باہر کی دنیا کی کوئی خبر نہیں تھی۔ وہ وہیل چیئر پر بیٹھے بچوں کی طرح غوں غاں کی آوازیں نکالتے رہتے تھے یا اپنے والد کی یادگار، مدینے میں خریدے عصا کو ایک ہاتھ سے

مدنی صاحب کا کیا واسطہ؟ وہ تو بیٹوں کے گھر میں آرام سے رہ کر عیش کریں گے۔ اور جہاں تک جرائم کا تعلق ہے تو وہ تو چند بڑے شہروں کے کچھ خاص اندرونی علاقوں تک محدود ہیں اور یہ بھی کہ اخلاق سوز معاشرے کا پاکستانی گھرانوں پر کوئی اثر نہیں کیونکہ پاکستانیوں نے اپنی تہذیب اور روایات کو زندہ رکھا ہے بلکہ یہ کہہ کر تو اس نے سب کو حیران کر دیا کہ اب تو امریکہ میں پیدا ہونے والی لڑکیاں گھر کے باہر حجاب کا استعمال کرتی ہیں۔ پھر اس کی دلیل بھی خاصی وزنی تھی کہ اس کی بہن جس کی معمولی شکل و صورت کی وجہ سے اب تک شادی نہیں ہوئی تھی امریکہ میں گرین کارڈ کی وجہ سے اس کی بھی شادی یقینی ہے۔ کیونکہ درجنوں مسلمان لڑکے جو امریکہ کی شہریت چاہتے ہیں ایسی لڑکیوں کی تلاش میں ہیں۔

کراچی میں تنگ دستی سے گزر کرنے والے کنبے کے لئے امریکہ منتقل ہو جانے اور وہاں رہنے کا تصور ہی ایک جادوئی خواب سے مختلف نہ تھا۔ مدنی صاحب نے لاکھ مخالفت میں زور لگایا مگر یوں لگتا تھا کہ ان کے خلاف خاندان میں بغاوت ہو گئی ہو ایک محاذ بن گیا تھا اور ماں سمیت بیٹوں اور بیٹی نے زاہد کی ہاں میں ہاں ملائی۔ سب سے بڑا بیٹا شادی شدہ تھا بلکہ اس کی بیٹیاں بھی جوانی کی حد میں قدم رکھ رہی تھیں۔ وہ بڑی حد تک اپنے باپ پر گیا تھا۔ اس کی بیٹیاں کراچی میں گھر پر بھی سر سے دوپٹہ نہیں اتارتی تھیں۔ وہ امریکہ آنے پر تیار نہیں تھا مگر تمام بھائیوں اور ماں نے اصرار کر کے راضی کر ہی لیا اور اس طرح یہ کنبہ شکار ہو گیا۔

لیکن ہجرت بھی ہر ایک کو راس نہیں آتی۔ کئی سال گزرنے کے بعد بھی زاہد کے علاوہ کوئی بھائی بھی سیون ایون یا گروسری اسٹور کی نوکری سے آگے نہ بڑھ سکا۔ ادھر مدنی صاحب شدید تنہائی کا شکار ہو گئے۔ صرف بیوی سے بھی کب تک باتیں کریں نہ محلے داری نہ عصر مغرب کے درمیان اپنے ہم عمروں کی چھوٹی سی مجلس۔ نہ صبح کی سیر، نہ خاندان والوں کا آنا جانا۔ انہیں کراچی کی

فیروز عالم (کیلی فورنیا)

