EDITORIAL

Volunteerism: A Call To Service

Zia Moiz Ahmad, MD, FACC
Dr. Zia Moiz Ahmad is a cardiologist in practice in Saint Louis. He is a graduate of Dow Medical College 1982 and Past President of DOGANA. He is a life member of APPNA and Founding President of the APPNA Saint Louis Chapter.

On a recent weekend party after we had settled for the after dinner chai, someone asked a simple question. This person asked and I quote, "How many of you have , in the past 90 days been involved in any activity for the benefit of anyone besides your family or friends, which lasted more than 30 minutes?". This turned out to be more profound than even the person asking the question had imagined it to be. The response was very disappointing but unfortunately not completely unexpected. In the entire group of about 20 or so guests, only 2 replied in the affirmative. The same person by his own account, asked the same question of a group of parents at his son's basketball game. Out of 12 parents present, 7 answered yes. Among the former group one was involved in the local Islamic Foundation while the other volunteered his time in a charity clinic. Out of the second group there was a mix of volunteer services ranging from church activities to local community service with groups like Big Brothers and Big Sisters, Red Cross, Habitat for Humanity and Ronald McDonald House.

This raised a fundamental question in my mind, one that I have struggled with ever since. Why the disparity? Why is it that in the first group the volunteerism participation was a mere 10% compared to about 60% in the second group. In the demographic parameters the two groups were fairly evenly matched – middle-aged professionals, financially secure and professionally successful, with children and fairly busy social life, living in affluent neighborhoods and for most part removed from the unfortunate and the downtrodden of the society. With this question in my mind remaining unanswered I probed further. How many children of these successful and fortunate Americans (of the first group), would answer yes to the question posed? The answer was similarly disappointing. This has forced me to look deep into our collective psyche. Why have we as a community moved away from this great tradition? And why is it that we are neglecting to inculcate this fundamental value in our children? Let me not leave the incorrect impression here that there are no volunteer activities sponsored and staffed by the Pakistani American community. There are a number of free clinics in different cities like Detroit, Dallas/Fort Worth, Saint Louis, Los Angeles,

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Summer 2009

Welcome 3

APPNA Council 2009 4

Editorial – Volunteerism: A Call To Service 5

APPNA Organization

President's Message, Syed A. Samad, MD 8

Secretary's Message, Manzoor Tariq, MD ..... .10

Treasurer's Message, Saima Zafar, MD ..... .11

Committee, Alumni & Chapter Reports

APPNA Alliance, Rukhsana Mahmood, MD ..... .12

Publication Committee Chairman's Message, S. Tariq Shahab, MD ..... .13

Dental APPNA Report, Javed Iqbal ..... .16

APPNA MERIT Report, Naheed Usmani, MD ..... .17

Committee On Your Physicians Report, Abdul Piracha, MD & Rubina Inayat, MD ..... .19

Social Welfare & Disaster Relief Committee Report, Aisha Zafar, MD ..... .20

APPNA Arizona Chapter, Azam Taqi, MD ..... .22

APPNA Georgia Chapter, M. Yaseen Abubaker ..... .23

Pakistan Physicians Society (Illinois Chapter of APPNA), Fatima Ahmed ..... .24

Alumni Reports ..... .27

32nd Annual APPNA Summer Meeting

2009 SFO Bay Area Local Host Committees ..... .37

From The Chairman of the Host Committee ..... .38

Local Host Committee Communication & Publication Chairman's Message ..... .39

APPNA Northern California Chapter: A Brief History & Activities ..... .40

Code of Conduct for Meetings & Panel Discussions ..... .41

Continuing Medical Education Program Schedule ..... .42

Schedule of Events ..... .44

Cover Contest Winners ..... .47

Useful Information ..... .48

San Francisco Marriott Hotel Floorplan ..... .49

Exhibitors List ..... .50

Marriott Hotel Exhibit Hall Floorplan ..... .51

Where to Eat in San Francisco ..... .52

Prayer Services ..... .56

Articles

My Dow Days, Jamil Farooqui ..... .59

Electioneering In APPNA, Mahmood Alam ..... .60

Young And Motivated, Furrukh S. Malik ..... .62

Electioneering Steadily Destroying APPNA, Mahjabeen Islam ..... .70

The End of Civilization, Zimran Chowdhary ..... .72

What Happened To Pakistan Cricket? ..... .76

The Battle Against Drug-Resistant TB in Pakistan ..... .78

Photo Gallery ..... .64

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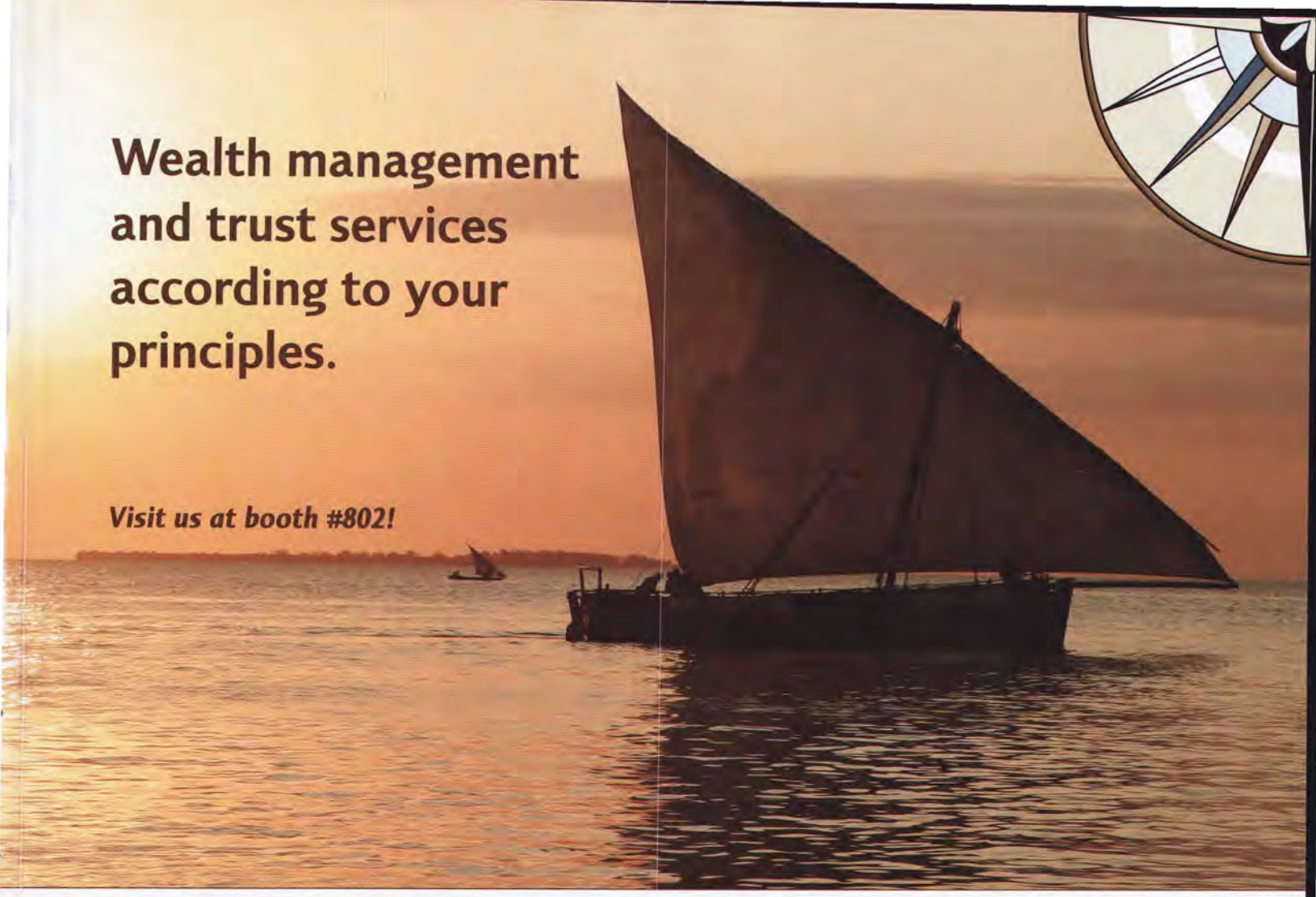
The Editorial Board reserves the right to edit all submitted material.

The deadline for submission of materials for the Fall 2009 issue of the Newsletter is September 1, 2009.

Please send us your pictures/photos in high resolution, 300 DPI, in JPEG format. Please do not embed your photo in a Word file or any other program file, and do not attach your photo or events picture to the article that you are submitting for future publication in APPNA Journal and Newsletter.

Thanks,
Shahid Yousuf
(In charge Photographic section)



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President's Message

Dear APPNA Friends,

Assalam-o-Alaikum. Welcome to the 2009 APPNA Annual Summer meeting in serene San Francisco.

The Host Committee under the leadership of Dr. Mubasher Rana has done a phenomenal job in arranging this meeting. Several months of committed and selfless hard work has ensured a once in a lifetime experience for the entire APPNA family.

The theme of our annual meeting this year "Heart Health Awareness," will be seen in all we do. This is done in collaboration with APCNA (Association of Pakistani Cardiologists of North America) who are planning various awareness activities, coordinated by their executive director, Dr. Rizwan Karatela. Fourteen hours of quality CME is also planned on diverse topics of broad interest. I am very thankful to the RESA committee for their outstanding organization in this respect.

The need of the hour is to position APPNA in a leadership role on the issues of healthcare reform and preservation of civil liberties. This is being addressed by establishing liaisons and relationships with leading professional and civil rights organizations, and with our legislators and administration officials. We have organized very important and relevant educational and political symposiums with outstanding faculty and guests. I urge all of you to take advantage of these and other opportunities provided by APPNA to foster long term alliances with the people and organizations that share our view on preserving our civil rights in this great country!

APPNA MERIT committee is working hard to set up fellowships in Pakistan in cooperation with centers of higher medical education, such as College of Physicians and Surgeons of Pakistan, Dow, King Edwards, and Agha Khan University. One such project is the development of critical care fellowship, the first ever in Pakistan. The Resource Development Committee set up a T-shirt contest to highlight the heart health focus of our summer meeting in San Francisco. In addition, this committee has been able to work with the Government of Pakistan and our Embassy in Washington to establish a mechanism for cost-free transfer of support equipment and material for the internally displaced Pakistanis. The Social Welfare and Disaster Relief Committee under the dynamic leadership of Aisha Zafar has energized the entire organization to collect over $150,000 in donations for the internally displaced Pakistanis. This is in addition to all the humanitarian effort by our chapters and alumni. The money is being expeditiously routed through our Khyber alumnus for the medical need and through Bilquis Edhi Foundation and Red Crescent Society for their general humanitarian needs. Please continue to support our humanitarian efforts.

I commend the publication committee for bringing out an exceptional newsletter during the spring meeting in Dallas. This is the first time that spring newsletter and the spring meeting souvenir were combined with immense saving for the organization. The communication committee has brought out the first issue of APPNA Times this year, a continuation of the electronic newsletter started in 2008. The communication committee also helped convert the newsletter produced by the publication committee into flash format, the first ever in APPNA. I would also like to recognize the host committee of our Dallas Retreat for a superb meeting in April. Doctors

Khalid Mahmood, Jalil Khan and Dawood Nasir delivered above and beyond our expectations and made us all feel very special. Thank you.

This year has been a very busy election year. The upstream impact of vigorous campaigning by the candidates is that they have encouraged many more physicians of Pakistani origin to join our ranks. This in turn meant much more work for the membership committee and the president elect, two APPNA institutions involved with membership verification. The final verification and certification is done by the president elect, as mandated in our constitutional clauses 18.3.4 and 13.3. We had over 700 new applicants for active APPNA membership with voting rights, majority of whom met the eligibility criteria. These applicants were inducted to APPNA membership and were mailed all benefit packages including the ballots for the upcoming elections. Few who were deemed not eligible were offered associate membership. The challenge and success of our membership committee will be gauged by the long-term retention of these members in the organization. I am thankful to our membership committee for their efforts. I am also very grateful to our president elect for discharging her constitutional responsibility in a very diligent manner, ably advised by our BOT and the central office. APPNA's CABL committee will continue to work towards clearly defining the membership criteria; under the guidance and advisement of APPNA attorneys. The amendment will be done according to the process outlined in our constitution and bylaws.

All APPNA meetings are always very joyous and productive events but the summer meetings are even more special because it gives all of us a chance to reconnect with many in the APPNA family. Here in San Francisco, we will be able to meet with our friends across alumni lines. We will get to attend an excellent CME program, social seminars, and hear from our guests who come to us from Pakistan and from the academic and legislative worlds within the United States.

It is my hope that you will be able to catch up with your friends over sumptuous snacks and meals. This year's summer meeting will begin with chapter's night under the leadership of Dr. Shahid Sheikh. Like every year, a significant effort has been undertaken to provide us with excellent Pakistani cuisine. Organizers are very excited about the excellent Pakistani talent chosen to entertain us on Friday and Saturday night. In addition, an elegant 'mushaira' is on the card to highlight our late evening entertainment with invited poets from across the U.S. and overseas. The APPNA Expo will provide an excellent opportunity for our members and their families to buy Pakistani handicrafts as well as books and paintings from local talent. There will be stalls at the expo to enjoy tasty snacks, paan, and hot teas.

My dear APPNA members, while you are enjoying the summer event, do not forget to appreciate the involvement of the local host committee and our APPNA office staff from Chicago whose hard work have brought this momentous occasion together. My special thanks to our Executive Director Dr. Tariq Cheema and our office staff, Denise and Sidra, for all the effort they undertake, without being recognized adequately. I would specially like to recognize Dr. Mubasher Rana and his team of local hosts and his colleagues for their hard work and diligence. Without their effort, we would never be able to pull off such a big event. I am honored to have the services of all the APPNA volunteers serving in individual committees. A special thanks to my wife Ayesha and my children Ahmed, Rabiya, and Ahad for all their help and support. I would also like to thank all of you for being here and making this summer meeting a great success.

Best Wishes,
Syed A. Samad

Secretary's Message

Dear APPNA Members,

I would like to thank the APPNA Membership for giving me the opportunity to serve you as Secretary for 2009. I have been very committed to my role and upholding my duty to APPNA. I hope you had the chance to read my Secretary Report published in the Spring APPNA Journal in March.

The Spring Meeting in Dallas, Texas was a great success and the credit must go to the Host Committee, Chaired by Dr. Khalid Mahmood and Cochaired Dr. Dawood Nasir and Dr. Jalil Khan. For the first time ever, the Spring Meeting Journal and the Spring APPNA Journal were combined, making it much more cost effective for APPNA. The input of the Publication Committee and the Host Committee working together must be recognized greatly. The Executive Council Meeting was very successful and each Committee, Chapter, and Alumni prepared their reports to present.

In the midst of election season, several concerns have been brought to the APPNA Executive Committee. We are currently going through a lengthy membership verification process. An unusual increase of members this year, unusual forms of payment, and confirming applicants' medical license status has caused great concern. The Chairman of the Membership Committee, Dr. Sajid Chaudhary and his committee, along with the Executive Committee has been working diligently to review all membership applications and confirm the memberships in question in compliance with the Constitution and Bylaws. At the summer meeting, the CABL Committee, chaired by Dr. Asif Rehman, will present some very important matters to consider in interpreting and revising our Constitution and Bylaws. I would like to encourage members to become involved pro actively to prevent such matters from arising again in the future.

I am currently working on developing an APPNA Membership Benefits Package. The details of the package are being finalized. The Membership Benefits Package will be very attractive to new members and will help retain current members. The package will entitle APPNA members to get substantial discounts on medical malpractice insurance premiums, 10-25%, and also providing an incentive to APPNA. Also included in the package are discounts on airline tickets, car rental, health insurance, and credit cards.

As your Secretary, I am focused on identifying mechanisms to improve our functioning, ensure compliance with the Constitution and Bylaws of APPNA, and enhance the organizational efficiency of APPNA. For more information on the progress made by the Executive Committee in 2009, please do visit the APPNA webpage where all members can access EC meeting minutes. The minutes are available on the webpage as a fulfillment of my promise to make APPNA more transparent. APPNA Committee's and Chapter's have also been submitting their minutes and we are thankful for their submissions. Furthermore, I would like to thank our Webmaster, Dr. Khawar Ismail, for his excellent work and dedication. It is with his help that we have created a new and improved membership information arena which includes; an online directory, access to archives of minutes, information on membership benefits, and much more.

We would like to invite you and your families to join APPNA at these upcoming events:
- Alaska Cruise: Vancouver to Anchorage, Alaska, August 5th-12th
- Fall Meeting: Niagara Falls, Canada, September 25th-27th
- International Trip: Australia and New Zealand, October 12th-24th
- Winter Meeting: Karachi, Pakistan, December 21st-23rd

Any questions, comments, and suggestions are always welcome and appreciated. Thank you.

Respectfully Submitted,
Manzoor Tariq

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Dental APPNA Report

Javed Iqbal, President

Congratulations and thanks to all who helped us make DENTALAPPNA a reality. My special thanks to all the dentist who became members and helped us in starting the process of DENTALAPPNA and to all those who attended the Summer DENTALAPPNA Dinner meeting in Washington DC. I also thank Dr Sajid Chaudhry,Dr Nadeem Kazi,Dr Mahmood Alam, Dr Syed Samad and all the Council members at fall meeting in East Brunswick who approved us as an auxilliary organization and ALL OF YOU who stood up for us and fought for us.

Our goals this year are to 1) facilitate greater and better understanding and relations amongst members of DENTALAPPNA, APPNA ,Pakistani and non-Pakistani Physicians and people of North America. 2) Increase members by communicating and sending the message to all the all the dentists of Pakistani descent in US, that DENTALAPPNA is a reality and increase membership of APPNA to make it stronger. 3) Involve young graduates in membership and in Council.

It is time to realize that American issues are our issues. we need to participate in leadership in our institutions and community,educate our next generation to network , participate and help in leadership in US, for educational, scientific and social advancement. 4) Improve the site DENTALAPPNA@ googlegroups.com. I would request all dentist to please send your e-mail address to us and I will invite you to the site to become member so you can be updated with all the activities of DENTALAPPNA. 5) The process of dental CME accredited through ADA has been started by Dr Mian Khalid Iqbal. It is going to take sometime to get approved . If you can help us speed up the process please call me at 610 937 1134.

Executives 2009
President, Javed Iqbal DDS
President Elect, Mian Khalid Iqbal DMD
Secretary, Abdul Sami Janjua DDS
Treasurer, Mubarak Malik DDS

Editorial *(Continued from page 5)*

New York and many other places; shelter for abused and battered women in Chicago, soup kitchen participation in different towns and the list goes on. Heartening as this is, it does not nullify the sad reality that these worthwhile projects are far and few, and the participation of community members very limited. These activities are run and staffed by small groups of volunteers without much help from the larger community.

We come from a great tradition of charity work and volunteerism. But that has somehow gotten lost and forgotten. Whereas we respond admirably to any crisis situation (the Earthquake in Kashmir, Hurricane Katrina in New Orleans and the present situation in Swat being examples) we as a community have been inadequate when it comes to sustained and regular voluntary work. America thrives on charity and volunteerism. The opportunities to serve and volunteer are boundless and the human capability to do good limitless. What is required of volunteers are not special skills but a strong commitment to the idea of volunteerism. The graduates of these programs (Peace Corp, AmeriCorp, Teach for America etc) will testify to the fact that they gained more than they gave during their years of service.

"What you give ought to be in direct relationship to what you've received. If you have been blessed with a great deal, then you have a lot of giving to do" (said Johnetta B. Cole, an academic).

If we use this as a yardstick for what is due from us to this society and country then we have a lot of work to do. We all need to look inwards and make our individual contribution, both with money and sweat, for we are blessed with both. Martin Luther King said and I quote, " We are prone to judge success by the index of our salaries or the size of our automobiles rather than by the quality our service relationship to humanity." We have spent most of our lives and time

(Continued on page 22

Treasurer's Message

Saima Zafar, APPNA Treasurer

Dear APPNA Members,

Assalam-O-Alaikum.

It has been my pleasure and honor to serve you as your APPNA Treasurer for the year of 2008. I tried my best to uphold the office of Treasurer in the best manner possible. During my term, I made visits to our APPNA Central Office in Chicago to have personal meetings with Mr David Lade (official CPA), Dr Tariq Cheema (ED) and other office staffs. These visits allowed me to personally view our finances. I am thankful for the general support from everyone which made my term an excellent experience and very successful. A special thank goes to my Finance Committee who made significant contributions to APPNA's finances and were very productive. I would also like to thank the Executive Committee members who were instrumental in helping us to reach our goals.

At the beginning of my term in 2008, the Financial Procedures and Policies were revisited and reinforced. During the spring meeting in Louisville, Kentucky, the council approved that APPNA should outline its budget in order to make meetings profitable, or at least budget neutral.

For the first time in APPNA's history, we provided viewing of our financial record on the APPNA website. We are hopeful that this will become a tradition and will be updated on a regular basis. This fulfills our promise to make our finances transparent to our membership.

The role of treasurer also involves oversight of our finances and enhancement of our fiscal stability. My accomplishment in this regards was obtaining several grants for APPNA. These grants include an unrestricted grant of $20,000 from Biotronic for our summer 2008 meeting, $10,000 from Boston Scientific for our fall 2008 meeting, and another $5,000 from Biotronic for CME at our fall 2008 meeting. I have also received commitment for future grants from several other pharmaceutical and medical equipment companies.

We have also teamed together and offered financial aid to the victims of the tragic earthquake that occurred this year in Balochistan, Pakistan. As a community, the Saint Louis community donated over $17,500 for earthquake relief.

Regards,
Saima Zafar

APPNA Alliance

Assalam-o-Alaikum,

The APPNA Alliance would like to welcome you all to San Francisco! After many years, APPNA is finally back on the West Coast and we hope you are looking forward to your time in the Bay Area!

It is an honor and privilege to serve as the APPNA Alliance President of 2009, and I could not have done it without the support of all the members, especially the Executive Committee. I would also like to thank the President of APPNA, Dr. Syed Samad and Executive Director of APPNA Dr. Tariq Cheema for their help and support. Special thanks to Dr. Aftab Naz and Chair Host Committee APPNA Summer Meeting, Dr. Mubasher Rana.

Alliance has come a long way since it was first founded, now serving as an integral part of the APPNA organization. Alliance also hosts the annual Thursday night dinner at the Summer meetings. This year, on July 2nd, we have a lot in store for you! We are proud to announce that the evening's keynote speaker will be esteemed Sheikh Hamza Yusuf. Then following dinner, for entertainment we have arranged a talent show consisting of comedy and music acts. This is sure to be a memorable event and we look forward to see you there!

Now for some Alliance news:

I would like to congratulate Samrina Haseeb, the new President elect 2010!

Also, the APPNA list serve which was created by Rania Asif is up and running and has at least 30 members to its credit.

Finally, Alliance has introduced several clubs and study circles on the APPNA Alliance venue. These are open to members of Alliance, as well as members of APPNA, SAYA, and CAPPNA. Further information regarding these projects will soon be available on the Alliance website.

We hope you guys are as excited as we are for this year's meeting. Can't wait to see you in the Golden State!

Rukhsana Mahmood
APPNA Alliance President 2009

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Publication Committee Chairman's Message

Dear APPNA Members,

It is a pleasure to welcome all of you to San Francisco for the summer meeting. The host committee and Dr Mubasher Rana have organized a great fun filled event for you to enjoy and remember. For those who could not come, this combined edition of the meeting souvenir and summer journal describes the various events and activities of APPNA.

The summer journal contains all the pertinent information about the meeting. We have not only included the program for CME meetings with times and locations, it also contains information about other social and entertainment events that will take place. The publication committee and the host committee ensured that this journal would be of great resource for each and every one. It includes the map of the exhibits, the prayer timings, the Pakistani restaurants around the hotel and many more info which everyone of you will find helpful and convenient.

The publication committee has worked very hard to bring to you many interesting articles from various members and their families. Dr M Islam has an interesting piece on the hectic and controversial election campaign. Dr Cheema has an interesting observation on the evolution of cricket in Pakistan. Dr J Farooqui remembers his medical college days, Dr Z Chaudhry expresses his opinion about a book which wrongly portrays Muslims and Islam, Dr S Zafar has once again produced a very interesting Urdu section for all lovers of Urdu poetry and articles, and Dr S Yousuf has worked very hard to show you pictures of APPNA activities in the photo gallery section.

The Publication and the host committees have done a wonderful job of collecting the many advertisements that you see in the journal. Not only the ads help us defray the costs of publication but are also a good source of revenue for many other charitable causes. Last year we raised more than $35,000 from ad revenue and this year we hope to surpass that feat. Additionally we also save a lot by combining the meeting souvenir and the APPNA journal and news letters. The spring newsletter and the spring meeting souvenir was the first such combined publication which came out in April at the Dallas meeting.

APPNA is growing faster and faster despite some concerns by a small group of individuals. Election season bickering and "hulla-gulla" by some are cited as signs of trouble. Some have complained about the extravaganza of the summer and other events. Some have called it an elitist organization. But many divergent activities of APPNA separate it from being called a mere relief organization, or a socio- political organization, or an activist organization. APPNA is not limited to just one cause or other as are many other organizations. In fact APPNA is bigger and larger than any one of these organizations because it can accommodate any and all physicians of Pakistan in its tent. And that is APPNA. Many members with zeal and enthusiasm for one agenda, like to pull APPNA in one direction or the other, and when they fail, they declare APPNA as a failure. But APPNA is for everyone. It is professional because its members are professional, it is democratic because it leaders are democratically elected, it is social because it provides social activities for its members, and it is charitable because it performs charitable work. So let APPNA be APPNA. Anything less or more will strip it of its identity. It is an undeniable fact that APPNA is the largest democratic, professional, social, charitable organization of Pakistanis living any where in this globe. Let us all feel proud. Long live APPNA.

In the end I would like to express my sincere thanks: to Dr Mubasher Rana, Dr Sabir Khan and the host committee for their hard work and help, to Dr Tariq Cheema and Ms Sidra tul Muntaha for their support and advice, to Nasreen Inaam, Diana Thayer and the rest of the staff at Advanced Xpress Printing for their patience and for doing a marvelous job in design and printing, and my special thanks to all of the advertisers for their contributions which helped us defray some of the costs. Lastly, I would like to thank all members of the publication committee and specially Shahid Yousuf, Zia Moiz, Jamil Farooqui, and Salman Zafar for their hard work, dedication and sacrifice in making it possible to bring the combined summer journal and souvenir in time and in your hands at the meeting. Enjoy reading!

Tariq Shahab,
Chairman, APPNA Publication Committee

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APPNA MERIT Report

Naheed Usmani, Chairwoman

APPNA MERIT (Medical Education and Research International Training and Transfer-of-Technology) has had a very productive 2009 as the various specialty-specific networks ("MERITnets") have geared up to deliver on MERIT's vision.

