

# APPNA JOURNAL

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ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTH AMERICA



## SADEQUAIN: FROM AMROHA TO FRERE HALL

*Shermeen Khann, MBBS, MBA*

Sadequain died in 1987 while still immersed in painting a Herculean mural on the ceiling of the Gallerie Sadequain at the Frere Hall in Karachi. Though his death was untimely, it wasn't before he had left an indelible mark on the world of art.

Born Saiyid Sadequain Ahmad Naqvi, his artworks offer testimony to the extraordinary output and strength of the frail artist. His friends remember his gaunt frame, lop-sided smile and oversized hands, images of which they say are very much present in his work; the distorted shapes of the leitmotiv cacti, like the artist's arms, eternally reaching out to the stars.

Introducing the artist in a publication brought out in 1957, which commemorated an exhibition at the Karachi Arts Council, Sadequain's childhood companion, Saiyid Ali Naqvi, described the circumstances of the artist's early attempts at drawing in Amroha when they were about six years old.

"We sat in a potter's house, watching a fine jug springing up from a potter's revolving wheel. His wife was making figures of peacocks and other birds with lime on the walls of the hut, freshly plastered with clay and cow-dung. Sadequain would level the ground of the hut with his palm and draw the figures of birds and jugs with his finger. He would look at his work, rub it off and try again."

According to Naqvi, in time, the entire locality was Sadequain's canvas, every hut the recipient of illustrations worked in charcoal, red clay or white chalk - this despite the scolding and punishments that he earned in return.

Unable to afford the fees of the Calcutta School of Art, where, after high school, he longed to study, Sadequain took up a job with All-India Radio in Delhi. There he met a wide range of cultured art enthusiasts and began to read about art and artists. He completed his education privately, and began to teach art in a school. In 1948 he migrated to Karachi where he worked for a year with Radio Pakistan before devoting his life entirely to art.

In 1954 Sadequain headed for Quetta. The rugged scenery of Balochistan appealed to him. He held his first solo exhibition there and returned invigorated to Karachi after six months.

In 1955, a private showing of Sadequain's work was arranged by the then Foreign Minister of Pakistan. That same year while recuperating from a serious illness at Jinnah Postgraduate Medical Center, Sadequain painted a large mural for the hospital.

The explanation of the inspiration initiating the artist's renowned Cacti series is legendary. It is said that due to his perpetually frail health, Sadequain spent some time near the foothills of Gadani, where great clumps of cactus bushes dotted the sandy wastes. There, he began his mystic musing on the qualities of darkness and light. He confided to writer Thomas Dawling that the rising vertical lines of the cactus paralleled the strokes in Kufic script -- in a sense the lowly cacti forced him to re-discover calligraphy.

The full implication of Sadequain's discovery began to manifest itself as an obsessive theme in his work when he traveled to Skardu in Baltistan. "Baltistan in spring was a country

of flowers and fruit trees, but I only painted cactus in blacks, dark reds and grays. At last in the anatomy of these gigantic plants I found the essence of calligraphy. Everything I have painted since then has been based on calligraphy, which in itself issues from the structure of the cactus." (1963)

In 1960, Sadequain was awarded the Tamgha-e-Imtiaz by the Pakistani government. He also received an invitation to Paris by the French Committee of the International Association of Plastic Arts. In 1962, he was awarded the President's Pride of Performance.

In 1961 his painting from the Cacti series, *The Last Supper*, earned him a prize reserved for foreign painters in the prestigious Laureate Biennale de Paris. Interestingly, at the time, Bashir Mirza was setting up The Gallery at Kutchehry Road and eagerly shared his plans with Sadequain, but the senior artist wasn't enthused. "What?" he said, "Sell paintings... like soap?" That was the end of that conversation.

Sadequain is also credited with changing the concept of art exhibitions in Karachi, which at that time were painfully formulaic; a chief guest would be invited, who would usually turn up late, mumble a few irrelevant words and then proceed among flashing bulbs to cut a ribbon. For the first time at Sadequain's exhibition in 1965, an exhibition opened without the burden of a chief guest. Everyone walked straight into the exhibition where discreet music played and Sadequain, seemingly relaxed with a cigarette in hand, strolled among his admirers treating all alike. The subjects of the artist's somber paintings were crows, cobwebs and scarecrows that expressed the artist's fears concerning society as he saw it.

The artist traveled extensively for long periods of time, showing his work in London, New York, Australia, Rumania and Russia. He journeyed through India for two years, showing his work in major cities, painting and sketching ceaselessly. In Lahore he painted the ceiling of the Lahore Museum with the epic mural: *The Evolution of Mankind*, completed in 1972.

By that time he had completed the giant mural at Mangla called the *Saga of Labor* and had also painted murals in Lahore's Punjab Public Library and at the Punjab University. On returning to Karachi his mood of rare optimism continued as he completed a series attesting man's ability to break the fetters imposed by society. He went on to produce a sequence of calligraphic art works based on the poems of Iqbal and Ghalib, and in 1980, was awarded the Sitara-e-Imtiaz.

Although Sadequain's spirit remained strong till the very end, his frail body was worn out. His last project, the unfinished mural at the Gallerie Sadequain exquisitely adorns the ceiling of the gallery, a living testament to the artist's passion for life and art.

*This article is the third in a series of commemorative articles highlighting pre-eminent Pakistani artists. It is based upon the artist's writings and interviews with Marjorie Husain, one of Pakistan's most highly respected art critics and Syed Wasef Naqvi, the artist's cousin and friend.*





## APPNA TIME

### *MICE, FROGS AND DINOSAURS*

*Furrukh S. Malik, M.B.B.S.*



I have been accused of inattention. I have been told that I am neglecting my work, friends and family. My wife has noticed my new addiction to prime time news. My unquenched thirst for the newly created facts by an intrusive media, which set up its shop in my lounge every evening. True to any addiction the daily dose is a little longer and a little more tantalizing. I have lost several articles of clothing to some cleaner in town that I cannot remember. My wife has refused to go shop to shop to ask if her husband has left any laundry there. The break point was my inquiry regarding dinner. She confronted me knife to eye and informed that we had eaten at a local restaurant that night. Well I forgot. My aplomb met her stern glare and the tube was turned off. My muffled protests were ignored. The silence was suddenly deafening.

March, second week 2002

My mind wandered from CNN to FOX and back. What is O'reilly upto? Who is he grilling now? Is Aaron Brown biased? What is latest from Middle East? What is the score and who is winning? I seldom ask myself as to the side I want to play marbles with and who do I want to win? What is the prize? Is the fight against principal or for the principle? I often ask myself if the running tape at the bottom of the CNN screen is to inform or drip feed the frenzy?

Holy Toledo I have missed the segment today. The silence was now only on the outside. As I sat starry eyed at the blank screen expecting it to take care of my craving, but nothing happened.

April 14th, 2002

My daughter is two years old today. As I sat in my favorite chair, in front of the tube, she climbs into my lap. "Baba read a book", she handed me a soft cover picture book. It took several minutes for me to comprehend her innocent request. I read her the story of four frogs rapping alongside a mouse. A big bumpy blue dinosaur thumping ground in the background. Half way through she dosed off to sleep. I finished the book reading it to me. How do frogs and mice get along and find an extinct dinosaur in their middle? Why is the game played on green turf with no scores and prizes? Across many species and time zones the story is narrated with uncanny credulity. Is it possible to live across time zones, fight eternal differences and not bother about the score, winning and the prize? Why do I care about principle or winning? Does it matter who wins? Across the time zones the winning is lost many a times to road warriors and colorful flags, it would not matter one more time

I looked around and grasped the remote. The media shop is open for business.

# APPNA JOURNAL

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# ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTH AMERICA

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## APPNA JOURNAL

Vol. 4 No. 1 ~ Summer 2002

### Running Theme. 25 Years of APPNA

2. Spotlight on Pakistani Art....Sadequain  
*Shermeen Khann, M.B.B.S., M.B.A.*
3. APPNA Time  
*Furrukh S. Malik, M.B.B.S., F.A.C.C., F.A.C.P.*
7. Thinking Outside the Box  
*S. Nadeem Ahsan, M.D.*
8. Mounds of Earth  
*Zeba Hasan Hafeez, M.B.B.S.*
22. Not So Idle Thoughts for a Spring Afternoon  
*Syed Mansoor Hussain, M.D.*
29. Reflections of a Political Novice  
*Zuhair Sayany, D.M.D.*

### HISTORY OF APPNA

11. A Short Historical Perspective of APPNA  
*Zaheer G. Ahmad, M.D., M.R.C.P.*
13. APPNA Historical Perspective, the First 25 Years  
*Hassan I. Bukhari, M.D.*

### PAKISTANI AMERICAN PHYSICIANS AND CHARITABLE

#### ORGANIZATIONS

19. APPNA SEHAT  
*Omar T. Atiq, M.D.*
20. Human Development Foundation of North America  
Past, Present and Future  
*Shaukat H. Khan, M.D.*
20. APPNA Humanitarian Mission for Afghan Refugees  
*Hussain Malik, M.D.*

### APPNI URDU

40. Selected Ghazaliat and Ashaar  
*Abdul Rehman, M.D.*

### APPNA ORGANIZATION

6. Presidents Message  
*Mohammad Suleman, M.D.*
9. Secretary's Report  
*Mohammad Afzal Arain, M.D.*
9. Treasurer's Report  
*Hussain Malik, M.D.*

### COMMITTEE REPORTS

19. APPNA Disaster Management Committee Report  
*M. Saud Anwar, M.D., M.P.H., F.C.C.P.*
25. Local Host Committee  
*Arif Muslim, M.D.*

27. The Joys of APPNA Listserve  
*Muzaffar H. Qazilbash, M.D.*
28. APPNA Constitution and Bylaws Special Meeting  
*Mohammad Afzal Arain, M.D.*
33. Finance Committee  
*Hussain Malik, M.D.*
33. Publications Committee  
*Adeel Butt, M.D.*  
*Mufis Chauhan, M.D.*

### ALUMNI REPORTS

34. Allama Iqbal  
*Mahmood Alum, M.D.*
34. Dow  
*Rizwan A. Karatela, M.D., F.A.C.C.*
35. Fatima Jinnah  
*Amna B. Buttar, M.D., M.S.*
35. King Edward  
*Syed H. Shirazi, M.D., M.S.*
36. Khyber Khabar  
*Omar Atiq, M.D.*
36. Nishtar  
*A.R. Piracha, M.D., F.A.C.C.*
36. North American  
*Zakia Rahman, M.D.*
39. Quaid-I-Azam  
*Manzoor A. Tariq, M.D.*
39. Rawalpindi Medical College  
*Nadeem Iqbal, M.D.*
48. APPNA PRESIDENTS 1987-2002

### ADVERTISERS INDEX

Dow Jones Islamic Index Fund	4
Medtronic	10
Pacesetter	10
Astra-Zeneca	18
Glaxo-Smith Kline	18
Ochsner Clinic Foundation	23
Mercy USA	26
New York Life	26
Classifieds	30
Novartis	31
Solomon Smith Barney	31
Northwestern Mutual	31
Met Life	32



## PRESIDENT'S MESSAGE

Mohammad Suleman, M.D.

The political and social atmosphere of our adopted country has changed considerably in the last year. The events of September 2001 have changed perceptions and all of us have to evolve and adhere to a higher standard. This holds true for any minority and ethnic community. For organizations like APPNA it brings forth a renewed call for concerted agendas and programs for integration in the mainstream USA. It is also imperative to involve everybody including the recent Pakistani graduates in a cohesive effort to achieve our central and evolving goals. I welcome the new faces of APPNA and urge them to stay involved throughout the good and bad times of our ages.

We had our first executive council meeting of the year in Orlando, Florida in early February this year. The lack of participation has prompted us to bring about some changes in the outlook of APPNA and also to work on the basic theme of our constitution. The main thrust this year is to make the working smooth and with less impediments. Several meetings of APPNA in the past have been limited on account of quorum issue and constitutional and bylaws (CBL) limitations. Our organization is now a well-organized entity and the constitutional document of its governance need update and much needed amendments. I hope this year one of the sentinel aspects of this EC would be the necessary changes in the constitution. By the time this message reach you the official CABL retreat in Chicago would have discussed the necessary changes. I am hopeful that the new document will be ready for review of the EC in July this year. My earnest desire is to bring in line the new constitution in accordance with needs of time and should include the changes and recommendations that have been approved over the years but have not been made part of the CBL document.

The present issue is the commemorative issue of the 25 years celebration. At my request our chief editor, Furrakh Malik,

asked some of the senior members to write about APPNA history. I hope such information will be inspirational to our younger colleagues. We also tried to provide up to date information about several of APPNA programs and I would encourage all the members to actively participate in the various committees or projects. The continuity is as important as the purpose. The communications committee is working on the website and I hope the new site will be utilized effectively.

We are having our annual gala in New York. The city has always been unique since a majority of us started our journey there and always seeks to return to the big apple. Since 9/11 the city has suffered a lot and we would like to contribute to its rebuilding. Last year we moved our fall meeting to New York and raised money for the relief efforts. I would urge all my colleagues and members to visit this city, enjoy the meeting and help in any way possible in it's rebuilding. I hope the NY meeting will be memorable. It gives me great pleasure in congratulating APPNA Sehat on receiving the ACP-Rosenthal award, which is an accomplishment of high merit. This year I would like to introduce an award for Academic achievement. The Award is to be given to the most academically meritorious physician. I have asked the Academic and research committee to seek nominations. A good citizenship award is also instituted for the APPNA member who has been instrumental in improving the social and cultural outlook of Pakistani Physicians in the professional world. The social welfare committee has been designated to seek nominations for this year.

I hope the coming time bring peace and prosperity to our immigrant community. We will see you all in the big apple inshaallah.



Cardiologists of Pakistani origin during their Fellowship (FACC) ceremony in Atlanta, Georgia



## THINKING OUTSIDE THE BOX...

### *Pakistan, Kashmir, Islam and us*

S. Nadeem Ahsan, MD



It is natural to want to be proud of the land we hail from. It also seems natural to try and help our faltering former country get back on its feet, if for no other reason than that Pakistan's name and image will forever be entwined with our and our children's identity. It therefore follows that it is in our own interest to take an introspective step back to examine the causes of the existing morass so we can suggest appropriate remedial therapy.

In the context of Pakistan's less than stellar track-record spanning all 55 years of its existence, it is clear that a lot has gone wrong. Sadly, the country remains a dysmorphic caricature of the original dream, twisting helplessly in the inclement winds of misfortune - a study in the travails wrought of empire, decolonization, sectarian hatred, religious extremism and an economy weighed down by crippling debt servicing obligations and unrealistic military expenditures. This is evidenced by just about every parameter of the country's social development. And unlike the only democratized nations in the region - Turkey and Israel -- where elections change governments, in Pakistan, governments continue to change elections.

For argument's sake let's say that the biggest reasons for Pakistan's unrelenting downslide on the gradient of global economy, human rights and social and intellectual health, may just be the country's continued conflict with India over Kashmir and the radicalization of Islam at the hands of a succession of despotic scoundrels, leading in turn to the systematic exploitation of Pakistanis in general and the crippling persecution of women and sundry minorities in particular.