۱۹۶۸ء لیاقت



کالاسورج، تاریک صبح

شیخ محمد فخر الاسلام صدیقی المدنی کو اپنے نام کی طوالت کے باوجود اس میں المدنی کا اضافہ بہت بھلا لگتا تھا بلکہ اس پر انہیں خاص فخر تھا۔ مدنی صاحب نہ تو عرب تھے نہ ہی انکے آباؤ اجداد عرب سے آکر ہندوستان میں بسے تھے۔ ان کا خاندان تو ہندوستان کے صوبے یوپی کے ایک چھوٹے سے شہر میں نہ جانے کب سے آباد تھا۔ دراصل ہوا یہ تھا کہ جب مدنی صاحب کے والدین حج کرنے ملک جازگئے تو مدینے میں قیام کے وقت ان کی ولادت کا وقت آ گیا اور اسی مناسبت سے ان کے ابانے ان کا نام مدنی رکھ دیا۔ حقیقت تو یہ تھی کہ مدینے میں اتفاقاً پیدائش کے سوا مدنی صاحب نے کبھی عرب کی سرزمین پر قدم بھی نہیں رکھا تھا۔ مگر یہ شاید اسی حسن اتفاق کی برکت تھی یا نام کا مبارک اثر کہ مدنی صاحب کی تمام زندگی اسلام کے رنگ میں رنگ گئی تھی۔ وہ اپنی وضع قطع، کردار اور گفتار اور سوچ کے لحاظ سے ایک نہایت قابل تقلید مسلمان اور اچھے انسان تھے۔ زندگی میں اعلیٰ تعلم کے حصول اور ایک باوقار ملازمت نے ان کی شخصیت میں چار چاند لگا دیئے تھے۔

مدنی صاحب اپنی زندگی اور اپنے گھرانے کی سماجی حیثیت سے مطمئن تھے کہ ملک تقسیم ہوا۔ پاکستان وجود میں آیا اور وہ ان لاکھوں لوگوں کی طرح جو پاکستان کی محبت میں اپنے ماضی اور بزرگوں کی سرزمین کو چھوڑ کر نئے ملک میں آ بسے تھے، کراچی آ گئے یہ ملک اور یہ شہر ان کے لئے بالکل نیا اور اجنبی تھا شروع میں تکلیفوں کا سامنا بھی کرنا پڑا مگر انہوں نے ہمت نہیں ہاری اور آخر کار آباد کاری کے محکمے میں ایک چھوٹی سی ملازمت حاصل کرنے میں کامیاب ہو گئے۔ انگریز فوج کی چھوٹی ہوئی

بارکوں میں ایک جگہ انہیں بھی الاٹ ہو گئی اور انہوں نے ایک نئی زندگی کا آغاز کیا۔

تقسیم ملک سے جوئی سماجی اور معاشی صورتحال پیدا ہوئی تھی اس کی وجہ سے لوگوں کی تقدیریں بھی بدل گئی تھیں۔ جو کبھی بہت اونچے تھے زمین پر آگرے تھے اور جو بد حال تھے وہ ترقی اور مالی فارغ البالی کی نئی منزلوں کو چھو رہے تھے۔ مدنی صاحب کے پاس شاید وہ جو ہرنہ تھا جو تقسیم کے فوراً بعد کراچی میں مالی کامیابی کے لئے ضروری تھا۔ اس لئے وہ اس بندر بانٹ اور لوٹ کھسوٹ میں ناکام رہے۔ اور نتیجتاً بد حالی اور تنگ دستی کا شکار رہے۔ مزید یہ کہ اولاد کے معاملے میں ان پر قدرت خاص مہربان تھی اور وہ آگے پیچھے پانچ بیٹوں اور ایک بیٹی کے باپ تھے۔ کم آمدنی اور کثیر اولاد ہونے کی وجہ سے ان کی زندگی انتہائی دشواری اور غربت میں بسر ہو رہی تھی۔ لیکن اس کے باوجود ان کی ایمانداری، اخلاقی قدروں کی پابندی اور اللہ کی مرضی کے آگے خود سپردگی اپنی جگہ قائم تھی۔ وہ ہر حال میں اللہ کا شکر بجالاتے تھے۔