New Initiatives at Summer Meeting SF: At the APPNA Summer Meeting in San Francisco, a number of MERIT initiatives will be unveiled to the APPNA membership, including:

- APPNA MERIT CME Session on Saturday July 4 with an exciting line-up of speakers from Pakistan
- Video-web Mini-conference on Neurology topics, to be beamed live to Pakistan, July 2nd
- Electronic CME Online Courses Project with first set of courses for Pakistan General Practitioners
- New Critical Care Fellowship being launched jointly by Dow, AKU, APPNA MERIT
- New Emergency Medicine Fellowship, under development with AKU, Dow
- Dermatology MERITnet planning short courses in Pakistan in Summer 2009
- Anesthesiology MERITnet participating in Pakistan Anesthesiology conferences and laying foundations of an APPNA Anesthesiology Association

These MERIT initiatives build on successful activities in 2008, including:

- Undergraduate Medical Curriculum Reform Colloquium held at KE in Dec 2009
- APPNA SUKOON Palliative Care seminars and training sessions held in Pakistan
- Short-duration Visiting Faculty Visits by various APPNA Faculty to Pakistan teaching institutions

MERIT Funding and Resource Challenges: The enthusiastic willingness of APPNA physicians across a broad spectrum of specialties to go and teach in Pakistan for short-duration assignments has created a need for APPNA to mobilize resources to make large scale teaching visits a reality. Pakistani medical universities and the College of Physicians and Surgeons of Pakistan, impressed by APPNA MERIT's consistent work from 2007 onwards to help Pakistan improve teaching and practice of medicine for the 21st century, have asked APPNA to help launch new Fellowship training programs, enrich existing training programs, and create a culture of CME for practicing general practitioners in Pakistan. This is both a great opportunity and a challenge for APPNA.

APPNA MERIT invites all physicians to volunteer for APPNA MERIT teaching programs and actively participate in the MERITnet activities of their specialty.

APPNA MERIT has started work on a Grant Proposal to seek outside funding, but that is not guaranteed. APPNA MERIT needs APPNA physicians to sponsor the visiting faculty programs with their targeted donations. They can help sponsor teaching visits for a specialty, sponsor teaching visits to their alma mater, or just contribute towards one or more visiting faculty visits. Please give generously and also help APPNA MERIT raise funding from sources you know. APPNA MERIT email: merit@appna.org. APPNA MERIT website: http://sites.google.com/site/appnamerit/. Anesthesiology MERITnet website & E-List: http://sites.google.com/site/anesthesiologymeritnet/

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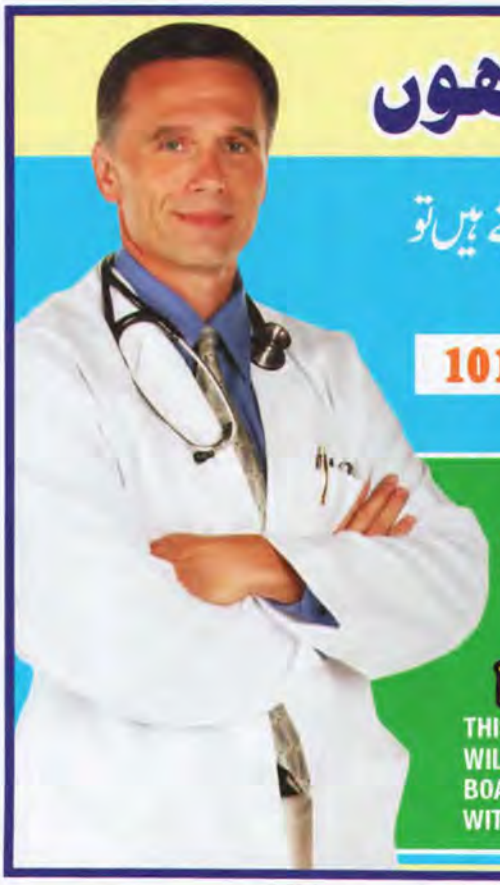

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Committee On Young Physicians Report

Abdul Rashid Piracha, MD, Chair • Rubina Inayat, MC, Cochair

The Committee on Young Physicians is six years young now and continues to put forth its utmost effort to become the most effective entity in assisting young physicians from Pakistan. We take pride in the fact that this committee has worked hard to meet its goals and has enjoyed the support of the Executive Committee and Council members. We can proudly celebrate our success in creating a platform to help young physicians from Pakistan during the last six years.

Post Match Scramble 2009 & Residency 2010

This is the fourth year of CYP's effort to help unmatched physicians. Applicants were asked to register on CYP's website www.ypprc.org. As expected the committee received an overwhelming response as more than 200 applicants registered. Additionally, fifty volunteers registered separately and were eager to assist in the post match scramble. A team of CYP volunteers organized an effort to help with interviews for post match vacancies. It was a great team effort; however the results were not as good as expected due to fact that the majority of unmatched programs already had a shortlist of applicants and most positions filled very quickly. Two applicants matched due to personal efforts of CYP members. A concerted effort needs to be continued in conjunction with participation of APPNA members. The crux of solving the problem of the declining number of Pakistani residents each year lies in building a strong network of physicians who are in residency programs and can assist with obtaining interview slots for good applicants.

CYP has enlisted many young physicians who are eager to help out in this process this year. We hope that readers of this report will also volunteer to add their name to this list. You can facilitate research/ clerkship placements, and advocate for residency interviews for Pakistani physicians who qualify.

Visa And Clearance Problem

The Committee continues to work relentlessly on the issues related to J-1/B-1 visa and clearance which the young Pakistani physicians have been facing during the last six years. Utilizing a multi-faceted approach, including a close working relationship with the U.S. Department of State and the U.S. Embassy in Pakistan, the CYP has been instrumental in gaining security clearance for many, and in obtaining visas for some who were previously rejected. This year at the call of the CYP, twenty-five physicians contacted CYP for assistance in clearance delays. Five physicians were cleared by May 31st. Our Committee's goal is to not let a single physician be delayed in joining the residency program.

Appna House & Interest-Free Loan

In order to facilitate lodging for the candidate during the interview process, research or observership, CYP is in the process of renting an apartment in New York. This facility will be able to provide temporary housing. The physician will sign an MOU and will pay a nominal utility fee for the stay. We plan to expand this program to other major cities across the USA.

Alternatively, a direct financial contribution to the deserving, yet financially strapped individual can also help. A deserving physician who has passed at least two USMLE exams with high scores, graduated from medical college within less than five years, and is financially in need due to low family resources would be eligible after verification of need. CYP will extend a loan, which will be refundable to CYP once the applicant starts his or her residency program.

CYP has started a fundraising project for the process and requests your help in this worthy cause.

Checks can be made payable to APPNA with memo to CYP fund and mailed to:

Dr. Rubina Inayat
6431 Chatham View Court
Windermere, Florida 34786

Please join hands with us and make a difference in a young physician's life. Please write to us at the above address, or kindly email us at pasneri2001@yahoo.com, arpiracha@yahoo.com, or visit our website at www.ypprc.org and fill out the mentorship form.

Social Welfare & Disaster Relief Committee Report

Aisha Zafar, MD, Chair

Each year SWDRC becomes busier than the year before. Just before the internally displaced Pakistanis (IDPs) crisis the only matter before the committee was the request from Karachi Street Children Project for $ 5000. This sum was raised easily and surpassed the solicited funds. Our previous report mentions the progress in this connection.

Fund Raising

With the rising humanitarian needs of the IDPs such as food, shelter and clothing, medical needs began to loom large. Resistance to human diseases are lowered and epidemics find fertile ground in these populations. The same was seen with this group of afflicted Pakistanis. Our medical knowledge and familiarity with the customs of the local population proves to be of high value in such situations. APPNA is uniquely equipped to supply high caliber of medical and surgical manpower, and equipment to the suffering masses. No other expatriate organization of Pakistanis can match that. It is for this reason that the members are enthusiastic about their mission. Within 24 hours of the call from this committee, APPNA members raised over 30,000 US dollars, and the total now exceeds $130,000. The efforts to raise funds continue at the same pace.

Mardan Outreach

APPNA already has presence in the Mardan area for some years with its telemedicine project, in partnership with Stanford University and UM Healthcare Trust. This cooperative relief effort was funded with an initial sum of $ 5000 from APPNA for the purchase of medicines. Plans are either to have volunteers from Khyber Medical College work with two doctors or to hire two doctors independently to supplement the medical effort already underway.

Buner arrivals are being treated at various sites. UM Hospital has administered 4,500 treatments already. Other active sites include the villages of Kotarpan, Pullo Dheri and Rustom Town. Medical statistics of our impact will be posted on SWDRC website. APPNA employee, Mr Zeeshan Piracha has already made a site visit..

Khyber Medical College

APPNA in collaboration with Khyber Medical College, was able to extend its reach into the number of encampments following the exodus from Swat, the largest to date since the creation of Pakistan. A number of pre existing units have been available to APPNA including Social Welfare Society of Khyber Medical College, Swat Medical Students Association and their existing outreach with buses going to the sites and medical students and doctors setting up camps to provide treatment. Besides treating various chronic medical conditions including diabetes mellitus and high blood pressure, the team also managed displacement related diseases such as gastrointestinal infections, urinary tract infections, skin conditions and post traumatic stress disorders.

It is hoped that with increased interest for relief activities in the members of APPNA, our teams can visit and work in areas of need as they arise. Four woman doctors had already signed up for medical camp duty at the time of this writing. Logistical difficulties and security concerns need to be addressed before the first mission departs from USA.

To facilitate and expand the relief effort, a subcommittee within SWDRC has been formed. The subcommittee consists of Drs. Rubina Inayat, Shahid Sheikh and Talha Siddiqui, Dr Mohammad Taqi (President KMCAANA), Dr Arshad Rehan (President Elect KMCAANA 2010), and Dr Naeem Ahmed (Chair Social Welfare KMCAANA). Dr. Mujeeb Jan and Dr Fauzia Wali Khan (President NE Chapter) will coordinate the efforts with Khyber Medical College.

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APPNA Arizona Chapter

Azam Taqi, President

The APPNA-AZ chapter held their semi-annual meeting on Saturday, May 9th at the Windmill Suites in Tucson.

The morning session started with the CME program. Dr. Nusrum Iqbal, Chair of the CME meeting, moderated the session. A welcome note was presented by Azam Taqi, President of APPNA-AZ chapter.

The APPNA-AZ chapter business meeting was held. The participants were Dr. N. Kazi, .Dr. A. Khwaja, Dr. T. Azam, Dr. A. Jan and some of the Tucson host committee members. Discussions included, free clinic in Phoenix and financial reporting. Dr. Haroon welcomed the guests. Dr. Azam, who is also the president of APPNA-Az chapter, thanked the Tucson community and physicians who came from Phoenix and Sierra Vista to attend the APPNA event. He gave a brief historical overview of APPNA for the benefits of VIP's and distinguished guests and representatives from elected officials in Tucson.

Dr. Taqi also thanked the friends from the Indian, Bangladeshi and Arab communities.

The program started with Quranic recitation by young Sabina followed by translation by Basit. The audience stood up in respect to American National anthem sung by Nida. Zane, Samra and Maliha joined the chorus for the Pakistani national anthem.

Dr. Taqi acknowledged the presence of honorable guests from various walks of life. Among the guests were Mrs Mohur Sidhwa, Vice Chair Arizona Democratic Party Vince Rabago. Assistant Attorney General of Arizona thanked APPNA-AZ for giving him the opportunity to talk and get to know the community members. He appreciated the work APPNA was doing in the area of disaster relief. He offered his services to the community for any consumer related issues, scams or fraud. He appreciated and admired Dr Azam's leadership in bringing together so many communities together. C J Karamargin, Communication Director, Office of Congresswoman Gabrielle Giffords, thanked for the invitation and expressed her regrets for not being able to attend because of her duties as a Congresswoman.

Letters were also read on behalf of Robert E. Walkup, Mayor of Tucson, Raul M. Grijalva, Congressman and Richard Elías, Chairman, Pima County Board of Supervisors. Dr. Mujeeb -Uddin Shad, the guest artist from Dallas engaged the audience by his ghazals and geets. Ashitos Thakral, the tabla player from Tucson accompanied him.

Editorial *(Continued from page 16)*

bettering ourselves professionally and financially. It is time for some spiritual improvement. And the route to that is not through the mosque, church or temple only. Whether it goes through the places of worship or bypasses them, as long as it serves fellow human beings, that to me is the essence of any faith specially the one I subscribe to and have grown up with. There is nothing more sacred and admirable in Islam than to serve your fellow human beings regardless of religion or race. Our beloved Prophet did not inquire about the faith of the needy before extending his help and assistance. And we also need to pass this culture of service to our next generation, for they will do as they see us doing. We need to teach them to look at the larger good of the country, society and their fellow citizens along with their own interests. They can enroll in the Peace Corps for a two year stint or a 11 month commitment with Ameri Corp; they can consider participating in Teach for America or consider serving the country in the Armed Forces. For ones looking for other opportunities they can check out the local charities and community projects, volunteer for Habitat for Humanity or at the local hospital or the nursing home or visit the Volunteer Match website. But whatever is done , it should be done with sincerity of purpose and with the pure ideal of helping others, not with the intent of buffing the resume for college admissions.

"In every community there is work to be done. In every nation, there are wounds to heal. In every heart, there is power to do it" (said Mari Ann Williamson of Peace Alliance).

APPNA Georgia Chapter

M. Yaseen Abubaker, President

There is a famous comedian Azhar Usmani out in Chicago who once said that for Pakistani parents there are only three professions for their children: Doctor, Lawyer or Loser" This is how I started my speech at GA-APPNA Annual Spring meeting 2009 held on April 25th at Hilton Hotel.

At the beginning of program 55 members renewed their membership. Dr Waheed Malik, Treasurer of GA-APPNA, conducted the show. Dr. Ahad Khan, a bariatric surgeon, gave an excellent talk on "Diabesity". Dr. Khusro Niazi, cardiologist from Emory University, delivered a very educational talk on "Peripheral Vascular Disease and its diagnosis in out-patient setting". In this meeting we invited financial advisors from Wachovia Wealth Management. Riaz Hameed, Eric Shusted, and Charles Douglas, the local team of experts in financial world, delivered a very informative lecture on "Retirement and Wealth Management". Later on I presented GA-APPNA 2008 report and emphasized the need for members to get involved in various social/charitable activities. I requested all of them to either join hospital committees, sub-specialties societies and if they have school going children to join PTA. In addition they were encouraged to join local charitable organizations or get involved in social programs at local masjids, or join APPNA to strengthen our hands. Since Nov 2007, when we revived Georgia APPNA, our female physicians have been actively involved in all activities. They have conducted several educational, social and cultural shows including the "Cultural and Fashion Show" performed in March of this year. Dr. Roohi Abubaker presented female physician report. Business meeting was conducted while dinner was served. Our one point agenda for business meeting was election of cabinet for 2010. Dr Adnan Abbassi, Dr Waheed Malik, and Dr Ahad Khan were elected as President Elect, General Secretary and Treasures respectively.

After dinner Mehfil-e-Ghazal was held in which renowned vocalist Kamran (son of the legendary Mehdi Hasan), sang popular songs and ghazals which lasted until 2 AM.

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Pakistan Physicians Society (Illinois Chapter of APPNA)

Fatima Ahmed, President

Pakistan Physicians Society (PPS) is one of the largest and oldest chapters of APPNA. It has a tradition of holding Spring Meeting, Memorial Day Picnic and Annual Meeting every year. The 2009 Spring Meeting Dinner/Banquet was held on Saturday April 25 at the Westin O'Hare Hotel, Chicago. This year, the meeting was held in conjunction with 2009 Spring Retreat of Dow Graduates Alumni Association of North America (DOGANA). As the co-host of the DOGANA Retreat, PPS welcomed guests from all over the country who were attending this meeting. It was very well attended by both PPS and DOGANA members. The main highlight of April 25th banquet was the opportunity given to APPNA 2009 Election Candidates to present themselves in front of a large audience. All candidates were present and had enough time on the stage to present their point of view. The function was followed by a very enjoyable musical program.

The Memorial Day Picnic was held on Monday, May 25th. This is an annual event which is enjoyed equally by adults and children. More than two hundred people showed up for the picnic (some from as far as Indiana and Michigan), in spite of rainy weather. There were games, prizes and food for all ages. While adults enjoyed barbecued chicken, chappli kabab, biryani, mangoes, kheer, tea, musical chairs, tug of war and cricket, children were entertained by hotdogs, burgers, cotton candy, ice-cone (gola-gunda), face painting, moon jump and many other games.

Everyone went home tired but happy.

PPS, ILL had the honor of starting the APPNA Community Health Center in November 2008 at Westmont, Illinois. It is a weekly free clinic for all the people of community who cannot afford health services, regardless of their ethnicity, religion, etc. This program is a combined effort on behalf of PPS and APPNA under the leadership of Dr. Imtiaz Arain with help and support of many dedicated volunteer physicians. This is a major step in entering a new era of community service, and with the support of everyone involved PPS/APPNA will make it work. In addition to this, PPS also holds a periodic Community Health Awareness Program (CHAPS), where free health screening is provided to community members. This program has been going on successfully for many years with guidance from our respectable senior member, Dr. Iltifat Alavi.

Our next major event is the Annual meeting which will be held in November. We hope it will also be a great event with the help of our members.

Mark Your Calendar For These Upcoming APPNA Events!

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Alumni Reports

Aga Khan University Alumni Association (AKU-ANA)

Faiz Bhora, President
Faisal Cheema, Secretary

The Aga Khan University recently celebrated its Silver Jubilee. A quarter of a century, while significant, is but a flash in the life of an academic institution. In a short period, Aga Khan University has established a reputation for excellence and moved towards accomplishing its vision of impacting and improving the lives of many. It is with pride that the Alumni can look to their university and be confident of the caliber of education received at AKU and the opportunities awaiting them. The University's most recent accolade was receiving an Honor Award "American Institute of Architects/ Committee on Architecture for Education (SCUP-AIA/CAE) 2008 award – Excellence in Planning for a New Campus". This was received for the master plan for the University's Faculty of Arts and Sciences (FAS) Karachi, Pakistan from the Society for College and University Planning--its highest tribute. To view other AKU milestones, please visit: http://www.aku.edu/25thAnniversary/milestones.shtml

A Grand Alumni Reunion was held at AKU Karachi, Pakistan from December 15th to the 21st, 2008. This Reunion had an added dimension with the commemoration of the 25th Anniversaries of the Aga Khan University and the Medical College. The week formally kicked off with the Inaugural Session where Dr Cheves Smythe, Founding Dean, Faculty of Health Sciences gave the keynote address. This was followed by individual unit-wise Assessing Alumni Impact sessions where the relevance and significance of AKU alumni achievements were discussed. During that week, significant progress was made towards subjects such as gauging alumni impact and the structure of the AKU Alumni Association and its bylaws. Among other activities, the alumni also participated in various interesting seminars and/or presentations on "Career Counseling", "Building the Future: Opportunities with AKU" and "AKU-Medical College - Its Journey in the 21st Century". A community service effort was also undertaken under the leadership of AKU-IED and AKU-SON, in underprivileged areas of Karachi, to raise awareness on Stress Management, Reproductive Health and Screening, First Aid Education and Substance abuse. It was a fun filled week where new friendships were made and old ones renewed. There was something of interest for everyone and an important step was taken towards strengthening the relationship between alumni and the alma mater.

The foundation laid in the past 25 years at AKU has resulted in program expansions and establishment of new campuses and faculties in South and Central Asia and Africa. AKU is currently alleviating health, education and leadership problems in the developing world through the establishment of innovative programs and services in 11 sites in 8 countries. At the Karachi campus, for example, the University Hospital's emergency room (ER) is under expansion. When completed, the ER facility will allow 70,000 patients to be treated annually, compared to 25,000 patients just year 10 years ago.

At the start of this year, Dr. Faiz Bhora, took over the presidency of AKU-ANA from Dr. Rizwan Khalid. The goals for the term of office ending December 2010 are to increase membership, develop closer working relationships with AKU, finalize the constitution, develop a new website, improve connectivity and start a mentorship program aimed at providing medical students, medical school and PGME graduates research and clinical training opportunities in the US.

To begin the process of developing a closer working relationship with the University, AKU-ANA Leadership and Members in and around New York City will meet AKU President, Mr. Firoz Rasul and Director General for Public Affairs and Resource Development, Mr. Asif Fancy, on the 20th June in New York City. At this meeting, the relationship between the Alumni and the University will be reviewed and discussions will be held on a strategy to further strengthen the bonds.

Please join us in building a strong and effective AKU Alumni Association in North America. It is an honor to have the opportunity to chart the course

for the Alumni Association of this great Institution and we hope all AKU graduates in North America will participate in this exciting endeavor. If you are a graduate of AKU and wish to join our mailing list, please e-mail alumni.nachapter@aku.edu.

Allama Iqbal Medical College Alumni of North America (AIMCAANA)

Muhammad Babar Cheema, President

We are pleased to report that AIMCAANA has achieved most of its goals set for the year 2008. It has successfully reached most of the Iqbalians residing in USA and many of them are now contributing actively in the different initiatives of AIMCAANA. Some of the accomplishments for the year 2008 are listed below:

1. AIMCAANA website was updated multiple times and many new features were added including online application system for our scholarship and Qurz-e-hasna program. Website can also now accept online payments/donations through PayPal account for different projects.

2. AIMCAANA blast email system was developed that is now reaching more than 500 Iqbalians and has played an important role in communicating with the membership.

3. Inaugural issue of AIMCAANA Connection was published, first ever AIMCAANA publication, and was well perceived by not only Iqbalians but also by other APPNA members. Tahir Latif, Wasique Mirza, Javed Akbar and Taseer Cheema did a wonderful job in this initiative.

4. AIMCAANA elections 2009 were held on time through mail ballot and both candidates and voters demonstrated high level of morality and respect for each other. Dr Atique Mirza and his team deserve a lot of credit for accomplishing this important task.

5. AIMCAANA annual summer meeting had the highest ever attendance and around 175 attendees shared old memories with each other. Barrister Aitzaz Ahsan was the keynote speaker and ignited old memories of the days when his older brother Dr Ijaz Ahsan was the principal of AIMC.

6. AIMCAANA also arranged a social forum in collaboration with DOGANA featuring Barrister Aitzaz Ahsan, Honorable Ambassador Hussain Haqqani, Lisa Curtis (Senior Research Fellow at The Heritage Foundation) and Anis Haroon (Director, Aurat Foundation). This was a memorable moment in APPNA history as first time two alumni associations worked together to arrange an event. We are positive that this trend will continue to flourish in future.

7. AIMCAANA Endowment fund was established and has reached $50,000 mark that was more than our expectations. Fund raising was also done for the scholarship fund for the medical students at AIMC who require financial assistance. We are proud to report that our fellow Iqbalians opened their hearts for both of these projects and pledged around $95,000 and almost 80% of these pledges have been fulfilled to this date. I will like to mention Humera Qamar, Asad Qamar, Naeem Tahirkheli and Imran Bajwa for their generous contributions to this fund.

8. AIMCAANA no interest loan program is being established to assist Iqbalians who are seeking training in US and need financial assistance. Similarly scholarship fund received generous contributions from the membership and will be distributed soon. AIMCAANA house where many Iqbalians are residing while pursing their careers was reached out and a plan is underway for their assistance.

9. AIMCAANA has moved its bank accounts to Chicago under APPNA in compliance with the guidelines set by central APPNA. This will result in better and timely accounting and auditing for APPNA as we use its tax ID number. It will also result in smooth transition when AIMCAANA leadership switches every year. I will like to thank Jalil A. Khan for handling AIMCAANA finances for last few years and fulfilling this responsibility with diligence.

10. AIMCAANA in collaboration with AIMC Principal Professor Dr Javed Akram and other faculty members arranged and actively participated in an educational conference titled as AIMCON 2008 at AIMC from Dec 21 to 24 this year. Educational lectures and workshops focusing on different specialties were arranged. APPNA CME meeting was held at AIMC on Dec 22, 2008 and was well appreciated by the medical students and house staff.

11. AIMCAANA supervised the elections of local Iqbalian's alumni at the request of Principal, AIMC. We were really impressed by the spirit and dedication of our fellow Iqbalians who elected their representatives in a very democratic fashion. Each one of them was selfless and passionate about the cause of

our Alma mater. Azim Jehangir (founding member of AIMCAANA who later moved to Lahore) was elected as President. Rashid Saeed (Vice President), Zafar Iqbal Gill (Secretary) and Dawood Ahmad (Treasurer) were the other elected officers.

12. AIMCAANA is also planning to adopt few projects at AIMC including a model diabetic center with a multidisciplinary team approach to tackle this important ailment. This will be named as Jinnah Allama Iqbal Diabetic and Endocrinology center (JAIDE).

13. AIMCAANA will donate audience response system for 200 students so that they could actively participate in the lectures.

We are sure that this year AIMCAANA will move one step further under the able leadership of Rizwan Akhtar who is a dedicated Iqbalian and has served this organization as a foot soldier since its inception. I am truly appreciative to the membership on giving me an opportunity to serve AIMCAANA and its membership as President, 2008.

Dow Graduate Association of North America (DOGANA)

Muslim M. Jami, MD, FAAP, President

The DOGANA's Executive Council has worked hard through out the year on a steady pace. In our first executive council meeting all committee chairs and members were appointed. A budget was presented, which was approved in due time with deliberation. The confusion over BOT appointment was amicably solved in consultation with the CABL Committees. This year our elections will be held by mail balloting in October-November the nomination and election committee will conduct this election. A new Ethics and Grievance Committee has been appointed by the executive council. The E&G committee will be submitting the procedure guidelines to EC for final approval.

Educational activities: The CME committee in collaboration with the LHC at the retreat provided high standard CME certificate for the attendees. This year the Visiting Faculty Program is being projected and enrollment is open and encouraged on our web page. We are collaborating with DUHS in this endeavor. A Research Forum was also established to provide guidance to the students and young faculty at DUHS. The Membership Committee is reviewing and updating the database. All new applications for membership will be done online and entered in this updated database.

DowAlumni.com was updated last year and is playing a central role in communication activities of the alumni. Communication Committee has done a stellar job under leadership of Nasir Shahab with keeping website updated and also running the e-list efficiently. The information to the members is effectively being communicated through the web-page, E-list and and by the blast mail. Publication Committee has already published two Dow link issues, first in January and the second issue in April. Third issue will be available by the summer meeting. I commend Naseem Shekhani and his team for publishing the magazine in a short time and cutting the cost of publication to break even. This year DOGANA Retreat was held on April 24-26th at Westin O'Hare in Chicago. In the spirit of collaboration with APPNA and for expense consideration we joined hands with the Pakistan Physician Society (APPNA Chicago chapter) in this meeting. This meeting surpassed everyone's expectation, not only in attendance but also for its quality. This was a two-day jam-packed fun filled educational environment highlighted by the visit of Dr Salahuddin Afsar, Principal of DMC. I am happy to report that even in these difficult financial times, we were able to save substantial revenues for DOGANA. We recently undertook fundraising for the Internally Displaced Persons from Swat. I am thankful to many Dowites who generously donated in this worthy cause. We remain truly thankful to countless number of Dowites who spend their valuable time and effort to make this organization a vibrant and prolific part of our lives and APPNA community.

Fatima Jinnah Medical College Alumni Association of North America

Sarwat Azma Iqbal, President

I would take this opportunity to say that I am very proud of my council and my alumni. It is a great honor to serve this college, where members work together to help each others. Our goals are as outlined below.

We seek to use our dedication and our resources to help those in dire need anywhere in America, Pakistan, and other regions of the world without any discrimination.

We seek to help facilitate a new system, EMSWP, which will help foreign medical graduates receive and send transcripts in a far more efficient and effective manner.

We seek to urge our FJMCNA members, APPNA members, and all others to take initiative to start and participate in the numerous projects that are ongoing, to aid the millions of fellow Pakistanis displaced in SWAT. FJMCNA has thus far donated $2,000 and is looking to its members for further support through donations and volunteer work abroad.

We are currently working on a newer, more accessible, and comprehensive website with features such as a message board and alumnus search. These features will help use to keep in touch and reconnect with old friends.

We continue to help our beloved college and future doctors by sponsoring 20 scholarships.