Take Kashmir for instance.

The rhetoric on both sides of the conflict remains inflammatory and delusional. A tragic fallout of this entire farce being the upsurge of fundamentalist religion on both sides of the border in the shape of increasingly brazen Islamic and Hindu hordes - the recent government sponsored massacres of the Muslims of Gujrat and the murder of scores of mostly Shia doctors in Karachi being cases in point.

Ad hominem chanting of the existing Pakistani mantra of hostilities with India and unaffordably exorbitant expenditures on defense -- at the expense of everything else - is clearly counterproductive. This entirely unbalanced and unrealistic policy has led to the demise of just about every Pakistani institution, while the military establishment has assumed mammoth proportions by cannibalizing everything else.

As noted in Dr. Sayany's article in this issue, even Pakistani-Americans seem to continue to buy into the il-logic of hostilities with India; a less than intelligent approach given that a weak Pakistan, unrelentingly weighed down by military expenditures, foreign debt and poverty, can't even sustain itself, let alone provide meaningful assistance to the much tormented Kashmiris.

The Radicalization of Islam:

Speaking in general terms, it may be fair to say that what ails the Islamic Republic of Pakistan is the same as what's been ailing the entire Islamic world over the last three centuries; a

continuation of the same downward spiral of intellectual decrepitude, rage, self-pity, poverty and oppression. While the western civilization has blazed a trail paved with advancement of science, art and philosophy, Muslims have failed to come to grips with the distinction between modernization (which we've always sought) and westernization (which we loath). It is indeed a very bleak roadmap of mis-steps to the Islamic world of today -- impoverished in almost everything but despotism and dogma. While giving Islam full credit for a millennium of glory, when Muslims conquered much of the world, dominated the global economy, and brought civilization to high flower in science, medicine and classical learning, we must continue to unravel the events of the more recent past during which the Muslims lost virtually all of it, dating from Kara Mustafa's military defeat at the gates of Vienna in 1683 to the sorry state of the Ummah today.

As historian/scholar Bernard Lewis pointed out in his recent book "What Went Wrong?"; Muslims continue to ask "who did this to us?" instead of wondering "what did we do wrong?" or even "what are they doing right?". Almost invariably, the basic fault Muslims always seem to identify has to do with falling away from the good old ways; the basic remedy being a return to them -- both the diagnosis and the remedy leaving a lot to be desired.

Another manifestation of Pakistan's downward slide is the amount of effort the government -- prodded along by the self-serving religious right -- spends on undermining the beneficial effects of the Information Age on a doggedly closed Pakistani society. State censorship of the arts, restrictions on accessing the internet and suppression of cable and satellite television channels, etc. are only some of the examples of this. Similarly, the failure of the government in spreading education - or even literacy - has allowed the unbridled continuation of autocracy.

Pakistan's Disappearing Women.

The worsening status of women in Pakistan too needs to be addressed urgently. Blatantly misogynistic laws remain in place and women are increasingly being forced to withdraw from public view, thus preventing them from contributing to the sustenance of their families and their nation. Quite ironically, the emancipation of women remains the touchstone of difference between modernization and westernization. Even the most rabid anti-western fundamentalist feels the need to modernize the country, especially through the acquisition of western technologies of warfare and propaganda. But for him, emancipation of women amounts to the kind of westernization that is neither necessary nor useful, and is instead a noxious betrayal of "true" Islamic values. Thus the country is deprived of half its talents and energies, and its children condemned to a less than optimal upbringing at the feet of their illiterate and downtrodden mothers.

Render... Unto Caesar the Things Which Are Caesar's...

That, like in most Islamic lands like Pakistan, there is still



no serious attempt at separating church from state, is yet another reason for their failure to progress. Unlike the Christian west where, of late, "Caesar" and "God" are two distinct, mutually exclusive entities, Pakistanis know no such distinction. Secularism is considered synonymous with godlessness and secularists treated with contempt and suspicion. Pakistan's largely illiterate masses are proving to be fertile ground for the propagation of the more extreme interpretations of Islam like Saudi sponsored Wahabi-ism. This is at the direct expense of the aboriginal version of Islam that had been spread in the Indian subcontinent by various Sufis and Aulia, who's message of tolerance and love seems to have become extraneous to the violent reality of recent times.

#### Pakistan's Tormented Minorities.

Although the recent suspension of separate electorates for Pakistan's minorities was a step in the right direction, it is nonetheless true that minorities in Pakistan are still treated with paternalistic chauvinism at best and violent persecution at worst. The legacy of Islam's tolerance has been laid asunder by such monstrosities as the Second Amendment to the Constitution, passed on September 21, 1974 by Zulfikar Bhutto (which deliberately infringes upon the fundamental rights of the entire Ahmedi community) and the infamous Blasphemy Laws that continue to punish the minorities in and assault the morality of the majority.

#### Reason for Hope.

Not all is gloomy though. There are many in Pakistan that refuse to bow to the culture of mediocrity and reactionary-ism. Standing tall and refusing to yield, they are beacons of fortitude and courage. Many of them are waging their own heroic struggles against all that is wrong with Pakistan. Their NGOs in turn are working to de-legitimize the unjust authority of the ruling class and creating parallel institutions to help the people live away from the sphere of the power of the wadera politician, maulvi, bureaucrat and general. One can only hope that these processes will eventually be transmuted into democratic and national institutions.

#### What Can We Do?

As Pakistani Americans, it might behoove us to bring pressure to bear on Islamabad to turn the heat of Kashmir related rhetoric down to a level that would allow for greater outlays for developmental expenditures by minimizing military extravagance. It is high time the Pakistani government stopped using Kashmir as a crutch - a tactic that was of Ayub Khan's creation - so that the impoverished country's resources can be apportioned more appropriately.

And today, even as we wonder whether Islam, rooted as it is in the belief that all truth was revealed to the Prophet (pbuh), can ever successfully embrace change, we need to work towards the minimization of the mosque's influence on the Pakistani government (and vice versa). It couldn't be any clearer that our dream of Pakistan's democratization will only materialize if there is unmitigated and unrelenting encouragement of the freedom of thought and expression, so that the personal freedoms, creativity, science and economic development that form the basis of a democratic society, can take root.

## MOUNDS OF EARTH

*Zeba Hasan Hafeez*

Mounds of earth are thrown  
spade by spade  
on dust that will be  
and with the seeping  
of rain  
green shoots sprout  
and flowers  
stare back

spirits hunger  
for words  
embossed  
in each satiny petal  
and graceful  
bend of the neck

each dewdrop  
echoes a story  
piece by piece  
in its meandering fall

statues speak  
of the power  
of hands that shaped  
countless times  
of ideas ripened  
in the smoldering furnace

of some mind

## CONDOLENCE MESSAGE

*Mufiz A. Chauhan, MD & the rest of KEMC Class of 1972*

It is with utmost sadness and heavy heart that we announce the passing away of Dr. Mohammed Afzal Chaudhry, graduate of King Edward Medical College, Lahore, Pakistan (class of 1972). He died in Pakistan on May 7, 2002 from complications of pneumonia. Inna-Lillahiyy Wa-Inna-Alaihay-Rajaioon. He did his residency in Trenton, New Jersey, and was a practicing physician in the United States. He had two children, Faisal and Farooq Chaudhry. He moved to Pakistan about three years ago because of an illness.

He was a kind and gentle soul. He was a great friend, caring husband and a loving father. We will miss him greatly. Our heartfelt condolences to his family in Pakistan and to his sister Riffat Arshad in America.

May God bless his soul and grant him Jannah (Amin).



## SECRETARY'S REPORT

Mohammad Afzal Arain, M.D.

I would like to thank the membership for the opportunity to serve APPNA as secretary this year. We have been very busy since beginning of this year. The spring executive council meeting was held at Orlando Florida on February 8 - 10, 2002. Our president decided the theme of the meeting would be updates in CABL (Constitution and bylaws). Due to a lack of quorum, only discussions were held on the topic. The President of CABL gave a very detailed explanation about the proposed changes and why the CABL committee felt the need for the change. For further discussions on the topic, Dr. Suleman called a special CABL meeting in Chicago on May 4 and 5. Discussions on the proposed changes went on for two days but again because of lack of quorum no action was taken. The President of APPNA, Dr. Suleman has decided to continue further discussions about CABL changes in New York on July 3rd at the annual summer meeting. Two other main topics of discussions were the after affects of 9-11 and the senseless killings of doctors in Karachi Pakistan. A presentation was also made about APPNA humanitarian services for refugees of Afghanistan.

At the spring meeting in Orlando, APPNA members visited sites of a possible APPNA village. The Orlando Oberi hotel, which is perhaps the largest and one of the newest hotels in the country, was also visited. This will be the site for the 2003 summer meeting.

The APPNA summer meeting is in New York on July 3 - 7. The fall meeting is being hosted by Dr. Nadeem Kazi in Phoenix, AZ the first weekend of October. The winter meeting is being hosted by Dow, Aga Khan and Sindh Medical colleges at Karachi on December 9 - 11. APPNA list server has been very active and we have an average of 60-70 messages a day. Dr.

Shahid Latif and Dr. Muhammad Ali are actively working on updating the electronic communication system of APPNA.

As of May 10, 2002, the membership status is as follows:

Life members:	475
Annual Members:	877
Physicians in training:	164
Total members:	1516

Because of major financial impact from losses in technology stocks and over all financial instability, APPNA has also suffered losses. As of March 2002:

Assets:	\$1,156,209
Disaster relief committee:	\$6711
Afghan Fund:	\$13,755
USA relief fund:	\$5600

APPNA as an organization is growing larger and stronger. This year APPNA had a successful second international conference. The Executive Committee, which just a few years ago had 9 regional councilors, 6 alumni presidents and five officers, has grown to 39. APPNA chapters are getting organized all over the country.

The listserve has highlighted some excellent writers, scholars, politicians and a pool of devoted workers. New challenges are leading APPNA towards more focused and aggressive actions. Pioneers of APPNA have given it a structure and stability, and the infusion of new members is giving it momentum to scale new heights. APPNA is APPNee. Let us make it stronger better and a purposeful organization for all.



## TREASURER'S REPORT

Hussain Malik, M.D.

I wanted to present an up to date and current statement through the first quarter, i.e. March 31, 2002, but unfortunately the figures were not available from our Accounts office. In order

to give you an overview of the financial status of the association, I am presenting the Balance Sheet and Budget for 2002.



### BUDGET

<b>TOTAL RECEIPTS</b>	<b>\$120,000</b>
Includes Membership Dues, Joint Sponsorship, and Journal and Newsletter Advertisement	
<b>TOTAL DISBURSEMENT</b>	<b>\$239,000</b>
Includes Administrative Expenses, Payroll & Related Taxes, Bookkeeping & Administrative Services, Accounting, Tax & Audit Fees, Office Supplies, Telephone & Utilities, Bank Charges, Condo Dues & Real Estate Tax, Election Expenses, Constitution Committee, Newsletter/Journal Printing and Mailing and Donations to APPNA Sehat and Social Welfare	
<b>DEFICIT</b>	<b>(\$119,000)</b>

### BALANCE SHEET

GENERAL FUND	2001	2000
Cash in Bank	\$10,676	\$20,396
APPNA SEHAT Fund	\$44,954	\$59,312
Lifetime Dues Fund	\$726,798	\$840,858
Relief Fund	\$26,783	\$22,432
Meetings Fund	\$145,653	\$239,210
Special Projects Fund	\$30,302	\$8,577
<b>Total</b>	<b>\$985,166</b>	<b>\$1,190,785</b>
<b>Fixed Assets</b>		
Office Building	\$100,590	\$100,590
Furniture/Equipment	\$21,755	\$21,755
<b>Total Assets</b>	<b>\$1,107,511</b>	<b>\$1,313,130</b>



Congratulations to APPNA for 25 years of bringing together physicians and friends.

This message brought to you by Medtronic and its Baton Rouge representatives.

Pacesetter and its Baton Rouge representatives take this opportunity to tell APPNA congratulations for their 25th anniversary and we wish you much success in the future.



## A SHORT HISTORICAL PERSPECTIVE OF THE ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTH AMERICA

*Zaheer G. Ahmad, MD, MRCP*



I consider it my sacred duty to write this short narrative of creative history of the Association of Pakistani Physicians of North America (APPNA) for future generations of Pakistani physicians. APPNA with its well established credibility as a reputable professional organization in the United States has also glorified itself as a charitable welfare organization for all Pakistani people.

Until the end of the fifth decade of the twentieth century most of the medical graduates from Pakistan used to seek post-graduate education in the United Kingdom. By the early sixties this trend started changing and many physicians recognized the availability of better training facilities in the United States. After completing their training many physicians settled in America and became very successful medical practitioners. It was such a group of dedicated Pakistani physicians in Detroit, Michigan and its suburbs that I was able to motivate to create APPNA. It was achieved by personal contacts and a desire on the part of physicians to serve Pakistan.

Most of the early meetings were held at my home in West Bloomfield, Michigan. Those who were dedicated enough to take part in the initial work were: Dr. Malik Mirza (Marhoom); Dr. Ahsan-ul Haq; Dr. Khalid Latif; Dr. Sattar Choudhary; Dr. Aurangzeb Sheikh (Marhoom); Dr. Raufg Sheikh; Drs. Tariq and Rehana Siddiqui; Chaudhary Mohammad Idris (Marhoom); Dr. Zafar Mahmud (Marhoom); and Dr. Basharat Ahmad. These physicians took the responsibility of writing the first constitution of the organization, which



took one year and many meetings to complete. The constitution was then presented to the membership at the Hyatt Regency Hotel in Dearborn Michigan in 1977. I was elected as protem president and Dr. Malik Mirza as protem secretary-treasurer of the organization. The legal requirements were completed and we were able to register the organization in 1977 as a Michigan-based organization of Pakistani Physicians with IRS section 503© non-profit status.

Before APPNA was created a few physicians who graduated from King Edward Medical College in Lahore met as a group every year concurrent with the annual meeting of the American Medical Association. This group effort was initiated by Dr. Amnan-ullah Khan from Dallas, Texas. The late Dr. Malik Mirza

was one of the regular participants in this group. He initiated a dialogue with this group on behalf of APPNA and arranged a meeting at Dr. Sadiq Mohyuddin's residence in St. Louis in 1978. This meeting was very successful and paved the way for mutual cooperation between these two groups of Pakistani physicians in the United States. A national dinner meeting was held at the Hyatt Regency Dearborn on September 22, 1978 where Pakistani Ambassador Sahabzada Yaqub Khan was invited as chief guest. This meeting was well attended and some physicians practicing in Canada also participated. Later on a meeting was held in Niagara Falls, Canada with a group of Canadian physicians but was not very fruitful in gaining their support for this national project. Later on a few Canadian Pakistani physicians joined APPNA on their own initiative and have been productive and dedicated members.