وقت تیزی سے گزرتا رہا۔ چھوٹی سے جھگی نمائیرک میں بچے پل بڑھ کر جوان ہو گئے۔ باقی لڑکوں اور بیٹی نے تو معمولی تعلیم حاصل کی مگر ایک بیٹا زاہد مدنی خوش قسمتی سے آگے نکل گیا اور اس کا لرشپ پر پڑھنے امریکہ پہنچ گیا۔ وہ پھر امریکہ کا ہی ہو رہا اور بس سال دو سال میں گھر والوں سے ملنے وطن واپس آتا تھا۔ اس دفعہ جو وہ ماں باپ سے ملنے گھر لوٹا تو اس کے پاس کنبے کی ترقی کا نیا فارمولا تھا۔ اس نے مدنی صاحب سے ضد کی کہ وہ اپنی بیوی بچوں کے ساتھ امریکہ ہجرت کر جائیں۔ مدنی صاحب کی نظر میں امریکہ شیطان کا مسکن تھا۔ ان کے خیال میں وہاں کی مشینیں اور تیز رفتار زندگی انسانی جذبات، احساسات اور روح کے لئے زہر قاتل تھی۔ وہ وہاں کے اخلاق سوز ماحول، جرائم سے بھرپور معاشرے اور جنسی بے راہ روی کے تصور ہی سے کانپ اٹھتے تھے مگر امریکن بیٹے نے بہت جوش و خروش سے سب کو قائل کیا کہ مشینیں زندگی سے

رہتے ہیں۔

(۴) آتش فشاں زقہر و ملامت زبانِ شیخ
از اشک تریز دردِ غریباں ردائے تو
شیخ کی زبان سے ملامت اور قہر ایک آتش فشاں کے لاوے کی
طرح نکلتا ہے لیکن غریبوں اور مسکینوں کے درد کو دیکھ کر آپ کی
چادرِ پاک، آنسوؤں سے نم رہتی ہے۔

(۵) باید کہ ظالمانِ جہاں را صدا گند
روزے بسوئے عدل و عنایت صدائے تو
یقیناً، حشر کے روز دنیا جہاں کے ظالموں کو بلوایا جائے گا، آپ کے
حکم سے تاکہ عدل و انصاف کیا جائے۔

تضمینِ عبد، برکلامِ فیض

عبدالرحمن عبد

ہے نورِ ذات کیا، شانِ شہِ اُمم کیا ہے
ترے مقام کو سمجھے خرد میں دم کیا ہے
یہ بات روزِ قیامت کھلے گی عالم پہ
مقامِ دستِ شفاعت ہے کیا، کرم کیا ہے
ہوئے وہ عرش پہ مہمان اپنے خالق کے
عمیاں ہے آپ پہ، ہے لوح کیا، قلم کیا ہے
ہم ایسے لوگ، محبت کے راز کیا جانیں
نگاہِ شوق میں کعبہ ہے کیا صنم کیا ہے
ہزار علم و ذہانت پہ کوئی ناز کرے
ہوا غلام نہ ان کا تو محترم کیا ہے

عبدالرحمن عبد (نیویارک)

۱۹۶۷ء۔ ڈاؤ

غزل

خاک ہوں رہنڈ میں رہتا ہوں

میں ہمیشہ سفر میں رہتا ہوں

شامِ ہستی ہے منتظر میری

میں تلاشِ سحر میں رہتا ہوں

اشک ہوں، چشمِ تریں رہتا ہوں

داغ بن کر جگر میں رہتا ہوں

پیار کے بام و در میں رہتا ہوں

کیا حسین مستقر میں رہتا ہوں

کیوں کہوں ایک گھر میں رہتا ہوں

وسعتِ بحر و بر میں رہتا ہوں

ہر شگونے میں ہے مری رنگت

ذوق ہوں، ہر ہنر میں رہتا ہوں

جس کو خواہش ہے آملے مجھ سے

میں محبت نگر میں رہتا ہوں

خاص نسبت مری، دلوں سے ہے

اکثر و بیشتر میں رہتا ہوں

جب سے اک آشیاں بنایا ہے

آسماں کی نظر میں رہتا ہوں

عبد میں ایک راز ہوں، مخفی

چھپ کے خاکِ بشر میں رہتا ہوں

تقاضا کرتے ہیں۔ انہیں بخوبی خبر اور مکمل یقین ہے کہ حضور اکرم
محشر کے روز میدانِ محشر میں موجود ہوں گے اور وہاں اس عدالت
میں ظالمین جہاں کی باز پرس بھی ہوگی اور مظلومین کی تشفی اور
سرخروئی کا اہتمام بھی۔