We continue to support our alumni in their humanitarian projects. Dr. Zeenat Anwar has been serving for ten years. Dr. Shahnaz Khan is the Cochair of HDF. They are among the founding members of the Human Development Foundation. We encourage support and participation from our alumni members for such worthy causes.

I want to say my special thanks to the President, APPNA Council and all APPNA members for their support.

Khyber Medical College Alumni Association of North America (KMCAANA)

Mohammad Taqi, President

KMCAANA's first meeting of the new executive council was held in February via a teleconference. Various committees were formed, which include the Social Welfare and Disaster Relief, Finance, By-laws, Membership, and Communications committees. Coordination of respective committees and prompt reporting to the executive council was emphasized. One of KMCAANA's goals for the year is to increase our membership strength through regular spring, summer and fall membership drives, with first such effort commencing immediately. The web portal for the Alumni (www.KMCAANA.org) was established at the turn of 2008. The website will also serve as a communication channel for the alumni.

The war in the NWFP and FATA continues and 3 million of our compatriots remain internally displaced. KMCAANA has answered the call to duty and is working with SWDRC of APPNA and the Social Welfare Society (SWS) at Khyber Medical College to provide medical relief to the IDPs. The SWS is providing direct care to the affected population through three medical camps in Swabi, Mardan, Nowshera and several mobile teams, which are reaching out to the IDPs outside the camps. SWS has set up a dedicated website (http://idps.swskmc.org/) to provide regular updates of the relief project. The vice-chancellor of the KMU, Professor Dr. Muhammad Hafizullah and the vice-principal of the KMC. Professor Dr. Ejaz Hassan are supervising the relief effort.

We are grateful to the Khyberians and all other individuals, alumni and chapters who have pledged more than 100000 dollars for IDP relief project, thus far.

The magnitude of the crisis and nature of the conflict warrant a sustained effort on our part till the IDPs are repatriated and the severely disrupted civil services, including health care, are restored to pre-war levels. We need your continued help to make this possible.

King Edward Medical College Alumni Association of North America (KEMCAANA)

M. Haseeb, President
Masood Akbar, President Elect
Tariq Jamil, Secretary
Aisha Zafar, Treasurer

Continuing on the heels of last year's efforts by Mubasher Rana, President KEMCAANA 2008, we have undertaken several new initiatives. The leadership of KEMCAANA is indebted to its membership and volunteers in supporting several

projects both for KE and Mayo Hospital.

The winter meeting at KE in Dec 2008 was a combined meeting with APPNA. KEMCAANA delegates were special guests at the first convocation of KEMU. We had detailed meetings with the Academic Council of KE regarding the format of CME programs and other areas of mutual interest including the support from US faculty on a more formal basis.

Curriculum reform Colloquium was a full day program on Dec. 23rd.at KE. This highlighted the need for change in Curriculum to bring KE at par with International standards. The participants included KE grads working as faculty in US Med Schools, a medical student from University of Chicago, local KE students and KE faculty along with faculty form DOW, AKU and Shifa. KEMCAANA Curriculum reform committee is working with the Steering Committee of KE to bring about this change.

KEMCAANA Young Investigator Award was introduced this year. This will be given to Young Kemcolians practicing in North America in recognition of outstanding contribution to research (Basic or Clinical) or scientific advancement of clinical practices by virtue of introducing novel approaches, including but not limited to new and improvised tools / Patents for delivery of exceptional patient care.

The KEMCAANA Scholarship fund received a boost form Maqbool Ahmad, MD KE 1968, in the form of a Sustaining Sponsor with $20,000 per year for the Life of the Scholarship. The membership and the leadership of KEMCAANA greatly appreciate the Philanthropic example established by Dr. Maqbool Ahmad who has actually become a role model for all Americans of Pakistani descent by his active participation and support of several similar projects in multiple arenas needing attention particularly education and humanitarian welfare projects.

The Distinguished service Award for 2008 recipients included Dr.Raana Akbar, Dr. Faiqa Qureshi and Dr.Atiya Khan.

The Visiting Faculty Program this year highlighted a visit by Dr. Nasir Siddiqi, KE 1968 (Formerly faculty at Harvard for 5 years and now Asst. Prof. of Radiology in the Interventional Radiology section at Washington University) form May 25 to June 4. This program included performing Interventional Radiological procedures and training of the local Radiology faculty at KE / Mayo. The program was sponsored jointly by KEMCAANA and The Radiological Society of Pakistan. This program received a lot of media attention also

KEMCAANA Computer labs have been extended to 46 locations. By the end of June Mayo Hospital will be connected to the outlying hospitals with Telemedicine through the KEMCAANA High speed Cable Internet service.

Collaboration with KEMCAA UK is in progress to look into the possibility of a joint meeting this winter at KE in December. KEMCAA UK will be sending its delegates to attend our summer meeting in SF.

KEMCAANA Retreat: The 4th annual Retreat was held in St. Louis from March 27th to March 29th. The Strategic sessions focused on working closely with the administration of KE for advancement of the institution as a University and for development of Centers of Excellence at its allied hospitals. The Friday Night Dinner was held at the historic Bush Stadium and was followed by a Grand Mushaira that featured Ata Ul Haq Qasmi, Dr. Inam ul Haq Javed , Uzair Ahmed Uzair..all from Pakistan and several notable poets from the US including Ifti Nasim. The Key note speech given by the Honorable Ambassador Ata Ul Haq Qasmi was an inspirational address of Hope!

KEMCAANA Election results will be presented at the Summer meeting in SF.

Nishtar Alumni of North America (NANA)

Abdul Jabbar, President

Nishtar Alumni of North America with the help of its dedicated members has been working on several projects at Nishtar Medical College:

We have completed an educational project in Nishtar Medical College to start ACLS and BLS classes. A large conference room and training center has been renovated within newly built emergency room and trauma center. This conference room is equipped with state of the art audio visual support and modern furnishing. The ACLS and BLS courses are being offered to physicians since August 2008.

We are planning to undertake one substantial project a year. Currently, we are working on an extension of

pediatric ward (pediatric project). With the completion of this project at least 100 beds will be added to the existing pediatric ward. A new neonatology unit will also be created. This project is schedule to be completed before the end of this year. At later stage, pediatric class room will be completed.

Endowment Fund has been growing every year for which we thanks to the generous donations of our members. This has enabled us to offer scholarship to 22 deserving students at Nishtar Medical College. Our immediate goal is to offer scholarship to 25 students this year and hopefully 30 students next year.

Nishtar Alumni website, Nishtar.org, has been updated and completely revamped with several new features. Soon we will be adding blast email system to inform and update Nishtarians about different activities of Alumni. We are also planning to add forms and documents verification for in-training Nishtarians residents and fellows.

We have started annual CME meeting at Nishtar Medical College in collaboration with Nishtar faculty. The first successful meeting was held in December 2008 which was well attended by Nishtar faculty and students. According to estimates there are more than 700 Nishtarians living in the United States of America. As the President of our Association, I invite all of you to become an active member of Nishtar Alumni and help us achieve our goals.

Rawalpindi Medical College Alumni of North America (RMCAANA)

Tanveer Ahmad, MD, President

We have started this year with great hopes and expectations. Over the past six months the RMCAANA Executive Council has conducted several teleconference meetings. Through those meetings we were able to further the objectives and visions of RMCAANA that are in line with APPNA.

Recently we have launched a project to support the Child Development Center in Rawalpindi, Pakistan. We need Rawallians and APPNA members to train house officers in child development disorder in the US as well as in Pakistan. We can also provide second opinion teleconferences or provision for educational materials. To further this endeavor, we had several telephone conferences with Dr. Freed Minhas (head of child psychiatry in Rawalpindi) and decided to hire a full time psychologist in Pakistan, whose job will be to coordinate academic sessions and to be actively involved in therapy. This project could be linked to APPNA MERIT program.

The Rawallian burn center at Holy Family Hospital has been serving the community for the past several years. It is now fully equipped and has a state of the art OR. This mammoth undertaking could not have taken off the ground without the generous contributions of Rawallians from all over the world.

We all know that the strength of an organization depends on its goal, leadership and an ever growing dedicated membership. And we are actively working on enhancing the membership of RMCAANA as well as APPNA.

Mr. Salam Al Marayati has accepted our invitation to be the chief guest at the alumni dinner of the upcoming APPNA annual summer meeting. We will keep you updated with any new development.

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Welcome **Khoash Basore**

Central California Physicians Welcome All APPNA Members and Guests to San Francisco

Seated: Shafi Rahman, Aftab Naz, Ishtiaque Bangash, Tahir Hasan Muslim Jami
Standing: Naeem Siddiqui, Abbas Mehdi, Nasir Baz, Babar Rao, Anwar Malik, Zafar Shaikh

The Northern California Chapter of APPNA

Extends a warm welcome to all APPNA members and their families!

Officers of Northern California Chapter

President – Munir Javed
Secretary – Shahid Abbasi
Treasurer – Ejaz Naqvi

Members

Munawar Ahmed Alavi	San Jose
Waseem Ahmad	Vallejo
Muhammad Aleem	Fremont
Fouzia Aleem	Fremont
Zulfiqar Ali	Fremont
Shahid Abbasi	San Ramon
Afzal Arian	Madera
Fayaz Asghar	San Jose
Shehzad Aziz	Salinas
Rahat Aulakh	San Ramon
Aslam Barra	Hollister
Fauzia Basit	San Jose
Ilyas Chaudhry	Vallejo
Aamir A. Faruqui	Danville
Mariam Hasan	Santa Clara
Muslim Jami	Fresno
Munir Javed	Mountain View
Amer Khan	Sacramento
Farah Khan	San Jose
Sabir Ali Khan	Benicia
Shakeel Ahmed Khan	Napa
Nasreen Khan	Bakersfield
Tehmina Khan	San Ramon
Nadia Malik	Pleasanton
Tariq Mirza	Union City
Ghulam Moheyuddin	Hollister
Muniza Muzaffar	Pleasanton
Syed Ejaz Naqvi	Walnut Creek
Aftab Naz	Madera
Ghulam Raza Noorani	Benicia
Iram G. Qidwai	Union City
Farah Mubasher Rana	Danville
Mubasher Ehsan Rana	Danville
Tanvir Sattar	Danville
Husain Shabnam	Los Gatos
Batool Shaikh	San Jose
Naveed Shams	Danville
Sobia Sultan	Antioch
Zahida S. Tayyib	Mountain View
Afshan Umavi	Pleasanton

2009 SFO Bay Area Local Host Committees

1st Row, L to R: Tehmina Khan, Shahid Abbasi, Muhammad Aleem, Mubasher Rana, Munawar Alavi, Ejz Naqvi
2nd Row, L to R: Tipu Ahmad, Safora Zaka, Muslim Jami, Tanver Sattar, Sabir Khan, Zulfiqar Ali, Afshan Umair, Muniza Muzaffar
3rd Row, L to R: Suhaib Aulakh, Asif Khan, Aftab Naz, Aslam Barra,
Not Shown: Munir Javed, Amer Khan, Shahzad Aziz, Fayaz Asghar

Mubasher Rana, MD
Chair
Munir Javed, MD
Co-Chair

Communication & Publication
Sabir A. Khan, MD
Chair
Amer Khan, MD
Cochair

CME
Tanver Sattar, MD
Chair

Alumni Coordination
Ejaz Naqvi, MD
Chair
Shehzad Aziz, MD
Cochair

APPNA Bazaar
Mohammad Aleem, MD
Chair

Tours & Transportation
Aslam Barra, MD
Chair

Guest Services & Speakers
Munawar Alavi, MD
Chair
Tehmina Khan, MD
Cochair

Food & Hotel
Shahid Abbasi, MD
Chair

Entertainment
Tariq Mirza, MD
Chair

Volunteers
Tehmnia Khan, MD
Chair
Afshan Muzaffar, MD
Cochair

Chapter Coordinator
Munir Javed, MD

CAPNNA
Muniza Muzaffar, MD

Golf Outing
Fayyaz Asghar, MD

Resources
Asif Khan

Career Counseling
Aifra Ahmed, MD
Umer Malik, MD

APPNA Alliance
Aftab Naz, MD
Chair

Members at Large
Zulfiqar ALi, MD
Fremont, CA
Afzal Arain, MD
Madera, CA
Muslim Jami, MD
Fresno, CA
Ahsan Rashid, MD
Southern California
Rushda Mumtaz, MD
Arizona
Nasser Khan, MD
Bakersfield, CA

From The Chairman of the Host Committee

Dear Friends and APPNA Delegates:

Assalaam-Alaikum. On behalf of the entire host committee, I want to welcome you to San Francisco, the beautiful city by the Bay. As Tony Bennett once sang, "I left my heart in San Francisco"; we hope you have a similar experience and truly enjoy your stay at the 32nd Annual Summer Convention of APPNA. APPNA is coming to the West Coast after 12 years. We, the host committee are very excited to host this Grand convention and welcome our friends, colleagues and their families from all over United States.

We have been working extremely hard to make your stay comfortable and enjoyable. This effort started in late January and has taken all these months to accomplish the arrangements for the meeting. It could not have been possible without the hard work, dedication and commitment of the host committee members and Chairs of the subcommittees. We have formed 16 different subcommittees who have been assigned separate tasks. It has literally taken hundreds of man hours to accomplish these tasks. I cannot be more thankful for all their efforts. I feel the phenomenal success of APPNA is due to the selfless efforts of such members who have worked day in and day out to make such meetings successful and contribute to the betterment of our organization in so many different ways.

We are glad that lot of you are arriving early and would be spending almost a week in the San Francisco Bay Area. We have arranged a City tour and BBQ Lunch in the famous Golden Gate Park on Wednesday July 1. There is a tour of Alcatraz on Thursday July 2nd. We are hoping that you will truly enjoy these tours. For guests who are arriving early, we will also provide information on tours to nearby scenic places like Monterrey and Napa Valley. The welcome reception from the host committee is planned for Wednesday night followed by event hosted by the APPNA chapters and a musical program. Alliance night as usual is on Thursday and Friday is dedicated to the Alumni activities. Sheikh Hamzeh Yousaf will be leading the Jumma prayers. You will enjoy sumptuous Pakistani cuisine on Thursday, Friday and Saturday night Banquets. We are also putting together a memorable entertainment program on all these nights.

I also want to thank CME Chair Dr. Adeel Butt and his committee members for arranging an excellent CME program on Thursday, Friday and Saturday. Participants will be able to obtain 12 hours of CME credit. We have also arranged the traditional APPNA Bazaar with over 100 booths for your shopping pleasure.

SAYA and CAPPNA have arranged their own programs and we are confident that everyone will have a good time. The highlight as usual would be the Fashion program arranged by SAYA. We have also made considerable effort to make adequate baby sitting arrangements.

The hotel itself is located in the heart of San Francisco with close proximity to Union Square, the main shopping center and very elegant stores and Restaurants. There is something to do for everyone and a lot of attractions are in walking distance.

In the end, I would like to especially thank Tipu Ahmad for his untiring work to organize this meeting. I also want to thank APPNA Central office for all their help in coordination of the arrangements. Last but not least I would like to thank APPNA President Dr. Syed Samad for putting his trust in us to conduct this meeting and supporting us in every aspect.

We hope you will enjoy San Francisco Bay Area and will keep coming back to our part of the world. We are delighted to host the wonderful people of our APPNA family and again wish you a wonderful exciting stay. We have tried our very best to cater to your every needs and apologize in advance if we have inadvertently overlooked any matter.

Warmest Regards
Mubasher Rana, MD
Chairman Host Committee, APPNA Summer Meeting 2009

Local Host Committee Communication & Publication Chairman's Message

Dear APPNA members and guests:

It is my pleasure to present you the annual summer meeting souvenir. As chairman of publication for the local host committee, I would take this opportunity to thank all the members of the local host committee, the APPNA publication committee and especially Dr. Tariq Shahab for his advice and guidance during the last three months.

As you all know, being a full time physician involved in patient care, while simultaneously committing to domestic responsibilities, makes it difficult to volunteer for any cause—let alone one's which are seldom rewarding.

The San Francisco local host committee has experienced a tremendous transformation—from novice to expert—in the last six months. From our first meeting in January to our final meeting in June, this committee has spent countless hours working hard to make this meeting and this publication a success.

As the past committees may know—and the future committees will find out—publishing a Journal or Souvenir is a task that requires expertise…something we didn't have. I do recall two publications during my tenure in my 3rd year of medical school nearly a quarter century ago. Since then, the publication process has changed tremendously for the better.

Many people may not know that in addition to meeting souvenirs, APPNA publishes two journals and two newsletters throughout the year. The APPNA publication committee this year has started the tradition of combining the souvenir with the APPNA Journal, in consultation with APPNA leadership.

Our local host committee accepted the offer while retaining the active participation and fair representation of both, the host committee and the Northern California Chapter.

In the end we have an excellent Journal combined with the meeting Souvenir, a process that may be duplicated for many years to come.

Sabir A. Khan, MD
Chair, Communication and Publication Committee
APPNA SFO Bay Area Host Commitee 2009

APPNA Northern California Chapter

A Brief History & Activities

by Shahid Abbasi, MD

1998

After the APPNA summer meeting at Los Angeles, Dr. Afzal Arian proposed the idea of forming Northern California chapter.

1999

The Chapter was formed and Dr. Mubasher Rana was elected as the first president. He served for 2 years. At that time, Oregon was also part of the chapter. The first chapter meeting was held at Wyndham Garden Hotel in Pleasanton. More than 50 physicians and their families attended.

2000-2005

The Chapter is spread over a large geographic area. Each year the slate of officers are democratically elected. The Chapter Presidents are from different regions of Northern California.

2001 Dr. Aslam Barra – Hollister
2002 Dr. Aftab Naz – Madera
2003 Dr. Fayyaz Asghar – Peninsula
2004 Dr. Shaukat Shah – Stockton
2005 Dr. Zubeda Seyal – Sacramento
2006 Dr. Zulfiqar Ali – Pleasanton

Every year our annual meeting was also held in the city where the President is from.

2006

August: Held a yearly medical camp on Pakistan Independence Day at San Francisco. This camp helps hundreds of attendees each year.

November: The Chapter's Annual meeting started with lecture/presentation, followed by a musical evening. From this time onward, the local chapter started involving non physician Pakistani families in our events; more than 300 people attended local chapter event which helped promote APPNA to the general Pakistani public

2007

March: Started our activities 2-3 times a year. Chapter meeting started with CME Lecture/presentation, followed by dinner and a musical evening.

July: Held a Fundraising event for the Cyclone disaster in Balochistan Pakistan.

August: Held an annual medical camp on Pakistan Day in San Francisco.

November: Special meeting setup for fundraising of Earthquake in Pakistan. Invited Pakistani community. Almost 400 people attended on APPNA's call and helped the earth quake victims.

Dr. Tehmina Khan and Dr. Afzal Arian from our local chapter visited Pakistan and aided the victims in the medical camp.

President – Munir Javed
Secretary – Muhammad Aleem

2008

May: Held a medical camp for the community in San Ramon Valley Islamic Center. It covers the east bay area and was a huge success. Volunteers included Dr. Mubasher Rana, Dr. Munir Javed, Dr. Tariq Mirza, Dr. Muhammad Aleem, Dr. Omera Naz (Dentists)

August: Held annual medical camp on Pakistan day in San Francisco.

November: Held another fundraising for the 2007 Earth Quake Victims in Pakistan.

President – Muhammad Aleem
Secretary – Shahid Abbasi

2009

January: Held first meeting of the year. President of APPNA, Syed Samad, Executive director, Tariq Cheema, and Event Organizer, Tipu Ahmad, especially attended this meeting to start planning for the summer meeting.

Under the chairmanship of Dr. Mubasher Rana 14 different host committees were formed for hosting the Annual Summer meeting in San Francisco.

Northern California local chapter involves Pakistani community in their events and also Interacts with other Pakistani organizations, like OPEN, HDF, PACC (Pakistani American cultural center) and Pakistan Association of San Francisco Bay area.

We are very excited to host the APPNA Annual Summer meeting this year. We have been working hard to meet your needs and make your stay as comfortable as possible. We welcome you to San Francisco. We hope you have an enjoyable time and leave with the fondest of memories.

Association of Physcians of Pakistani Descent of North America (APPNA)

Code Of Conduct For Meetings & Panel Discussions

APPNA meetings include accredited continuing medical education, business meetings, panel discussions, exhibitions and many social events. It is the intention of APPNA to maintain an atmosphere and environment that is respectful, congenial, conducive to learning and beneficial to the personal and professional development of our members. APPNA expects all registered participants, family members, guests and vendors to demonstrate courtesy and respect toward all other participants, guests, hotel staff and other interested parties that are in attendance at the meeting or present in the hotel. APPNA does not endorse any of the speakers or their positions; their views are not necessarily the views of APPNA.

APPNA Standards for Meetings and Panel Discussions are:

1. Participants will demonstrate respect for all presenters, panelists and audience members
2. Participants will demonstrate respect for the opinions and views of all other participants.
3. Participants will refrain from disrespectful, disruptive, injurious, sexist, combative or merely argumentative comments or conduct toward any presenter, panelist or other participant.
4. Participants will refrain from applause, heckling, shouting-out or other demonstrations of personal opinion during the presentation of a presenter, panelist or other participant's opinion.
5. Participants will refrain from personal references, or personal attacks of any nature when commenting on an issue.
6. Participants that persist in disrespectful conduct will be admonished and if necessary for the benefit and enjoyment of the other participants, ordered to withdraw from the event.
7. The APPNA Sergeant-at Arms (Executive Director) is empowered to remove disrespectful and/or disruptive participants.
8. Other hotel guests or non-members present at the meeting venue shall be required to adhere to the hotel or conference center conduct policy.

Continuing Medical Education Program

Salon 9, Yerba Buena Ballroom, Lower B2 Level

Thursday July 2, 2009

Session Chair(s): TBD

8:00-8:30 am	The neurological aspects of chemical and biological terrorism	Syed A. Rizvi
8:30-9:00 am	Travelers Diarrhea and Other Common Ailments	Shehzad Saeed
9:00- 9:30 am	Asthma: Still Wheezing After All These Years	Syeda R. Inamdar
9:30-10:00 am	Deceptions of Doctors: Is a lie ever not a lie?	Anser Haroun

— 10:00-10:30 am BREAK —

Session Chair: Zakia Rahman

10:30-11:00 am	New approach to Emerging Infections	Ali S. Khan
11:00-11:30 am	TBD	
11:30-12:00 am	Update on Cutaneous Fungal Infections	Raza Aly
12:00-12:30 pm	Dermatology 101 for Clinicians	Abrar Qureshi
12:30-1:00 pm	Ethnic Skin Diseases	Zakia Rahman

Friday July 3, 2009

Session Chair: Javed Suleman, Mt. Sinai Medical Center, New York

8:00-8:30 am	Advances in Heart and Lung Transplantation	Abeel A. Mangi
8:30-9:00 am	Matters of the Heart: Therapeutic Options in Advanced Heart Failure	Farhana Latif
9:00-9:30 am	Going beyond LDL cholesterol: Utility of Non-HDL cholesterol, Apolipoprotein B and LDL particle concentration in Cardiovascular disease risk prediction	Salim S. Virani
9:30-10:00 am	Structural heart disease: Identification and management in immigrant populations	A. Jamil Tajik

— 10:00-10:30 am BREAK —

Session Chair: Faisal Cheema, Columbia University

10:30-11:00 am	Research Presentation 4, 5 & 6	Awardees
11:00-11:30 am	Quickest Way to a Man's Heart: HIV and HCV?	Adeel A. Butt
11:30-12:00 am	Hibernating Myocardium: Its Significance in Clinical Cardiac Outcomes	Shahbudin H. Rahimtoola

12:00-12:30 pm	Answer to your Prayers for Treatment of Acute Stroke . . . . . Ashfaq Shuaib
12:30- 1:00 pm	Operating on the Inoperable Patient with Lung Cancer . . . . . Faiz Y. Bhora

Saturday July 4, 2009

Session Chair(s): TBD

8:00-8:30 am	Disease Surveillance Systems in Pakistan Using Radio Frequency Chips and Satellite Tracking Technology . . . . . Aamir J. Khan
8:30-9:00 am	Emerging Models of Healthcare Financing & Delivery for the Underprivileged Populations . . . . . Asher Hasan
9:00-9:30 am	TBD . . . . .