The first national symposium called "Health Care in Pakistan" was sponsored by APPNA on September 15, 1979 at the Detroit Plaza Hotel - Renaissance Center. It was inaugurated by Pakistani Ambassador Sultan Mohammad Khan. The main

speakers were Dr. Paul White, M.D., Chairman - Public Health Department of Johns Hopkins University and Dr. Jason Finkle, M.D., Professor and Director of Population Planning at the University of Michigan. His meeting established APPNA as the national

organization representative of Pakistani Physicians all over the sub-continent. The first international medical conference on "Healthcare and Advances in Medicine and Surgery" was held at the Hotel Intercontinental in Karachi on December 17, 1980 and was inaugurated by General Zia-ul-Haq, then President of Pakistan. The highlight of this medical symposium was workshops for hands on training in various endoscopic procedures. The endoscopic equipment was transported to Pakistan from the United States with the help of Ambassador Sultan Mohammad Khan. At the conclusion of this meeting in Karachi the participating physicians from America proceeded to their respective medical institutions in Pakistan to deliver lectures and participate in seminars arranged by their Alma



Mater. This became a tradition to be followed every year and has been responsible for technology and knowledge transfer, scholarships for training in the United States and the establishment of alumni offices in various medical colleges in Pakistan.

The establishment of APPNA has brought the Pakistani community to the forefront of American establishments both medical and non-medical. It is a unique medical organization in the sense that it has charitable status and as such is able to provide aid to the poor and needy. Its "APPNA SEHAT" village health improvement project, a public health initiative, has now been recognized by various international agencies including the American College of Physicians to be the most cost-effective

model in the world. APPNA has also taken a leading role in the establishment of the Human Development Foundation of North America, which has combined the health initiative of APPNA SEHAT with primary education and micro-credit for the poor living in rural areas of Pakistan. Because of these efforts on the part of APPNA the government of Pakistan has now decided to implement these initiatives in thirteen rural districts of the country.

It is a matter of great pride for this small community of dedicated physicians in America to have achieved so much in a relatively short period of time. I take this opportunity to thank all those that believed in me and worked with me to create this wonderful organization. May God bless Pakistan.

## APPNA - The first 25 years

1. Establishment of a democratic organization
2. A strong social and political association
3. Charitable projects:       APPNA Sehat  
                                      Various Disaster Relief Projects  
                                      Human Development Projects
4. Political initiative - PAK PAC
5. Hospital project in Pakistan

## The vision for the next 25 years

1. APPNA Charitable Hospitals
2. APPNA Medical and Research Centers in the United States and in Pakistan
3. APPNA Sponsored Political Think Tanks
4. Ethical and Medical Jurisprudence College in the United States
5. Computerization and Literacy Aid in Pakistan



APPNA Villagers in Florida



"Kursi Nahin Milli"



## ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTH AMERICA HISTORAL PERSPECTIVE, FIRST 25 YEARS

Hassan I. Bukhari, M.D.



*Preamble: We, the physicians from Pakistan, out of our conviction for our profession and motherland, do hereby proclaim the establishment of "Association of Pakistani Physicians", so that collectively we all can: uphold ethical and moral values; engage in social and professional activities; support educational and intellectual pursuits; upgrade medical care and glorify our association.*

Historically, the first effort at making an organization of Pakistani physicians goes to the credit of King Edward Medical College graduates, Class of 1963. In 1973, with efforts spearheaded by Dr. Amanullah Khan, Dallas, Texas, a 10th Reunion meeting was held at Niagara Falls on the 4th of July. The idea of King Edward Medical College Alumni Association of North America was born. Over the next two years, a list of approximately 400 King Edward Medical College graduates was compiled, and 43 graduates gathered at Atlantic City during the July, 1975 AMA Conference, for the first annual summer meeting. Dr. Amanullah Khan was elected as the first President. A committee consisting of Drs. Ishaq Chisti, Bashir Ulvi, and Zubair-Ul-Hassan drafted a constitution.



Dr. Zaheer Ahmad conceived the idea of a broader association of all Pakistani physicians in the United States. According to Dr. Zaheer Ahmad, other physicians involved in the early efforts were Drs. Ihsan-Ul-Haq, Sattar Chaudhry, Malik Mirza (deceased), Mohammad Idrees, Tariq and Rehana Siddiqui, Busharat Ahmad, Amjad Hussain, and Shamshad and Zeenat Anwar. An organizational meeting was held at the Hyatt Regency, Dearborn, Michigan. These efforts culminated in the Association of Pakistani Physicians of North America being incorporated on August 29th, 1977 in the state of Michigan, as a non-profit,

charitable organization. The first formal meeting of the association took place June 9, 1978 in Dearborn, Michigan. Dr. Zaheer Ahmad was elected as the first President.

The association embarked upon fulfilling its aims and objectives, one of these being to facilitate a greater and better understanding and relations amongst Pakistani Physicians, and between them and the people of North America. Just about this time, another organization, called International Association of Pakistani Physicians of America was being formulated by Dr. Bunyad Haider on the east coast. The next two Presidents, Dr. Kamal Muzaffar (1979-80) and Dr. Ayub Ommaya (1980-82), worked hard at the task of amelioration between different factions, and were successful in resolving different issues, which eventually resulted in the integration of the two groups. Thus, APPNA continued the momentum forward.

With the inception of KEMCAANA, other alumni organizations started to form. KEMCAANA at this time was larger than APPNA. In the spirit of cooperation, KEMCAANA hierarchy, with convincing arguments from the late Dr. Malik Mirza and Dr. Ishaq Chisit, decided to merge with APPNA, retaining its own identity. Thus, APPNA became an umbrella organization of the different Pakistani medical school alumni. Currently the following alumni organizations are operating as distinct entities under the APPNA umbrella: King Edward, Dow, Nishtar, Khyber, Liaquat, Fatima Jinnah, Sind, Allama Iqbal, Aga Khan, Rawalpindi and Bahawalpur.

To fulfill another aim and objective of APPNA, i.e. to support medical education and research, efforts were being made to have CME conferences in Pakistan with different medical schools. Again, King Edward Alumni was in the forefront, and their efforts finally bore fruit. The first ever CME meeting was held in King Edward Medical College, Lahore, and also in Karachi in March/April, 1980. The topic was "Update in Medicine and Surgery".

APPNA was growing and beginning to sink its roots deeper. Dr. Amjad Hussain Zaidi (1982-83) helped to strengthen the resolve and the organization, which by now was fully recognized as representing the medical profession in North America from Pakistan. In 1982, APPNA was given tax-exempt status by the Dallas Office of Internal Revenue Services. Focusing his attention of continuous medical education in Pakistan, and the Visiting Professorship in Khyber Medical College, his own Alma Mater, he earned great respect. His dedication and efforts in furthering the course of APPNA earned him the APPNA Gold Medal Award.

Dr. Amanullah Khan (1983-84), the founder of King Edward Alumni Association of North America, and also the initiator of the CME meetings in Pakistan helped to consolidate the organization further.

Dr. Aslam Malik (1984-85), the next President, started as Secretary for the year 1982-82. During 1982, the central office of APPNA was shifted to Fort Worth Texas. Initially the office was located in Dr. Aslam Malik's office, and the first ever Executive Secretary, Barbara Birgel, was hired by APPNA. Regular publication of the newsletter was started, and became a means of communication and an instrument of enunciating the manifesto of this organization.





Dr. Ikram Ullah Khan (1985-86) became President at a time when it was becoming increasingly difficult for foreign medical graduates to come to the USA, and there was obvious discrimination being practiced against them. With his efforts, different ethnic medical organizations of foreign medical graduates were organized, and work continued towards the formation of the Alliance of Foreign Medical graduate organizations. APPNA took a leading role in getting together the American Association of Physicians from India, American College of International Physicians, Association of Philippine Physicians in America, Islamic Medical Association, and the International Medical Council of Illinois. Dr. Ikram-Ullah Khan of APPNA and Dr. Navin Shah of AAPI were appointed as Co-Chairmen of the Alliance Board of Directors.



In 1983, KEMCAANA initiated the Women's Auxiliary to promote sisterhood amongst the spouses of the physicians. Dr. Talat Bukhari (KEMC 1962) served as President and edited a cookbook (Pakistani Cuisine) with contribution of recipes from many members. The monies raised were donated to KEMCAANA/PGE fund. This group later resulted in the formation of the APPNA Alliance, with is the Women's Auxiliary to APPNA. Thus KEMCAANA had taken another leadership role.

During Dr. Ikram Ullah Khan's tenure as President, the elected President-Elect, Dr. Shujat Ali Khan, resigned for personal reasons. Re-elections were held, and Dr. Hassan I Bukhari of Dallas, Texas became President Elect, assuming office for the year 1986-87 at the annual summer meeting held in Washington D.C. Continuing efforts of his predecessors, the Alliance of Foreign Medical Graduate organizations were formally inaugurated with the first meeting held during the summer meeting at Washington D.C.

Trying to fulfill another aim and objective of APPNA, the KEMCAANA had started a program of Residency Training in Internal Medicine at New Britain General Hospital in New Britain, Connecticut under the guidance of University of Connecticut. The project was the brainchild of Dr. Arif Akbar ali Toor (KEMC 1961) and funds in excess of \$450,000 were collected by Dr. Hassan Bukhari with the help of many, especially Dr. Arif Muslim. The Endowment Fund was titled Association of Pakistani Physicians of North America - KEMCAANA - PGE Fund. Well over 40 residents have been trained through this still active program. The program selects residents on an annual basis with interviews held every December from all medical colleges in Pakistan.



A category of Life Membership was created and inaugurated with a membership fee of \$1,000. By the end of Dr. Bukhari's term, there were more than 40 Life Members, and around the summer of 2001, the number stood at about 467 members. The membership dues from the Life Membership were kept in a separate account called the Lifetime Dues Endowment Fund. This made the financial base of APPNA very strong. Currently the fund stands well in excess of \$750,000.

Efforts continued to cooperate with the different authorities/organizations in Pakistan, including supplying physicians to the Pakistan National Talent Pool, Fellowship Programs and short tours of officers from the Pakistan Army Medical Core to the United States.

During this time, the Executive Committee appointed a committee to search for a location for APPNA's permanent office. The committee finalized Chicago to be the chosen site. Thus, in 1986, the office was shifted to Chicago, based in rented space from Dr. Murtaza Arain, with a staff of two employees. Later APPNA bought an office condominium, and is currently located in Westmont, Illinois, a suburb of Chicago.

Through Dr. Busharat Ahmad's efforts, the AMA Meeting was attended in November in Las Vegas with testimony from many foreign medical graduates, including Dr. Bukhari. Canvassing was done to the AMA Board of Trustees, who eventually came out with a resolution to create a section of FMG's attached to the AMA House of Delegates. Organized medicine in the USA was beginning to take notice of the foreign medical graduate organization.



KEMCAANA secured another first by establishing a Children/Young Adult's Group by arranging an exploratory meeting during APPNA's summer meeting held at Oak Brook, Illinois, a suburb of Chicago, in June of 1987. The first group meeting was sponsored by KEMCAANA Women's Auxiliary, organized by Dr. Talat Bukhari. More than 40 children attended. Many children were disappointed when they could not be accommodated due to limitation of space. Determined to continue working collectively a youth group was established,

which later included children from all other alumni groups.

During the same meeting, the Association allocated \$2500 for a younger children's program at the annual meeting. This was a successful program organized by the local host committee headed by Dr. Mushtaq Khan and Dr. Mohammad Sharif. Thus, the seeds



for the APPNA Youth Program were sown. In 1989, a Youth Committee was organized officially under APPNA. A humble beginning has mushroomed into fully organized programs as SAYA and CAPPNA.

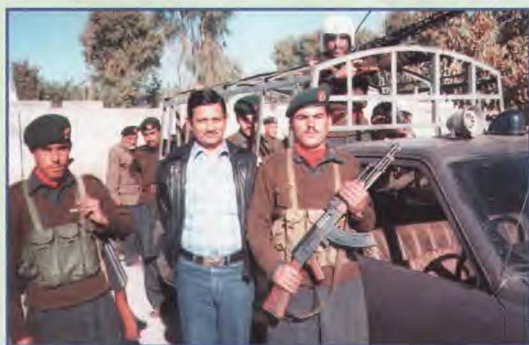
APPNA recognized Dr. Bukhari's involvement in the organization from the beginning, and his continued dedication till the present with the APPNA Gold Medal Award.

Dr. Nasim Ashraf assumed the leadership role for 1987-88. He initiated an innovative project called APPNA SEHAT in July 1988. Primarily his brainchild, he assumed its chairmanship and in 1989 started the project in Pakistan. APPNA SEHAT is a self-help plan whereby different villages all over Pakistan are adopted, and people are taught how to look after their basic health needs. This has successfully reduced overall infant and maternal mortality and morbidity while disseminating education. He continues to work with APPNA SEHAT until the present time. In 2001, the Government of Pakistan started a Task Force for Human Development in Pakistan, and Dr. Ashraf was asked to be Director of the Task Force. The final report of the Task Force was presented to the Pakistan Government at the end of January 2002. Dr. Nasim Ashraf received a well-deserved APPNA Gold Medal Award.

Continuing in the footsteps of previous dedicated workers, Dr. Murtaza Arain (1988-89) took charge, coming from a smaller alumni group, Liaquat Medical College Alumni Association. Thus, giving credence to appna's democratic process. Dr. Arain made significant efforts in organizing various aspects of appna, including new logos, etc. When the central office was shifted to Chicago, office space was rented from Dr. Arain, and he volunteered to oversee the office, which he ably did for the next five years. Dr. Arain being politically very active in local and national politics, guided and helped PAK PAC with its objectives.

Incoming President for 1989-90, Dr. Arif Akbar Ali Toor, is indeed a thinker and visionary, and helped to create many new projects. Of note, is his original effort in establishing a Residency Training Program in Internal Medicine at the University of Connecticut, New Britain General Hospital. This was organized under kemcaana and continues to function as of today.

Dr. Toor is credited with the idea of PAK PAC, Pakistani Physicians Political Action Committee. For his involvement with APPNA since its inception and his continued involvement, he has rightfully earned the APPNA Gold Medal.



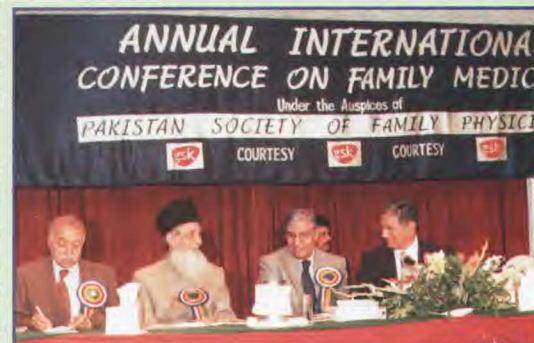
The leadership baton was handed over to the dynamic personality, Dr. Arif Muslim, for the year 1990-91. His involvement with APPNA goes back to its creation in the early '70's, when KEMCAANA was being organized. He attended the first meeting of APPNA on June 9, 1978 in Dearborn, Michigan, and has the distinction of having attended each and every meeting of APPNA ever since. His selfless dedication to the cause of Pakistani Physicians earned him the Presidency of KEMCAANA, APPNA, and PAC PAK. He has shown great skills in organizing the annual summer meeting in the USA, five so far, and the winter meetings in Pakistan, making handsome profits, thus lifting the organization from red ink into black. This brought great financial stability. His continuous

involvement, even when not holding office, and his dedication to the cause, earned him the APPNA Gold Medal.