اس نعت کے حوالے سے ایک بات یہ بھی سامنے آتی ہے کہ
اکثر شعراء کے ہاں نعت کا مقام کلام کے آغاز میں ہوتا ہے اور غیر
نعت گو شعراء اگر تبرکاً نعتیہ اشعار کہیں تو اسے کتاب کے شروع میں
حمدِ باری تعالیٰ کے بعد یا صرف نعت ہی سے اپنے کلام کا آغاز
کرتے ہیں۔ فیض صاحب نے اسے کتاب کے آخر میں جگہ دی
ہے جو ان کی افتاد طبع کی غمازی کرتی ہے۔

فیض کی نعت

(۱) اے تو کہ ہست ہر دل محزون سرائے تو
آوردہ ام سرائے دگر از برائے تو
اے سرور کائنات، آپ ہر رنجیدہ دل کی رہائش گاہ ہیں۔ یعنی ہر
رنجیدہ دل میں رہتے ہیں۔ میں بھی اپنا رنجیدہ دل لے کر آپ کے
لئے ایک اور رہائش گاہ لایا ہوں۔

(۲) خواجہ بہ تخت بندہ تشویش ملک و مال
بر خاک رشکِ خسروِ دوراں گدائے تو
بادشاہ، تخت نشین ہو کر بھی ملک اور دولت کا غلام ہے۔ مگر آپ کا
غلام، گو خاک پر بیٹھا ہے اس کا مقام بادشاہوں کے لئے باعث
رشک ہے۔

(۳) آنجا، قصیدہ خوانیء لذتِ سیم و زر
ایجا فقط حدیثِ نشاطِ لقائے تو
وہاں، یعنی بادشاہوں کے ہاں، سونے اور چاندی کے خزانوں کی
لذت کے قصیدے پڑھے جاتے ہیں اور فقیروں کے ہاں صرف
محبت کی زبان میں آپ کے پیکرِ اطہر کے دیدار کے تذکرے

اور جس کی مہک ان کے اشعار میں ڈھل کر ان کے قارئین اور
سامعین کو مسرور و مسحور کرتی ہے اور کرتی رہے گی۔ یہ اشعار بھی ان
کے مجموعہ ”غبارِ ایام“ سے لئے گئے ہیں:-

بہت ملا نہ ملا زندگی سے غم کیا ہے
متاع درد بہم ہے تو بیش و کم کیا ہے
کرے نہ جگ میں الاؤ، تو شعر کس مصرف
کرے نہ شہر میں جل تھل تو چشمِ نم کیا ہے
سجاؤ بزم، غزل گاؤ، جام تازہ کرو
بہت سہی غم گیتی، شراب کم کیا ہے
ان تین اشعار میں میرے خیال کے مطابق فیض صاحب کی
مکمل زندگی کی جھلک مل جاتی ہے۔ پہلے شعر میں وہ اپنی زندگی
کے اثاثے کی بات کر کے اس سلیقے سے اطمینان کا اظہار کرتے
ہیں کہ قناعت کے سامنے شکایت کی کوئی حیثیت نہیں رہتی۔

