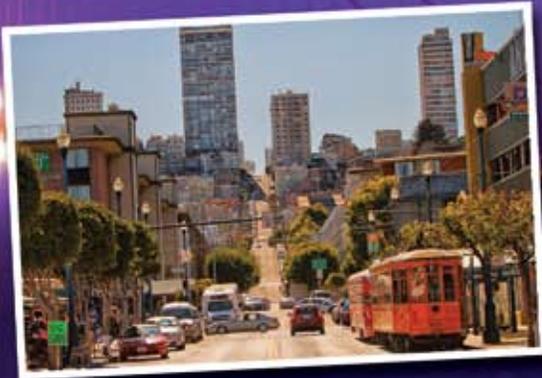




"APPNA FIRST"

APPNA Fall Meeting 2015



30th Oct - 1st Nov, 2015 Fairmont Hotel, San Francisco, California

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APPNA PRESIDENT, 2015

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ARTICLE SUBMISSION

We encourage all APPNA members, committee chairs, and council members to submit articles for the next publication that may be of interest to our readers. Articles can be submitted electronically at

APPNA@APPNA.com

The editors reserve the right to edit all submitted material and may accept or reject any submission.

ABOUT THE COVER

The cover is designed by **LAIQ SIDDIQUI**
of V4IDEAS Inc



APPNA Summer Meeting 2015

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APPNA Fall Meeting 2015



PUBLICATION COMMITTEE CHAIR MESSAGE

Dear Members of APPNA family,

On behalf of APPNA Fall Host committee, APPNA northern California chapter and President JSMUAANA, I am honored to welcome you all to the Fall Convention of respected physicians, their families and friends.

The publication committee has tried its best to be inclusive of all. It is always difficult to collect material from various committee chairs, chapter and Alumni leaders due to their professional commitment and other responsibilities; many thanks to those who were able to send their reports in a timely fashion to be included in this issue.

The magazine in your hand is in fact an APPNA souvenir for the fall meeting as it will showcase APPNA and its chapter's activities during 2015 in words and colorful pictures. Pictures from various committees and chapters are also included. A meeting and CME program is also included in this Journal for your reference.

We as a community in the San Francisco Bay Area are very lucky to have renowned educational institutions such as UC Berkeley, UCSF and Stanford in our backyard. Many of the students from our communities have benefitted from their proximity to home. And now we are very proud to see "Zaytuna College" as the first accredited Muslim college of liberal arts in Berkeley.

Lieutenant Governor of California, Mayor of San Francisco and members of the US Congress recognize APPNA's work and have sent their welcome messages to be included in this Journal.

I am grateful to APPNA President Dr. Mubasher Rana and chair Host committee Dr. Munir Javed for entrusting me with such critical responsibility. I am also thankful to the members of publication committee Dr. Altaf Jan, Dr. Sobia Sultan and Dr. Noorulain Aqeel for their support and hard work in collecting messages and commercial sponsorship for this Journal. I must appreciate the critical role the staff at the central APPNA office plays in making our task easier. Thanks to Jennifer Wozniak, Nicholas Suh, and David McDemit. Special Thanks to our designer Laiq Siddiqui, our Publisher Rabbah Raof of international graphics and designer Miah Green for accepting and completing this publication in a very short time.

Sabir Ali Khan, MD, ABNM

Chair Publication, Fall 2015

President JSMU Alumni Association of North America
Member BOT APPNA Northern California Chapter





APPNA Fall Meeting 2015



HOST COMMITTEE CHAIR MESSAGE

Assalamu Alaikum:

It is with great pleasure that my host committee and I extend a warm welcome to all participants in our APPNA Fall Meeting in the wonderful and one of most beautiful city, San Francisco. San Francisco famous for Golden Gate Bridge, cable cars, Alcatraz Island, colorful Victorian houses and its incredible scenic landscape.

We have very exciting programs for Friday with Horn blower cruising in the beautiful vicinity of San Francisco. We have DJ and Dhol on the ship which will echo our presence in the city of the San Francisco. Later we will have entertainment at Fairmont hotel.

We choose one of the best hotels in the World to make this a memorable event. In 1907, history was made when The Fairmont San Francisco, Nob Hill's grand dame, opened its doors. The iconic hotel soon became the city's venue of choice for glittering balls, presidential visits and political gatherings, making the name Fairmont synonymous with "place of occasion". The Venetian Room at the Fairmont Hotel was where Tony Bennett first sang "I Left My Heart in San Francisco" in December 1961.