APPNA, by now, was well established and considered to be the best organized amongst the Pakistani Ex-Patriot organizations in the USA, and for that matter, anywhere. Dr. Mushtaq Khan (1991-92) focused on acquisition of the permanent central office, and helped APPNA settle into the present home at Westmont, Illinois. His involvement has been continuous with the management of the central office, and overseeing streamlining of the office administration. He worked hard to streamline the APPNA election process. He was also responsible for collecting the first complete database of all Pakistani physicians. His management skills, as Chairman of the Host Committee, resulted in one of the most well attended summer annual meetings in Chicago, which was in July 2001.

Financially, APPNA was beginning to have some difficulty, and the incoming President for 1992-93, Dr. Perves Ilyas Shah, concentrated his efforts towards successfully resolving these issues. The summer meeting was well attended with over 1,300 guests at the annual banquet at Washington, D.C.

Dr. M. Khalid Riaz (1993-94), helped to rewrite the APPNA constitution and bylaws, the first major effort since its adoption in the early years of the organization. Worthy of mention are Dr. Sultan Ahmad, Dr. Iltifat Alavi, and Dr. Amjad Hussain, who have given guidance in the past in shaping the constitution and bylaws. The formation of new chapters and alumni organizations was encouraged and approved. Accounting system and meeting management formats were put into proper perspective. He published a well-organized APPNA directory with subcategories organized by states, specialty and geographic location. His involvement continued in different projects, being instrumental in the formation of HDFNA - Human Development Foundation of North America,





and being the first Co-Chairperson, which he continues at the present time. He is Chairman of the current Constitution and Bylaw Committee, engaged in an effort to enhance and improve the document to conform to the current needs. He is the recipient of the APPNA Gold Medal.

Dr. Waheed Akhtar (1994-95) gave local host committees the independence to run meetings and solicit funds for the first time in an organized fashion from pharmaceutical companies. This resulted in all five meetings, two winter meetings in Pakistan, one summer meeting in the USA, and two Executive Council Meetings being profitable. APPNA had decided to switch officer bearer's terms from midyear to coincide with the calendar year. Thus, Dr. Waheed Akhtar served a term of 18 months. He reinvigorated the CME Program at the annual summer meetings. APPNA finances were re-evaluated, and APPNA's different accounts were subsequently placed with approved money managers for maximum yield. APPNA Alliance was rejuvenated and allowed to run as an independent affiliated organization with its own separate constitution. The winter meeting was held in Hyderabad, Sind, thus fulfilling a long awaited desire of Liaquat Alumni. Dr. Waheed Akhtar has been very much involved in social and charitable efforts in the USA and Pakistan. Currently he is on the Board of Trustees of APPNA.



Dr. M. Mushtaq Sharif (1996) assumed office on the 1st of January, thus beginning a new era with the office bearers holding office concurrently with the financial calendar year. His main emphasis was on strengthening the summer meeting registration, making packages for pre-registrants, and having separate counters, eliminating the long lines. The APPNA website and e-mail were started in order to improve communication. A Successful and memorable winter meeting in Multan was held, in spite of threats to the personal safety of the delegates. Dr. Sharif is a recipient of the APPNA Gold Medal.

Dr. Shaukat Khan (1997) concentrated on the Human Development Foundation, and actually launched the project as a 50th Anniversary Gift to the people of Pakistan. He had two of the best arranged meetings in Las Vegas and New York, which put appna on an even stronger financial footing than before. Maximum membership of approximately 1500 was achieved. The driving force behind HDFNA has been Dr. M. Khalid Riaz and Dr. Naseem Ashraf.

APPNA elected its first woman President in Dr. Durdana Gilani for the year 1998. She actively recruited membership on the west coast, and successfully arranged the annual summer meeting in Los Angeles after a hiatus of 11 years. CME was upgraded to eight hours of AMA Category I for the first time at the summer meeting. The winter meeting in Pakistan at Khyber Medical College was very successful, and also included a steam engine safari trip to the historic Khyber Pass, enjoyed by all. Her personal efforts produced a new and improved APPNA Resource and Membership Directory in loose-leaf format, compiled and edited by Dr. Hassan Bukhari. Her services to the Association were recognized by the award of an APPNA Gold Medal.

Dr. Shabbir Safdar (1999) ably guided the association and worked on APPNA becoming an accredited organization with authority to award CME credits. This is considered a significant and prestigious achievement, with recognition of APPNA as an educational organization. Event though APPNA was following strict constitutional guidelines for holding elections, some misunderstanding arose among different parties. Working hard, Dr. Safdar was able to resolve the problems amicably, and this also resulted in the APPNA elections being conducted by an outside independent organization for the first time. Dr. Safdar was the main force behind organizing the First APPNA International CME Tour of Egypt, and also the Second Tour of Morocco and Spain in March/April 2002. APPNA intends to hold these seminars every two years at different locations, the next tour being planned for 2004. The APPNA Journal publication was started.



Dr. Javed Akhtar (2000) had climbed the ladder in the last few years. Showing excellent acumen in financial management, he guided the association through the last year of the millennium. The first International CME Symposium was inaugurated and conducted in Egypt. Dr. Akhtar reawakened the idea of the APPNA Retirement Community, and a location in Florida was selected as a probable site.

Start of the new millennium saw Dr. Riaz M. Chaudhry (2001) as President. Involving at the grass root level, he initiated bold new ideas that resulted in a more successful and well-attended summer meeting in Chicago. The concept of APPNA Free Clinics in the USA was proposed and enacted. APPNA List Serve came online, improving communication.

Dr. Mohammad Suleman (2002) took office in January. He is concentrating his efforts on revising the Constitution and Bylaws to amend these, as needed, to go along with the changing times. The Constitution is considered a living document with changes brought about as time passes to conform to current situations and needs.

President-Elect, Dr. Raana Akbar (2003), with her dynamic personality will guide the association, taking office in January 2003.

Over the last twenty-five years, APPNA has been guided by a few dedicated individuals successfully, and it has progressed and has initiated many projects, fulfilling its original aims and objectives. With unity we will, insha allah, continue to grow and glorify our association.



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P0201800  
April 2002



Congratulations to APPNA on the  
occassion of their 25th  
anniversary.

This message is from Astra -  
Zeneca and its Baton Rouge  
Representatives.

Glaxo - Smith Kline says  
Congratulations to APPNA on  
their 25th anniversary.

From the makers of Coreg and  
Avandia.



two UN agencies, i.e., UNHCR and World Food Program started their assistance. This was later strengthened by UNICEF and WHO.

The Geneva accord was signed in 1988. As a result of that, the repatriation of the refugees started. The repatriation became massive after the fall of the Communist Regime in 1992 with over one million refugees repatriating in one year. The Food Assistance Program was started by the World Food Program in 1980, but from 1989 the program was gradually reduced and was eventually discontinued in 1995.

After the collapse of the Communist Government in Afghanistan, there was an influx of another 400,000 refugees into Pakistan between 1992 and the beginning of the year 2001.

### BASIC NEEDS OF THE REFUGEES

1. **Water supply and sanitation.** This is being funded by UNHCR and International NGO's
2. **Education.** Primary school education is being provided by UNHCR, but management has been handed over to International NGO's. Middle schools are being funded by the government of Pakistan.
3. **Healthcare.** This has been provided by the UNHCR and some international NGO's since 1980. UNHCR/PDH provide 36 basic health units, 2 sub health units and 15 mobile teams. International NGO's provide 42 basic health units. Each healthcare unit has one male and one female medical officer, one male and one female nurse, one mother/child healthcare assistant, two vaccinators and two male and two female health supervisors.

### IMPACT OF REFUGEES ON PAKISTAN

The presence of over 3 million refugees for the last two decades had had a substantial impact on the economic, social, cultural and security sectors of Pakistan. Pakistan's policy towards the Afghan refugees has been very lenient as compared to other neighboring countries. The huge load of refugees has had negative impact on the job market, on the infra structure, grazing land and on sub surface water resources. There also has been an enormous strain on the health and education sectors.

### SEPTEMBER 11TH TRAGEDY

Since the tragedy, there was a concern that there would be

an influx of at least one million refugees into Pakistan. Fortunately the influx was significantly reduced due to the effective policy of the Government of Pakistan. Up to this date there has been 140,000 to 180,000 refugees.

### APPNA'S ROLE TO HELP THE NEW REFUGEES

APPNA Humanitarian Committee was appointed by our last president. The objective of the committee was "To evaluate the situation for the Afghan Refugees and Pakistani communities affected by the recent war". Initially 3 members of the committee had plans to travel to Pakistan to visit the refugee camps during late December 2001, but due to unforeseen circumstances two of the members could not travel to the area. I was therefore given the full task of visiting the refugee camps to analyze the situation. I contacted the Pakistan Embassy in Washington, DC and was referred to the Chief Commissioner of Afghan Refugees in Islamabad. He then referred me to the Director of Afghan Refugees in Peshawar. From Peshawar we were provided free transportation and an armed escort to visit both the old camps in the outskirts of Peshawar and the new camps, which are 30 to 40 miles outside of the city.

The old refugees have for the most part settled down and have become part of the local community. They own their own shops and live in mud houses and their healthcare needs are being provided by UNHCR and other NGO's.

The newly arrived refugees live in tents with the lack of clean water, adequate food, clothing and shelter. Worst of all approximately 48 percent of the refugees are children. Their needs are also being provided by the same UN agencies, but they are still in dire need of funds to buy medicine, medical supplies, food and clothing.

So far APPNA has raised \$22,000 for the new refugees. Most of these funds were donated by the general membership, but some additional funds were raised in Saginaw, Michigan and in Pennsylvania. Additional contributions can be made to APPNA Relief Fund for Afghan Refugees and mailed to the APPNA central office in Chicago at the following address:

**APPNA**  
**Relief Fund for Afghan Refugees**  
**6414 South Cass Avenue**  
**Westmont, IL 60559**



Three Spanish Stooges



APPNA Group in Spain



## NOT SO IDLE THOUGHTS FOR A SPRING AFTERNOON

Syed Mansoor Hussain, MD



**"Outside of a dog, a book is man's best friend. Inside of a dog, it is too dark too read." - Groucho Marx**

It was perhaps W. C. Fields, or possibly Groucho Marx or maybe even H. L. Mencken who once said that whenever the need for exercise comes upon me, I lie down until it passes. I have taken that advice to heart and refuse to exercise on moral grounds. What morality you say? Aha! I am a firm believer in the theory that whatever has been created on this earth has a purpose behind it. And, moreover the march of civilization is a part of the greater scheme of things and I must not in any way impede this movement towards perfection of the human species. No, and I do not mean political or social perfection at all. Yes, yes, I know. You are wondering what all of this has to do with exercise? Before I explain that, let me tell you a story of a dear friend from times gone by. We both got off the boat at about the same time and came to work in the same hospital, some where back in the dark ages of the last century. Let us call my friend, Chaudhry Sahib. So, Chaudhry Sahib had this, at least in my opinion a rather disturbing habit of stopping at every water fountain and having a drink. One day when I could no longer contain my puzzlement, I finally asked him why he had to stop at every water fountain and drink some water. His response was for me something of an epiphany. He said, rather simply that somebody had gone through all this trouble to put all these water fountains in all these hallways, and that he had this obligation to society to make all that effort seem worthwhile.

By now dear reader, you are quite puzzled about what all this has to do with any thing. Well, civilization has brought mankind out of that time of utter deprivation when outhouses and unsliced bread were the norm. It brought us elevators and cars and air conditioning and above all, remote controls for TVs. So, if somebody tries to walk up ten flights of stairs instead of using an elevator, or suffers hundred degree temperatures when there is air conditioning or at worse, tries to walk to NY from Chicago for the APPNA meeting, surely others would think of such a person rather poorly. But, on the other hand, if somebody wishes to take advantage of all things civilization has to offer and refuses to indulge in unnecessary physical activity, that person is indeed looked down upon by most around us. This is indeed a scam! We are sold cars that take us from one place to another making the need to walk entirely redundant. And, at the same we have people trying to sell us treadmills and other devices that that would not be needed if we did not have cars! Indeed one could go on and on about all of these things but the

basic reality is that the thrust of progress has been to make physical activity as unnecessary as possible. Here, I must admit that I do detest the idea of having to indulge in physical activity unless it brings me some form of enjoyment. Therefore I am all for civilization.

Now, let us look at the morality of exercise. Exercise is clearly amoral if not outright immoral. Islam enjoins man to use whatever God has created on this earth. And, at the same time asks man not to waste that which he has been given. If we put these two ideas and bring them to modern times, certain things become obvious. As mentioned earlier, my friend's desire to use all water fountains suddenly makes utter sense. Both in terms of using what we have been provided with while at the same time not wasting that which has been provided by not using it at all! Coming now to the matter at hand. Civilization is God's will. As such whatever "fruits" of the earth are given to us, we must use them, for not using them would be ingratitude of the highest order. Therefore, if we consider elevators, cars (even the lowly Ford Focus) and air-conditioning as some of these fruits, we are adjointed to partake of them. Being good Muslims, most of us do exactly that. Let us now address the question of waste. Energy, especially physical energy is the greatest gift that God has given to man for without it there would be no life. As such, wasting it is clearly immoral. Exercise without doubt falls into the category of energy wasted since it accomplishes nothing except narcissistic improvement of the physical appearance of the individual or else an imagined prolongation of life. Both of these goals are un-Islamic since all "expenditures" not done in the way of the Lord are excesses and as such an abomination. Also, attempts at prolongation of life in the absence of dire emergencies are contrary to the will of the Lord since He and only He determines how long we live.

Let us try and put all this in context. Since we are all physicians, and this is being written for a journal for physicians and since we are all good Muslims too therefore it is necessary to ponder these matters for the sake of Muslim medical ethics. Are we not as physicians doing the un-Islamic thing by asking our patients to give up meat and butter and full fat milk and on top of it all start running or walking to nowhere? And, if our patients actually started to heed our advice, would we then not be bereft of a livelihood? Important questions these, needing serious thought!

*PS. Appropriate references will be provided on request.*

### Executive Committee Meeting - Fall 2002

The fall meeting of the APPNA Executive Committee is planned for the October 4-6 weekend. The venue is Phoenix, Arizona. Dr. Nadeem Kazi is arranging the event at a resort with ample opportunities for golf. Please make plans and golfers may pack some clubs as well. For further information please call Dr. Nadeem Kazi at his office (520) 426-1928 or home (520) 421-2423.