دوسرے شعر میں وہ ہر اس شعر کو لغو اور وقت کا زیاں سمجھتے
ہیں جس میں اثر نہ ہو اور جو دل و دماغ پر انقلاب نہ لاسکے۔
تیسرے شعر میں وہ اپنے طرز زندگی پر خوش اور مطمئن نظر آتے ہیں
اور زندگی کی مشکلات کا سامنا کرنے کیلئے بزمِ نشاط کے رچانے کی
ترغیب دیتے ہیں۔ مری نظر میں یہ اشعار فیض صاحب کی سوچ اور
ان کے طرز زندگی کی صحیح عکاسی کرتے ہیں اب اس سوچ اور طرز
زندگی کا حامل انسان جو باہنر بھی ہے اور باخبر بھی، جب حالات
سے مایوس ہو کر حضور سرور کائنات اپنی زبان کھولتا ہے تو جو الفاظ
نکلتے ہیں ان میں روایتی نعتیہ انداز کی بجائے ایسے موضوعات
سامنے آئیں گے جو منفرد اور مختلف ہی نہیں بلکہ قاری یا سامع کو
چونکا دینے والے بھی ہوں گی۔ اس نعت کی خصوصیت یہ ہے کہ یہ
نعتیہ ادب کے خصوصی مضامین یعنی سرکارِ دو جہاں کی سراپا نگاری،
مولود نگاری، معراج نگاری، تقدسِ سرزمینِ طیبہ امیت، مہرِ نبوت،
باعثِ تخلیق کائنات وغیرہ سے ہٹ کر محض بشری مشکلات اور
اپنے مشاہدات کا تذکرہ ذاتِ خیر البشر کے سامنے کر کے عدل کا



عبدالرحمن عبد (نیویارک)

۱۹۶۷ء - ڈاؤ

فیض اور صنفِ نعت

(فیض کے جشنِ صد سالہ کی مناسبت سے)

فیض کے مجموعہ ”شامِ شہرِ یاراں“ کے آغاز میں، پاکستان کے مقبول افسانہ نگار، جناب اشفاق احمد صاحب (۱۹۲۵ء تا ۲۰۰۴ء) کا لکھا ہوا ایک مختصر مضمون درج ہے۔ جس کا عنوان ہے ”لامتی صوفی“۔ اشفاق احمد لکھتے ہیں:

”میرا اور فیض صاحب کا نظریاتی اختلاف ہے۔ میں ایک شرعی آدمی ہوں اور فیض صاحب لامتی صوفی ہیں۔ فیض صاحب نے صوفی ازم کا اکتساب کسی سلسلہ میں بیعت کر کے نہیں کیا۔ نہ ہی میرے اندازہ اور تحقیق کے مطابق انہوں نے ورڈوٹیفہ یا چلہ کشی کی ہے۔ انہوں نے صوفیاء کا ایک تیسرا راستہ اختیار کیا ہے۔ جو مجاہدے پر محیط ہے۔ اس کو بزرگانِ دین ادب اور تواضع کا نام دیتے ہیں۔

یہ ادب، یہ صبر، ایسا دھیمپن، اس قدر درگزر، کم نخنی اور احتجاج سے گریز، یہ صوفیوں کے کام ہیں۔ ان سب کو فیض صاحب نے اپنے دامن میں سمیٹ رکھا ہے۔ اوپر سے لامتی رنگ یہ اختیار کیا ہے کہ اشتراکیت کا گھنٹہ بجاتے پھرتے ہیں کہ کوئی قریب نہ آئے اور محبوب کا راز نہ کھل جائے۔ واہ باباٹل کیا کہنے۔

میری اور باباٹل کی نہیں بن سکتی لیکن کبھی اکیلے بیٹھے بیٹھے خاموش اور چپ چاپ، میں سوچا کرتا ہوں کہ اگر فیض صاحب، حضور سرور کائنات کے زمانے میں ہوتے تو ان کے چہیتے غلاموں میں سے ہوتے جب بھی کبھی کسی بد زبان، شہد خُو، بد اندیش، یہودی دکاندار کی دراز دستی کی خبر پہنچتی تو حضور کبھی کبھی ضرور فرماتے: ”آج فیض کو بھیجو۔ یہ بھی دھیمپن ہے صابر ہے بُردبار ہے۔ احتجاج نہیں کرتا۔ پتھر بھی کھا لیتا ہے۔ ہمارے مسلک پر عمل کرتا ہے۔“