The evening program will have distinguished speaker Dr. Larry Brilliant whose introduction is good enough with the lines "Trained as a doctor, he was living in a Himalayan monastery in the early 1970s when his guru told him he should help rid the world of smallpox."

Our keynote speaker does not need any introduction. Mashallah we are blessed to have Shyakh Hamza Yousuf in our area who is also the founder of Zaytuna College. Islamic Scholar: Sheikh Hamza Yusuf Hanson converted to Islam in 1977 when he was only 17 and spent many years studying Arabic, Islamic jurisprudence and philosophy with some of the Muslim world's most prominent and well-respected teachers.

Why all this was possible because we got the great leader Dr Mubasher Rana without his guidance it would not be possible to have this event in our area. This amazing program is the result of the efforts of a group of very dedicated Physicians of host committee who made my job relatively easy. In recognition of their efforts, I'd like to thank the host committee for their tireless work and advice.

Please enjoy one of the most memorable events of your life. A kind reminder, please, "Do leave you heart at San Francisco."

Dr. Munir Javed
Chair, APPNA Fall Meeting





APPNA Fall Meeting 2015



“APPNA First”

A MESSAGE FROM APPNA’S PRESIDENT

“The true leader serves. Serves people. Serves their best interests, and in doing so will not always be popular, may not always impress. But because true leaders are motivated by loving concern than a desire for personal glory, they are willing to pay the price.”

– Eugene B. Habecker

It has been an incredible and extremely rewarding experience to serve APPNA as its 36th President this year. The President is frequently called upon to make difficult decisions. I have tried to serve and base all my decisions with a single focus of keeping the best interest of APPNA foremost in my mind.

Whatever we have achieved this year is due to incredible efforts and commitment of APPNA members. I estimate that every day over 200 physicians are volunteering their time in one way or the other to the success of APPNA. They do so, not for glory or recognition, but because they truly believe in the mission of this organization. It is not about positions, accolades or photo ops. **It is all about service and giving back.** The theme of this year; “APPNA First” is based on the firm believe that as long as we put APPNA before our personal interests, we can achieve whatever we strive for.

APPNA is and will be what we want it to be. Over the last 38 years, our predecessors have laid a very strong foundation. Now it is up to us how we carry it forward.

This year there are over 25 different projects going on in APPNA and even more in Alumni and chapters. I will highlight a few of them.

1. **Helping Young Physicians:**

- a. APPNA is extremely active in helping young physicians in visa processing through its Young Physician’s committee. Recently APPNA has added increased housing, mentorship and Loan program to its portfolio of services.
- b. APPNA is also helping young physicians obtain Electives and Observerships with a recently launched centralized online program.

2. **APPNA Charities:** APPNA members are very generous whenever a need arises. During the recent Heat Wave crisis in Karachi, APPNA physicians worked on the ground and equipment including wheelchairs, gurneys, oxygen tanks, intravenous fluids, medications and water was donated to different hospitals in Karachi. APPNA is also holding free eye camps in various cities in Pakistan. Over \$100,000 are invested in clean water project in Thar. This year, APPNA is opening free clinics in 3 more cities in United States. APPNA National Health Care Day will be held on October 24 where we plan to provide free medical screening and flu vaccines in close to 35 locations across the country. .

3. **APPNA Telemedicine:** APPNA Telemedicine program has been launched where APPNA members will be able to securely interact with physicians in Pakistan and around the world, discuss cases and provide advice as needed.

4. **APPNA Medical Corps:** A group of volunteer physicians have been organized who are ready to serve during disaster and peace time in underserved areas. APPNA has developed relationships in different hospitals in Pakistan where these services can be rendered. A few months ago, when an earthquake hit Nepal, APPNA members were on the ground helping the victims.





APPNA Fall Meeting 2015

APPNA PRESIDENT'S MESSAGE (CONT.)

5. **Specialty Networks:** 6 new Specialty Networks: Nephrology, Radiology, Pediatrics, Heme/Onc and Pathology have been formed or in process this year. This will enable them to network and do specialty specific projects. Prime examples of already existing networks is APCNA and their pacemaker project and Chest physicians and their smoking cessation awareness project.
6. **Advocacy:** On April 30th, over 30 APPNA members gathered on Capitol Hill and met with over 20 congressmen to raise support and awareness for the GRAD Act. APPNA has helped introduce this legislation which would direct the State Department to speed up the visa approval process for international physicians who are slated to start their residencies in United States.
7. **APPNA Scholarships:** APPNA Scholarship endowment is now over 2 million dollars and if we include the individual Alumni scholarship programs, it is well over 3.5 million dollars. This is again due to your incredible generosity, the APPNA members.
8. **Membership Benefits:** Membership benefits program has been relaunched and we are working on adding more benefits to the members such as Group purchasing option and expanded Insurance coverage.
9. **Election Reform and Electronic balloting:** New APPNA election reform was introduced this year and Electronic balloting has been implemented.