Session Chair: Faisal H. Cheema, Columbia University

9:30-10:00 am	Research Presentation 7, 8 & 9 . . . . . Awardees

Session Chair: Naheed Usmani, University of Massachusetts

10:00-10:30 am	APPNA Telemedicine Project Case Presentations . . . . . Rizwan Naeem
10:30-11:00 am	Medical Curricular Reforms in Pakistan-Successes and Pitfalls . . Masood H. Khan
11:00-11:30 am	APPNA-MERIT Presentation 2. . . . . Naheed Usmani
11:30-12:00 am	Closing Remarks and Awards Distribution

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Contact Krisie Bradley at 610-666-5510 or KBradley@QRSCard.com

Schedule of Events

32nd Annual APPNA Summer Meeting • July 1-5, 2009 • San Francisco, California

Registration will be at the North Registration Desk
Wednesday 1:00-10:00 pm
Thursday through Saturday 7:00 am-10:00 pm

TIME	EVENT	LOCATION
Wednesday, July 1		
10:00 am-4:00 pm	San Francisco Sight Seeing Tour & Lunch at Golden Gate Park	Outside picnic
5:00 pm-8:00 pm	Reception by Host Committee	Atrium Club Room Atrium Level
8:00 pm-1:00 am	Chapter Night - Meeting & Entertainment	Hotel
Thursday, July 2		
8:00 am-1:00 pm	CME (See CME Program Schedule)	Salon 9 Yerba Buena Ballroom Lower B2 Level
9:30 am-3:30 pm	Alcatraz Tour	Alcatraz
11:30 am	Alliance General Body Meeting	Hotel
Afternoon	Golf Outing	Harding Golf Course
3:00 pm-6:00 pm	APPNA E-list Meeting	Hotel
4:00 pm-7:00 pm	APPNA Chat Meeting	Hotel
4:30 pm-5:30 pm	Alumni General Body Meeting – Nishtar	Hotel
Afternoon	SAYA Welcome Picnic	Outside
6:00 pm-12:00 am	APPNA Merit Neurology Pilot Project	Hotel
7:00 pm-1:00 am	Alliance Dinner and Entertainment	Salon 9 Yerba Buena Ballroom Lower B2 Level
All Day	APPNA Bazaar	Golden Gate Hall B2 Level
7:00 pm	SAYA Entertainment	Club Room Atrium Level

Schedule of Events

32nd Annual APPNA Summer Meeting • July 1-5, 2009 • San Francisco, California

TIME	EVENT	LOCATION

Friday, July 3rd

8:00 am-1:00 pm	CME (See CME Program Schedule)	Salon 9 Yerba Buena Ballroom Lower B2 Level
9:00 am-11:00 am	SAYA Debate	Hotel
1:00 pm-2:00 pm	Jumma Prayer	Salon 7 & 8 Yerba Buena Ballroom Lower B2 Level
2:00 pm-4:00 pm	SAYA Career Counseling	Hotel
2:00 pm-4:30 pm	DOGAANA/SMCAANA/Khyber Social Forum	Hotel
2:00 pm-5:00 pm	AIMCAANA/Nishtar Social Forum	Hotel
2:00 pm-5:00 pm	KEMCAANA General Body Meeting	Hotel
2:00 pm-5:30 pm	Alumni General Body Meetings (Except as noted)	Hotel
4:00 pm-10:00 pm	YPNA Social Forum	Hotel
4:30 pm	SMCAANA General Body Meeting	Hotel
6:00 pm-9:30 pm	Alumni Dinners	Hotel
7:00 pm	SAYA Dinner	Infusion Lounge
7:00 pm	CAPPNA Dinner	Hotel
10:00 pm-1:00 am	Entertainment Night	Yerba Buena Ballroom Lower B2 Level
10:00 pm-1:00 am	Mushaira	Atrium Lower B2 Level
All Day	APPNA Bazaar	Golden Gate Hall B2 Level

Saturday, July 4

8:00 am-12 pm	CME (See CME Program Schedule)	Salon 9 Yerba Buena Ballroom Lower B2 Level
11:00 am-6:00 pm	SAYA Red Cross Blood Drive	Hotel
12:00 pm-1:30 pm	Merit-Net Meeting	Hotel
12:00 pm-2:00 pm	WAPPNA Meeting	Hotel
12:00 pm-2:00 pm	Alumni General Body Meeting – Dow/Dental APPNA	Hotel

Schedule of Events

32nd Annual APPNA Summer Meeting • July 1-5, 2009 • San Francisco, California

TIME	EVENT	LOCATION
12:00 pm-2:00 pm	APCNA Meeting	Hotel
12:00 pm-2:00 pm	APPJD Social Forum	Hotel
12:00 pm-2:00 pm	ANNA Social Forum	Hotel
12:00 pm-2:00 pm	PAKPAC	Hotel
2:00 pm-4:00 pm	SAYA Fashion Show	Hotel
2:30 pm-5:00 pm	APPNA General Body Meeting	Salon 9 Yerba Buena Ballroom Lower B2 Level
6:30 pm-1:00 am	APPNA Keynote Banquet & Entertainment	Yerba Buena Ballroom Lower B2 Level
All Day	APPNA Bazaar	Golden Gate Hall B2 Level

Sunday, July 5

8:30 am-10:00 am	APPNA Executive Council Meeting	Hotel
7:30 am-11:30 am	Halwa Puri Breakfast	Hotel

Please Note

Prayer Timings	Room For Daily Prayers	Nob Hill Lower B2 Level
1:00 pm-2:00 pm	Jumma Prayer	Salon 7 & 8 Yerba Buena Ballroom Lower B2 Level
All Day	Exhibition & Food Court	Golden Gate Hall Foyer Lower B2 Level

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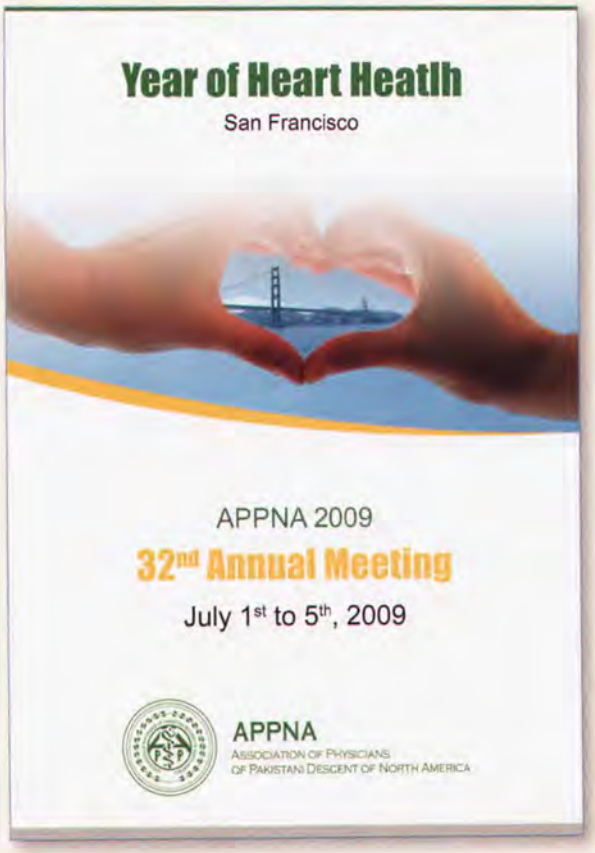
www.axprinting.com

Cover Contest Winners

32nd Annual APPNA Summer Meeting • July 1-5, 2009 • San Francisco, California



1st Prize Winner

Submitted by Dr. Sabir A. Khan, Benicia, California

Deisgned by
Muhammad Arif

Muhammad Arif has a Bachelor of Commerce from Government College of Commerce & Economics, Karachi, Pakistan Diploma in Information Technology from Petroman, Karachi, Pakistan. Arif's portfolio includes web design & development, corporate identity and other print media design. Currently working as a Web Master in a Dubai based MNC.

Media Used: Adobe Photoshop

2nd Prize Winner

Designed by
Sana S. Khan

Sana Khan is a third year pre-med student at San Jose State University in San Jose, California. She has taken advanced art classes in High School.

Media Used: PowerPoint.

3rd Prize Winner

Designed by
Dr. Fauzia Khalid

Fauzia Khalid is a DOW graduate of 1989, who came to the US a few years ago, has taken USMLE STEPS and is looking for a suitable residency program.

Media Used: Pen & Ink

Consolation Prize

Submitted by Dr. Ejaz Naqvi, Walnut Creek, California

Designed by
Umme Salma Naqvi

Media Used: Adobe Illustrator

Useful Information

Venue: San Francisco Marriott

55 Fourth Street
San Francisco, California 94103
Phone: 1-415-896-1600
Fax: 1-415-486-8101

Directions

From San Francisco Airport (SFO)

Driving directions: Hwy 101 North to Hwy 80/Bay Bridge. Take the Fourth Street exit. Bear left on Bryant Street. Left on Third Street (one block). Left on Mission (four blocks). Right into the valet parking entrance (1/2 block). The hotel is at the corner of Mission and Fourth Street and across from the Metreon and Yerba Buena Gardens/Moscone Convention Center.

- Subway (BART) fee: 5.35 USD (one way)
- Estimated taxi fare: 40.00 USD (one way)

From Oakland Airport (OAK)

Driving directions: From points East, cross the Oakland Bay Bridge, exit Fremont Street and turn left on Mission Street. The hotel is at the corner of Fourth and Mission Streets.

- Subway (BART) fee: 3.55 USD (one way)
- Estimated taxi fare: 51.00 USD (one way)

From San Jose Airport (SJC)

Driving directions: Start going towards the Airport Exit on Airport Pkwy. Turn left on Guadalupe Pkwy. Take US-101 North towards San Francisco. Continue to I-80 East towards Bay Bridge/Oakland. Exit Fourth Street. Bear Left on Bryant St. and take Left onto Third Street. Take Left onto Mission Street. Turn Right into driveway just past St. Patrick's Church.

- Estimated taxi fare: 167.00 USD (one way)

Point of Interests

Alcatraz Island
Former site of the legendary Federal Prison, Alcatraz is now a national park. Open daily for self-guided tours. National Park Service information.

Chinatown
The Chinese Gate at Bush and Grant streets marks the entrance to Chinatown, one of the largest Chinese communities in the country. Colorful, exciting, exotic, with plenty of good eating.

The Golden Gate Bridge
One of the world's longest single-span suspension bridges. Completed in 1937, the bridge reflects the era's opulent art deco taste. A pedestrian walkway offers a stunning stroll across the bridge.

Lombard Street
Known as the "crookedest street in the world" this block between Hyde and Leavenworth Streets was built in the mid-1920s to accommodate the steepness of the slope.

Transamerica Pyramid
This 48-story landmark towers over the city at an astonishing 853 feet. There is a minepark, which lies along the east side of the base, housing a half acre of redwood.

The San Francisco Zoo
Nearly 850 mammals, birds, reptiles and amphibians are housed on the 75 acres of the San Francisco Zoo. Attractions include: Koala Crossing, Penguin Island, Gorilla World, the Primate Discovery Center, Australian Walk About, the Children's Zoo, an antique carousel, Insect Zoo and the return of Little Puffer, the historic miniature steam train. The Zoo is open daily from 10:00 a.m. to 5:00 p.m. Located at Sloat Boulevard at the Pacific Ocean.

Union Square
Union Square derives its name from demonstrations held there in the support of the Union during the Civil War. In the center of the square there is a 90-foot tall naval monument crowned with a bronze Goddess of Victory. Union Square is also the heart of fine dining and shopping in San Francisco.

BART Map

From San Francisco Airport

1. Take the Yellow Line (Pittsburg/Bay Point) and exit at Powell Street.
2. Exit the station, start out going Northeast on Market St. toward Ellis St.
3. Turn Right onto 4th St

From Oakland Airport

4. Take the Blue or Green Line (Daly City) and exit at Powell Street.
5. Exit the station, start out going Northeast on Market St. toward Ellis St.
6. Turn Right onto 4th St

Marriott Hotel Floorplan

Daily Main Highlights

Wednesday July 01:
- San Francisco Tour
- Reception (5:00 -7:00 PM)
- Chapter Meeting (7:00 PM- 1:00 AM)

Thursday July 02:
- CME
- Alcatraz Tour
- Alliance Dinner & Entertainment

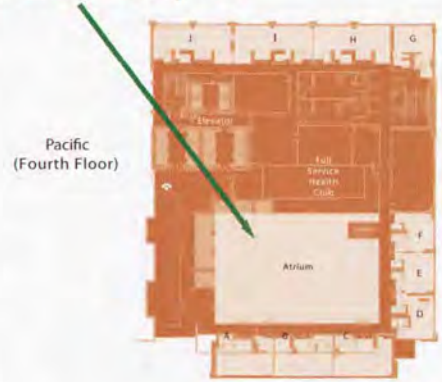
Friday July 03:
- CME
- Alumni Programs & Dinners
- Entertainment

Saturday July 04:
- CME
- Main Banquet & Entertainment

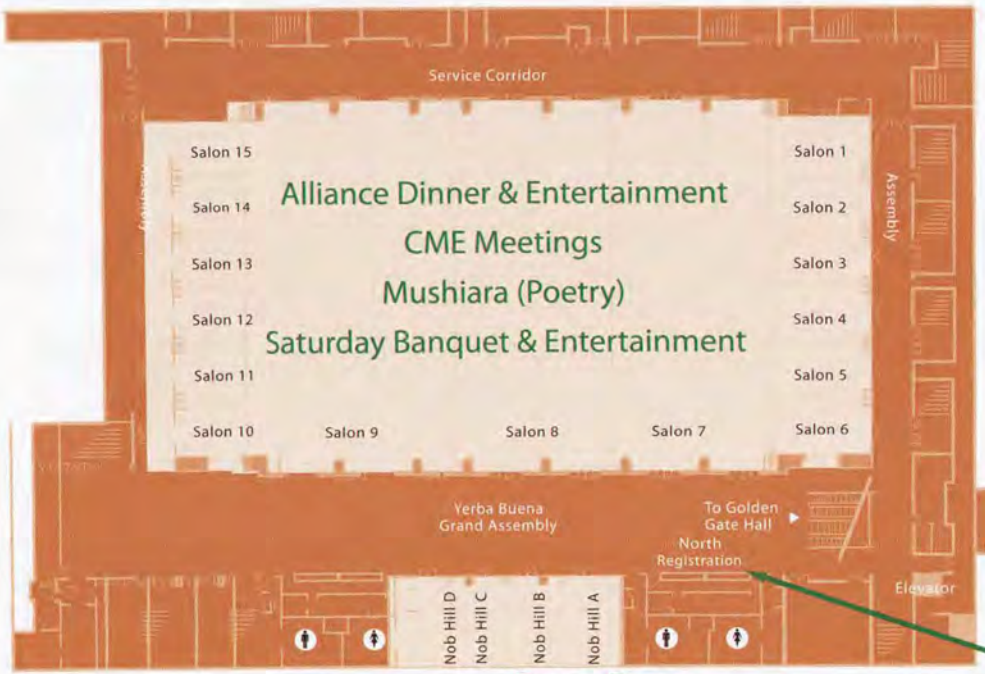
Sunday July 05:
- Brunch with Halwa Puri

Pacific Conference Suites and Club Room
Fourth & Atrium Levels

Wednesday Reception



Yerba Buena Ballroom
Lower B2 Level



Prayer Room

Misson Street Tunnel

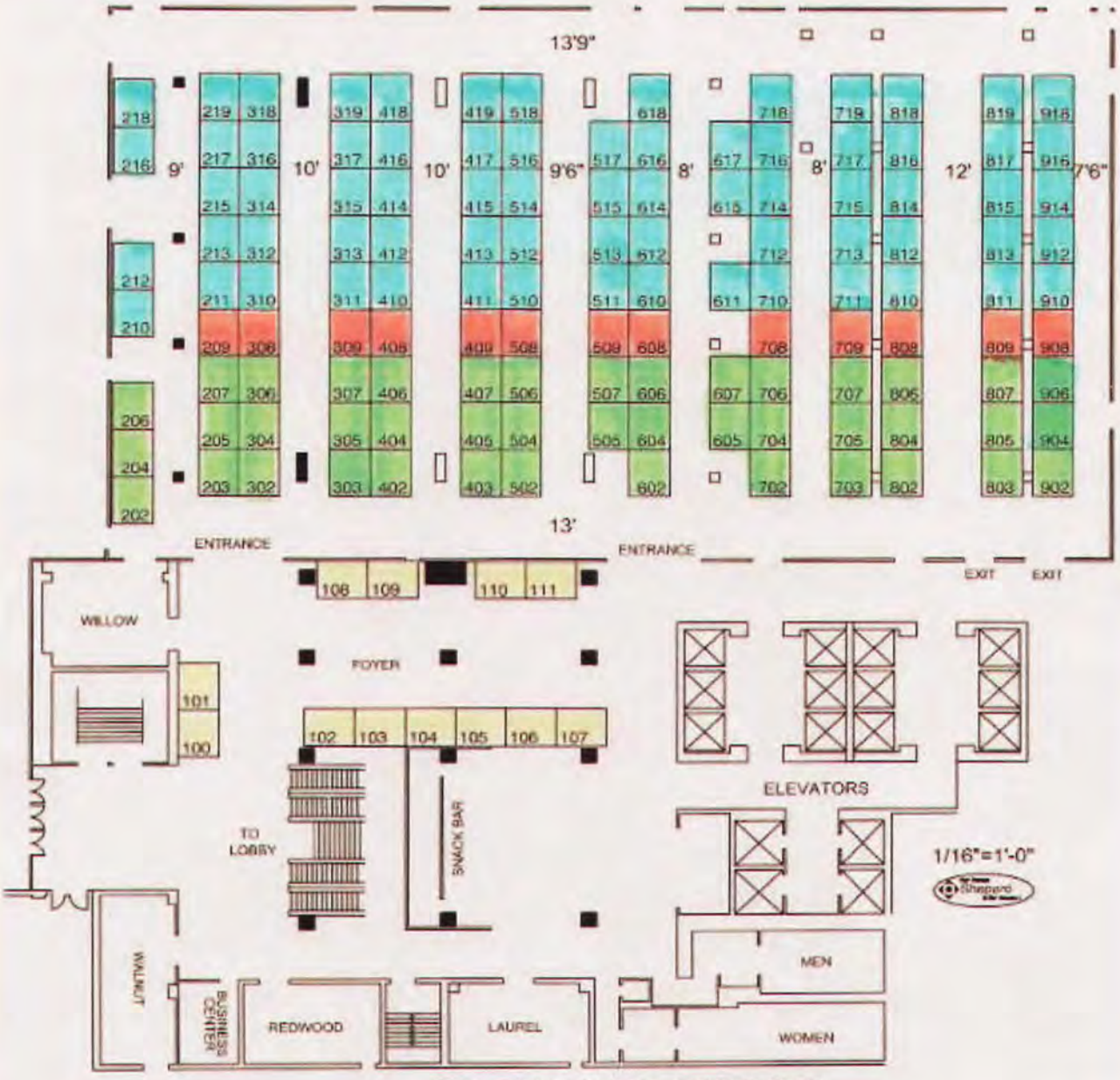
Golden Gate Hall
B2 Level

APNNA
Registration

2009 Exhibitors List

Company	Category	Booth
Poonam Jewels	Art Jewelry	510
Aisha's Collection	Clothing	213
Colors	Clothing	704
Fazle Dalal/Rashida Dalal Boutique	Clothing	402
Ideal Private Ltd	Clothing	610
Jaamay	Clothing	514
Khayal	Clothing	310
Mediha's	Clothing	511
Mrs Faiza Saleem	Clothing	311
Mrs Laila's Art	Clothing	315
Nia Couture	Clothing	712
Nickie Nina	Clothing	504
Raiment Collection	Clothing	312
Rani Emaans	Clothing	513
Rehana Creations	Clothing	614
Saba Bakhtyar	Clothing	612
Saffron International	Clothing	605
Shaiyanne Malik	Clothing	710
Timpiy	Clothing	404
Hajra Hayat	Clothing	417
Aneela Jawad	Clothing	515
Alhamd Trends	Clothing & Jewelry	615
Artizara	Clothing & Jewelry	210 & 212
Expressions of India	Clothing & Jewelry	316 & 318
Mirage	Clothing & Jewelry	517, 616, 618, 512 & 413
Nadia Lakdawala	Clothing & Jewelry	516
S & Z Corporation	Clothing & Jewelry	317
Shaza Rana	Clothing & Jewelry	717
Yasmeen Inc	Clothing & Jewelry	203 & 302
Farah's Dress Stylist	Clothing/Crafts/Antiques	715
Mughal Creations	Clothing/Crafts/Antiques	713
Taneesi Designs by Manjari	Clothing/Jewelry/Mehndi	410
Sunny Enterprises	Clothing & Other	215
ANM Designs	Crafts/Antiques	314
Arts And Antiques	Crafts/Antiques	718
Amana Mutual Funds	Financial/Insurance	703 & 802
United Health Systems	Financial/Insurance	412
Morgan Stanley Smith Barney	Financial/Insurance	606
Quaid-e-Azam International Hospital	Hospital	803
Aaria Jewels	Jewelry	406
AJJO Designer	Jewelry	303
All Javeri Jewellers	Jewelry	211
Almas Collection Jewellers	Jewelry	419
Art Karat	Jewelry	702
Divinity Imports	Jewelry	411
HZ Designs	Jewelry	218
Iris Jewels	Jewelry	604
Jewel-e- Raj	Jewelry	506
Naveed Zahra	Jewelry	415
New Sharjah Jewellers	Jewelry	507
Parayish	Jewelry	518
Regal Jewels	Jewelry	607
Reveti Jewels	Jewelry	403, 502 & 414
Sapna Creations	Jewelry	305
Shahji Gold and Diamonds	Jewelry	602
Signature Diamonds	Jewelry	505
SNS Designs	Jewelry	611
Surbhi's Collection	Jewelry	617
Zarposh	Jewelry	219
Sagar Gems And Jewelry	Jewelry	416
Zafar Enterprises	Jewelry	813
Al-Huda	Not-for-Profit	216
Helping Hands	Not-for-Profit	508
Hidaya Foundation	Not-for-Profit	509
Mercy USA	Not-for-Profit	309
Muslim Legal Fund	Not-for-Profit	409
Roshni Homes	Not-for-Profit	405
Xavier University School of Medicine	Not-for-Profit	408
Fatima Memorial Hospital College of Medicine and Surgery	Not-for-Profit	708
Dynamic Business Solutions	Other/Medical Billing	313
Pulse Biomedical Inc	Pharmaceutical/Biomedical	818

Marriott Hotel Exhibit Hall Floorplan



Inventory as of 02/09/2009

SAN FRANCISCO MARRIOTT
GOLDEN GATE EXHIBIT HALL

Dimension	Size	Qty	SqFt
8x10	80	139	11,120
	Totals:	139	11,120

YELLOW - PRIME
GREEN - DELUXE
ORANGE - NOT FOR PROFIT
BLUE - STANDARD

Where to Eat in San Francisco

A la Turca $ ..... 0.7 mi
Cuisine: Turkish
Halal Authenticity: Verbal assurance from staff
869 Geary Street
San Francisco, CA 94109-7217
Phone (415) 345-1011

Alhamra $ ..... 1.7 mi
Cuisine: South Asian
Halal Authenticity: Owners are known Muslims
3083 16th Street
San Francisco, CA 94103-3420
Phone (415) 621-3935

Bang San Thai (I) $ ..... 0.5 mi
Cuisine: Thai
Halal Authenticity: Owners are known Muslims
505 Jones Street
San Francisco, CA 94102-2007
Phone (415) 440-2610

Bang San Thai (II) $$ ..... 0.7 mi
Cuisine: Thai
Halal Authenticity: Owners are known Muslims
791 OFarrell
San Francisco, CA 94109-7114
Phone (415) 928-2772

Café Grillades $$ ..... 1.2 mi
Cuisine: Mediterranean
Halal Authenticity: Verbal assurance from staff
501 Hayes Street
San Francisco, CA 94102-4213
Phone (415) 553-8500

Café Nile $ ..... 0.4 mi
Cuisine: East African
Halal Authenticity: Halal certificate on display
544 Jones Street
San Francisco, CA 94102-2008
Phone (415) 409-1000

Chaat Café $$ ..... 0.4 mi
Cuisine: South Asian
Halal Authenticity: Verbal assurance from staff
320 3rd Street
San Francisco, CA 94107-1213
Phone (415) 979-9946

Chaat Café Express $$ ..... 0.3 mi
Cuisine: South Asian
Halal Authenticity: Verbal assurance from staff
50 Post Street #65A
San Francisco, CA 94104
Phone (415) 391-2082

Chutney $ ..... 0.5 mi
Cuisine: South Asian
Halal Authenticity: Owners are known Muslims
511 Jones Street
San Francisco, CA 94102-2007
Phone (415) 931-5541

Darbar $ ..... 1.7 mi
Cuisine: South Asian
Halal Authenticity: Halal certificate on display
Polk & Pine Streets
San Francisco, CA 94109
Phone (415) 359-1236

De Afghanan Kabob House $ ..... 0.9 mi
Cuisine: Afghan
Halal Authenticity: Owners are known Muslims
1303 Polk Street
San Francisco, CA 94109
Phone (415) 345-9947

EatCetera $$ ..... 0.6 mi
Cuisine: American
Halal Authenticity: Unverified
388 Market Street
San Francisco, CA 94111-5311
Phone (415) 362-7074

Green $ ..... 0.4 mi
Cuisine: American
Halal Authenticity: Owners are known Muslims
219 Jones Street
San Francisco, CA 94102-2608
Phone (415) 346-0444

Gyro King $ ..... 0.7 mi
Cuisine: Turkish
Halal Authenticity: Owners are known Muslims
25 Grove Street
San Francisco, CA 94102-4702
Phone (415) 621-8313

Haveli Restaurant $ ..... 0.3 mi
Cuisine: Pakistani
Halal Authenticity: Owners are known Muslims
35 6th Street
San Francisco, CA 94106
Phone (415) 348-1381

Hayes & Kebab $$ ..... 1.1 mi
Cuisine: Mediterranean
Halal Authenticity: Verbal assurance from staff
406 Hayes Street
San Francisco, CA 94102-4309
Phone (415) 861-2977

Ike's Place $ ..... 2.0 mi
Cuisine: American
Halal Authenticity: Verbal assurance from staff
3506 16th Street
San Francisco, CA 94114-1611
Phone (415) 553-6888

Lahore Karahi $$ ..... 0.5 mi
Cuisine: Pakistani
Halal Authenticity: Halal sign in window
612 OFarrell Street
San Francisco, CA 94109-7404
Phone (415) 567-8603

Marrakech $$$ ..... 1.0 mi
Cuisine: Moroccan
Halal Authenticity: Verbal assurance from staff
419 O'Farrell Street
San Francisco, CA
Phone (415) 776-6717

Maykadeh $$ ..... 1.0 mi
Cuisine: Persian
Halal Authenticity: Verbal assurance from staff
470 Green Street
San Francisco, CA 94133-4029
Phone (415) 362-8286

Mela Tandoori Kitchen $$$ ..... 0.4 mi
Cuisine: South Asian
Halal Authenticity: Owners are known Muslims
417 OFarrell Street
San Francisco, CA 94102-2009
Phone (415) 447-4041

Naan n' Chutney $$ ..... 0.5 mi
Cuisine: South Asian
Halal Authenticity: Halal sign in window
474 3rd Street
San Francisco, CA 94107-1223
Phone (415) 392-8353

Naan N' Chutney $ ..... 1.7 mi
Cuisine: South Asian
Halal Authenticity: Halal sign in window
525 Haight Street
San Francisco, CA 94117-3445
Phone (415) 255-1625

Naan N' Curry $ ..... 0.4 mi
Cuisine: South Asian
Halal Authenticity: Halal sign in window
478 O'Farrell Street
San Francisco, CA 94102-2012
Phone (415) 775-1349

Where to Eat in San Francisco

Naan N' Curry $ ..... 0.8 mi
Cuisine: South Asian
Halal Authenticity: Halal sign in window
533 Jackson Street
San Francisco, CA 94133-5113
Phone (415) 693-0499

Naan N' Curry $$ ..... 0.9 mi
Cuisine: Indian
Halal Authenticity: Halal sign in window
690 Van Ness
San Francisco, CA 94102-3226
Phone (415) 775-1349

Naan N' Tikka $$ ..... 0.7 mi
Cuisine: Pakistani
Halal Authenticity: Unverified
653 Clay Street
San Francisco, CA 94111
Phone (415) 398-4522

New Yorkers Buffalo Wings $$ .. 1.8 mi
Cuisine: American
Halal Authenticity: Owners are known Muslims
665 Valencia Street
San Francisco, CA 94110-1150
Phone (415) 863-7755

Oasis Grill $ ..... 0.8 mi
Cuisine: Middle Eastern
Halal Authenticity: Unverified
91 Drumm Street
San Francisco, CA 94111-4805
Phone (415) 781-0313

Pakwan $ ..... 0.5 mi
Cuisine: South Asian
Halal Authenticity: Halal sign in window
501 OFarrell Street
San Francisco, CA 94102-1931
Phone (415) 776-0160

Pakwan $ ..... 1.7 mi
Cuisine: South Asian
Halal Authenticity: Halal sign in window
3180-82 16th Street
San Francisco, CA 94103-3363
Phone (415) 255-2440

Piccolo Italia $ ..... 0.7 mi
Cuisine: Italian
Halal Authenticity: Verbal assurance from staff
799 OFarrell Street
San Francisco, CA 94109-7114
Phone (415) 409-3300

Pizza Del Mundo $ ..... 1.0 mi
Cuisine: American
Halal Authenticity: Halal sign in window
1732 Polk Street
San Francisco, CA 94109-3617
Phone (415) 563-7499

Pizzeria $ ..... 1.8 mi
Cuisine: Italian
Halal Authenticity: Owners are known Muslims
659 Valencia Street
San Francisco, CA 94110-1150
Phone (415) 701-7492

Pizzeria Supremo $ ..... 0.4 mi
Cuisine: Italian
Halal Authenticity: Owners are known Muslims
491 OFarrell Street
San Francisco, CA 94102-2009
Phone (415) 922-3003

Pronto Pizza $$ ..... 0.9 mi
Cuisine: Italian
Halal Authenticity: Verbal assurance from staff
798 Eddy Street
San Francisco, CA 94109-7806
Phone (415) 921-1999

Punjab Kebab House $ ..... 0.3 mi
Cuisine: South Asian
Halal Authenticity: Unverified
101 Eddy Street
San Francisco, CA 94102-2706
Phone (415) 447-7499

Ramino's Pizza $$ ..... 0.6 mi
Cuisine: Italian
Halal Authenticity: Unverified
920 Sutter Street
San Francisco, CA 94109
Phone (415) 885-3334

Rotee $ ..... 1.6 mi
Cuisine: South Asian
Halal Authenticity: Verbal assurance from staff
400 Haight Street
San Francisco, CA 94117-3506
Phone (415) 552-8309

Saffron 685 $$ ..... 1.0 mi
Cuisine: Middle Eastern
Halal Authenticity: Halal sign in window
685 Townsend Street
San Francisco, CA 94103-4907
Phone (415) 863-2285

Shalimar (I) $ ..... 0.4 mi
Cuisine: South Asian
Halal Authenticity: Owners are known Muslims
532 Jones Street
San Francisco, CA 94102-2008
Phone (415) 928-0333

Shalimar (II) $ ..... 0.9 mi
Cuisine: Pakistani
Halal Authenticity: Verbal assurance from staff
1409 Polk Street
San Francisco, CA 94109-4615
Phone (415) 776-464

Sultan $$ ..... 0.4 mi
Cuisine: South Asian
Halal Authenticity: Owners are known Muslims
340 O'Farrell Street
San Francisco, CA 94102
Phone (415) 775-1709

Tajine $ ..... 0.9 mi
Cuisine: Moroccan
Halal Authenticity: Halal sign in window
1338 Polk Street
San Francisco, CA 94109-4618
Phone (415) 440-1718

Taqueria El Sol $ ..... 0.5 mi
Cuisine: Mexican
Halal Authenticity: Verbal assurance from staff
595 Geary Street
San Francisco, CA 94102-1651
Phone (415) 441-0405

Tikka Masala $ ..... 0.5 mi
Cuisine: Pakistani
Halal Authenticity: Owners are known Muslims
425 Ellis Street
San Francisco, CA 94102
Phone (415) 345-1028

Tikka Masala $$$ ..... 2.7 mi
Cuisine: Pakistani
Halal Authenticity: Owners are known Muslims
1668 Haight Street
San Francisco, CA 94117-2816
Phone (415) 626-1756

M
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Miragecollection.com

Prayer Services

This is a multi-faith prayer room and members of all religions are welcome to pray.