### December in Karachi, Pakistan

The winter program is scheduled in the metropolitan city of Karachi. The meeting is arranged by the combined efforts of the Aga Khan, Dow and Sindh Medical Colleges faculty and their respective alumni associations in the USA. Mark your calendar and call the APPNA central office for more information. (630) 968-8585



## APPNA SEHAT REPORT

Omar T. Atiq, MD



This year has been a milestone in the history of APPNA SEHAT. The number of people served by the program will have increased by more than fifty percent (50%) by the end of this year. Well over 200,000 people in more than 120 villages and urban slums will be benefiting from SEHAT interventions.

APPNA SEHAT statistics for 2001 are heart-warming, to say the least. The infant mortality rate was 27.8 per 1,000 live births in APPNA SEHAT villages as opposed to a national figure of 95 per 1,000 live births (1998). The mortality rate for children under five years of age has been reduced to 41.8 compared to over 136 for the rest of the population. The fatality rate for infants from diarrhea was 0.8% and it was 0.5% for children under five years of age. The corresponding national figure is 30-40%.

In APPNA SEHAT villages, 93% of the children were immunized against tuberculosis, 91% against polio and diphtheria, pertussis and tetanus, and 84% against measles.

Tetanus immunization for women of reproductive age stood at 82%, reducing maternal mortality to 73 per 100,000 live births as compared to over 400 nationally. The crude birth rate for

APPNA SEHAT villages was 17 per 1,000 population, and the crude death rate was 3.8 per 1,000. Population growth rate in our villages was 1.3%.

The cost of all APPNA SEHAT interventions was Rs: 64.9 per person for the entire year.

The American College of Physicians recognized your dedication, creativity and efforts by bestowing its prestigious 2001 Richard and Hinda Rosenthal Award on APPNA SEHAT, for its pioneering work in reducing mortality and morbidity in desperately poor areas of Pakistan. A number of international donor agencies, including UNDP, are favorably looking at the APPNA SEHAT program as a model to be expanded not only in Pakistan but in other developing countries, as well.

APPNA has every right to be proud of APPNA SEHAT. We should continue nourishing, improving and expanding it until its benefits reach each and every deserving citizen of our motherland. The APPNA SEHAT Committee is committed to that goal.

## APPNA DISASTER MANAGEMENT COMMITTEE REPORT

M. Saud Anwar MD, MPH, FCCP

### Drought Management Project:

The project initiation was April 30th 2001. Total cost \$27,000. Update, APPNA has completed its component of responsibility of \$27,000 to Thardeep. The completion date of the project was March 31st, 2002. Independent evaluation of the completed project is being setup at this time.

Previous independent evaluation resulted in a very positive response and definite improvement locally of the water supply situation. Should anyone be planning to visit the Tharparkar area when visiting Pakistan, please contact me so that you can also evaluate the project firsthand.

### APPNA BUDGET FOR DROUGHT FUNDS:

RECEIPTS:	2000:	\$17768
	2001:	\$ 6160
	TOTAL:	\$23928
TOTAL PROJECT COST:		\$27000

### PROJECT EVALUATION:

First Independent Evaluation: October 2nd and 3rd, 2001

This was performed by Dr. Mukesh Kumar, Community Medicine Resident year IV The Aga Khan University, Karachi. He is a Ph.D. (Epidemiology) student London School of Hygiene and Tropical Medicine, London. Dr. Kumar has no financial or other relationship with TRDP.

Dr. Kumar in his evaluation has reported the details of his evaluation and was able to see that actual work was being performed. He summarized his views and felt that, "TRDP is a well-structured organization that has done a good job with the planning, installation and maintenance of hand pumps and wells so far. As mentioned above a second round of evaluation should

be planned to achieve the long-term objectives."

### Crimean-Congo Hemorrhagic Fever

There has been an outbreak of Crimean-Congo Hemorrhagic Fever along Pakistan's southwestern border with Afghanistan. 75 cases, including 18 deaths, has been reported from the city of Quetta. According to the World Health Organization's report of 5 October 2001, all cases originated within Pakistan.

APPNA Project: Total funds raised were \$2350. The funds were used to transfer money to Pakistan. Ribavirin was purchased locally in Pakistan along with gloves and other barrier equipment, and the main hospital in Quetta was helped.

### Pakistan Disaster Management Conference 2002

Objectives of the Conference: To increase dialogue and communication between various local, regional and international players in disaster management in Pakistan; To enhance the capacity of individuals and institutions in Pakistan in the areas of disaster prevention and management; To produce a document describing the current disaster management system in the country and produce a set of recommendations for the future.

### Lessons learned and hurdles faced working with APPNA

DMC: Potential areas where more improvement could occur. Communications between the committees and the Executive Council would help. Fund raising infrastructure within APPNA; Development of APPNA main office as an Intermediary Disaster Coordination Office; Development of an efficient and active APPNA DMC.



## HUMAN DEVELOPMENT FOUNDATION OF NORTH AMERICA PAST, PRESENT AND FUTURE

Shaukat H. Khan, MD



The year 1997 was very important in the history of APPNA. This was the 50th anniversary celebration of Pakistan's Independence and a newly elected popular majority government took the reigns of power in Pakistan. Many Pakistanis both home and abroad were reflecting on the first fifty years history of Pakistan. Sadly the analysis was very bleak and discouraging.

Pakistan was at the brink of a socioeconomic collapse. The Human Development indicators as published by a prominent Pakistani Dr. Mahboobul Haq, revealed that Pakistan was at the lowest level of social economic status in Southeast Asia. One third of the people were living below the poverty level. Forty-six million adults were illiterate. Access to basic needs of health and clean water was extremely limited. While the cities were showing signs of growth, the rural areas (the backbone of the countries' economy) were deteriorating. Years of poor governance and corruption by political leaders and bureaucrats had squeezed the last drop of the poor mans blood.

Under these circumstances Dr. Nasim Ashraf and Dr. Khalid Riaz, two past presidents of APPNA, came up with the idea of starting a social movement in Pakistan to empower the poor people of Pakistan. In March 1997, at APPNA executive council meeting in Las Vegas, this concept was discussed in detail and approved by the Executive Council. This was the birth of the Human Development Foundation of North America (HDFNA). APPNA already had in place a program of primary healthcare called APPNA SEHAT since 1989, which was providing primary healthcare to the poor of the country. HDF expanded this concept to include education, elimination of poverty and community empowerment. HDF was started as a collaborative project between APPNA, Society for International Health (SIH) and Noor Foundation. This facilitated the inclusion of non-physicians in this noble mission.

In July 1997 at the APPNA Annual Convention in NY, a seminar was held and HDF was launched. The mission of HDF is "To facilitate a non-political movement for a social change,

community empowerment through mass literacy enhanced quality of education universal primary healthcare, and grass roots economic development in Pakistan." This was our gift to the people of Pakistan at their 50th anniversary.

Since its inception HDF has started projects in all four provinces of Pakistan, serving about eighty thousand people at this time. Its integrated model has three areas of intervention, education, health and micro-enterprise. All these activities are carried out with the partnership of the community. The concept of HDF is to help empower the local communities so that they will not remain dependent on outside help and this would bring a social change in the lives of the poor people and their children.

As of December 2001, HDF has established 100 non-formal schools, 170 vocational training workshops and has distributed 11 million rupees as micro credit to help start 1000 small businesses.

The Organization's success resulted in recognition of concept of HDF by the Present government in Pakistan. The leadership of the organization was asked to develop a Human Development Program for the whole country. This has resulted in the establishment of a Commission on Human development in Pakistan.

This commission is chaired by an APPNA member who is Dr. Nasim Ashraf. The objective of the commission of "Top facilitate a social movement for Human Development that enable the people of Pakistan to realize their fullest potential.

We, the members of APPNA are proud of the achievements of HDF. It is our moral and financial support that has resulted in these achievements and we can be truly proud of this. Let us today resolve to continue supporting the Mission of HDF.

I will close this report with the saying of Mother Theresa: "We ourselves feel that what we are doing is a drop in the ocean. But the ocean would be less because of that missing drop."

## APPNA HUMANITARIAN MISSION FOR AFGHAN REFUGEES

Hussain Malik, MD

We were all deeply saddened by the terrorist attack on the World Trade Center in New York City and the Pentagon in Washington DC area on September 11, 2001.

American Muslims bore the brunt of the blame because these terrorist acts were committed by Muslims. Some of us were victims of verbal abuse, racial discrimination and hate crimes. In order to punish the perpetrators of this horrible act, the US government decided to take military action against the Taliban Regime and Al Qaida Network in Afghanistan. Even though the attacks were targeted and focused, there were hundreds of civilian casualties. We were aware that Pakistan was going to face an influx of Afghan Refugees. Our past president, Dr. Riaz Chaudhry appointed a committee whose mission was

"To analyze the prevailing situation on the ground for Afghan Refugees and Pakistan Communities affected by the recent war and APPNA's role in helping them".



### BACKGROUND OF AFGHAN REFUGEES

The influx of the Afghan Refugees started with the invasion of Afghanistan by the Soviet Union in 1978. By the middle of 1980, one million refugees had migrated into Pakistan. The number increased to 3.2 million refugees in 1990 when Pakistan became host to the largest number of refugees anywhere in the world. For the first two years, the Government of Pakistan was solely responsible for taking care of the refugees. But in 1980





**Ochsner Clinic Foundation Baton Rouge, a region of Ochsner Clinic Foundation**, is an integrated health care delivery system with a group practice of 450 physicians in 25 locations across southeast Louisiana. Ochsner Clinic Foundation Baton Rouge currently has 80 physicians on staff in four locations.

**We are seeking Board Certified/Board Eligible Physicians for the following specialties:**

- \* **Interventional Cardiologist** to join a rapidly growing practice of five cardiologists. The capability to perform peripheral interventions would be welcomed in addition to coronary interventions.
- \* **Endocrinologist** to join an established practice. 100% endocrinology practice, insulin pump therapy, DEXA, in-house nuclear medicine availability, **no night hospital call**.
- \* **Dermatologist** to join an established Dermatologist in an office-based practice. Fellowship training is not a requirement. Experience is welcomed but not necessary.
- \* **Gastroenterologists** for Section Head and General Staff positions. The successful candidates will work in an office-based practice **currently without hospital work or call**. Hospital consultations may be required in the future. State-of-the-art endoscopy laboratory within office.
- \* **Orthopaedist** to join an established practice of three physicians with steady increase in practice volume. Subspecialty training is desirable but not necessary.
- \* **Neurologist** to join our expanding clinic facilities. The position being offered is for a staff physician or a department chairman. The successful candidate will help to develop a new department. Fellowship training in Sleep is a plus as Ochsner Clinic Foundation Baton Rouge has its own on-site sleep lab.

Baton Rouge is our state capital and has a population of 600,000. It has a significant Muslim population and a local mosque. It is home to Louisiana State University and Southern University and provides a wide range of cultural, sports, and educational opportunities. Baton Rouge is located an hour and fifteen minutes away from New Orleans. Louisiana offers year round boating, water-skiing, fishing, golf, tennis, and is truly a "Sportsman's Paradise."

Please send CV to:  
**Ochsner Clinic Foundation, Ref. #APPNA1**  
**Professional Recruiting Department**  
**P.O. Box 82109**  
**Baton Rouge, LA 70884-2109**  
**Information: (800) 488-2240**  
**Fax: (225) 761-5441**  
**E-mail: kwascom@ochsner.org**

*Ochsner Clinic Foundation is an Equal Opportunity Employer*



**Journal of the Association of Pakistani Physicians of North America**  
**25th Annual APPNA Summer Meeting**  
**New York, New York**  
**July 3 - 7, 2002**

**Members of the APPNA Host committee**

The Chairman of the Host Committee Is: Dr. Arif Muslim  
Co-Chair: Dr. Asim Malik

Chairman Registration Committee: Dr. Javed Suleman

Chairman Resource Committee: Dr. Riaz A. Chaudhry

Chair Alliance: Dr. Saeeda Alam

Chair Audio-visual: Dr. Irfan Ul Haq

Chair CME: Dr. Naveed Iqbal Co-chair: Dr. Faiq Ali Hameedi

Charge-de-Affairs: Dr. Izhar Ul Haque

Chair Tours/Transportation: Dr. Qazi Kamal Haider

Chair Security: Dr. Mazhar Ul Haque

Chair Entertainment Committee: Dr. Arif Toor

Chair Exhibits: Dr. Arif Toor

Chair Alternate Program (Mushaira): Dr. Abdul Rehman

Chair Marketing /Communication: Dr. Mushtaq Shaikh

Chair Alumni Nights: Dr. Mehmood Alam

Chair NAMA: Dr. Asim Hameedi

Chair Non-CME Speaker: Dr. Salman Zafar

Chair Youth Committee: Dr. Inam Ul Haq

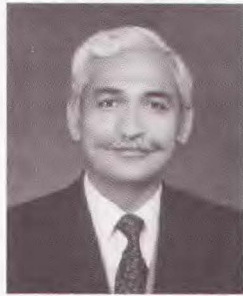


# APPNA PRESIDENTS

FROM THE BEGINNING TO THE PRESENT



Dr. Zaheer Ahmad



Dr. Kamal Muzaffar



Dr. Ayub Ommaya



Dr. Amjad Zaidi



Dr. Amanullah Khan



Dr. Aslam Malik



Dr. Ikram Khan



Dr. Hassan Bukhari



Dr. Nasim Ashraf



Dr. Murtaza Arain



Dr. Arif Ali Toor



Dr. Arif Muslim



Dr. Mushtaq Khan



Dr. Perves Shah



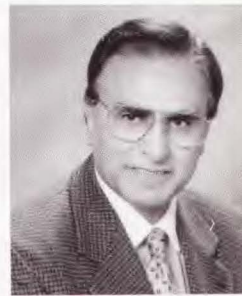
Dr. M. Khalid Riaz



Dr. Waheed Akbar



Dr. Mushtaq Sharif



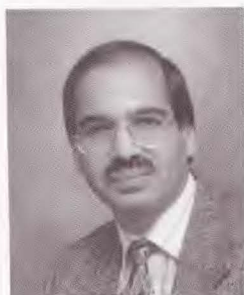
Dr. Shaukat Khan



Dr. Durdana Gilani



Dr. Shabbir Safdar



Dr. Javed Akhtar



Dr. Riaz Chaudhry



Dr. Mohammad Suleman







۱- یقیناً، و هر چه که در این کتاب است  
 ۲- که در این کتاب است، و هر چه که در این کتاب است  
 ۳- که در این کتاب است، و هر چه که در این کتاب است  
 ۴- که در این کتاب است، و هر چه که در این کتاب است

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مسجد الحرام، مكة، ١٤٢٠هـ

شتر - اهریمن و قیامت

الحمد لله رب العالمين

بسم الله الرحمن الرحيم

زندگی اک ادا ہے

وہ کہتا ہے کہ "ہاں"

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

(پیشہ: انڈیا) - مہاراجہ

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جیو شہزادہ کی راجہ جیو شہزادہ