مجھے جناب طاہر خان صاحب کی طرف سے حکم ملا کہ میں فیض صاحب کے حوالے سے کچھ کہوں تو میں بھی عجیب کشکش میں پڑ گیا۔ مجھے کبھی فیض صاحب سے ملاقات کا شرف حاصل نہیں ہوا۔ اور جو حوالے ان کے اشعار اور ان کی تحریروں کے ذریعے مجھ تک پہنچے ہیں ان کی بناء پر میں بھی یہی کہوں گا کہ میری اور فیض صاحب کی دوستی ممکن نہیں۔ پھر خیال آیا کہ صوفی ازم کا قائل تو میں ضرور ہوں اور فیض صاحب، چلئے لامتی صوفی ہی سہی، صوفی تو ہیں اس اطمینان بخش خیال کے باعث میں نے حامی بھری کہ چلئے میں ان کے بارے میں کچھ نہ کچھ ضرور کہوں گا۔

فیض صاحب کے شائع شدہ کلام میں ایک نعت ملتی ہے جو فارسی زبان میں ہے اور صرف پانچ اشعار پہ مشتمل ہے۔ یہ نعت ان کے آخری مجموعہ ”غبارِ ایام“ کے آخری صفحے پر رقم ہے اور اس نعت کا انداز و اسلوب ایسا ہے کہ نعتیہ ادب کے حوالے سے اس جیسا انداز اس سے قبل میری نظر سے نہیں گزرا۔ یہ نعت انہوں نے کب کہی اس کے بارے میں معلوم نہیں ہو سکا، مگر لگتا ہے کہ غالباً انہوں نے یہ نعتیہ اشعار اپنی عمر کے آخری دور میں کہے ہوں گے۔ اس نعت نے نعتیہ ادب میں ایک گراں قدر اضافہ کیا ہے جو شاید اردو ادب کے ناقدین اور بالخصوص نعتیہ ادب کے ناقدین کی نظر سے اب تک اوجھل ہے۔ ان پانچ اشعار میں جس سلیقے، جس احترام اور جس پاکیزہ جذبے کے ساتھ فیض نے پینمبرِ آخر الزماں، سرور کائنات کے ہاں اپنے دور کے حالات کی خبر پہنچائی ہے۔ اور جس یقین کے ساتھ آپ ﷺ کے شافعِ محشر ہونے اور مظلوموں اور بیگسوں کے غمخوار ہونے کا اظہار و اعتراف کیا ہے وہ نعتیہ ادب میں کم ہی نظر آتا ہے۔ اس نعت کے اشعار پیش کرنے سے پہلے میں بغرض تمہید اور فیض صاحب کی شاعری کے تعارفی حوالے سے ان کے تین نمائندہ اشعار پیش کروں گا تا کہ آپ کی فکر اور آپ کے احساسات اس چمنستان کی طرف مرکوز ہو جائیں جس کے رنگوں نے، فیض احمد فیض کی قبائے سخن سجائی ہے

ایسوسی ایشن آف فزیشنز آف پاکستانی ڈیسنٹ آف نارٹھ امریکہ
اپنا اردو میگزین

شمارہ: ۱

جلد سالانہ: ۱۳

مدیر: ڈاکٹر آصف علی ڈار، معاون مدیر: ڈاکٹر ندیم رفیع، معاون مدیر: ڈاکٹر جاوید اکبر