All prayers will be held in

Nob Hill Lower B2 Level

Except Jumma parayer which will be in

Salon 7, 8 Yerba Buena Ballroom, Lower B2 Level

Weekly Prayer Times

San Francisco, California, USA

Latitude: N 37deg 46.5min – Longitude: W 122deg 25.08min

Qibla: 18:50:52 E (From N)

July 1 to July 8, 2009 • 8 Rajab 1430 – 15 Rajab 1430

July	Rajab	Day	Fajr *(Dawn)*	Shorook *(Sunrise)*	Zuhr *(Noon)*	Asr *(Afternoon)*	Maghrib *(Sunset)*	Isha *(Night)*
1	7/8	Wed	3:57	5:52	1:14	5:07	8:35	10:29
2	7/9	Thu	3:58	5:52	1:14	5:07	8:35	10:29
3	7/10	Fri	3:59	5:53	1:14	5:08	8:35	10:29
4	7/11	Sat	4:00	5:53	1:14	5:08	8:35	10:28
5	7/12	Sun	4:00	5:54	1:14	5:08	8:35	10:28
6	7/13	Mon	4:01	5:54	1:15	5:08	8:35	10:27
7	7/14	Tue	4:02	5:55	1:15	5:08	8:34	10:27
8	7/15	Wed	4:03	5:55	1:15	5:08	8:34	10:26

A Brighter Tomorrow For Gaza's Children!

MERCY-USA®
FOR AID AND DEVELOPMENT

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1-800-556-3729

Website: www.mercyusa.org
Email: mercyusa@mercyusa.org

Mercy-USA for Aid and Development is partnering with the United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA) to provide daily school lunches to approximately 18,900 children attending 22 schools in Gaza. This project will help to improve the overall nutritional status of the children, as well as their academic performance.

For only $85, you can sponsor 10 students for one month.

Food items used to make the daily lunches will be purchased locally, which will help to create and sustain jobs and benefit the devastated economy of Gaza.

In USA: 44450 Pinetree Dr. Ste. 201, Plymouth, MI 48170-3869
In Canada: Fiesta R P O, P O Box 56102, 102 Hwy # 8 Stoney Creek, ON L8G 5C9

AP

Contribution Form

- ☐ *Gaza Children's Relief* $_____
- ☐ *Zakat ul-Mal* $_____
- ☐ *Sadaqa & Other Donation* $_____
- ***Total Enclosed*** .....$_____
- ☐ ***My check is enclosed***
- ☐ ***Please charge my gift using:***

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Authorized Signature *Date*

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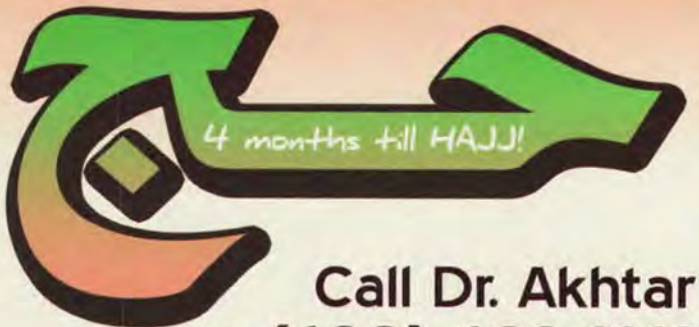

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My Dow Days

by Jamil Farooqui (Dow 1984)

It seems those days are still alive in my heart and soul.

I can feel the warmth of my friends and the love of our teachers. I remember the poetry of Prof Shakir Jafri, humor of Prof Waheed, strict discipline of Madam Razia Ansari, devotion of Prof Shafi Qureshi and Adeeb Rizvi and above all fatherly attitude of Prof Ali Mohammad Ansari. They are the people who paved the road of our future and made us what we are now.

Those were the days when I met people whom I can proudly call my friends. We were ready to help each other irrespective of race, region, clan and group. We use to eat study, play and pray together. Some are still holding tight but some are lost in time. I still have alive in my memories my good friend and President of Students Union of 1981-82 "Kazi Tanveer Uzair. He was a dynamic person, an inspirational leader and a true friend, liked and loved by every one. [May Allah rest his soul in peace in Jannah, Ameen).

I cannot forget the class room of over 350 students, some of us took the lectures very seriously and some used to enjoy flying paper planes in the auditorium. Few were taking notes while others were using their pens for marking attendance or making cartoons. The fun and intrigue of making groups at the beginning of clinical rotations with the start of third year classes. The rotation in different wards of the Civil Hospital for clinical training. The night calls and the midnight visits to "Café Bacteria". While we learned about medicine we also learned other life lessons by seeing so many different faces of humanity so close and personal.

I still remember the days and nights of college elections, working on banners and "Issues", Election campaigns included house to house visits for canvassing, debates, dialogues, workers meetings, greetings of students at the arrival and departure of buses, struggling to see more green flags and banners and finally counting of every single vote on microphone with comments of Madam Razia Ansari and Prof Shakir Jafri {May Allah rest their soul in Peace in Jannah, Ameen}. Out side the Moin auditorium where the votes where counted, slogans of "Long Live" with every NSF vote and "Takbeer" with each Jamiat vote. I can hear the echoing of election slogans, joy of victory and despair of defeat. I remember the speeches of projection meetings during elections. I also recall the debate competitions, Bait Bazi and Mushaira. We used to enjoy the extra-curricular activities as well as the curricular. Some students enjoyed the former more than the latter while others had opposite preference.

Those were the days when we stood for ideas and ideologies and not persons and personalities. We were idealists who wanted to change the country and the world according to our ideals – left or right, liberal or conservative.

I remember the small room of Rahmat Baba, the kind soul who functioned as a custodian for all the students' belongings. Where we stored our helmets, books or jackets, it was a given that Baba will take care of our stuff without any charge and without a frown on his forehead. It is almost impossible to get this kind of service in present times.

I remember "Shabu" of Anatomy and The Dissection Hall, the feeling of touching the cadaver for the very first time and loosing nerves while trying to memorize the nervous system. The smoke drums of the Physiology Lab which seem more a lesson in the ancient history of medicine and less in the basics of Physiology. I remember the "Ashraf", the waiter of our cafeteria and "Saith Saheb" of snack corner. I remember our LDS room, union offices, common rooms and Transport room. I remember countless hours spent there discussing and pontificating on different problems of the society and the country.

Some of these buildings are demolished; some of these friends and teachers are not with us any more. But they are living in our memories.

Time is a great teacher, and with time I have learned that "It is our present which will be our past in the future". So the most important thing is to live our present wisely and lively.

This article is dedicated to all friends of Dow and specially to our beloved friend and President of Dow Medical College Students Union of 1981-82 – Kazi Tanveer Uzair.

Electioneering In APPNA

Passion To Serve The Association Or Relentless Effort To Grab Power!

Mahmood Alam, MD

Every year spring brings a lot of excitement to members of APPNA, as it brings the electioneering season. The time for elections is associated with canvassing and campaigning, membership renewals and finally culminating in voting for our favorite candidate. These activities are a healthy spectacle of an evolving and maturing organization. However, as with any other excitement, there are associated tensions.

I recall the freezing winter morning of January 2007 when I flew to Chicago to meet an attorney to seek advice regarding the looming litigation related to the 2006 APPNA elections. The counsel looked at the file, pondered for a moment and then asked; "how many years is the presidency and what is the compensation for the job? My answer was the presidency is for one year and there is no compensation. Listening to my answer he appeared surprised that we were so involved for a voluntary, no-compensating position! He could not comprehend that we would be so concerned and sacrifice so much of our time away from our practice for a non paying job. He and many others cannot comprehend the importance we give to the 'prestige' of being an elected official of our organization. Not able to understand the motivation that drives us, he counseled and concluded that the matter could be resolved within the framework of the association.

In the heat of yet another fierce election campaign this year, the counsel's advice frequently echo in my ears. Why do we spend so much time, money and energy to seek a voluntary job? Is it simply a passion to serve the association or a relentless effort to achieve prestige and power? Whatever may be the right answer, we continue to engage in overzealous electioneering. The positive aspect of APPNA elections is reflected in our standing as the most well known democratic organization of Pakistani diaspora in the western hemisphere.

Despite challenging issues with our electoral process, APPNA has evolved to this level of strength through an ongoing process of changes in conducting the elections. The first meaningful change was made in 2001 during the term of Dr. Riaz M. Chaudhry when an outside agency was hired to conduct our elections. This change was absolutely necessary to answer the increasing complaints of favoritism by APPNA officials for one candidate over the other while dealing with the logistics of the elections. This outsourcing of election management comes at a cost butt is worth it.

The second change was the constitutional amendment, which was ratified by the general body in 2004 during the term of Dr. Omar T. Atiq. This deals with the change in the criteria for active membership. With this change only active members who pay their dues before March 31st, were allowed to vote in the upcoming elections. Prior to this amendment in 2004, a graduate from any medical college in Pakistan was eligible for active membership regardless of their status as a physician in the United States. This amendment helped resolve that issue but it also took away the voting rights from the physician in training unless they paid full annual dues. The hope was that these amendments would rectify the practice of enrolling dubious members during the electioneering season, when a significant spike is seen in membership application. Another difficulty in evaluating membership applications is due to the clause in the constitution to admit physicians in academia, research, and in other healthcare management fields without active medical license. These provisions need to be further defined to avoid confusions in evaluating applications for membership. The saga of controversies in the membership verification continues to date while the voting process moves forward at a rapid pace. This can only be resolved with a detailed and involved discussion among the membership of the organization once the elections are concluded and temperatures turned down. I strongly believe that such a discussion is long overdue but cannot take place in the pre election campaign season.

The third achievement in cleaning up of the electoral process was the approval of the code of conduct of elections in APPNA. The process of Election Code of Conduct was started late in the 2007 by Dr. Nadeem

Kazi who appointed an ad-hoc committee under the chairmanship of Dr. S. Amjad Hussain. This code of conduct was reviewed and amended by the Election and Nominating Committee in 2008. The final report was presented in the spring council meeting in 2008 where the code was approved by overwhelming majority.

APPNA has come a long way to address the issues pertaining to the election reform. It has been extremely difficult to deal with the membership verification in the midst of fierce election campaign. Nobody seems to be impartial when it comes to APPNA elections. It is human to take sides. Electoral democracy can turn into a funny business at times when people cannot resist favoring one over the other. The historic United States election deadlock of year 2000 between the George W. Bush and Al Gore is an interesting example. Eventually, the Supreme Court had to decide the next president of America. The decision in favor of George W. Bush came from the panel of judges, majority of whom were appointed by the past two Republican Presidents, Ronald Reagan and George W H Bush, respectively.

Another important amendment, which is in the pipeline for ratification by the general body since 2006, is the proposal of changing the time schedule of APPNA Elections. According to that amendment nominations will be sought in summer rather than in spring and election will be held prior to the fall meeting. The results of the elections could be announced after counting of ballots. I have been an avid supporter of this change, which will hopefully make the election process smooth and have a number of advantages. The first advantage is moving the deadline to become active member from March 31st, to some date closer to the summer meeting. Traditionally, APPNA annual membership enrollment graph shows a bimodal distribution. First peak happens at end of March, which is the deadline to become a voting member for that year. The second peak coincides with the summer meeting registration. This change alone will significantly reduce the overzealous efforts to make members for voting only, and both peaks will combine to give a big surge for the annual meeting registration. Secondly, the incumbent candidates (Treasurer and Secretary) will be more involved in APPNA activities at least until the summer meeting rather than working for their next elections from the beginning of the year. This way membership will have the chance to observe their work and conduct as officers before they make informed decision for the next election. This change will improve APPNA's functionality as an organization. It will promote work in progress to meet our objectives. Presently, the atmosphere at the summer meeting stays strained until the election results are announced. The productivity of APPNA Council has been seriously affected due to political polarization at summer meeting. We did not have a quorum in the General Body meetings over the last several years because center of focus is the outcome of elections rather than the issues and problems facing the organization. Moreover, there could be an opportunity to arrange for a debate between the candidates at the Annual Meeting in which questions about issues pertaining to APPNA can be asked by the members before they vote. I am quite optimistic that APPNA will be able to soon resolve election related issues amicably. It will emerge as a stronger democratic organization that would continue to provide meaningful contributions to uplift our community both here in the US and in Pakistan.

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Young And Motivated

Marwah Shahid: A Role Model For Her Peers

by Furrukh Sayyer Malik, MD, FACC, FAHA

The last week of May is a very sentinel week in the history of young people. Also referred to as "graduation week." I was an invited to a local hotel to participate in the graduation celebration of a young lady, Marwah, the daughter of two prominent psychiatrists in town, Shahid and Shugufta from Pakistan who immigrated to the USA in pursuit of liberty and happiness. Marwah is their second daughter who was born in Pakistan and grew up in Nashville Tennessee. I did not know this young girl who had won every honor in her high school and deservedly was declared the Valedictorian of their class of 2009. I wanted to know more about her and her motivation. Above all what makes her click.

Although she is only eighteen years old, she is a multi talented person. Her academic excellence at school exceeds her extensive community initiatives. As President of the local chapter of Habitat For Humanity, she has spent her time building houses for the poor. She has touched many souls in her commitment as a volunteer at hospitals and hospices, as well as nursing homes and mental health facilities. She is the President and Founder of the Science National Honor Society and National English Honor Society, and a Board Member for National Honor Society, Spanish Honor Society, Math Honor Society, Interact Club and Key Club, among other organizations at her school. Marwah is a member of SAYA and was also the Secretary for CAPPNA this past year. This young lady has won numerous Interscholastic Math Contests at the national level, poetry contests, and has ranked in the 99th percentile on the National Spanish Exam for the past four years. Being a part of the Student Senate has helped strengthen her confidence and peer relations; skills that she has utilized as the Senior Class President, Junior Class vice-president, and Sophomore and Freshman Representative in the Student Government at her school.

Marwah, I am told, is a natural leader who exhibits prudence, patience, and practicability. She can command the attention of a crowd when she needs to and can be an energetic component of the team as well. From birth, the value of education has been instilled in Marwah. As physicians, her parents advocated a teaching approach to medicine in their careers. She admires them, for their presentation and leadership, as they share their knowledge with medical students, physicians, family and friends. She can think of nothing greater than to make her parent's theme of dedication and upholding the importance of education her own.

In talking about her motivation she attributes it to her parents and her elder sister. She believes that motivation is 1% inspiration and 99% perspiration. She quotes, "One can be very inspired to achieve a goal, but one cannot succeed unless they work hard to accomplish it. If others have a deep-set motivation and passion to achieve a goal, and hurdles in the road will only small speed bumps. The finish line will always be in view."

When faced with distractions in school life, Marwah believes moderation is the key to balancing life and commitment in a society with built in conflicts. Marwah thinks that extreme views are destructive and reflect inner Bias. Bias has been considered to be the underpinning of poor judgement. In today's society there are many issues that are distractive to teens. Marwah believes one should never fall for social traps. "If you are always busy trying to be someone else, you will never discover who you really are," says Marwah. If given the chance to do something differently, Marwah would spend more time learning about her ancestors. Protecting the culture of the past is so vital in today's world that if we do not help save it, it will be gone forever.

Marwah plans on attending Vanderbilt University in the fall. Marwah is awarded the Ingram Scholarship, which is a four-year full-tuition scholarship plus $5000 stipends to travel abroad every summer. She is also the recipient of the Coca-Cola Scholarship

which is a $10,000 scholarship renewed every year. She will double major in Political Science and Spanish while taking pre-medical requirements. As an Ingram Scholar at Vanderbilt, Marwah will continue to strengthen her commitment to community service. She plans on being a part of a multitude of organizations on campus ranging from the Muslim Student Association to Vander Buddies as well as starting her own clubs on campus.

Marwah is an inspiring young lady of Pakistani heritage. She embodies a unique combination of natural talent, hard work and an unmatched desire to excel. A composite of qualities that will take her places. I wish her all the success and hope that she will be the source of inspiration to many.

God speed

About The Author: *Dr. Malik is a heart failure transplant cardiologist in Nashville TN. Graduate of King Edward Medical University class of 1988. He is the chair of the Cardiovascular Medicine and Heart Center at the Centennial Medical Center.*

Drug-Resistant TB In Pakistan *(Continued from page 79)*

The goal of the Indus Hospital program is to demonstrate an effective model for community-based management of MDR-TB. Indus Hospital is working closely with the National TB Program in Islamabad on developing a strong application to the Global Fund (http://www.theglobalfund.org/en/) for support for a national MDR-TB control program.

The Indus Hospital program has been running completely on corporate and private donations from within Pakistan. All future donations will be used to provide drugs and social support to additional patients on the waiting list. You can help Indus Hospital provide quality health care free of cost to these MDR-TB patients.

Please visit http://www.indushospital.org.pk.

** Real names not used.*

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Photo Gallery • Spring Executive Council Meeting, Dallas, TX • April 10-12, 2009 *(Photos by M. Shahid Yousuf)*

(L-R) Dr. Zeelaf Munir (President-Elect 2010) and Dr. Syed Samad , President APPNA 2009 at the Spring Executive Council meeting in Dallas Texas)

(Above)Dr. Arif Toor (CT) advises attendees setting up electronic records system for their practices.

(Photo Right>>(L-R) Drs. Arif Muslim (NY), ?,Amanullah Khan (TX), Javed Akhtar (NJ) Iltifat Alavi (IL) Syed Samad (AR)

(L-R) Drs. Syed Samad, Mahmood Alam (Immediate Past President) Manzoor Tariq , Secretary 2009 pay attention to the speakers. copy of APPNA constitution remains on the desk as a ready reference.

Dr. Saima Zafar (IA) Treasurer APPNA 2009

>Photo Right Drs. Javed Suleman and Rana Suleman

Dr. Mubasher Rama (Danville, CA)

Dr. Irfan U. Haq (Hamilton, NJ)

(L-R) Dr. Nasar Qureshi (NY) with daughter Sadaf and Mrs. Lubna Qureshi

(Above) Dr. Abdul Rashid Piracha (APPNA Presdient 2006) with Dr. Asif Rehman Chair of Constitution and By Laws (CABL) committee

<<PHOTO LEFT Executive Council meetings have their fair share of light moments and sombre ones. (L-R) Dr. Nadeem Kazi (President APPNA 2007) Dr. Tanveer Ahmad (Crystal Lake, IL) and Dr. Asad Qamar (Ocala, FL) participate in discussion during the EC Session in Dallas TX. Membership eligibility criteria received attention from the participating members.

Photo Gallery • Spring Executive Council Meeting, Dallas, TX • April 10-12, 2009 *(Photos by M. Shahid Yousuf)*

(L-R) WAPPNA Members Drs. Humeraa Qamar (Ocala, FL), Naheed Chaudhry (Welland, ON Canada) Sarwat Iqbal (Gladwyn, PA) and Shaheen Mian (Sharon, MA) attend their first Executive Council meetings as founding members of WAPPNA.

(L-R) Mrs. Sajida Arain, Advisory Board APPNA Alliance and Dr. Imtiaz Arain Chair Office Management Committee.

<<PHOTO LEFT Dr. Zeelaf Munir President Elect 2010

(L-R) Dr. Manzoor Tariq and Mrs. Hamida Tariq at the banquet during Dallas EC meeting

(L-R) Drs. Saima Zafar, Nasar Qureshi, Tariq Cheema and Sajid Chaudhary actively participating in EC proceedings.

(L-R) Dr. Ayesha Samad and Dr. Syed Samad at Dalas EC banquet

Volunteers at Dallas Registration Umer Nadir and Meghan Harris

<Photo Left Mrs. Nusrat Mohsin and Dr. Jamil Mohsin (NJ)

Photo Right Sitting Drs. Asad Qamar and Humeraa Qamar. Standing Left to Right Aadil, Ehsun and Sanaa ((Ocala FL)

Local Host Committee of Dallas Executive Council Meeting (L-R) Drs. Rukhsana Mahmood, Khalid Mahmood, Adnan Nadir, Amina Nadir, Raheela Hafeez, Mahmooda Nasir, Dawood Nasir, Jalil Khan, Raza Ahmad, Hasan Hashim and Zahid Zafar

32ND ANNUAL APPNA SUMMER MEETING

Year of Heart Health

Photo Gallery • APPNA's Social Welfare Committee and Khyber Medical College Alumni Association of North America Relief Operations in Pakistan for Internally Displace Pakistanis

Baby Amina age 1 1/2 years is brought to a mobile clinic by her father in the town of Rustum organized in collaboration with Disaster Management Center and DRIP (Disaster Relief by Irish & Pakistanis). This was held on May 16 when a huge influx of IDPs came to Mardan. Rustum is the first town on the road from Buner into Mardan so most of the patients that we treated there had just arrived and were suffering from various ailments. This patient was also one of those who had just gotten into Mardan from his exodus from Buner. We tried to find his background but unfortunately, we do not have any further information about him or his daughter as it was on the road and an emergency case. We are not sure which camp did he settle later in the day/week. APPNA has contributed funds towards this relief effort.(Photo Atif Mumtaz)

An IDP family waiting to see a doctor at Medical Camp in the village of Pullo Dheri (in the foothills of Buner within Mardan District). They are members of the same family. This medical camp was in collaboration with Mumtaz Bakhtawar Memorial Hospital, Lahore. (Photo Atif Mumtaz)

Dr Mohammad Qasim (of UM Healthcare) treating an IDP at our UM Healthcare facility. Dr. Qasim has been treating patients the facility since the conflict began and has spear headed treatment of over 1500 IDPs and 2000 local patients in the month of May'09 alone. He is also coordinating in medical camps in and around our facility where an additional 4000 patients were treated during the same time. APPNA has worked with UM Healthcare and has a telemedicine ongoing project in collaboration with Stanford University (USA). (Photo Atif Mumtaz)

APPNA is actively involved in rund raising for the internally displaced Pakistanis. Some $ 140,000 has been raised from APPNA membership alone and the effort is continuing. Our partners in Pakistan are Khyber Medical College, Red Crescent Society, Edhi Foundation and UM Healtcare Trust in Mardan where a telemedicine project of APPNA has already been functioning.

(Photos Left, Middle and Top) The Swat Medical Students Association of Khyber Medical College, Peshawar submitted these photos of their efforts and volunteers involved in relief activities.

Photo Below shows a clinic organized by Social Welfare Society of Khyber Medical College for women patients (PhotoSWS)

Social Welfare Society of Khyber Medical College volunteers seen at Punja Sahib, Hasan Abdal, Pakistan where medical relief was provided to the displaced Sikhs APPNA has been working with Khyber Medical College in relief operations. (Photo Khyber Medical College)

A mobile team setting up a medical camp (Social Welfare Society of Khyber Medical College in collaboration with Pakistan Red Crescent Society.)

32ND ANNUAL APPNA SUMMER MEETING

Year of Heart Health

Photo Gallery • APPNA Georgia Chapter's Charity Event Highlighting Rich Pakistani Cultural Heritage

Sana Khaliq models evening wear

(Above) Dr Saima performing a song
Photo Right> Dr. Qinza Najam
Photo Below Right A marriage scene depiction (Photo Far Right) Sana Khaliq

Dr. Yaseen Abubaker President GA Chapter and Dr Roohi Abubaker.

This event was arranged by Georgia-APPNA female physicians group. The oganizers were Dr. Roohi Abubaker, Dr.Rana Hasan, Dr. Faryal Baloch, Dr. Durshi Zoberi Dr.Sarah Hayat and Dr.Asma Khalid. It was held on March 22, 2009 at Bombay Grill Restaurant. The charity event of Georgia Chapter- APPNA which raised funds for Culture Connect, a local non profit organization working for the immigrant children of Metro Atlanta.

The target audience were American Women, who bought the tickets and came in large numbers. The objective was to portray a different image of Pakistani Women and to show them Pakistani Culture in it's true color

Arizona Chapter Semi Annual Meeting

Dr. Taqi Azam , President , Arizona Chapter- APPNA

Dr.Taqi Azam,President AZ Chapter with Representative from CongressWoman Gabriella Giffords Office

Samreen Khan,(Dr.Taqi Azam's Wife) with Mohur Sidhwa,Vice Chair Woman,Arizona Democratic Party.

Dr.Azhar Jan, Treasurer, with Wife Saba Jan

Saima Jessani,Samreen Khan, Dr.Kiran Akhter and Zara Khawaja

Drs.Pervaiz Akhter(Past Secretary), Nusrum Iqbal (Chair, CME Commiittee) and Azhar Jan(Secretary, AZ Chapter)

(L-R) Kids Having fun,Zane,Nida,Madiha,Bisma and Umaima

Dr. Pervaiz Akhter(Past Secretary) with wife Naureen and Kids

Dr.Nadeem Kazi (Past President-APPNA), Dr.Asim Khwaja(Past President APPNA-AZ Chapter)Dr.Azhar Jan,Treasurer,AZ Chapter, Taqi Azam,President ,AZ Chapter, Yousuf Bhuvad, Active Community Member

Children present the national anthem

Mrs.Farah Osaf and Seemi Raina, enjoying shopping

Mrs.Saima Baig and Dr. Kiran Akhter

32ND ANNUAL APPNA SUMMER MEETING

Year of Heart Health

Photo Gallery • King Edward Medical College Alumni Association of North America • St Louis Retreat • March 27-29, 2009

(L-R) Dr. Talat bukhari (Dallas TX) Mrs. Shazia Mahmood (Elizabethtown, KY) Mrs. Samrina Haseeb (MO)(Photo Dr. Hassan Bukhari)

Dr. Raza Dilawari (Photo Dr. H. Bukhari)

L-R) Drs.Fayyaz Mirza (Wichita Falls, TX) Farooq Mirza (Cincinnati, OH), Hassan Bukhari (Dallas, TX) Mufiz Chauhan (Newport,AR) Arif Qureshi (Dansville, NY) (Photo Dr. Bukhari)

Mushaira (Urdu Poetry) was well attended. Some in the audience standing

>> PHOTO RIGHT (L-R) Umar Tariq of SPWS (Student Patient Welfare Society) and Dr. Mubasher Rana.. Umar Tariq received an award on behalf of SPWS for outstanding services.