۱۴۲۹ قمری، ۱۴۴۰ شمسی، آتش بهشتی ۱۴۴۰

حکومتی کرہ کی حیثیت پر مبنی

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حقہ حقہ دینا کیلئے

۱۴۴۹ قمری، ۱۳۷۰ شمسی، ۱۴۰۰ خورشیدی

အသံသယရှိသောအခါ

۱۴۲۱ قمری، ۱۴۲۱ هجری، ۱۴۲۱ شمسی

چند سترگه آید، کایه، کایه

۱۔ قیامت، یہ ہے کہ جو شخص

وَقَدْ قَرَأَ فِيهِ كَثِيرًا مِّنْ ذِكْرِ رَبِّهِ

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میتوان گفت که اینها

وَقَدْ كَرَّمْنَا قَبْلَ هَٰذَا نَارًا

بہشت و نرگس کا نام ہے۔

שִׁיבָה לְפָנֶיךָ יְיָ אֱלֹהֵינוּ

بہترین شہر،

۱۹۹۱ء

۱۔ "خود بخود"

وہی، جو ابھی اسی ہے،

کتابخانه عمومی

۱۰ سر، آفرینش

هه ١٤٨٨

تہذیب و تمدن و ترقی

در سر حدیث شریف

مذہب اہل حق، اہل حق، اہل حق

میرزا محمد علی

۹۰

در این کتاب

မြို့နယ်အကျဉ်းချုပ်

۱۰۲

ॐ नमो भगवते वासुदेवाय

(پیشہ) استر



## بے نام جزیرہ (نیم کوہلی)

اس دنیا کے اک خطے پر  
اک بے نام جزیرہ ہے -

ایک مسافر بھولا بھٹکا

اس بے نام جزیرے پر  
پل دوپل کو ٹھہرا تھا

جاتے جاتے اس بے نام جزیرے  
کی ٹیالی ریت پہ

انجانے میں

اس نے اپنا نام لکھا تھا

دھیرے دھیرے

وقت کی لہروں

غم کے طوفانوں نے

اس بے نام جزیرے کی ٹیالی ریت پہ

لکھے اجلے نام پہ دکھ کی ریگ جما دی -

لیکن جب بھی اس بے نام جزیرے

کی ٹیالی ریت پہ

سکھ کا سورج ابھرا ہے

دھندلا نام چمک اٹھا ہے -

## غزل (نیم کوہلی)

بھول بھی چکا ہوں میں ، یاد بھی نہیں کرتا

پھر بھی اک زخم ہے ، جانے کیوں نہیں بھرتا

تیرا ذکر آئے تو ہم میں ٹھن سی جاتی ہے

ورنہ رقیب سادہ دل ، ہر بات پر نہیں جلتا

روز صبح ہوتی ہے ، روز شام ہوتی ہے

چاہتا ہوں جس طرح دن اس طرح نہیں ڈھلتا

میرا بس چلے تو میں ، گردش جہاں روکوں

میرے خدا میں کیا کروں ، میرا بس نہیں چلتا -

## غزل (نیم کوہلی)

میری فطرت میں ہے نرگس کا مزاج

کوئی منظر بھی تو نظارہ نہیں ہو پاتا

ڈھونڈتا رہتا ہوں نشیلی سی ادائے دلکش

ہر حسینہ سے مجھے پیار نہیں ہو جاتا

کوہ کئی عشق کا معیار رہا ہے اب تک

چند لفظوں سے تو عشق کا اظہار نہیں ہو جاتا

تو مسیحا ہے تو پھر بیمار سے نفرت کیسی

بیمار کو چھو لینے سے کوئی بیمار نہیں ہو جاتا

دامن کو ذرا کھینچ ذرا ہمد قباحت

اظہار تمنا سے کوئی گنہگار نہیں ہو جاتا

میں تو مضمون ہوں تو مجھے دیباچہ نہ سمجھ

بوڑھا ہو جانے سے کوئی ہیکار نہیں ہو جاتا

## قطعات (نیم کوہلی)

۱

تلخیاں ہجر کی عیاں رکھنا

وصل کی انگڑائیاں چھپا رکھنا

فطرت انساں سے میر رکھتی ہے

مت چاندنی رات تک گواہ رکھنا

۲

جینے کا رستہ چن لیا ہے

گرد جالا بن لیا ہے

منہ سے کچھ کہا نہیں

اچھا برا سن لیا ہے

۳

پابندیء صوم و صلوٰہ تھی ہے

رُغبتِ حسن و شباب بھی ہے

تسللِ دنیا اسی سے قائم

دن ہے اگر تو رات بھی ہے







## غزل (لطافت لطفی)

## ۲ غزلیں (عبدالرحمان عبد)

کئی حاکم، کئی بے آسرا ہیں  
لکیریں ہاتھ کی، سب کی، جدا ہیں  
ترقی خوب کی، سائنس نے لیکن  
ابھی کچھ درد ہیں، کہ لادوا ہیں  
دلوں کے آئینے کیونکر نہ ٹوٹیں  
مری دنیا میں پتھر کے خدا ہیں  
یہاں ثابت قدم رہنا ہے مشکل  
جہاں کے روز و شب، صبر آزما ہیں  
یہاں سنتا نہیں کوئی کسی کی  
درو دیوار کے شکوے جہاں ہیں  
جناب عبد کے بارے نہ پوچھو  
غلام جنبش دست حنا ہیں  
(۲)

محبت کی تمنا کر رہا ہوں۔ عجب گھائے کا سودا کر رہا ہوں  
انڈیے جا رہا ہوں اپنی آنکھیں۔ میں اپنا بوجھ ہلکا کر رہا ہوں  
پرانی خواہشوں کی فوٹنگی پہ۔ نئے امکان پیدا کر رہا ہوں  
گلستاں پہ خزاں آنے سے پہلے۔ گلوں سے استفادہ کر رہا ہوں  
ارادہ ہے کسی لمبے سفر کا۔ ابھی اسباب یکجا کر رہا ہوں

## ۳ قطعات (عبدالرحمان عبد)

۱  
بے زباں پیڑ تو کٹ جائیں گے چپ چاپ مگر۔ دھوپ کڑے گی تو ترسو گے گھنی چھاؤں کو  
آسمان روتا ہے اس قوم کی بدختی پہ۔ قتل کرتی ہے جو خود اپنے مسیحاؤں کو

۲  
تکبر نہ اس دار فانی میں کر۔ مگر مجھ سے جھگڑا نہ پانی میں کر  
اگر جیتی ہے بڑھاپے سے جنگ۔ تو آغاز اس کا جوانی میں کر

۳  
عمد پیری سے میں پریشان تھا۔ مجھ کو حاتف کی یہ ندا آئی  
وقت جوں جوں گزرتا جاتا ہے۔ بڑھتی جاتی ہے تیری دانائی

بے تاب کر رہے ہو، ہلکی جھلک دکھا کے  
دل کو قرار آئے، بیٹھو قریب آ کے  
مغلوب ہو گئے ہم، انہیں آئینہ دکھا کے  
اپنا ہی عکس دیکھا، بیٹھے ہیں منہ منا کے  
کیا دوش دیں کسی کو، کس سے کریں شکایت  
ہم ہی سمجھ نہ پائے، انداز نو، ہوا کے  
اے زندگی کے ساتھی، تجھ سے ہے یہ گزارش  
دشوار رہنمائی ہے، چلنا قدم ملا کے  
گھائیل نہیں ہوئے ہم، غیروں کے پتھروں سے  
زخمی کیا ہے ہم کو، یاروں نے مسکرا کے  
سننے کی آرزو میں بیٹھے ہوئے ہیں ساتھی  
اب ہم ہی تھک گئے ہیں، قصے سنانا کے  
سمجھو نہ دوست سب کو، سادہ دلی میں لطفی مد  
دیتے ہیں لوگ دھوکا، رہا گئے لگا کے۔

## غزل (اعجاز شفیع)

پھول کھلے ہیں گلشن گلشن کلی کلی مسکائی ہے  
جانے یاد ہے کس کی آئی، آنکھ مری بھر آئی ہے  
جس کو پوچھا تھا ہم نے، وہ بت نکلا اک پتھر کا  
جس کی پوجا ب کرتے ہیں، وہ بھی تو ہر جانی ہے  
دل کے زخم نہ چھیڑو یارو، کون سنے ہے فریادیں  
یادوں کے کہرام میں ہوتی، کب کس کی شنوائی ہے  
اس بستی میں رہنے والے، سہمے سہمے بیٹھے ہیں  
صبح ان سے روٹھ گئی ہے، رات سندیسہ لائی ہے  
دل کا حال سنائیں کس کو، کوئی نہیں ہم راز اعجاز  
چپ رہنا بھی مشکل ہے اور یوں لیں تو رسوائی ہے



[illegible]

گوگل لوگوں کو بغاوت پر آمادہ کر رہا ہے۔



جہاں سے آپ کا سفر شروع ہوتا ہے وہاں سے آپ کا سفر ختم ہوتا ہے۔ آپ کا سفر ختم ہونے کا لمحہ آپ کے لیے ایک لمحہ ہے۔ آپ کا سفر ختم ہونے کا لمحہ آپ کے لیے ایک لمحہ ہے۔ آپ کا سفر ختم ہونے کا لمحہ آپ کے لیے ایک لمحہ ہے۔

همیشه مرا که در لودجها می بود  
همواره که بخوابم در التواء سوز

CME  
قلمی امتحان  
مراکو اور سٹین کا سفر (عبدالرحمان عابد)



# Photo Gallery



Dr. Ali and family



Nusrat-Jamil Wedding



The real elbow



How can I take my picture?  
Dr. Arain



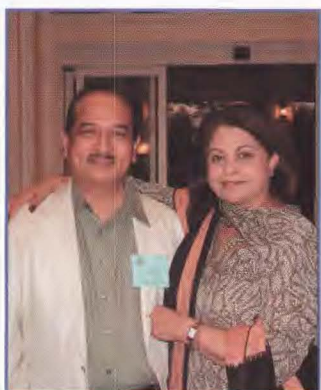
"Ting Tong"  
Real world light bulb



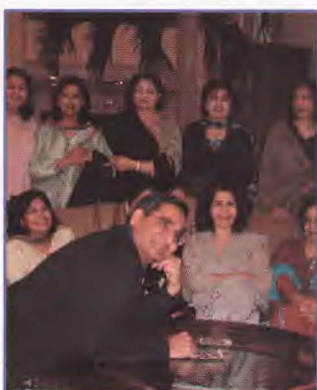
APPNA Executive Council 2002



Guess how many years  
we have been married  
Dr. Safdar and Mrs.  
Naheed



"I'll take him home now"  
Zubaida Arain



I am not leaving until you  
take my picture!



Help! Help! I want my  
ears intact!



It cannot be Zeelaf



(عبد)

مزے کی بات ہے، یوں تو کھانا فورم ہے میٹنگ میں نہ اب کورم ہے میٹنگ میں نہ ڈیکورم ہے میٹنگ میں نہ جانے کیا ہوا، وہ دبّہ تختِ سلیمان کا سبھی ایسے گریزاں ہیں، کہ گویا مُمّ ہے میٹنگ میں تعاون باہمی باقی، نہ وہ ماحول سنجیدہ نہ حتمی فیصلہ کرنے کا کوئی دمّ ہے میٹنگ میں نظر آتے تو ہیں واں پہ، بہت گفتار کے غازی جو جذبہ عین لازم ہے، وہ جذبہ کم ہے میٹنگ میں خدا جانے، یہ کن حالات سے مدوچار ہے APPNA کہ کو شمعِ محبت کی، بہت مدہم ہے میٹنگ میں مگر اے "عبد"، ان حالات پہ مایوسیاں کیسی یہ کیا کم ہے کہ پاکستان کا پرچم ہے میٹنگ میں

#### APPNA LISTSERV

(عبد)

سیکھتے ہیں دین ہم، گھر بیٹھ کر آرام سے رابطہ E-mail پر ہے مہ جیئ اسلام سے سینکڑوں ڈالر خرچ کرنے پہ مل سکتا نہ تھا جو خزانہ ہم نے پایا مفت کے پیغام سے

خیال - زبان - اظہار  
معیاری طنز و مزاح اور تفریح طبع کا سامان  
اردو ادب کی عمدہ ترین مثال، یعنی چھٹا سالانہ

## " اپنا مشاعرہ "

جس میں اردو دنیا کے ممتاز شعراء اور شاعرات مدعو ہیں۔  
تشریف لائیے۔ ۶ جولائی، بروز ہفتہ، دس بجے رات

رنگنے کے پرانے زمینی کنوئیں اور برتن سازی pottery کے کارخانے بھی دیکھے۔ ایک جگہ کپڑے بننے کی پرانی کھڈی بھی دکھائی دی۔ اس کے بعد ہم Meknes گئے جہاں باب منصور، شاہ محمد پنجم کا مزار اور شاہی محل Royal Palace دیکھا۔ پھر Tangiers سے Ferry کے ذریعے Strait of Gibralter پار کر کے سپین پہنچے۔ Gibralter کے پاس (یعنی جبل الطارق) سے ہم رات کو گزرے اور کچھ دیکھ نہ پائے۔ مراکو کی امیگریشن کا ناخوشگوار تجربہ، فیری کا missa ہو جانا، سامان کا آر پار چکر لگانا یہ باتیں بھولنے کی (اور سرعام کرنے کی) نہیں ہیں۔ سپین (الاندلس) کا سفر قدرے دل ہلا دینے والا تھا۔ فرزند ان اسلام کی شکست کے مناظر جا بجا دکھائی دیئے۔ ملاگا سے گزر کر غرناطہ (Grenada) پہنچے اور پھر الحمیر اور قرطبہ پہنچے تو علامہ اقبال کی نظم (تثلیہ) یاد آنے لگی۔

روئے اب دل کھول کر، اے دیدہ خونِ نابار

وہ نظر آتا ہے تہذیبِ حجازی کا مزار

عبدالرحمان اول کی (۷۸۵ء) تعمیر کردہ مسجد قرطبہ جسے آج ایک چرچ میں تبدیل کر دیا گیا ہے، اسلامی طرز تعمیر کا ایک نادر نمونہ ہے۔ دنیا بھر کے لوگ اسے دیکھنے آتے ہیں۔ جائے افسوس کہ یہاں اب نماز ادا کرنے کی اجازت نہیں۔ فلک بوس مینار میں church bells لگادی گئی ہیں، اور یہی حال سپین بھر کی تمام پرانی مساجد کا ہے۔ ایک قابل غور بات یہ تھی کہ مساجد کے مینار گول ہونے کی بجائے square تھے۔ الحمیر، جسے دنیا میں جنت کا نمونہ بتایا گیا تھا، اس کے کھنڈرات دیکھ کر افسردگی ہوئی۔ پھر Costa del Sol اور Seville کے شہروں کی مختصر سیر کی اور رات کو سپانوی Gypsy dance دیکھنے کا اتفاق ہوا۔ ان لوگوں نے اب تک اپنے پرانے کلچر کو نہیں چھوڑا۔ دوسرے دن ہم ٹرین سٹیشن گئے جہاں سے بذریعہ ٹرین، میڈرڈ Madrid پہنچنا تھا۔ میڈرڈ کے بارے میں ہمیں بتایا گیا تھا کہ یہاں جیبوں کا خیال رکھنا ضروری ہے۔ باوجود احتیاط، اس بازار میں ہم میں سے چھ لوگوں کے ساتھ یہ حادثہ ہوا۔ میڈرڈ کے اس مختصر قیام کے بعد دوسرے روز بذریعہ جہاز امریکہ واپس آگئے۔ سفر بھر میں تقریباً ہر شام ڈنر کے بعد کوئی شویا بلکی پھلکی شاعری، موسیقی کا پروگرام ہوتا رہا۔ لوگ مکھن کو ترستے رہے اور کہیں نہ ملا گریز تون کے تیل کا استعمال بجز ت نظر آیا۔ چند لوگوں کا سامان شروع سے ہی ان سے بچھڑ گیا تھا، کئی کا دور ان سفر کچھ دیر کو بچھڑا۔ بہر حال، یہ سفر کئی طور پر کامیاب رہا۔ قابل ذکر بات یہ بھی ہے کہ اس سفر میں Euoro سے پہلی بار ہماری ملاقات ہوئی۔ - - -



members. A beautiful designer dress was generously donated by DesiTrendz (Asif Choudhry and Aamir Shibli) and auctioned for the 9/11 relief efforts. I would like to thank Kashif Abdul-Rahman, Sadia Lateef, Amer Samdani and Saima Samdani for all their help in making the event a success.