اداریہ

بارہ آئے بارہا گزرے

ہر سال مئی کے مہینے میں ”اپنا“ کے انتخابات شروع ہو جاتے ہیں ای میل اور ٹیلی فون کا لڑاؤ ہے۔ امیدوار اپنی اپنی کارکردگی پر مبنی فلائرز بھیجتے ہیں۔ ”اپنا“ کے اراکین ان امیدواروں کے ریکارڈ سے متاثر ہوتے ہیں اور داد دیئے بغیر نہیں رہ سکتے کہ ”اپنا“ کے دامن میں اتنے زیادہ باصلاحیت افراد رہنا بننے کے قابل ہیں۔ اپنی پسند کے امیدواروں کو ووٹ بھیجنے کے بعد تجسس اور انتظار کا مرحلہ شروع ہوتا ہے جو دلوں کو گرماتا ہے۔

جمہوریت کے اس خوبصورت عمل میں کبھی کبھار تلخیاں بھی پیدا ہو جاتی ہیں۔ انتخابی اصلاحات سے یہ تلخیاں یقیناً کم ہوں گی تاہم اس سلسلے میں امیدواروں کو خود بھی فراخ دلی کا مظاہرہ کرنا ہوگا جو انتخابی اصلاحات سے نہیں ہو سکتا۔ اس کے لئے صاف شفاف اور صمیمانہ ”اپنا کلچر“ پیدا کرنا ہوگا۔ ”اپنا“ بہر حال ہم سب کی اپنی تنظیم ہے۔ ہم سب میں ہمارے اہل خانہ بھی شامل ہیں اور اپنا الائنس، سایہ، یگ فیزیشنز اور نارٹھ امریکہ میڈیکل المنائی بھی۔ ہمیں سب کو ساتھ لے کر چلنا ہوگا۔ ہر صدر اپنی ویژن یا تخیل کے مطابق ”اپنا“ کو پروان چڑھاتا ہے۔ ہم اختلاف تو کر سکتے ہیں جو ہمارا جمہوری حق ہے مگر ذاتی مخالفت سے تنظیم کو نقصان پہنچتا ہے۔ ذاتی مخالفت سے اجتناب ضروری ہے۔

مندرجہ بالا باتوں سے قطع نظر کہ ہر تنظیم میں بہتری کی گنجائش ہوتی ہے۔ ”اپنا“، تنظیم تعلیمی اور طبی شعبوں کے علاوہ کئی اور شعبوں میں بھی انتھک محنت کرتی ہے۔ اثر و رسوخ استعمال کرتی ہے۔ اور گراں قدر نتائج پیدا کرتی ہے۔ اس لئے ”اپنا“ ڈاکٹروں کے مشورے اور

خیالات امریکہ میں بھی اہم سمجھے جاتے ہیں اور پاکستان میں بھی۔ ”اپنا“ کی ہر ذیلی تنظیم خواہ وہ علاقائی شاخ ہو خواہ المنائی ایسوسی ایشن ”اپنا“ کے مقاصد کے حصول کے لئے سرگرداں رہتی ہے۔ یہ سارے جزیل کرہی ”اپنا“ کو عظیم بناتے ہیں۔ ”اپنا“ کی بقا اور نشوونما کے لئے ”اپنا“ کی مطبوعات بشمول ”اپنا جرنل“ بھی اہم کردار کی حامل ہیں۔

چنانچہ ان مطبوعات کے لے رحل اور رقم دونوں صحیح ہونے چاہئیں۔ کیا MEN AND MATERIAL کا ترجمہ رحل اور رقم مناسب ہے اس کا فیصلہ آپ قارئین ہی کر سکتے ہیں ایک دفعہ واشنگٹن ڈی سی میں اپنا سمر میٹنگ ہو رہی تھی شرکاء کا جم غفیر ہوٹل کی لابی میں جوش و خروش سے گپ شپ میں مشغول تھا۔ قہقہے بلند ہو رہے تھے۔ ایک امریکی خاتون اپنی ہجولی سے پوچھ رہی تھی۔ یہ کون لوگ ہیں اور ان کا کنوشن کس لئے ہو رہا ہے۔

اس خاتون کے استفسار پر مجھے مشہور شاعر سیف الدین سیف کی نظم ”ساربان“ یاد آگئی جس میں ایک صحرائی لڑکی صحرا میں خانہ بدوشوں کو خیمہ زن ہوتے دیکھ کر اپنی سہیلی سے پوچھتی ہے