Asaf Qadeer.

Samrina Haseeb and Sanaa Haseeb

Dr. Naeem Kohli (Effingham IL)(Photo Dr. Bukhari)

Dr. Tariq Rehman with friends in Stretegic Council Sessions.

Stretegic Planning Session L-R Drs. Saima Zafar Treasurer, Masood Akbar President Elect, , Mohammed Haseeb, Tariq Jamil (Secretary) Mubasher Rana (Past President) President.

<<Dr. Mohammed Haseeb, President KEMCAANA (Photo Dr. Bukhari)

(L-R) Ozair Ahmad Ozair , Ata ul Haq Qasmi, Inam ul Haq , Dr.amanullah Khan

(L-R) Zunera Arshad and Mavara Agha sing the national anthem.

Bush Stadium event. (L-R) Dr. Bilquis Zafar, Mohammed Haseeb, Samrina Haseeb, Aisha Zafar, Saima Zafar,

<< Photo Left Performing the national anthem.

(L-R) Drs. Ishaq Chisti (MO) Mohammad Hafeez (IL), Ijaz Mahmood (KY), Talat Bukhari (TX) , Shahia Mahmood (KY), Samrina Haseeb (IL), Shirin Qalbani (MO), Nuzhat Nisar, Farat Shirin, Ghazala Hayat (MO), Ayaz, ? , Nasir Siddiqui (rear), ? , Nigar Kirmani(MO), Tipu Sultan (MO), and Rizwan Qazi (MO) (Photo Dr. Hassan Bukhari)

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Electioneering Steadily Destroying APPNA

by Mahjabeen Islam, MD

Several entities can be implicated for inflicting damage to the very existence of Pakistan. But the blame for the weakening and potential destruction of APPNA can only and solely lie on the shoulders of its membership, especially its officers and aspiring candidates. Primarily for myopic self-aggrandizement.

Currently the president, secretary and treasurer posts all run for one year. During the one year term, while a few side projects go on by themselves, most officers, the secretary and treasurer in particular appear to concentrate primarily on climbing the electoral ladder. The desire to serve one's organization is a noble one; but true to the premise of the cost-benefit ratio, one wonders how much a candidate is willing to spend to realize his alleged desire to serve.

My association with APPNA has been about ten years or so; each year the electioneering frenzy gets more and more out of control. Time was, I am told by our seniors, that the Election and Nomination Committee nominated, candidate CVs were sent out, the election occurred and that was all. But over the last ten years or so we have the election-circus going on.

SPENDING LIKE A KING

Candidates in recent elections have spent from $100,000 to $250,000 in APPNA elections. These are hearsay-guesstimates that have not been denied by them. Candidates in the lower rungs of aspiration are proportionately less, but let us go through all the pain that it involves, all the various things a potential candidate must do in the current APPNA election environment should they develop a desire to "serve APPNA" as an elected officer. I write the phrase in italics because I am skeptical and unwilling to accept that any sane person would spend these insane amounts of money besides the personal, emotional, professional and family cost that an election campaign entails; all for altruistic and goody-goody reasons like "serving APPNA".

FLY FLYERS

What about the flyers. A one page, two-sided, full-color flyer costs $400/500 brochures, remembering that many, especially the first salvo are not a one page deal. There is a controversy, as always, about the eligibility of voters, but at my last check it appeared that there were 2554. So the cost of printing 2500 one page color flyers would be $2000 and with postage having gone up 44 cents the postage on that would be a solid $1100. So one initial batch would cost $3100 (these estimates are probably on the low side as the printer I used for quotes gave a discount for being the printer for the magazine of the Islamic Center of Greater Toledo). So for a one page flyer a minimum of $3100 would be spent twice in April, twice in May and two to three times in June, which makes it a total of $18,500-$21,700. Double that if the flyer is two pages or if little trinkets like magnet-calendars are also sent out.

GOTTA CATCH THE ADS

Then one has to put ads in the magazines, be they the APPNA journal, the APPNA newsletter, and the various magazines of the various alumni. These ads could cost you a minimum of $1000 and in this hiatus there could be any number of publications going out. Gotta catch 'em!

I'VE GOT FREQUENT FLYER MILES

Since the candidate has this fire in the belly to serve, he must now network and shake hands with the electorate. Candidates crisscross the land each weekend during "election season" essentially from one Chapter meeting to another Alumnus retreat; only for those five minutes at the podium so that they can outdo their opponent who is doing the same harried traveling. $500 for the ticket and roughly

$150 per night for the hotel stay. They have to take in the APPNA Spring meeting and at least ten other meetings as described, I would estimate. Let's set aside a minimum of $10,000 for traveling. And please do not give us the line that "I had frequent flyer miles" for then I will start my annoying "it's the principle of the issue" line in which having frequent flyer miles is not the question; the fact is that you are raising the stakes and leaving this terrible legacy in which not only your opponent but aspiring candidates in the future will feel that madly traveling across the country is what will get them elected.

RINGING FAXING BLASTMAILING

All of the above is not enough; the election dish must be garnished off with some personal and not so personal calls. The impersonal phone calls may be from the spouse or child, and now there is the added technological advance of recorded phone calls! As the election draws near and the ballots are going to be mailed, faxes are sent and there is a true barrage of them-perhaps one to two per day. Even if faxes are being sent on an automatic basis, there is a cost for the service. Blast emails in which the email can be sent to a whole host of people at once is another election season suffering for the members. And all of this adds to turn off people from APPNA altogether.

THE INCALCULABLE COST

The cost of the candidate barely practicing and, for the better part of four to even six months, neglecting his patients maybe his personal choice but again it is the standard that it sets that is the problem. It involves a strain on the staff, use of the staff for APPNA purposes with resultant resentment in the staff members and partners and with physician absenteeism, patient attrition; perhaps something the candidate in his anticipatory grandiosity is willing to belittle or ignore, but something that might hurt him deeply in the future. If there is a physician that would do wonders for APPNA as president, secretary or treasurer but knows that the cost of running for office, besides the monetary cost detailed above, involves an irretrievable damage to the practice of the physician, it would and should discourage him.

ELECTION REFORM

Just post the GEO campaigning for APPNA president, concerned APPNA members voiced objection and an ad-hoc committee consisting of Drs. Amjad Hussain, Sultan Ahmed, Shabbir Safdar and myself was constituted and a Code of Conduct was adopted by APPNA Council in the Spring meeting 2008. The significant portions of the Code of Conduct that attempt to begin Election Reform are:

"7. No candidate or his/her supporters shall indulge in any electioneering or canvassing except what is outlined under item #8 below. These shall include advertisements of any kind, television and radio commercials, and appearance on radio and television shows to promote directly a candidacy or a candidate. The only exception would be the advertisement in APPNA Journal and publications of APPNA component societies. The use of APPNA logo in any form of communication is prohibited by the candidates.

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

LAWSUIT LAWSUIT

APPNA is a professional organization of about 3000 members, who let's face it, have not achieved too much as an organization. APPNA's potential is awesome, though, being that we stand at the pinnacle of education and wealth in the sole-super power on the planet. Harnessing this potential, making the 8000 Pakistani-American doctors members of APPNA, creating a donation-discipline among them such that we, even with 3000 members, collect $3,000,000 a year, strengthen APPNA Sehat and with our financial and socio-political clout become an organization to reckon with is an achievable objective.

I have had second thoughts on the lawsuit that was filed recently against APPNA challenging the eligibility of voters some of whom were not even

(Continued on page 73)

The End Of Civilization

by Zimran Chowdhary

Mark Steyn's venomous, scare mongering and Islamophobic book "America Alone: The End Of The World As We Know It" has been a widely acclaimed New York Times best seller last year. For those who are not familiar with it, this is vintage neoconservative rambling about the dawn of the new Dark ages. His hypothesis is that Europe has been left too enfeebled to resist its remorseless transformation into "Eurabia" and it is left to America alone to fight this "Islamism Menace".

The crux of his argument lies in the demographics. With the declining fertility rates of the "pure white race", Muslims pose a startling threat due to higher fertility rate and immigration. With some skewed figures and twisted logic he does an admirable job in convincing an average American Joe of the doomsday scenario.

Steyn claims that the EU would be 40% Muslim by 2025, which is a profligate projection - even with increased immigration and breeding of Olympian proportions. In order for Steyn's thesis to play itself out, in the space of the 15 or so intervening years before the dawning of "Eurabia", the Muslim population would have to skyrocket upwards from the present figure of 20 million to around 200 million. Who is he trying to kid? Nobody it seems, because his flock of starry eyed believers suck this stuff right up. Nothing is written of the fact that these very same immigrants when they adopt their new homeland, the fertility rate drops down to that of the local population. He mines the fears and prejudices that haunt the American psyche and supplies a narrative that reflects bigotry, prejudice and pessimism with respect to Islam.

Steyn writes that why did Bosnia collapse into the worst slaughter in Europe since World War Two? In the thirty years before the meltdown, Bosnian Serbs had declined from 43 percent to 31 percent of the population, while Bosnian Muslims had increased from 26 percent to 44 percent. In a democratic age, you can't buck demography—except through civil war. The Serbs figured that out—as other Continentals will in the years ahead: if you can't out breed the enemy, cull 'em. The problem that Europe faces is that Bosnia's demographic profile is now the model for the entire continent.

Having convinced them on the demographic front, the rest is his hysteria about Islam itself. He points out the metaphorical spine of the culture is the "will" of its adherents. Undoubtedly, this is a force to be reckoned with, contrasting with the complacent attitude of most Europeans. His treatise is filled with examples of how violent the Muslims have been the world over, Muslim vs. Jews in Palestine, Muslims vs. Hindus in Kashmir, Muslims vs. Christians in Africa, Muslims vs. Buddhists in Thailand, Muslims vs. Russians in the Caucasus, Muslims vs. tourist in Bali, Muslims vs. Danish cartoons in Scandinavia. Numerous examples of intolerance are littered in his book from the beheadings in KSA to self-detonating Islamists in London.

Unfortunately this saga took another turn in Canada in October 2006. MacLean's which is Canada's main weekly newsmagazine (like Times and Newsweek) published a cover story about Steyn's book in his usual vitriolic Islamist bashing style, to the raving reviews of many. Incensed by this many Muslim organizations (including CAIR) objected to this as incitement to racial hatred and asked the well regarded magazine, to let the Muslims and other opponents to this view point write a counter argument and explanation. The flat refusal to allow this landed these two parties in a Human Rights court in BC, battling over the definition of "free speech" as opposed to that of hatred. Some sanity prevailed and the court reprimanded the magazine in a flood of debate, of what constitutes hate, in the news media.

What is most interesting about the Steyn's phenomena is the number of otherwise sharp and informed members of the intellectual classes who gear down their critical faculties when cruising the pages of America Alone. I guess many are afflicted with a primal fear about the dreaded Muslim masses, and are

prepared to give kudos to a writer who dares to go where others fear to tread. When you take the logic of his argument to its conclusion, you have to ask what is the solution—Mass deportations? Genocide? Mayhem? Steyn may never advocate "final solutions", but those fired up by his arguments very well might. And this seems to be the very spirit of his diatribe against the Muslims.

Lastly I leave you with what Martin Amis, English novelist, literary critic, professor, and short story writer speaking to the London Times, had to say:

There's a definite urge—don't you have it?—to say, "The Muslim community will have to suffer until it gets its house in order." What sort of suffering? Not letting them travel. Deportation—further down the road. Curtailing of freedoms. Strip-searching people who look like they're from the Middle East or from Pakistan. . . . Discriminatory stuff, until it hurts the whole community and they start getting tough with their children. . . . They hate us for letting our children have sex and take drugs—well, they've got to stop their children killing people.

The troubling part is that this message is getting through. In spite of the flawed rationale and the dubious statistics, the general public seem to find some credence in this line of argument. That is what keeps me up at night.

Electioneering *(Continued from page 71)*

doctors. The concept of the cost-benefit ratio is a vital one. Though exposure of this illegality helped with the establishment of processes within APPNA, it unfortunately made the word "lawsuit" common parlance within APPNA and even more sadly its actual practice a very unfortunate precedent. The cost, especially in making members sue-happy far outweighs the benefit that was achieved.

IN THE LARGER SCHEME OF THINGS...

If the candidates could stop their frenzied electioneering for a minute, if the larger membership would get out of its own humdrum routine (kolhu key beyl) to care enough, if the officers took a dose of eye-opening wisdom, we would realize that as the stewards of APPNA we are running it into the ground. Gone is the camaraderie and the collegiality; suspicion, barbs and agendas run rife in the organization. The only thing we strut around and feel proud of is that APPNA is the largest such democratic organization of expatriate Pakistanis. So? What is APPNA in the larger scheme of things and most importantly what significance do we have?

AND THE ANSWER IS

Election Reform only started the process of actual reform. For the spiritually inclined there shall be an accounting on The Day of all that we did and did not do. How will we be able to explain to God above that we frittered away tens and hundreds of thousands of dollars just for a year of prominence and acknowledgement, when with that money we could have clothed and fed a village in Pakistan for generations or helped the homeless of America? For the less believing there is always the good ole conscience which despite all efforts to muffle it, makes its pokes and jabs.

It is vital that electioneering be ramped down to what it used to be; to what is suitable for a professional society. No color flyers, no phones, no faxes, no emails and no traveling to meetings. With the ballot, at the expense of APPNA should come the CV of all of the candidates. Read, vote, mail.

It's time we washed off the various derogatory labels that APPNA has gotten, and sadly we have earned for it. APPNA can truly be a tremendous organization if we diligently set aside self-aggrandizement and personal agenda for the organization's larger good. Start with stopping electioneering.

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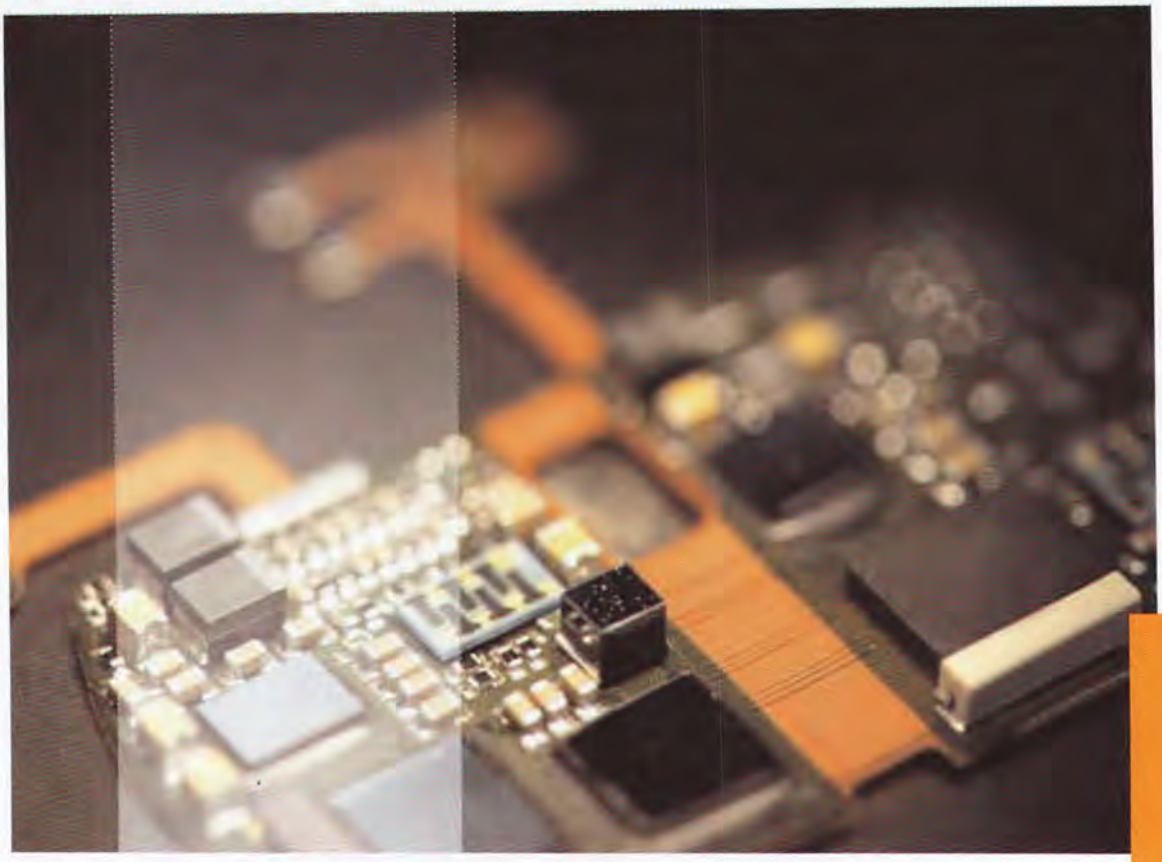

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Office Management Committee Report

Imtiaz Arain, MD, Chair • Sohail Khan, MD, Cochair

Office Management Committee has convened twice in APPNA premises whereas Committee Chair and Executive Director continue to meet on biweekly basis.

The first quarter of the year remained the busiest time for central office due to annual elections, Spring and Summer meetings. Membership verification was an intense process that took plenty of time and energy of office staff. Committee strongly recommends that election time should be moved into the last quarter of the year. This will distribute some of the workload from the beginning to the end of year.

Effective January 1, 2009, CME related work has become office's responsibility. APPNA has released a dedicated CME coordinator hired at a remote location, which has resulted saving of $25k per annum. Committee believes office can handle CME affairs professionally and without hiring additional help. We however recommend ACCME training workshops for APPNA staff.

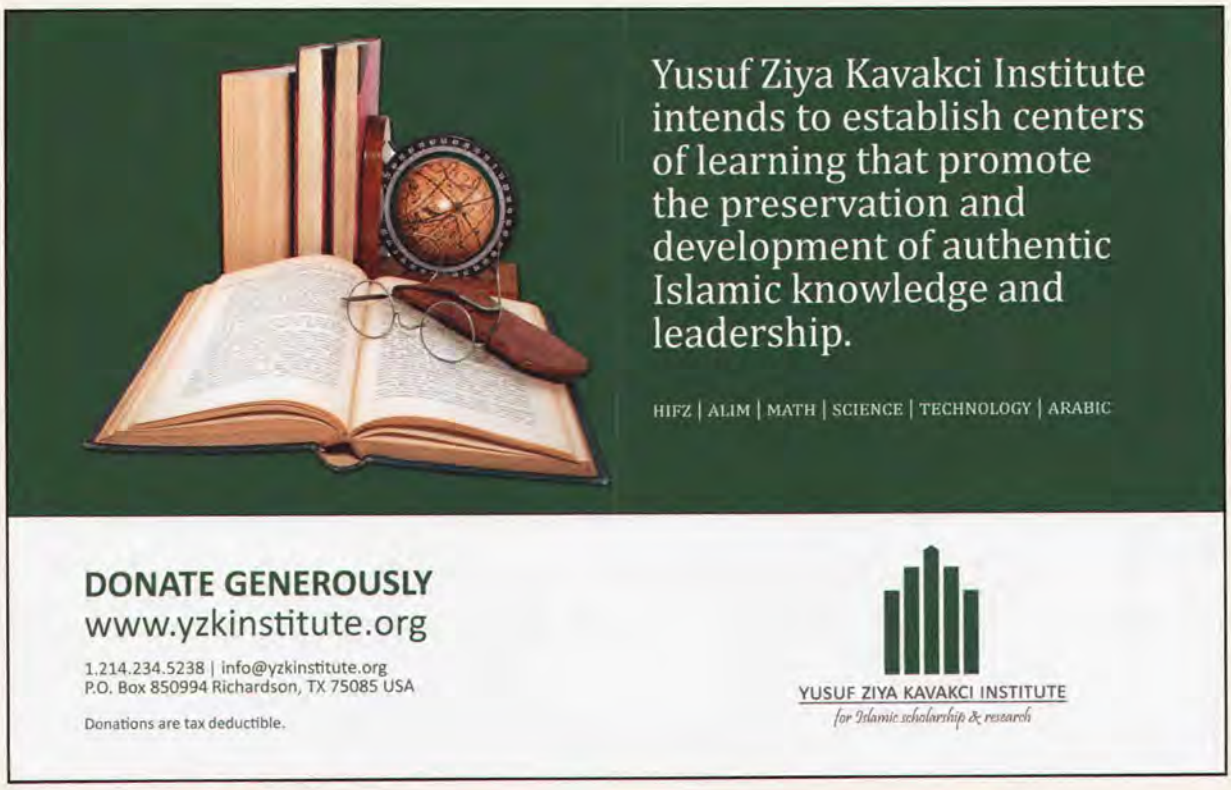
The volume of financial transactions has been increased tremendously in past five years due to increase in membership, meeting turnouts and donations. Committee recommends hiring of a full-time accountant is essential to make accounts division more efficient. The current CPA is working part-time on 12 hours per week basis. He may be given an option to increase his time commitment.

APPNA Community Health Center, which is housed at central office, is also functioning properly. We see 10-12 patients every week at this clinic. Committee feels the need of expansion since operation has out-grown one examination room. In addition, no extra space is available for a lab or additional storage.

The overall operation of the office is satisfactory.

Committee Members

Dr. Javed Imam, Dr. Aftab Khan, Dr. Maliha Ahsan, Dr. Raza Khan, Dr. Zubair Syed



Election & Nominating Committee Report

Ahsan U. Rashid, MD, Chair

This is my 2nd "Tour of Duty" and I thought it would be smooth sailing, but 2009 is a very challenging year for APPNA with more new applicants for APPNA membership this year than ever before. This means that the membership committee and the President-elect will have their hands full to verify who qualifies and who should not to be a voting APPNA member. But the downstream effect of this enhanced interest in APPNA membership means that the Election and Nomination Committee will have to work extra hours to ensure that the election process remains acceptable to all six candidates and is up to the standard expected by our members and our elected leadership. The election is being conducted under the agreed upon rules of the code of conduct passed in the fall meeting 2008, duly signed by all the candidates. The list of members that has been verified so far (June 08, 2009) should have received their ballots already and as more members are verified and certified under the applicable clauses of constitution, additional ballots will be released.

To date 2550 have received the ballots Those ballots returned by June 24th, and that are duly completed as prescribed, will be counted in front of the representatives of all the candidates in the morning of Saturday, July 4th. APPNA members will be notified the list of successful candidates in the general body meeting on Saturday afternoon. It is the job of this committee to conduct fair and transparent elections and we take this process seriously, E&N committee is composed of members with diverse backgrounds, we have members new to committee as well as members with years of experience. We had received multiple complaints of violation of Election code of Conduct which were discussed and appropriate decision taken. Our oversight includes ensuring that ballots go out only to those who deserve to receive them and in this respect we keep the President/EC and the BOT informed. APPNA is one of the very few Pakistani organizations that hold elections every year. This committee works closely with the central office and our outside vendor to ensure that the entire election process is painless and transparent. I take this opportunity to thank my committee member for the commitment for the process and for APPNA.

The next APPNA Journal will be dedicated to President Abraham Lincoln, the 16th President of the United States whose 200th Birth Year is being celebrated this year (1809–2009). The Editorial Board encourages submissions from APPNA members and their families on any topic relating to the life, accomplishments and legacy of President Lincoln.

Life's Lessons Through Shining Shoes

Letter To A Father Battling Alzheimer's

Syed Nadeem Ahsan, MD

Dear Papa,

Although I was only about five or so when you and I last spoke on the subject, I remember it like it might have been yesterday. "Gentlemen wear clean shoes", you had proclaimed as you sat me down that hot afternoon in Lahore for a demonstration on how to polish shoes. I had never seen you shine your own shoes before. You had your own butler/orderly who kept your shoes buffed to a high gloss. I realize of course that you were using this mundane chore as a metaphor for life's other lessons. "First you take the dirt off with a hard brush and then you apply the polish with a soft cloth. Rub it in until all of the scratches and scuffs have been covered. Work on the second shoe as the first one dries. Then, with a clean soft brush, buff up the leather until the shine comes through. And if you really want to see your reflection in the shoe, then take the sweat off your brow", you said with a chuckle, "and apply it on the toe cap and polish with a narrow strip of flannel. No spit mind you – gentlemen do not spit."

And a gentleman you were – to the very core. Always so calm and unflappable. And masterful at understatement. Remember the war of 1971? We were in Karachi. You were over from Dhaka on an emergency visit. You announced calmly that Dhaka was on the verge of falling to the Indians. Mummy remarked wishfully; "hunooz Dilli door ast", her optimism driven partly by her patriotic fervor, and partly by the fact that all of our real-estate holdings were in Dhaka. "Perhaps", you noted with a gentle smile. "Except, unlike Khwaja Nizamuddin Aulia, our Niazi is a mere paper tiger and that General Aurora is unlikely to keel over and die like Sultan Ghiasuddin Tughlak did back in 1325" you had noted very matter-of-factly. That December your beloved Pakistan, for which you sacrificed your youth and the mitti of your very noteworthy ancestors, became half her original size and you lost every bit of the property you owned – again. But not once did I ever hear you even mention your personal loss to anyone, let alone complain about it. A few years ago, someone pressed you about this and you remarked that your troubles were nothing compared to the tragedy that had befallen your country.

You spent much time in East Pakistan in 1971. You were on a mission, which was to rescue all those that you could. You risked your life on many occasions going to the killing fields of Khulna and Chittagong. You were too late to save your beloved nephew (and his wife, who was buried alive by the Mukti Bahini) but countless others were able to escape due to the valor and diligence you and your dear friend (late) Col. Ghulam A. Chowdhury exhibited.