The NAMA website was created with the help of Kashif Abdul-Rahman. It includes a message board, interesting links, member directory and photographs of the year's events. Our plan is to have a full NAMA member directory, with photographs online, following the summer meeting in New York City. Members are encouraged to visit the website, plan regional events and network with other members. Here is the address:

(<http://groups.yahoo.com/group/namaappna/>)

Zia Rahman and Dilruba Nisar, the Midwest regional representatives, have organized a Midwest regional event on April 27, 2002 at Reza's. Their enthusiasm and willingness to participate is commendable.

Our Annual NAMA dinner will be held in New York City on Friday July 5, 2002 during the APPNA convention. I encourage members who are interested in participating in an official capacity to serve as regional representatives. Please register for NAMA as well as APPNA in order to ensure our status as a voting Alumni association of APPNA. Thank you for giving me the opportunity to serve and represent NAMA.

## QUAID-I-AZAM ALUMNI REPORT

*Manzoor A. Tariq, M.D.*

It is a great honor and privilege to be the first president of the QAMC Alumni Association. I congratulate all the Quaidians who supported this venture to formulate our own alumni. QAMC was established in 1970 and we have several graduates in the United States with well established careers and practices, as well as several in residency and fellowship programs. It was long overdue to establish this association formally, which came into existence during the APPNA annual meeting in Chicago, 2001.

The alumni constitution and bylaws have been developed and approved. Now our goal is to increase the life membership in APPNA as well as in QAMC Association. Several members of the alumni have shown keen interest in getting other Quaidians and alumni involved in the process of this endeavor. As you know, any new organization has to go through the tough process of establishment and Insha-Allah we will be successful in achieving this goal. We are in the process of establishing our own web page and, Dr. Muhammad Alvi is working very diligently. His phone number is 708-387-7395. He can be reached at MAalvi@skill.soft.com. The secretary and treasurer

of our alumni association is Masood Ahmad, M.D. His phone number is 513-777-7097.

I would like to convey to other QAMC College Alumni that our summer meeting in New York should be the time to attend and get other members involved in this process. We owe it to our institution to earn recognition in formal meetings, establishing more family and friendly relations betwixt the alumni so we can keep ties with our medical school.

My gratitude to Dr. Zaheer Hasan of Toledo, Ohio, who worked for years to establish the alumni and eventually made that dream a reality. Besides increasing membership, especially life members, attending the upcoming 2002 APPNA summer meeting in New York, and keeping close ties with our medical institution in the form of sending books and other material, we also plan to have a meeting soon at QAMC in Bahawalpur.

Once again, I thank all the members of QAMC Alumni Association. Let's work with the goal of making a significant difference in our lives by bringing our families together here and in Pakistan through our Alumnus.

## RAWALPINDI MEDICAL COLLEGE ALUMNI REPORT

*Nadeem Iqbal, M.D.*

Last year has seen a remarkable growth in the membership of RMC alumni. We see more RMC graduates getting involved in RMCAANA activities as they complete their residencies and fellowships. Existing members have helped recent graduates get residencies and observerships in various institutions across America. Yet another valuable resource for our graduates has been the "Residency Forum" on our website - [www.rmcdocs.com](http://www.rmcdocs.com). Graduates of RMC, and other colleges frequently visit this site for guidance relating to residency issues. Also on the same site, "RMCAANA Forum," the first Web Discussion Forum launched by any Alumni affiliated with APPNA, has developed into a lively place for the exchange of views on various issues. On local front, the New Jersey chapter of RMCAANA is quite active in arranging social gatherings for its members. Recently, Dr Uwais Masud, arranged a well-attended Eid party in New Jersey for the graduates of RMC.

At the upcoming APPNA meeting in New York, we are expecting a large turnout of our RMC graduates. Dr. Babar Rao, the founding member of RMCAANA, is coordinating

arrangements for alumni dinner in New York. For the first time since its inception, RMCAANA has invited the Principal of RMC, Professor Nasim Ullah to the alumni dinner. By extending our hospitality to the principal, RMCAANA hopes to coordinate efforts with college administration for promotion of medical education in Pakistan. In this regard, our first project will be providing computers for the college library. In the past, we have helped Medicos Aid Society, a RMC student organization for the poor patients, achieve its humanitarian goals.

Realities have dramatically changed for the Pakistani-American community as a whole since 9/11. While we have found strength in our faith and values, we will have to work twice as hard to help new graduates achieve their dreams. On my part, as President of RMCAANA, I hope to increase the membership of our organization, and also preserve the interests of our graduates, while helping our national organization, APPNA, play an effective role for Pakistani-American Physicians.



# Photo Gallery



Our Long John Silver  
Dr. Riaz A. Chaudhry



APPNA Alliance Ladies



Participation by Example  
Dr. Raana Akbar



One man dual over Coke



Al-Presidente 2003



Yoga class begins in 10 minutes



*"Saddy we te sunnow"*



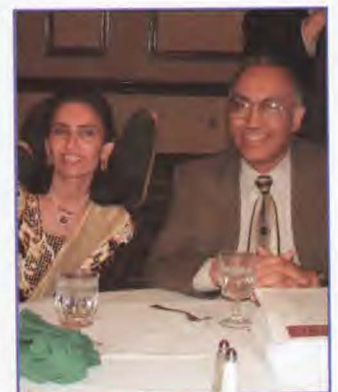
Saheb-a-It-talaat Aur  
Munazzra  
Dr. S. Latif



Happy Birthday  
"Babba Jee"



The First Couple



Dr. Shanaz and husband



always Dow graduates have been the pioneers and trendsetters in Pakistan. Keeping with the tradition, Dowites are using the Information technology most effectively. The creation of the Website, Class pages, Dow Forums, Online Dow Magazine, and Searchable database are some of the modern tools that Dow alumni are using very frequently these days. Creation of Dow International Network - a vision, will now take us to another level of alumni activity, that is, creation of global Dow community. Thousands of Dow alumni are spread across the world. With the Internet tools in our hands we must be "connected". DOGANA has taken the lead to organize the Dow alumni community here in USA. Now Dow alumni activities in UK, Ireland and in Pakistan are being organized to create Dow

community for sharing of information and global interaction among Dow alumni. More on this will be presented and seen in this year's summer meeting.

**The Future:** The future is promising and exciting, the projects are many and the membership is growing. I have full confidence that Dow alumni would be playing a major role here in North America in Pakistani Physician Community in years to come. I ask all Dow alumni to be more active, reach out and help create a virtual Dow here in USA. I urge every one from Dow to seriously consider becoming a DOGANA member this year and join Dow alumni community.

Please visit the website for more detailed information.

## FATIMA JINNAH ALUMNI REPORT

*Amna B. Buttar, MD, MS*

FJMC alumni chapter is continuing to thrive.

### 2001 Achievements:

- \* Successful alumni meeting in July 2001 with keynote address by the current Principal of FJMC, Dr. Akbar Chaudhry.
- \* Membership increased by twenty (35 in 2000 to 55 in 2001).
- \* \$5000 collected for donation to FJMC towards a model ward in the Fatima Jinnah block in Sir Ganga Ram Hospital.
- \* Lectures given by FJMC alumni at the FJMC.
- \* Initiated mentor program for FJMC students interested in email contact with FJMC graduates in the USA.
- \* Continuation of scholarship program for deserving students at the FJMC.

### 2002 Goals:

- \* Increase membership by another 20. If we don't increase membership, we may face closing of our chapter. Strategy: Ask current members to be our advocates.
- \* Develop website for FJMC.

\* Implement mentor program initiated in 2001. Strategy: Continue to ask current members and others on FJMC mailing list to volunteer and send email to executive council members. We would like to have at least 5 volunteers before starting the process.

\* Implement and organize lecture series for FJMC informally initiated in 2001. Strategy: Increase volunteer participation in this very worthy endeavor.

\* APPNA meeting at FJMC, Lahore. Strategy: APPNA would consider it if our membership increases. We have to continue working towards increasing membership.

\* Continue to raise funds towards FJMC scholarship fund, and money for wards in Fatima Jinnah Block in Sir Ganga Ram Hospital.

\* Maintenance of FJMC alliance. Opportunity for non-physician spouses of FJMC alumni to socialize.



## KING EDWARD ALUMNI REPORT

*Syed H. Shirazi, MD, MS*

Allhamd-o-lillah, KEMCAANA is financially strong and secure due to the dedicated hard work of its previous presidents and members. As it has been rightfully said, "KEMCAANA is a jewel in the crown of APPNA". Our main objective for this year, in addition to increasing membership, is to get our young colleagues involved in the association so that they are ready to shoulder responsibilities in the years to come. The other important job we have to accomplish this year is to improve the standard of education at our mother institution through developing its curriculum as well as promoting CME and workshops via the internet. Twelve new computers are already in KEMC. The project is in its final stages of completion. This has been made possible by dedication and hard work of Dr. Arif Toor and Dr. Furrukh Malik. Our PGE program, which is shared with APPNA, had a set back last year because of the September 11 episode, but Inshallah, this year we are hoping to resume the

same. Barring INS restriction, we should also look into filling these residency slots from the pool of Pakistani medical graduates already in the USA.

KEMCAANA takes pride in improving the health care delivery system at Mayo Hospital through its model medical ward project. This has been in hand for several years under the able guidance of Dr. Mushtaq Sharif and also the model surgical ward project initiated last winter by Dr. Hassan Bukhari.

To end, I would reiterate that APPNA's strength lies with its alumni. Therefore, APPNA office bearers need to work closely with alumni and provide guidance and expertise to rectify their problems in order to help them grow stronger and financially stable. In my opinion this can be greatly achieved, if APPNA shares some of the earnings of various meetings among alumni as well.



## KHYBER Khabar Alumni Report

*Omar Atiq, M.D.*

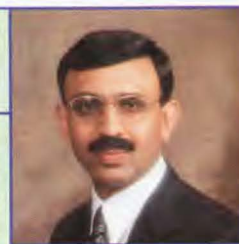
Khyber Medical College Alumni Association saw the largest percent increase in membership last year. However, our work is not over yet. It has just started. This year our goal is to enhance our membership by at least 50% and to add value to our services.

Endowed Visiting Professorship at the Medical College of Ohio at Toledo for junior KMC faculty is flourishing. The upgrade of the KMC library continues, and we are looking at numerous other avenues to transfer technology and resources to our alma mater and its affiliated hospital.

True to the Khyber mantra, our illustrious colleague, Dr.

Nasim Ashraf has moved back to Pakistan to chair the National Commission on Human Development in an effort to improve the lot of our voiceless and downtrodden brethren. We proudly stand by him and wish him all the success.

Khyber Medical College Golden Jubilee celebrations are planned for 2004. Once again, we invite all APPNA members to give us the honor of their presence at our home in Peshawar in 2004. Our traditional hospitality will only be exceeded by our heartfelt gratitude for having you as our guest.



## Nishtar Alumni Report

*A. R. Piracha, MD, FACC*

Ussalaam-o-alaekom! I hope Eid was a pleasant and prosperous affair for all of you.

My term as the President of the Nishtar Alumni Association has begun, and because you elected me to this office, my duty is to serve you as efficiently and honestly as you can.

Of late, our Alumni seems to have not played as prominent a role in APPNA, our parent organization, as it has done in the past. Despite continued participation of our own Shaukat Khan, Shabbir Safdar, Aslam Malik, and others in behind the scene activities of APPNA, there is very little on the stage that is Nishtarian. Through my participation in the APPNA Executive Council, I intend to enhance the role of our alumni. However, I cannot do this effectively without your suggestions, guidance and help. Please energize my commitment by writing to me your views and ideas.

The information has been passed on to me that our Alumni has three separate funds that are being managed by three different people, Dr. Abdul Rauf, Dr. Shaukat Khan, and Dr. Shabbir Safdar. I have requested these individuals to furnish me the details of each fund. As soon as they give me the figures, I shall dispose of the monies as needed by our alumnus in Multan, for whatever their needs are. Of course we need to continue the scholarship fund which has been created by the past executives.

In the current difficult time, we must find strength in our faith and values. If we ignore or forget what we are, how can we define our aims and aspirations. We are Pakistani-Americans, and we must, like all other Americans, the Irish Americans, the

English Americans, the Italian Americans, the Indian Americans, you name it, remember our roots. We should not forget that in addition to striving to be the ideal law abiding and productive American, we have an undeniable obligation to the needy and suffering masses of the motherland. It won't be un-American of me to remind that we are Muslims. If two American women, Dayna Curry and Heather Mercer, take cover of being "aid workers" when arrested in Afghanistan for proselytizing the destitute and hungry Muslims to Christianity, and then receive, according to the Associated Press, a "heroes welcome home at the White House", and then openly "acknowledge they had tried to win Afghan Muslims to Christianity... and would do it all over", why should the decent Muslim-Americans not present their most peaceful and just religion to people here? And here is what Ben Homan, the president of the Christian based Food for the Hungry aid organization writes: "We will need over time to introduce to Muslims around the world the reality of God's Son." The U.S. Publication Christian Chronicle has declared: "It's time to start thinking about mission work in Afghanistan." Informs the Associated Press: "Afghanistan - Muslim for a millenium, this prostrate land now looks from far off pulpits like a God given opportunity for missionary work." So, I hope no Nishtarian brother holds me up for a prude, when I say that we must strive to present the right image of Muslim-Pakistani-Americans. It is most important for our children's sake, if not for all of America.



## North American Alumni Report

*Zakia Rahman, MD*

Assalamoalaikum fellow NAMA and APPNA members. North American graduates come from many different medical, dental and allied health schools. Our Pakistani heritage is the glue that binds us and strengthens our individual efforts to achieve collective goals. The 2001-2002 year has been an active one for NAMA.

NAMA members participated in the Human Development Foundation fundraiser in New York City on July 21, 2001.