سنبلہ! دیکھ ریگ زار کے پار
دیوداروں کی اس قطار کے پار
کچھ مسافر دکھائی دیتے ہیں
کس کے خیمے یہاں لگائے ہیں؟
کون ہیں اور کہاں سے آئے ہیں؟

اس سے پہلے کہ سہیلی بتائے، ایک خانہ بدوش جواب دیتا ہے:

صبح کا نور شب کے سائے ہیں
کیا خبر ہم کہاں سے آئے ہیں
عہد ماضی سے آنے والے ہیں
دور فردا کو جانے والے ہیں
کتنے پُر ہول ریگ زاروں سے
کتنے تیخ بستہ کوہساروں سے
یوں چلے جس طرح صبا گزرے
بارہا آئے ، بارہا گزرے

آصف ڈار

RISE for PAKISTAN

and create a new world

Vision

We have been witnessing religious intolerance, rising class difference, and ethnic divide in Pakistan. We have been seeing rising violence in our motherland with dismay. We all want to see Pakistan as prosperous, peaceful, and tolerant country. "Rise for Pakistan" is a proposed initiative primarily focused on mobilizing, motivating, and organizing Pakistani youth who then are prepared and willing to take leadership role in various walks of life and be the agents of change for promoting social, economic, and political justice.

Mission

Our mission is to promote intellectual growth and leadership skills of young people by encouraging open discussion and freedom of thought about socio-economic and ideological issues using workshops, seminars, messages through media and other appropriate means thus harnessing their energies to bring about a positive social change in the country.

- Pakistan is in the eye of a storm and so is world peace with it
- A stronger, prosperous and peaceful Pakistan, will be a step forward towards world peace
- There are 36 million Pakistanis between the ages of 15 and 24 years. It is always young people who have been at the forefront of any change. They have to reclaim Pakistan and fulfill the promise of social, economic and political justice. Just imagine if we were able to mobilize a few thousand of them.
- We can enable them by providing a platform to come together and raise their voice and help them intellectually, financially and morally.
- **"Rise for Pakistan"** provides them with such a platform.

"Rise for Pakistan" is started by individuals who have long history of dedicated and selfless service for charitable causes. However, they have realized that charity is not enough to fulfill the dream of prosperous, peaceful, and tolerant Pakistan. Please consider supporting this noble cause. It will take off only if enough interest and financial sustainability can be ensured. If you have interest in this and would like to further explore and contribute to the idea, please contact:

Shahnaz Khan MD: shahnazk@gmail.com Tel. # 813-618-0011



Meaningful Use Certified

What do you know about **E-Prescribing and Medicare bonus payments and penalties**?
Did you know you will be penalized starting **2012** for non-compliance?

What would it take for you to give up a cup of coffee a day to earn an extra **\$14,400** a year?

Do you know how **real time insurance verification** can earn you **\$18,000** a year?

Seamlessly Integrated Software Solutions

- Practice Management
- Real Time Insurance Verification
- OCR Card Scanning
- EMR/EHR
- E-Prescribing
- Lab & Machine Interfaces
- Scan paper charts, lab reports, radiology reports, etc.
- Patient Portal
- Patient Reminders
- Templates

Transcription Service

Complete Billing Services

- Revenue Cycle Management
- Expert Billing in Over 20 Specialties
- Charge Entry and Coding
- Daily Claims Submittal
- Regular Follow-up on all Claims
- Prompt Posting
- Access to Financial Reports 24/7
- National and Local Accounts
- Dedicated Account Representative
- Credentialing

Comprehensive Collections Service

Contact us today to start earning your incentives!

866-463-2455 | info@doccomply.com | www.doccomply.com | www.docbilling.com



DocComply Copyright © 2011



Association of Pakistani Physicians of North America

6414 S. Cass Avenue
Westmont, IL 60559

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