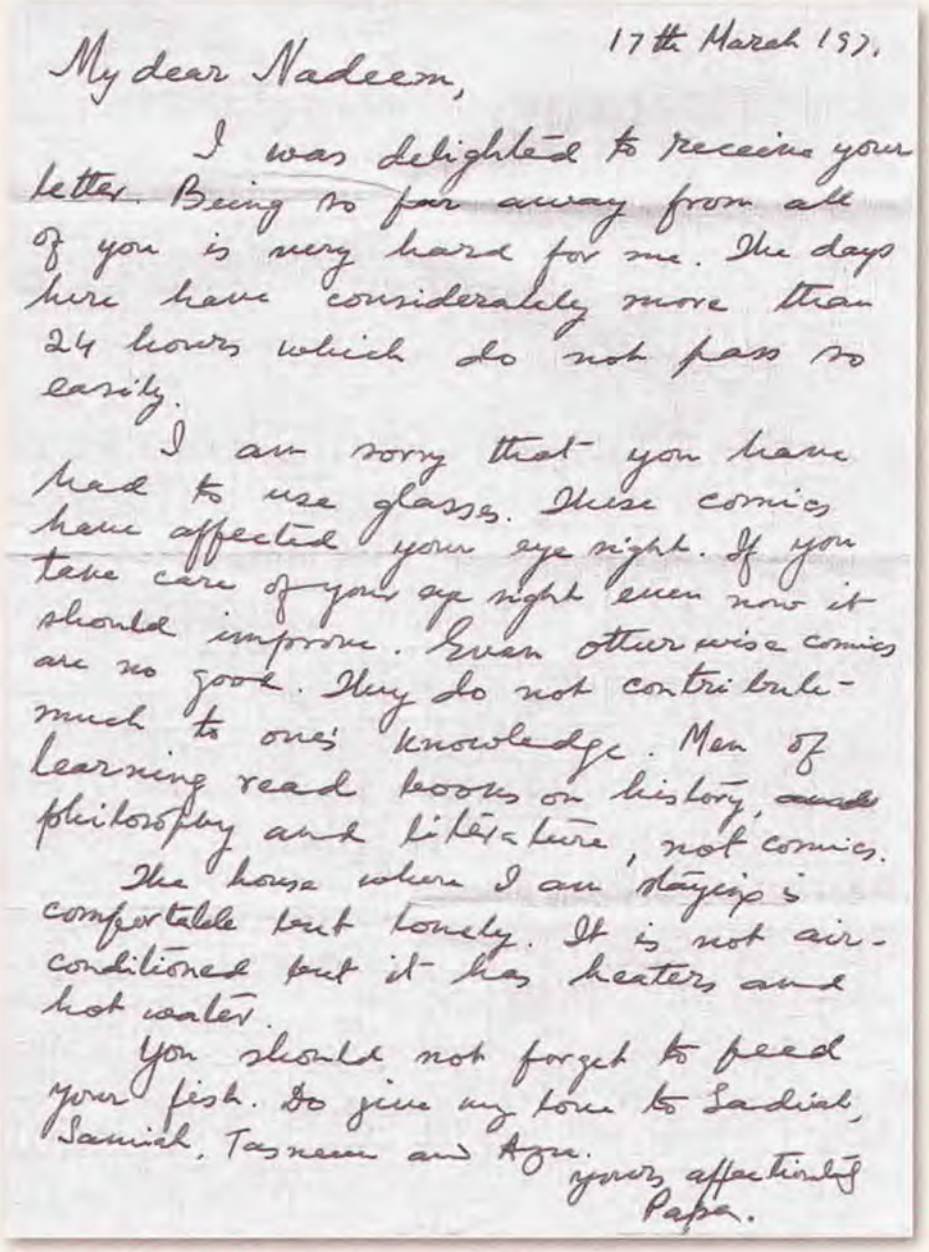
Syed Mokarim Ahsan, circa 1960

I don't know where you got your forbearance from. Was it that your father died when you were only four years old? Was it the tribulations of the sub-continental partition that steeled your nerves? But then Dadi Jan raised you with much affection and your brother made sure you wanted for very little while he held the fort together. Whatever it was, it took a lot to get you riled up. I still remember your advice to me; "Be like an elephant. Slow to anger, but when enraged, move to crush!" But I never saw you move to crush anyone.

You were 36 years old when I was born. From the pictures in my old albums, I can tell that you were already prematurely gray. But from what I've been told, you were quite the specimen. Tall, broad-shouldered, athletic, well-groomed and of aristocratic countenance – the quintessential gentleman-officer and a scholar to boot. I have heard from your comrades how you would easily get everyone's attention simply by walking into the room. "Especially the ladies!", Mummy would tell us with the usual twinkle in her eye. Quite the champion tennis player and Captain of the GHQ Cricket team in the 1950s.

You were a man of few words yet you were always such a ready source of advice and guidance for every one. The breadth of your knowledge was widely acclaimed. I have heard you speak with just as much ease on such disparate topics as Saracenic history and post-modern philosophy, muzzleloaders and gyroscopic camera-stabilizers. Thanks to you, my introduction to such authors as Homer, Plato, ibn Ishaq, Bokhari, Ghazali, ibn Rushd, Descartes, Marx,

Capt. Syed Mokarim Ahsan of the Army Corps of Engineers (second from left), hosting the West Indian Cricket team at Army GHQ in Rawalpindi in 1959. The feared West Indian paceman Wes Hall (first from right) took 46 wickets in eight tests on that tour of India and Pakistan. (Photo courtesy of The Mirror – May 1959.)



17th March 197.

My dear Nadeem,

I was delighted to receive your letter. Being so far away from all of you is very hard for me. The days here have considerably more than 24 hours which do not pass so easily.

I am sorry that you have had to use glasses. Those comics have affected your eye sight. If you take care of your eye sight even now it should improve. Even otherwise comics are no good. They do not contribute much to one's knowledge. Men of learning read books on history, and philosophy and literature, not comics.

The house where I am staying is comfortable but lonely. It is not air-conditioned but it has heaters and hot water.

You should not forget to feed your fish. Do give my love to Sadiah, Samiah, Tasneem and Aziz.

Yours affectionately
Papa.

A letter to the author from his father, circa 1971.

Nietzsche, Tagore and Russell was at a fairly early age. And I think I did you proud when, during the hot summers of the late seventies, I went through much of what Maududi had written. Your favorite authors were of course the ones you called the humanist/humorists; Wilde, Twain, Shaw, Steinbeck and of course our own Patras, Colonel Mohammad Khan and Yusufi Saheb. I think it's fair to say that both you and I would rate Col. Khan's "Basalamat Ravi" as our all time favorite book of jovial prose.

I never got to ask how you got into photography. My suspicion is that you were self taught. But your mastery over the black-and-white medium is well documented in many of the photos that adorn the picture frames in so many homes. By the way, thanks for the rangefinder Voigtlander camera you gave me when I was only seven! It served me well for many years and I still have it – and it still works! I never got around to telling you but all the accolades I've earned with my photos are through the training you gave me;

A photo of Azra Yasmin Ahsan taken by the author's father, circa 1956. Courtesy The Herald December 1956.

making me so familiar with f-stops and shutter speeds at such a young age. Just so you know, this knowledge is a loan to you that I am paying off by training your grand-children the best I can. In time, they too will thank you.

And thank you also for the abiding love of music that you and Mummy instilled in us. While you were a regular patron of such singers as Mehdi Hasan, Iqbal Bano and Farida Khanum, your favorite, if I dare say so, was Aziz Mian Qawwal. And you appeared to have an equally intense passion for Western music. I've not met many people in your generation who were so equally at home with such musicians as Nat King Cole, Ella Fitzgerald, Frank Sinatra and the much more 'pop' types like Santana, the Beatles, Englebert Humperdink and the Stones.

Through the appreciation of the finer things in life one could clearly see the primary focus of your existence, which was to leave the world a little bit better than you had found it. I recall the intensity and passion with which you had the high school built in Orangi under the auspices of your Syed Suleman Nadvi Trust. I am happy to note that the school is still doing well and over 6,000 under-privileged children continue to receive high quality education there.

Papa, I used to tease you by reminding you that your birthday was the same as Hitler's. Your rejoinder always was that April 20th was also Prophet Mohammad's date of birth. And while you were never a religious automaton, I do feel that the Prophet would have been proud of counting you amongst his own. Because you lived by lofty principles. You served your country with valor and distinction and you led by example. And you inspired many people to do better no matter what the odds. But Alzheimer's has dimmed the brightness of your eyes. At 82 you have been reduced to a mere shell of your true self. Your children and your grandchildren continue to shower you with tender loving care but you have no way of acknowledging them any more. And the frustration of not being able to rescue you from the darkness weighs very heavy on our shoulders.

To describe your own condition you might have smilingly quoted one of your favorite poets; the late great Khumaar Barabankvi:

Jo khaatir mein baarish ko laata na tha
Woh ooncha makaan raasta ho gaya

But our shoes are still shiny Papa. And wherever the Ahsans end up, your wonderful influence will never dim.

The author is a 1989 graduate of Dow. He is in practice in Philadelphia, PA and can be reached at AhsanN@einstein.edu

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What Happened To Pakistan Cricket?

by Sohail Cheema, MD (A psychiatrist in New York)

I grew up and spent my childhood and early adult years in Karachi, a sprawling port city of 20 million on the shores of Arabian Sea. Aside from being the business capital of Pakistan, Karachi is well known for its contribution to the game of cricket in the country. It has produced many of Pakistan's finest batsmen like Javed Miandad, Hanif Mohammad, Mushtaq Mohammad, Sadiq Mohammad, Zaheer Abbas, Asif Iqbal, Saeed Anwar, Mohsin Khan and many others with excellent records. Besides fine batsmen our best wicket keepers, Wasim Bari, Rashid Latif, Moin Khan and Saleem Yousuf were all products of this city.

Last month on vacation from USA I was quite disappointed to see that on my, almost mile-long street, there were hardly any kids holding a bat and ball and playing cricket. At one time there were eight to ten different teams in action not only during the daylight hours but on weekends there was plenty of night action with hastily installed lights extended from kids' homes. I was doubly disappointed this time compared to a previous holiday a few years ago because I was unable to grab a bat from the kids and get some batting practice. I fondly remember the days when we all used to play cricket with a taped-up tennis ball on busy streets on one side with bowlers named 'Wasim' or 'Imran' in action and the other full of busy traffic. And guess who suffered the most - the motorists.

Ten or so years ago Karachi's playgrounds presented a busy and beautiful view for cricket lovers. The grounds needed advance booking because there were so many cricket teams in the area wanting to play but now you see few in use as most have become parks or had apartment blocks constructed on top.

So what's happened and where are those kids who used to play day and night and even crowded grounds on a weekend? Let's look a little deeper.

To focus on better education many parents now discourage playing cricket and when kids come home from school they face a parade of extra tutors. By the time this ends it is already evening and time for homework! During my childhood this 'tuition culture' hardly existed but on this visit I noticed so much pressure on children to do well at school that it must make them want to revolt.

In the past, education was mostly provided by public schools which even had government subsidies provided for sports activities rather than the current preference for private schools. Schools then had cricket teams and there were many inter-school tournaments every season. Besides, we also played cricket for about an hour after the end of school (I wonder if my parents thought school ended that late). Sadly, that's all past as there is now an, "I send my child to a private school," syndrome all over the country. Most of these private schools, ostensibly providing better quality education than public schools, are housed in houses with no playgrounds. The days of inter-school cricket are gone and you can also forget about after-school cricket too.

Years ago, some of my friends who didn't do well in higher education, decided to pursue adult cricket careers and found places in some corporation, bank or other departmental teams and the better ones even found spots in the national team. But, corporate or departmental cricket is almost extinct now so there is little opportunity for young cricketers to earn a livelihood through the game they love which in turn forces budding talent to pursue other fields.

Pakistan's big cities like Karachi have moved on to modern life in the fast lane and gone are the days when there was only one breadwinner in a family and other members did not need to work. The younger ones could spend most of their time outside, playing cricket, but now they have to work and lend a hand in household economics. For several decades there were five or six top players in the team from Karachi and six or seven from Lahore with almost none from rural areas. The Karachi players, having grown up in a

tougher environment, brought 'mental toughness' and a 'street-smart mentality' - players like Miandad, Asif Iqbal, Moin may have been limited in style or classical technique but had a 'never-say-die' attitude. On the other hand, players from north were known to bring more aggression, fast bowling skills, elegance and style to the game. These were the perfect ingredients for making the winning mix and balance in the team.

Karachi players were also known to be better runners between the wicket - Miandad, Asif Iqbal, Moin Khan, Basit Ali were phenomenal in running and experts in taking cheeky singles and able to rotate the strike to put more pressure on the fielding side. Today this important and basic element is missing and we have players who rely on boundaries and eventually have to throw their wicket away when a squeeze is applied.

Today, the team dynamics have changed, and as an example, there is only one player representing Karachi and most are from rural areas or small towns. This is certainly good in a way, as its shows cricket has spread, but do these players have the tough mentality, the basic 'smarts', the confidence and leadership qualities needed? I feel this more than explains our current lack in these critical departments of modern cricket.

Apart from these regional and other factors, one more is the lack of sufficient educational background among current players. There was a time when Pakistan cricket was known because of Fazal Mahmood, AH Kardar, the Mohammad family, the Burki family (Javed Burki, Imran Khan and Majid Khan), Asif Iqbal, Zaheer Abbas, the Raja family, Saeed Anwar and many more with a college or university education. But now we have few players with anywhere near a similar educational background.

There is no hiding the fact that education plays a fundamental role in every-day life as it not only provides a person with information about a particular field but helps in logical thinking and ability to reason-out a problem. Over the last decade or more, this attribute has gone missing from Pakistan cricket camps. I am not worried about public speaking or giving interviews in English in front of a TV camera but am talking of what is far more critical and important for success. This is the ability to communicate in any language and having the flexibility of mind to change, adjust, accept, improve and compromise.

A somewhat beleaguered Pakistan Cricket Board (PCB) is now spending lots of money on developing cricket academies, inviting foreign coaches and famous players for lectures and training - all laudable and positive steps in moving forward. However, I think an integral part is still missing - quickly developing the game at the grass roots level - lest it's too late.

Cricket academies are 'Level-II' steps and cannot impact the first level. On-ground reality shows us is there is hardly any school or university cricket being played, little or no focus on inter-school or university tournaments, and even street cricket is dying-out. No doubt cricket academies are necessary for final grooming and honing of selected players but do not help develop cricket in the whole country or provide a 'blood-bank' of talent.

Our people are still faithful to the game and many still crazy about it but priorities have changed, for they no longer encourage their children to play knowing the odds of becoming a Test cricketer are slim. They rationalise, if their children go to good schools and focus on education, they will do well in future life. If we examine the malaise of poor Test match attendance in Pakistan, the answer stares us in the face - lack of public interest. Yes, Pakistani people love to watch one-day games but are they just seeking a few quick thrills and short-term entertainment or does it signify an intrinsic love for the game I grew up playing?

There is some light on the horizon though , according to very recent reports that mention the PCB's recent statements, on a focus to improve the game in schools, colleges, universities and at grass roots level.

I hope when I visit again in a few years, cricket is back on the streets and in schools - perhaps I'll be able to pick up a bat again and hit a few runs on my street.

The Battle Against Drug-Resistant TB in Pakistan:
Indus Hospital's MDR-TB Control Program

A New York Times reporter made a mini-documentary on the Indus Hospital MDR-TB Control Program in Karachi. The story was on the front page of The New York Times online edition on May 13, 2009 and can be viewed at: http://video.nytimes.com/video/2009/05/13/world/1194839867189/mission-impossible.html Or http://www.youtube.com/watch?v=l4sjCwU3kn0&feature=fvsr

At 16, Sumaira suffers from multidrug-resistant TB (MDR-TB). Her mother, the most likely source of her disease, died of TB 2 years ago while her father died of hepatitis C prior to that. Sumaira is now responsible for her 5 younger siblings and for running the household. Since she was diagnosed with MDR-TB, her younger sisters have taken over her responsibility of cooking, cleaning and sending the brothers to school. Alongside household chores, the sisters earn by doing handiwork on 'dupatas'. During good times, they manage to rake $50 a month. With Sumaira suffering from the symptoms of her disease and the disconcerting side effects of her drugs, the family's productivity and spirits are at ebb.

TB is a dangerous, contagious, airborne disease that claims over 5,000 lives a day around the world. It is caused by Mycobacterium tuberculosis, a bacterium that first infects the lungs and then may attack other parts of the body. Currently, 2 billion people or 1/3 of the world's population carries the microbe while new infections occur at a rate of one every second. If detected early and treated completely, TB is curable. However, incomplete TB treatments - due to shortage of medicines and medical provision, socioeconomic barriers and non-compliant patients - have led to strains of TB that are resistant to first- line TB drugs. Such drug-resistant strains are now present throughout the world.

In multidrug-resistant TB or MDR-TB, the TB bacteria have gained resistance to at least isoniazid and rifampicin, the two most powerful, first-line, anti-TB drugs. This makes curing MDR-TB far more complicated, costly and lengthy as compared to curing drug-susceptible TB. The patients are required to take a combination of second- line antibiotics, 6 days a week for a course of 2 years. A complete course of drug treatment for MDR-TB is approximately USD 4,000 per patient. For patients that take them regularly, some of the MDR-TB medications cause disturbing side effects, increasing the likelihood of patients not adhering to the prescribed treatment. If left untreated, MDR-TB not only kills the patient but also can spread to other people, where it may develop additional drug resistance leading to extensively drug-resistant TB (XDR-TB).

The WHO ranks Pakistan 8th among the world's 22 highest-burden TB countries, which together account for 80% of the world's TB. Pakistan ranks even higher (6th) in the list of countries with the highest number of new MDR-TB cases each year. How does one begin to grapple with a problem that devastates so many families?

In November 2007, the Karachi MDR-TB Control Program was initiated at the Indus Hospital. The program provides free, comprehensive, community-based management and control of MDR-TB in Karachi and Hyderabad in accordance with World Health Organization (WHO) and Partners in Health (PIH) guidelines. Successful community-based MDR-TB control programs have been implemented nationally in Peru, Haiti, Lesotho and Western Siberia - proof that community-based treatment of MDR-TB can be successful in resource-poor settings.

The Karachi MDR-TB Control Program also supports the diagnosis, treatment and critical social support for patients at Sindh Government Hospital (SGH) New Karachi and Marie Adelaide Leprosy Center (MALC).

In November 2008, after completion of a Bio-Safety Level 3 (BSL-3) laboratory for TB drug sensitivity testing, the Indus Hospital became the first site in

Pakistan to receive WHO Green Light Committee (GLC) approval to treat 400 MDR-TB patients. GLC-approval allows the program to access concessionally-priced, high-quality second-line anti-TB drugs through WHO mechanisms, helping to ensure higher cure rates and program oversight.

There are currently 11610 patients registered in the MDR-TB Control Program, of which 64 are enrolled and on treatment. FiftyForty-stwoix (5246) patients are currently awaiting treatment and will receive it as donor funds permit. All patients enrolled at Indus Hospital receive free medication worth USD 4,000 for the full 24 months of treatment. They also receive monthly TB culture tests, professional counseling, and food rations for a household of six, all free of cost for 2 years. The program arranges for treatment supporters who are responsible for Directly Observed Therapy (DOT) on a daily basis. This comprehensive approach to treatment is aimed at providing patients with an enabling environment in which they are more likely to complete the intensive 24-month treatment regimen and to help increase cure rates.

A major incentive in the provision of this holistic support is the Food Assistance Program (FAP). TB is a "wasting disease", that is, it causes significant weight loss through a variety of physiological mechanisms. It also frequently results in food insecurity for the patient and his/her immediate family, as illness impedes productivity in economic activities or as limited family resources are directed towards TB treatment. The FAP works wonders in not only providing the necessary nourishment to the patients but also serves as an incentive for the patient to adhere to the intensive 24-month treatment regimen.

The contents of the monthly food rations include 20 Kg flour, 5 Kg rice, 4 Kg lentils, 4 Kg sugar, 5 liters of cooking oil and 1 Kg of powdered milk. Alongside the FAP, there is a strong counseling component in the social support provided to patients and their families. The counseling is both educational and emotional. Patients and their family members are informed about the nature of MDR-TB with emphasis on modes of transmission and necessary precautions to prevent others from being infected. Efforts are made to dispel myths concerning the disease. For instance, many patients believe smoking causes TB or that eating rice might worsen their condition. Emotional counseling is very necessary, because during the long and intensive treatment course patients suffer from numerous side effects, feelings of worthlessness and alienation, problems arising from poor socio-economic conditions and the social stigma associated with the disease. Patients have often witnessed a TB death in their own family and are afraid and vulnerable now that they are suffering from MDR-TB. Through counseling, we provide patients with the necessary support they require to successfully complete their treatment and attain good health.

Sumaira is fortunate to be enrolled in the Indus Hospital MDR-TB Control Program. Through the support of donors to the Indus Hospital, Sumaira revives free drugs and monthly food rations that help her support her family on their meager income. She and her siblings are taught disease hygiene at home and receive emotional support whenever required. The program provides an enabling environment for the successful completion of Sumaira's treatment and those of another 63 MDR-TB patients.

MDR-TB is an extremely contagious disease. Simply treating those with the disease is not enough. The program has to make sure that those who have the disease are not spreading it to their family members, neighbors and friends. The Indus Hospital has implemented a household contact-tracing program in which symptomatic adults and all children living in the patient's home are actively screened for the disease.

*The first patient enrolled into the Indus Hospital MDR-TB Control Program belonged to a family that has been devastated by MDR-TB. Of 10 siblings, 16-year old Rehana, 20-year old Aslam, 24-year old Jawed, and 25-year old Shabnam have died from MDR-TB between Feb 2005 and April 2008. Currently, 35-year old Tahseem is on her 16th month of treatment and on her way to recovery. Their brother, Imran is working for the program as a treatment supporter in Hyderabad. After having first hand experience with the disease and witnessing the death of 4 siblings, Imran decided to help those in similar unfortunate circumstances.

(Continued on page 63)

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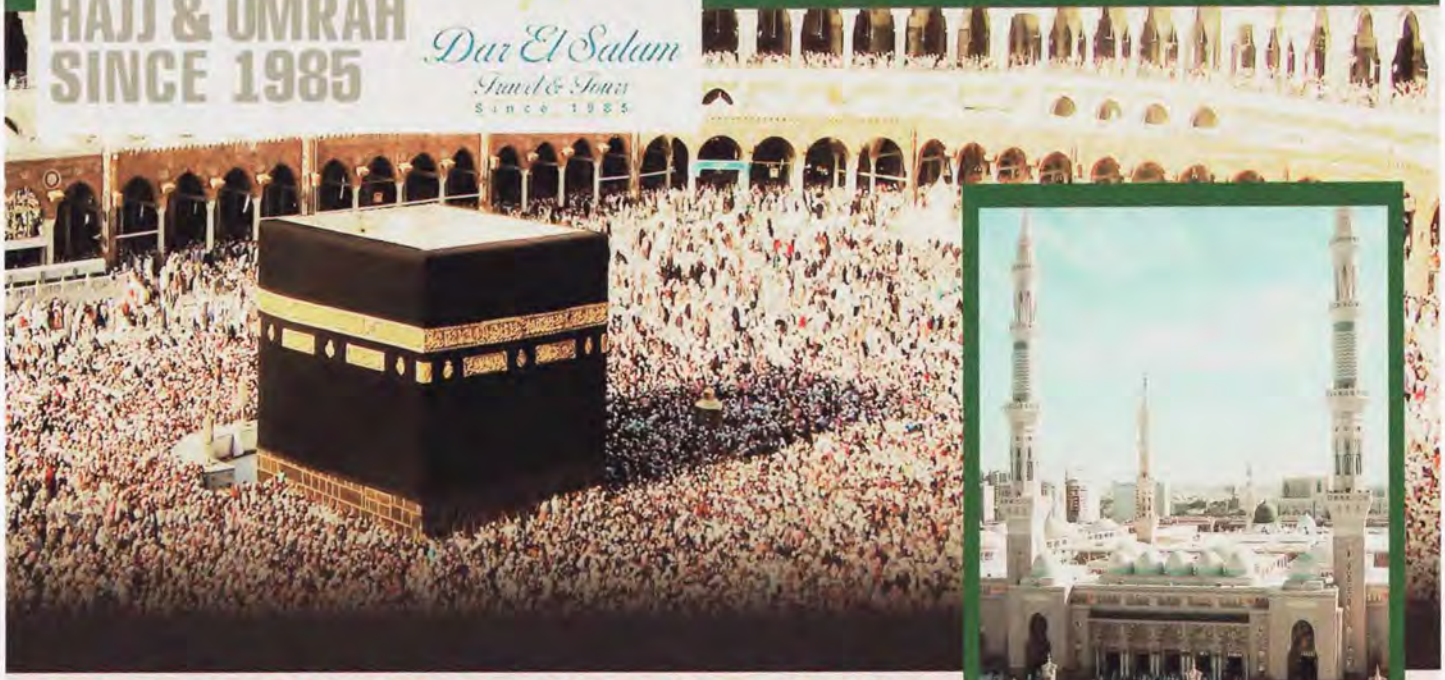

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غزل

کیا خبر کہ زندگی سے کون کس پل جائے
کون جائے گا سکوں سے کون بے کل جائے گا

میرے گھر پہ بارشیں بارُود کی کر سوچ کر
میرے گھر کی آگ سے تیرا گھر جل جائے گا

آج دہشت گرد کہہ کر جس کو چاہے مار دے
تیری دہشت کا سورج ایک دن ڈھل جائے گا

اجڑے گلشن میں کبھی اُترے گی پھر فصلِ بہار
یہ نحوست کا کبھی موسم تو ٹل جائے گا

سانچ کو آنچ نہ جاوید آئے گی کبھی
جھوٹ کا جادو نہیں گر آج تو کل جائے گا

جاوید اکبر

غزل

کچھ تو وہ چارہ گری زخموں کی کرتا جاتا
کوئی مرہم نہ سہی زہر ہی بھرتا جاتا

یُوں جو نفرت سے نہ گل دیکھتا ہاں خاروں کو
تیرا گلشن تو کبھی کا تھا سنورتا جاتا

کوئی امید وفا ہوتی تو پھر محفل میں
دل کو پنچھی کبھی مرنے سے نا ڈرتا جاتا

قید کر لیتے اُسے لمحون کی زنجیروں سے
روک سکتے جو کبھی وقت گزرتا جاتا

وقت کی زد سے نہیں کوئی بھی جاوید بچا
حُسن تیرا ہی نہیں صرف بکھرتا جاتا

جاوید اکبر

ناممکن

اگر باتوں سے لوگوں کی بھلائی ہو نہیں سکتی
تو یون سمجھو کہ ہم سے پارسائی ہو نہیں سکتی

دوائے دردِ دل ملتی تو ہے شہر محبت میں
مگر اس شہر تک سب کی رسائی ہو نہیں سکتی

مرا دل لے کے واپس کر دیا اس نے یہ فرما کر
یہ دل ایسا ہے جس کی دلربائی ہو نہیں سکتی

کہیں بھی میں اسے پھینکوں یہ واپس لوٹ آتا ہے
مرے دل سے مری اپنی جدائی ہو نہیں سکتی

یہ مانا نوکری کے واسطے ڈگری ضروری ہے
مگر ہر آدمی سے تو پڑھائی ہو نہیں سکتی

نہیں مجھ پہ یقیں تم کو تو Larry King کو دیکھو
نہیں ایسا کہ باتوں سے کمائی ہو نہیں سکتی

فقط اس بات کچھ لوگ امریکہ نہیں آتے
یہاں پہ بیوی بچوں کی پٹائی ہو نہیں سکتی

عبدالرحمٰن عبد

غزل

کبھی کبھی ہنسا گئی، کبھی کبھی رلا گئی
شبِ سرائے دہر کیا کہانیاں سنا گئی

ہوائے سرد کے سبب گھروں میں لوگ بند تھے
سکوتِ شب میں دُور تک فقیر کی صدا گئی

چلا وطن تو لوٹ کر پکارتا رہا اُسے
درِ حریم سے مگر صدا پلٹ کے آ گئی

بہار پر تو اس دفعہ گمان تھا خزاؤں کا
اجڑ گئیں کیاریاں جہان، جہاں صبا گئی

شبینہ محفلیں تو کیا دنوں کی رونقیں گئیں
چہل پہل کو دوستوں نظر کسی کی کھا گئی

نہ عشق میں سرور وہ، نہ حسن میں غرور وہ
تلاش پھر کریں تو کیا کہاں وہ گل ادا گئی

غزل

جہانِ دل میں ہے روشن بہت خوشی کے چراغ
کہ تیرے آنے پہ ہم نے جلائے گھی کے چراغ

نجانے کون انھیں راستوں پر گزرا ہے
کہ جل رہے ہیں ہر اک سمت ہر گلی کے چراغ

تمہاری ایک جھلک زندگی میں دیکھنے کو
جبیں پر رکھتے ہیں تا بندہ بندگی کے چراغ

دیئے جلانے پر قدغن نہ تھی نہ ہو گی مگر
تمہارے سامنے جلتے نہیں کسی کے چراغ

وہی جہانِ محبت میں زندہ رہتے ہیں
ہمیشہ رکھتے ہیں روشن جو آگہی کے چراغ

مجھے ملا پسِ رونق یہ ایک راز شفیق
لہو پسینے سے جلتے ہیں زندگی کے چراغ

ڈاکٹر شفیق

غزل

دریچے کھلنے لگے ہیں تو راز کیا باقی
صدائیں ڈوب رہی ہیں تو ساز کیا باقی

خزاں رسیدہ چمن اب ہے آگ کا مسکن
تو سوگوار شجر کو ہو ناز کیا باقی

ہیں چہرے سختیٔ حالات سے ہوئے پتھر
تو کیسی رونقیں باقی گداز کیا باقی

جو سجدہ زیر ہے ہر اک صنم کے سامنے آج
جبیں وہ کیسی جبیں اور نماز کیا باقی

جو اعتراف ہے انکار سا اگر جاوید
تو کون سی ہے حقیقت مجاز کیا باقی

شاہد یوسف اپنا والا

APPNAWALA

اپنا والا

یہ شخص جو اپنا والا ہے۔ تنظیم کا اِک رکھوالا ہے
یہ لگتا بیس برس کا ہے گو عمر میں پچپن سالہ ہے
اپنا میں جو ہوتا آیا ہے ۔ سب اس کا دیکھا بھالا ہے
تنظیم کی خاطر مُنشی پَن ۔ یہ اس کا کام نرالا ہے
ہے کیمرہ اِک جاسوس نُما۔ جو اس کے گلے میں مالا ہے
یہ دیکھ ہی لیتا ہے فوراً۔ کچھ دال میں جب بھی کالا ہے
اس رنگ بدلتی دنیا میں۔ اِس شخص نے سچ کو پالا ہے
گفتار میں نرم شگوفہ سا۔ کردار میں آپ ہمالیہ ہے
بے لوث مورّخ اپنا کا۔ تائید ہر ایک رسالہ ہے
اُس وقت بھی یہ خاموش نہیں ۔ جب ہر اک منہ پہ تالا ہے
جب گڑبڑ آئی نظر کہیں۔ تو شور اِسی نے ڈالا ہے
گرَ یادیں دُھندلی ہو جائیں۔ تو اِس کے پاس حوالہ ہے
مشکل ہی نہیں ناممکن تھا۔ جو اس کا م سنبھالا ہے