Following the tragic events of September 11, 2001, numerous members donated money and time to the American Red Cross relief efforts. The events strengthened our resolve to be positive and active participants in our country.

The Annual NAMA Charity Ball was held on November 11, 2001. The event was well attended and recruited many new





to APPNA on their 25th  
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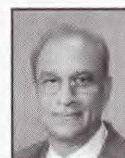
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## REFLECTIONS OF A POLITICAL NOVICE

*Zuhair Sayany, DMD*

There is nothing Jimmy Stewartesque about me (other than a propensity to mumble my words). Moreover, politics makes ajeeb bedfellows! My decision, therefore, to attend the Pakistani-American summit, organized in March by some of the "brightest leaders of the new millennium" left me with the distinct feeling that I was "not in Kansas anymore". In fact we were in Washington D.C. gallivanting around Capitol Hill. Having been invited at the last minute to play "Toto" to Dr. Nadeem Ahsan's "Dorothy", I had minimal expectations and many years of accrued cynicism. Experience had taught me that whenever a gaggle of Pakistani-Americans (henceforth known as PA's) gathered together, the conversation inevitably drifted towards religion, Pakistani politics, or both. Moreover, these intellectuals were able to solve Pakistan's entire plethora of problems, sitting in armchairs from 10,000 miles away. The only pre-requisite was a never-ending flow of "chai" and "biscoot". The other disconcerting pattern I had experienced was that despite being Pakistani-Americans, American issues usually did not enter the realm of discussion. I was pleasantly surprised.

The summit sponsors included organizations such as APPNA, Pakistan American Congress, PAK-PAC etc. It was not clear, however if representatives from all these groups were present or what their individual roles were. What was clear was

their self-aggrandizing rhetoric addictions.

The Congressional reception, was perhaps the most impressive aspect of the summit. A virtual parade of Representatives (13) including David Bonior (MI), James Moran (VA) and Dan Burton (IN) attended. The PA responsible for inviting them individually introduced each one of them. All the Representatives made a brief speech. It was quite a pleasant surprise to listen to each of these dignitaries pronounce the word "Pakistan" correctly (the only people to mispronounce it were the PA's themselves!). What was even more unusual was that along with the usual "politicking", a number of substantive statements were issued. There was universal praise for General Musharraf and the anti-terrorist activities of the Pakistani government. They felt that Congress was ready to actually support Pakistan after Musharraf's "history making speech". The legislators conveyed a sense of genuine appreciation and a desire to reward Pakistan for its efforts. They also seemed to understand the anguish the PA community felt, regarding the civil rights violations of those that had been detained since September 11. Most of them expressed some grasp of the Kashmir issue without really promising to sign on to the letter that the summit organizers were trying to promote. The legislators even found time to mingle with the plebeians and discussed paramount issues such as Dr. Zeelaf Munir's wardrobe.



need several weeks to clear their schedules. The time provided by the summit organizers was certainly less than adequate. Second, the agenda had been predetermined and thus, was not open to discussion. Even if a participant disagreed with any of the items, there was no choice but to push the "party line". A classic example of that was the Kashmir issue. Some of the participants felt that we were not offering anything new in our demands for mediation. The approach that had been chosen was the same one that had failed to produce results for the last 54 years. Another example of this was the dismissal of a suggestion to issue a statement from the summit participants, condemning the death of Daniel Pearl and expressing our solidarity with the American people. The purpose of this statement would have been to further solidify the notion that we too are Americans, in the minds of those government officials that we met. The suggestion however, was dismissed as "yesterday's news" and not seriously examined for its ramifications.

There were two other issues that suffered due to this pre-set agenda. Three summit participants that happened to be Christian brought up the issue of minority rights. This gave the perception that this issue concerned the minority participants only. A discussion of this beforehand with the question being posed by someone else would have presented a much more united front. Along the same lines, concerns regarding violations against women, especially honor killings, was brought up by myself. The message clearly came across to the US government officials who commented on the fact that a man had brought the issue up,

stars scattered over the land" etc.). One of the representatives from the State Department happened to be of Indian origin. Incidentally, he was one of the chief proponents of aid to Pakistan. Unfortunately, one of our esteemed colleagues decided to display his xenophobic bias and publicly expressed his dismay that an Indian-American was in attendance at this PA summit (alas, his sentiments were echoed by a couple of other prominent members of this organization). As expected, the entire tone of the summit changed after that. Mr. Young reminded them that we were all Americans first and that he would not be drawn into such an ignorant conversation. All the hard work in portraying ourselves as concerned American citizens was washed away by one prejudicial remark. Some of the participants apologized for the insensitivity that had been displayed, but the damage had already been done. It would behoove us to look within ourselves before we decide to speak for those around us.

It is interesting, but when one is in DC, it really does feel like a different world. However minor the role, one does feel as if one is making a difference. I would strongly encourage our young adults to get more involved and become the voice of mainstream Pakistani-Americans. Work for the Senate and the House as interns. Become part of the inner circle. Only then can we present a united front and have our concerns addressed. The inroads created by those that are working in government at the grass roots level will only serve us well for the future.

Despite the above incident, as Nadeem and I drove home, we were quite optimistic about what DC



## THE JOYS OF APPNA LISTSERVE

Muzaffar H. Qazilbash, M.D.



"Please memorize this prayer (dua) and don't forget to recite it ten times every day! Also, pass it on to as many Muslims as you can." I came across this gem during my first week of signing on to the Listserver of the Association of Pakistani Physicians of North America (APPNA). And it only got better from there.

The list server is maintained by the APPNA Communications Committee and moderated by APPNA's Communications Committee. Pakistani physicians in the US and Canada are encouraged to register by sending a simple e-mail, and once registered, anyone can post a message on the listserv. In theory, the listserv promotes e-mail exchanges between medical professionals, but in reality, the exchanges are about anything but medical issues. The messages are mostly about Islam, Pakistani politics and APPNA's constitution, although there are frequent distractions like Viagra and Kulfis. The exchanges range from light-hearted banter to virulent personal attacks. I would like to share my impressions of the listserv, which of course, are going to be colored by my own biases.

A delightful feature is the opportunity to read beautiful Urdu sha'iri on the listserv, almost always from a small group of connoisseurs with an eclectic taste in poetry. Most of the selections are from the well known Urdu poets.

It is somewhat amazing to see an endless posting of Quranic verses, with discussions about their purported true meaning and significance. This discussion always degenerates into a vulgar display of piety by the sanctimonious. Anyone trying to use logic in interpreting these verses is silenced by the self-righteous with innuendoes of blasphemy. A vocal minority raised its voice against proselytizing Islam on this forum on the premise that not all Pakistani physicians are Muslims. In response, the believers started posting prayers from Saint Francis of Assisi, Bahais, Mormons and hobbits, in an effort to display diversity on the forum. Mercifully, this trend died down before prayers from the Church of Scientology and other assorted lunatics could become ubiquitous.

There are a few, who cannot overcome their inner calling to act as the conscience of the listserver. One high-minded individual admonished others for writing Arabic Quranic verses in English, thereby ruining the underlying message. Another noble soul made pleas for using the prefix "Abdul" before addressing mere mortals with divine names like Razzaq and Ghaffar. Then we have a few model citizens, who, painfully aware of their civic responsibilities, fire off letters of outrage to every tin-pot dictator and editor of every small town rag. These letters, not surprisingly, are mostly about the plight of Muslim brethren around the globe. There is frequent forwarding of articles written by Robert Fisk, Edward Said and Noam Chomsky. Although scholarly and relevant, these articles seem to perpetuate our sense of self-pity and victimization.

For some reason the skeptics and the reductionists are conspicuous by their absence from this group of "scientists". There are woeful attempts to explain complex physical and biological phenomena from Holy Scriptures, and an

unquestioned acceptance of long discredited ancient practices. Even the occasional posts on the theory of evolution are about dignifying the intelligent design hokum. The only medical issues discussed with any level of consistency are Viagra and male genitourinary disorders, gleefully debated by a group of middle-aged adolescents.

APPNA constitution is another hotly debated topic on this forum. This debate apparently involves two main groups with contradictory views. The first group accuses the second of hijacking the constitution by sneaking in new bylaws and amendments. The second group is seemingly trying to create an illusion of a constitutional crisis, where a delay in amending the constitution may lead to APPNA's extinction.

Of course, the current affairs are passionately debated in great detail. Again, the loudest noise is about the issues facing the Muslim world and Pakistan. I have to admit that these issues prompted some very enlightening debates. Pakistani politics is an interesting area, and it is always a treat to see people justifying the necessity of tyrants and dictators for the greater good of Pakistan. Predictably, there is more sophistry about the unsuitability of democracy for the unwashed Pakistani masses, and their need for a patriarch to deliver them from their wretched existence.

The Pakistani physician stereotype, often brought up by non-physician Pakistanis, is on frequent display on this forum. According to this stereotype, the Pakistani physician considers himself to be the fountain of wisdom, is the most respected member of the local mosque, lives in a palatial house, drives the fanciest car, and is the final word on topics ranging from raising perfect Muslim children in the West to the civil war in Papua New Guinea.

Finally, a few jokes, occasionally funny, mostly belabored, are posted. They are less tedious than a couple of members, who get the urge to sum up what has been said on the listserver in a weekly bulletin. Although an admirable effort, it is something that only mothers find endearing.

This listserver is paradoxically energized by human tragedies. There were passionate writings about the killings of Indian Muslims in Gujarat. There was vociferous condemnation of the atrocities, attempts to raise funds for the victims, and cries for raising this issue from the APPNA platform. Some very poignant pieces were written about the brutality of Israeli forces against ordinary Palestinians. The targeted killings of physicians in Karachi galvanized the forum, resulting in impassioned letters condemning the heinous crimes, and pledges of \$10,000 in less than 48 hours to place advertisements in the major Pakistani newspapers. This debate also raised some very pertinent issues, including the need for strong prosecution of sectarian criminals and funds for supporting the families of the murdered physicians. This listserver is being used to help Pakistani medical graduates obtain residencies, fellowships, waiver jobs and various other employments. Due to the generosity of this



listserver's participants, a number of patients were able to find appropriate medical specialists and financial help in paying exorbitant medical expenses.

This listserv has the capacity to entertain, irritate, depress, energize, and above all, offer hope to many people. Despite many foibles, the listserv's heart is in the right place. It can be a great resource for Pakistani physicians in finding jobs, in

monitoring and redressing discrimination against International Medical Graduates, in funding and facilitating postgraduate training for the new medical graduates, and perhaps in establishing a Web-based consultation service. The listserv has become an essential part of my life and I would recommend it to anyone interested in his or her Pakistani roots.

## APPNA CONSTITUTION AND BYLAWS SPECIAL MEETING

*May 4 and 5, 2002 Chicago, Illinois*

*Mohammad Afzal Arain, M.D.*

### Officers:

Dr. M. Suleman, Dr. M. Afzal Arain, Dr. Hussain Malik

### Board Members:

Dr. Waheed Akbar, Dr. Shabir Safdar, Dr. Sultan Ahmad and Dr. Jaffar Shah

### EC Members:

Dr. A.R. Piracha, Dr. Rizwan Karatela, Dr. Haroon, Dr. Nazi, Dr. Atiq, Dr. Qamar Jalil, Dr. M. Ali, Dr. Zahid, Dr. Tariq Manzoor, Dr. Inam Ul Haq, Dr. Mahmood Alam and Dr. Nadeem Iqbal, President Rawalpindi Medical College.

### CABL

Dr. Khalid Riaz, Dr. Sultan Ahmad

### Other members:

Dr. Mushtaq Sharif, Dr. Mushtaq Khan, Dr. Arif Muslim, Dr. Zaheer Ahmad, Dr. Durdana Gilani, Dr. Murtaza Arain, Dr. Kaleem Arshad, Dr. Javed Suleman, Dr. Qazi Kamal Haider, Dr. Zeelaf Munir, Dr. Naheed Qayyum, Dr. Muhammad A Alvi

APPNA president Dr. M. Suleman announced a special meeting for constitution and bylaws at the Orlando APPNA Spring meeting. The meeting was held at the Chicago Airport Hyatt Hotel.

Dr. Khalid Riaz and Dr. Sultan Ahmad made a very detailed presentation for the proposed constitution and bylaw changes. Detailed discussions took place almost on every topic. APPNA finance committee and nomination committee discussions were two of the most interesting. Several members questioned the need for the changes and why changes were so urgent. Dr. Khalid Riaz and Professor Sultan gave a very detailed explanation of all the questions. They were open to all questions and suggestions and were more than willing to adopt any appropriate ideas. Every one took active part in the discussions. Meeting went on all day Saturday and until 1 p.m. on Sunday. On Saturday evening, HDF held a fundraiser with very emotional speeches. Since there was no quorum, only fine-tuning of the CABL presentation was possible, which will be further discussed in its refined form at the New York meeting in July.



King Edward Medical College class of 1962 will have a brief meeting to discuss the upcoming 40th reunion following the King Edward Alumni meeting on Friday, July 5th in New York. Please contact Sadiq Mohyuddin at (314) 576-4545 evenings if you need more information.



Scenic shots from the 2nd International CME Conference in Morocco and Spain



## LOCAL HOST COMMITTEE REPORT

*Arif Muslim M.D.*



I welcome all the members and their families to the big apple. This year we have an elaborate program to make the meeting a huge success. New York venue almost always is well attended and we are ready to accommodate all the members. Hotel Sheraton is one of the best locations in down town Manhattan with easy access to all the hub-nub of the city.

The host committee has worked hard to make sure all the planned events live up to the member expectations. We have tried to provide interesting programs for the youth and hope to keep them involved and entertained. The feature before the Saturday night banquet is the Thursday evening boat ride and 4th of July fireworks. It is shaping out to be an exciting evening. Community empowerment seminars are scheduled for Friday

followed by Alumni program. CME programs are spread out on Friday and Saturday with parallel other activities. Saturday night banquet will feature traditional cuisine with ample desserts. The entertainment is going to be the icing on the cake.

The meeting is not complete without the mention of Bazaar and exhibits. These outlays are almost always well attended both by members and participants.

I am thankful to all the members of the host committee and our APPNA executive council for giving us the opportunity to organize the meeting and play host to all our colleagues and there families. Welcome to New York.

# Program at a glance

Wednesday, July 3	Evening	Reception for the Registrants
Thursday, July 4	10:00 am 4:00 pm Late Night	Executive Committee Meeting Alliance Dinner and Fireworks Cruise Dessert and Coffee Reception
Friday, July 5	10:00 am 8:00 am Noon  4:00 pm 2:00 pm 6:00 pm  6:00 pm	Tours CME Breakfast, CME Lectures CME Lunch and Financial Seminar  Alliance Tea Community Empowerment Program, APPNA Alumni Dinners and Entertainment and possibly a fashion show SAYA Dinner
Saturday, July 6	10:00 am 8:00 am Noon 2:00 pm 6:00 pm	Tour CME PAKPAC Luncheon/possibly a Fashion Show General Body Meeting Banquet and Entertainment Program
Sunday, July 7	AM	Breakfast - Executive Committee Meeting



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