اِس ذکر میں شاہد یوسف کے
کُچھ عبد کا مِرچ مسالا ہے

(ڈاکٹر عبدالرحمن عبد ـــــــــــــــــــ ۳
جون ۲۰۰۹ء)

سہ قافیہ غزل

جس کے اعجاز سے ہوئی ہے نمود
اُسی اک راز میں خفی ہے وجود
زیست کا ہے عرق تبسم میں
گل کی ہے تازگی نمی سے کشود
گر ہے مضراب قلبِ چنگو رباب
دل سے ہے ساز، نغمگی و سرُور
ذہن کا ضعف بے کسی سے ہے
فاش ہیں رازِ بے بسی کے قیود
اک طریقت ہے مرگِ دل کا سبب
اک ہے انداز زندگی کا دجود
ایک نعرے سے ٹوٹتی ہے کمند
اک ہے آواز بندگی کا جُمود
برق کی طرح وہ ہوئی اوجھل
جو تگ وتاز سے ہوئی تھی نمود
کرے برداشت سب کے تلخ سخن
وہ ہے جاں بازرا سئی کا دُ دور
جب سے حد کی لکیر کھینچی ہے
اپنی پرواز بھی ہوئی محدود
جب سے غمآز ہے سخن کا شفیق
ملے اعزاز شاعری کے حسور

مشاہدہ

عجب ہے صبح کا منظر
جہاں دیکھوں وہاں سائے اچانک جاگ اُٹھتے ہیں
کہ جیسے ڈر گئے ہوں آنے والے اُن شعاعوں سے
وہ طاری خوف سے شاید
تعیّن سمت کا بھی کر نہیں پاتے
وہ پھر الٹے قدم ان کی طرف سب بھاگتے تو ہیں
شعاعوں کو مگر نزدیک پا کر یوں سمٹتے ہیں
کسی کو پھر دکھائی بھی نہیں دیتے
کہ جیسے وہ کسی کے تاک میں روپوش بیٹھے ہوں
مگر دوپہر جب گزرے
پناگاہوں سے اپنی گردنیں ایسی نکالیں گے
کہ جیسے لے رہے ہوں جائزہ پھر سے شعاعوں کی
تمازت کا
وہی سائے ابھی محتاط رہنے میں شعاعوں کے
تعاقب میں بہت آہستہ آگے بڑھنے لگتے ہیں
تھکی ہاری شعاعیں شام جب سر ڈھانپنے کو رنگ اُفق کی اوڑھ لیتی ہیں
یہی پرچھائیاں تب جلد بازی میں
تعاقب کے نتیجے میں ہمارے واسطے اندھیرے چھوڑ دیتی ہیں

ڈاکٹر شفیق

آج کچھ قوم کے افراد سے کہنا ہے ہمیں
مجلس مضطر و ناشاد سے کہنا ہے ہمیں
حال اسلاف کا اولاد سے کہنا ہے ہمیں
قید کا راز کچھ آزاد سے کہنا ہے ہمیں
سن لو سن لو سبب ذلت و خواری سن لو
آؤ بگڑی ہوئی روداد ہماری سن لو

جو شریعت سے ہو باہر وہ طریقت کیسی
جو طریقت سے الٰہ ہو شریعت کیسی
ہو مسلمان تو پھر اس نام سے نفرت کیسی
اٹھو سجادہ نشین یہ ہے غفلت کیسی
خانقاہوں میں اگر دعوتِ اسلام نہ ہو
کیوں نہ مذہب جسے کہتے ہیں وہ بدنام نہ ہو

جانتے ہی نہیں اسلاف کے اپنے اعمال
وہ تمدن وہ زمانہ وہ حقیقی اقبال
جس قدر کام کی باتیں تھیں بنیں خواب و خیال
گردش چرخ سے تم ہو گئے بالکل پامال
کیا دلوں پر رہے اب اگلی حکومت باقی
ایک دو بھی نہیں پابندِ شریعت باقی

قوم کی قدر کرو قوم کی تنظیم کرو
جسمِ اسلام کی آپس میں نہ تقسیم کرو
لطف بچوں پر بزرگوں کی بھی تکریم کرو
ماننے والی جو ہو بات تو تسلیم کرو
کھول کر دیدہ باطن کو زمانہ دیکھوں
لوگ کن لفظوں میں کہتے ہیں فسانہ دیکھو

شمیم سلمان

فرحت عباس خان
راولپنڈی میڈیکل کالج 1988

غزل

یادوں کے تلاطم میں تصور ابھرتی ہے
چھوتی ہے تصور کو پھر اور نکھرتی ہے
تنہائی کے لمحوں میں آجاتی ہے یاد ان کی
آکر دل ویراں میں پھر خوب مچلتی ہے
وہ شام کے آنچل میں جب ساتھ ہوں
جلتے ہیں چراغ اندر، اک تال سی بجتی ہے
برفانی علاقوں میں، جاڑے کے مہینوں میں
رنگت تیرے چہرے کی کچھ اور نکھرتی ہے
ترتیب حیات ایسا نازک سا توان ہے
اک بار بگڑ جائے مشکل سے سنورتی ہے
موسم تو نہیں اکتے ویران ہوں سہانے ہوں
تقدیر بھی ایسے ہی کچھ رنگ بلتی ہے
جب پیاس سے جاں فرحت صحرا ہوئی جاتی ہو
ایسے میں شراب انکی آنکھوں سے چھلکتی ہے

غزل

یاد اُسکی ستاتی ہے اکثر اب بھی
دردِ دل کی ہر دوا ہے بے اثر اب بھی
مدت سے نہیں آئے وہ اِدہر لیکن
ماحول مرے گھر کا ہے معطر اب بھی
جہاں میں علم و ہنر کے پھول جو بن پر
اور مرے اجود کی زمین ہے بے ثمر اب بھی
چند قطرون پہ قناعت تیری نادانی تھی
موجزن ہے میرے اندر تو سمندر اب بھی
غم ہجراں بھی نہ چھین سکا تیرا سکوں فرحت
چہرے سے تو ملتا ہے یہ تاثر اب بھی

غزل

رقصِ جنوں سے حال ہے یہ رہ گزار میں
اُوجھل ہوئی ہے آنکھ سے منزل غبار میں
گرند کرہ ہے اور مہک کا لیار میں
شعلوں کو بھی رکھا کرو اپنے شمار میں
پتھر کو ملنجی ہوں کہ خواہش میں خام ہے
تاثیر ورنہ ہوتی ہے دل کی پکار میں
کل سائباں بنانے کا دعدہ وہ کر گئے
ہم دھوپ میں کھڑے ہیں اسی انتظار میں
کرتے ہیں تار تار گریباں کو اس لئے
اس سے زیادہ کچھ بھی نہیں اختیار میں
کاٹے ہیں سارے رشتے مگر سنتے ہیں شفیق
وہ روز ہم کو رکھتے ہیں اب بھی شمار میں

ڈاکٹر شفیق

APPNA ELECTION

"APPNA" کے الیکشن کی اتنی سی کہانی ہے
کچھ خواب نئے ہوں گے تعبیر پرانی ہے

سچائی کی ' جزبے کی ' تھوڑی گوگرانی ہے
لفظوں کو زبان دے کر پوشاک پہنانی ہے

تیار ہو کے آئیں یہاں ہر Debate کو
جنت میں گھر ملے گا ہر اک Candidate کو

e-mail کی یہ Ad محبت بھری دھمکی ہیں
اور فون کی کالیں، جنت کی کنجی ہیں

رکھیے گا بھرم اپنا، اور جزبہ دندانہ
اپنا کے الیکشن بھی جنت کا ہیں پروانہ

دشمن سے گلے ملیے، ہو دوست کا دیدار
غصے پہ رہے قابو، آنکھوں میں رہے پیار

APPNA کے الیکشن کی بس اتنی کہانی ہے
گو خواب نئے ہوں گے تعبیر پرانی ہے

درخشاں تنویر

بسم اللہ الرحمٰن الرحیم

معبود ہمارا ہے وہ مسجود ہمارا مطلوب وہی ہے وہی مقصود ہمارا
ہر وقت عنایت ہے نوازش ہے کرم ہے ہم بندے ہیں اس کے وہ ہے معبود ہمارا
رزاق دو عالم ہے وہ خلاق دو عالم غفار وہی ہے وہی محمود ہمارا
مطلوب دل عاشق جاں باز وہی ہے شاہد وہی ہے وہی مشہود ہمارا
کیوں سامنے اللہ کے سر ہم نہ جھکائیں پہلے سے ہے وعدہ موعدد ہمارا
ہم پر جو یونہی مہرو تلطف کی نظر ہے مطلب نہیں ہو سکتا ہے مفقود ہمارا
بخشش کا سہارا تو ہے اے داور محشر گو دیپتر عصیاں نہیں محدود ہمارا
ہم ڈھونڈتے پھرتے رہے بے کار جہاں میں دل بر تو رہا دل ہی میں موجود ہمارا
مقبول بنادے اسے بس اپنے کرم سے شیطان کی طرح نفس ہے مردود ہمارا
اللہ دے وسعت وادیٔ محبت ملتا نہیں ہم کو دل مقصود ہمارا
فردوس کو بے کھٹکے چلے جائیں الٰہی محشر میں یہ رستہ نہ ہو مسدود ہمارا
وابستہ تیرے فضل سے ہیں ساری امیدیں سچ تو ہے یہی تو ہی ہے مقصود ہمارا
غافل نہ تیری یاد سے ہم کوئی گھڑی ہوں گزرے نہ کوئی وقت بھی بے سود ہمارا
اسلام ہی پر خاتمہ بالخیر بھی ہو جائے اسلام ہی میں جو ہوا مولود ہمارا

کیا ظفر لکھیں حمد کہ ہم لکھ نہیں سکتے
اللہ ہے خالق ہے وہ معبود ہمارا

واشنگٹن مشاعرے کے بعد کہنے لگے چلو اب چائے کے لئے کہیں بیٹھا جائے میں مشاعرہ کے انتظار میں اتنا پھنسا ہوا تھا کہ ان سے معذرت کر لی اور صبح کے ناشتے کا وعدہ کیا کہنے لگے اس مرتبہ تم سوتیلے لوگوں والا سلوک کر رہے ہو میں نے وعدہ کیا کہ جب نیویارک آئیں گے تو تمام گلے شکوئے دور ہو جائیں گے۔ فرمایا دیکھوں ناشتے پہ بہت سی باتیں ہوئیں نیویارک کے پروگرام بنے کسے معلوم تھا کہ یہ میری آخری ملاقات ہے۔۔

سلمان ظفر

دشتِ فراق

یہ جو سلسلہ دشت فراق ہے
کوئی اِس کی حد ہے مرے خدا؟
کہیں زندگی کا گماں تو ہو
کوئی روشنی کی کرن تو ہو
اے مرے خدا !
جو تھے خواب، اب وہ عذاب ہیں
کہیں فاصلوں کی صلیب ہے
کہیں جاں گسل سی اداسیاں
مری آنکھ اب تو ترس گئی
وہی چار سو ہے دھواں دھواں
بصورت کوہ منگلاخ
یہ جو سلسلہ کوہ فراق ہے
کہیں اس کی حد تو مرے خدا !
اے مرے خدا، اے مرے خدا،

بعد مرنے کے زمانہ تو بدل جائے گا — روح کے ساتھ مگر حسن جائے گا
یہ تلون ہے تو ارمان نکل جائے گا — غیر سے مثل نظر کوئی بدل جائے گا
مٹتے مٹتے ہی مٹے گا یہ مرا سوز فراق — رفتہ رفتہ دل بے تاب سنبھل جائے گا
ہم کو لانا ہی تھا آپ کی محفل میں اسے — کیا خبر تھی دل ناداں بھی مچل جائے گا
ہو تو امید وہ موہوم سہی جھوٹ سہی — کہہ تو دیں آپ کہ ارمان نکل جائے گا
یہ سمجھتے تو نہ اظہار تمنا کرتے — حشر پر وعدہ دیدار بھی ٹل جائے گا
لختِ دل دیدہ پرنم میں رکے ہیں آکر — یہ وہ چشمہ ہے کہ چھیڑا تو ابل جائے گا
آمد و رفت زمانہ میں لگی رہتی ہے — آج جو دہر میں آیا ہے وہ کل جائے گا
بندہ پرور تمہیں ناحق جوانی کا غرور — یہ وہ عالم ہے جو دو روز میں ڈھل جائے گا
کہہ رہا ہے یہ پیامی کہ بلا لائیں گے — اس پہ فقرہ جو ہمارا کوئی چل جائے گا
چشمِ عبرت سے جو دیکھے گا زمانہ کی روش — دست حسرت بڑی حسرت سے وہ مل جائے گا
رحمتِ حق وہیں آغوش میں بڑھ کر لے گی — اس کے آگے جو گنہگارِ ازل جائے گا

ہوگئی سارے زمانے میں بہت کچھ شہرت
ظفر کے دل سے نہ اب شوق غزل جائے گا

فراز صاحب

اپنا کے مشاعرے اور احمد فراز کی موجودگی لازم اور ملزوم تھی ہماری یہی اپنا کی خوش قسمتی تھی کہ احمد فراز صاحب نے کبھی بھی 'اپنا' کی درخواست کو رد نہیں کیا۔ اور اکثر بہت سے دوسرے پروگرام cancel کر کے اپنا کے مشاعرے میں شریک ہوئے۔ اپنا کی ممبر شپ سال بھر اُن کا انتظار کرتی تھی اور ہر سال ہر طرف سے فرمائش ہوتی تھی کہ فراز صاحب کو ضرور بلائیں۔ فراز صاحب کو بلانے کی فرمائش اُنکی بلند پایہ شاعری تو تھی ہی۔ لیکن اُن کا دوستانہ انداز، سلیس عمدہ نثر اور اُنکی زبان کی بے ساختگی اتنی با اثر تھی کہ ایک سال کا انتظار بھی زیادہ نہیں لگتا تھا۔

احمد فراز صاحب اب ہم میں نہیں رہے۔ ' اپنا ' کا واشنگٹن والا مشاعرہ ان کا آخری مشاعرہ تھا۔ گو کہ رات بہت گزر گئی تھی۔ لیکن فراز صاحب سنانے کے موڈ میں تھے بہت سا نیا کلام سنایا۔ فرمائش پوری کیں۔ اور ہمیشہ کی طرح مشاعرے کو لاٹا۔ ڈاکٹر طارق اور عطیہ کے ساتھ اُنھوں نے بہت وقت گزارا۔ اُن کی بات نہیں ٹالتے تھے اس مرتبہ بھی اُن کے اسرار پہ انہوں نے دوبارہ دوشنگٹن کا سفر کیا۔ اور مشاعرے میں شرکت کی کس کو خبر تھی کہ یہ ان کا آخری سفر ہوگا۔ دوستوں کے دوست حد سے زیادہ با مُروت اور بے حد حساس دل کے مالک تھے۔ نیویارک میں اُن کا ٹھکانہ ڈاکٹر شفیق کا گھر تھا۔ ڈاکٹر شفیق سے ہماری دوستی رنگ لائی اور ہماری بھی ان سے سلام دعا ہوئی۔ اور اُنھیں جیسے ہی پتہ چلا کہ ڈاکٹر فرمان فتح پوری صاحب کی بیٹی ڈاکٹر شمیم بیٹا ڈاکٹر الصبار اور داماد ڈاکٹر سلمان یہیں نیویارک میں رہتے ہیں تو فوراً ملنے چلے آئے۔ اور اُردو ادب کے حوالے سے ہمارے گھر سے ان کی ایک خاص نسبت ہوگئی۔ اور انہیں یہ اس بات کا بھی اندازہ ہوا۔ کہ ہم لوگ ان کے Fan ہیں تو یہ رشتہ مضبوط ہوگیا۔

ہمارے زمانے کے مقبول ترین شاعر تو تھے ہی لیکن بہترین انسان بھی تھے شاعری میں ان کی شہرت اُنہیں ان کی زندگی میں ہی ملی فراز صاحب کو غیر معمولی شہرت اور بے تحاشہ مقبولیت ملی۔ شاعری کی اعلیٰ معیار کے ساتھ ساتھ ان کا اعلیٰ اخلاق بھی شامل تھا۔ ہمارے یہاں جب بھی تشریف لائے طرح طرح کے چٹکلے ساتھ لائے ان کے ساتھ گفتگو سے نا صرف ادبی معلومات میں اضافہ ہوتا تھا نوشہرہ میں پیدا ہونے والے کا اردو اور فارسی کمال صرف انہیں کا خاصہ تھا۔ ہر جملے میں محاوروں کا استعمال۔ نثر میں بھی نظم اور غزل کا مزا ملتا تھا۔ شمیم کو انکا کلام تقریباً حفظ ہے اکثر باتوں میں ان کو اُنہیں کے کلام کا حوالہ دے دیتی تھی بات سے بات نکلتی چلی آتی اور صبح ہونے کا پتہ نہیں چلتا تھا۔

میرے والد ڈاکٹر عزیز صاحب کا انتقال ہوا۔ انہیں خبر ملی اُس زمانے میں نیویارک تشریف لائے ہمیشہ کی طرح ڈاکٹر شفیق اُنھیں ائیر پورٹ لینے گئے۔ ڈاکٹر شفیق کے گھر جانے کی بجائے تعزیت اور دعا کے لیے پہلے ہمارے گھر تشریف لائے پھر ڈاکٹر شفیق کے گھر گئے۔ آپ ہی بتائیے کہ اسلام آباد سے نیویارک کے سفر کے بعد کس میں اتنی ہمت ہوتی ہے کہ آرام کہ بجائے کہیں اور چلا جائے۔ کبھی کھانے کے وقت تشریف لائے تو پوچھا کہ کچھ گوشت وغیرہ پکایا ہے ڈاکٹر صاحب شمیم نے جواب دیا مرغی تیار ہے جواب ملا کہ میری ڈکشنری میں مرغی تو مرغی سبزی ہے کبھی تو بکرے اور دنبے بھی پکایا کرو کچھ کھانے میں مزا بھی ہونا چاہیے۔ اس طرح کے ہزاروں واقعات قلم بند کئے جاسکتے ہیں ہر شخص کے پاس ایک سے ایک واقعات ہیں۔ احمد فراز صاحب نوشہرہ میں پیدا ہوئے ایڈورڈز کالج پشاور میں تعلیم حاصل کی اردو اور فارسی میں ماسٹر کیا پشاور یونیورسٹی میں پڑھا، عملی زندگی کا آغاز ریڈیو پاکستان سے کیا۔ اردو اکاوی کے ڈائریکٹر اور نیشنل بک فاوڈیشن کے چیر پرسن رہے۔ ضیاالحق کے زمانہ میں برطانیہ، کینڈا میں گزارے۔ یہ وہ زمانہ ہے جب بہت سی انقلابی نظمیں تخلیق ہوئی۔ جن میں '' محاصرہ '' بہت مشہور ہے بے شمار قومی اور عالمی ایوارڈ حاصل کئے آپکی تصنیفات میں

وہ جو آجاتے تھے آنکھوں میں ستارے لیکر جانے کس دیس گئے خواب ہمارے لے کر

تنہا تنہا۔ جاناں جانا۔ نایافت۔ سب آوازیں میری ہیں۔ بے آواز گلی کوچوں میں۔ غزل کہانہ کروں۔ خواب گل پررت نہ ہے ۔ سنی اراستہ اے عشق جنوں پستہ

پھر تیرے نہ آنے کی خبر شام میں آئی
زہراب کی تلخی سی میرے جام میں آئی

اے کاش نہ پورا ہوا کوئی بھی مرا ارمان
یہ اور تمنا دل ناکام میں آئی

ایسوسی ایشن آف فزیشنز آف پاکستانی ڈیسنٹ آف نارتھ امریکہ

اپنا اردو میگزین

جلد۔سالانہ :11 مجلّہ۔شمارہ : 1

مدیر اردو: ڈاکٹر سلمان ظفر ڈاؤ میڈیکل کالج کراچی ۱۹۷۶

اپنا کے اردو سیکشن کو آپ تک پہنچانے کیلیئے کیا کیا پاپڑ بیلنا پڑتے ہیں، یہ راز صرف پبلیکیشن کمیٹی ہی جانتی ہے۔ کمیٹی کی خواہش ہوتی ہے کہ تمام ممبران اس کاوش میں برابر کے شریک ہوں تا کہ یہ سیکشن آپ سب کی کاوشوں کا گلدستہ ہو۔ مشکل یہ ہے کہ ہم لوگوں کیلیئے اچھا مواد حاصل کرنا گویا جوئے شیر لانے کے مترادف ہے۔ نئے اور پرانے لکھنے والے جو کچھ جمع کراتے ہیں اُسے کسی طرح دن رات لگا کر ٹائپ اور سیٹ کیا جاتا ہے اور پرنٹ کرنے کیلیئے دے دیا جاتا ہے ۔اس طرح کاٹ چھانٹ اور صحیح معنوں میں Review کرنے کا وقت نہیں رہ جاتا۔اس مرتبہ میں نے یہ سوچا کہ اگر تمام ممبران کو اس Printing کے طریقہ کار سے آگاہ کیا جائے تو ممکن ہے کہ لکھنے والے ہمیں تھوڑا زیادہ وقت دے دیں تو کمیٹی کو اردو کے حصے کو بہتر بنانے کا موقع ملے گا۔ میری آپ سب سے درخواست ہے کہ دسمبر کے شمارے کیلیء ابھی سے تصنیفات بھیجنا شروع کر دیں اور دیکھیں کہ جلدی جمع کروانے سے معیار کتنا بلند کیا جاتا ہے۔اس موقع پہ میں اپنی کمیٹی کے تمام ممبران اور خاص طور پر ڈاکٹر طارق شہاب، ڈاکٹر جمیل فاروقی اور ڈاکٹر انور خان صاحب کا شکریہ ادا کرنا چاہتا ہوں کہ ان کی کاوشوں کے بغیر یہ رسالہ نکالنا تقریباً ناممکن تھا۔ آپ یعنی ممبران کا تعاون رہا تو انشاءاللہ دسمبر کا شمارہ آپ سب کو زیادہ پسند آئے گا۔

اقبال کی دعا کے ساتھ اجازت چاہتا ہوں:۔

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سلمان ظفر

تابعداری

(ڈاکٹر عبدالرحمن عبد)

-

ہوتے ہوتے ہم بھی ہو گئے پُختہ دنیاداری میں
پڑتے پڑتے فرق یہ کتنا پڑ گیا سوچ ہماری میں

جب دیکھا، ہر شخص یہاں پہ تابعدار ہے بیوی کا
ہَولے ہَولے ماہر ہو گئے ہم بھی تابعداری میں

اچھا خاصا سیکھ لیا ہے I love you کا منترا بھی
حکم چلانا بدل گیا ہے ، میٹھی عرض گزاری میں

کبھی کبھی جب کر نہ پایا، پھولوں کا گلدستہ کام
جاں بخشی کی صورت ڈھونڈ ہی I am really sorry میں

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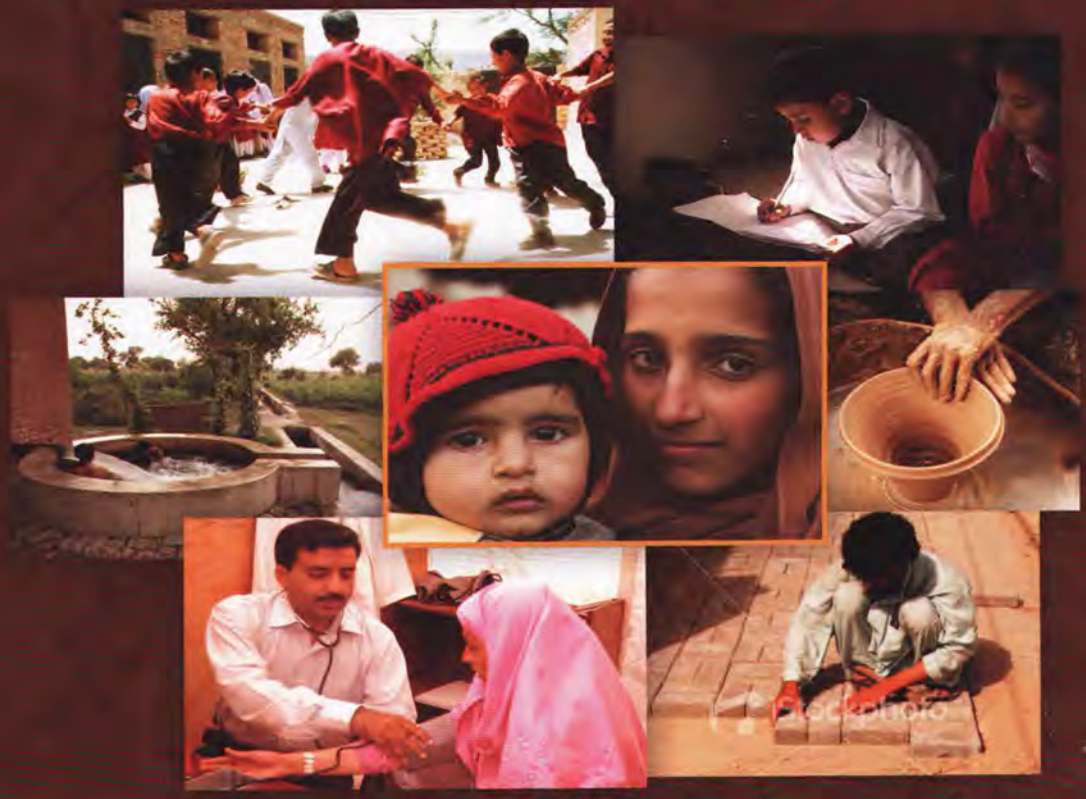

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