I have only mentioned some of the work going in APPNA committees every day. The work in other committees is equally important and mentioned elsewhere in this journal. The committees, chapters, alumni and networks are all an integral part of APPNA and part of our team. I am extremely proud of them.

People say that APPNA has not realized its full potential and I agree. There is so much more that can be done, however we need to put the right processes in place. APPNA has grown big enough that we need professionals to run the organization. Therefore, we are presently working on a marketing deal. We have also formed a search committee to find a Project and Development Director for APPNA. We have reenergized the Long Range Planning Committee which is analyzing how we can bring more North American graduates and Academic physicians into the folds of APPNA. We are also evaluating the present officers and committee structure of APPNA and make recommendations to make it more effective and accountable. We also need to take full advantage of APPNA Foundation and its role in promoting our charitable projects.

APPNA is a house we have built together over the last 38 years with lots of love and care. Every year we add a brick or two to the house and it keeps growing. I am extremely confident that in future this house of ours will become even bigger and stronger so we can all share in its warmth and protection.

So, let us Stand up for APPNA. Let us all be proud, strong and resolute and let us work together to Make Lives Better.

God Bless APPNA, Pakistan and United States of America.

Dr. Mubasher Rana

APPNA President, 2015





APPNA Fall Meeting 2015



APPNA PRESIDENT-ELECT'S MESSAGE

Dear APPNA Family:

It is amazing how time flies, I am not sure where 2015 went! However, despite that, a lot has been achieved. Most importantly, this year there has been a focus on defining and implementing long term goals, actively looking at means and road to financial stability of the organization, and starting the process of evaluating the governance and management structures of the organization. All of these are goals which are difficult to achieve and implement in a calendar year. Therefore, at the beginning of the year we were committed to try and define some combined goals for 2015 and

'16, begin the process early, such that we could have meaningful planning, and implementation in the next year or two. With the support of the current EC and a lot of members I think we are on track with achieving the goal.

It is also important that worthy initiatives of this year's Executive Committee find permanence in the organization. The organizational goals and plans should be independent of the President for the year. The role of the President is to ensure that the organization stays on path to achieving its long term goals, and add their own vision and unique ideas, to ongoing organization building. With the honor you have bestowed me with, I remain totally committed to this philosophy, and building the organization, and, not my portfolio of photographs.

While continuing on the dynamic path, APPNA has been on, in 2015, we hope to:

- Finalize and implement the Group Purchasing Plan for APPNA members, first proposed in 2010, which has the potential of significant savings for our members. A lot of work has been done this year, in achieving the goal.
- Launch a disease prevention and education program in 2016, which can hopefully become a flagship program of APPNA over years.
- Ensure involvement in our communities in USA. I am exploring mechanisms to possibly providing scholarships to college freshmen of Pakistani Origin on the basis of need.
- Continue to expand our network of free clinics across the country.
- Continue to strengthen the externship matching program for visiting Medical Student and Physicians seeking residencies, from Pakistan. A lot of work has been done this year on the web portal and the matching program.
- Redefine APPNAs advocacy program and build it up from the Chapter level, such that we have an effective advocacy program whose strength is at the local level, and works on defined short term and long term goals.

As we get closer to 2016, I will be reaching out to you for help in further defining these goals and adding to them. It is difficult to list here everything we hope to achieve in 2016, however, I have no doubt, with your continued support, we can make a significant difference next year, and in years to come.

M. Nasar Qureshi, MD, PhD
APPNA President-Elect, 2015





APPNA Fall Meeting 2015



APPNA SECRETARY'S MESSAGE

Dear APPNA Family,

APPNA is in its 39th year of existence and growing in its stature with exemplary social projects. We are close to the end of 2015 and elections have been accomplished via e-ballot for the first time. APPNA's Nominations and Election Committee will analyze this process and give recommendations to EC for improvements and and conflict(s) that may come up, as it is the first election ballot.

Dr. Hassan Imam Bukhari, one of the pioneering members and past presidents of APPNA passed away in Dallas. He was a mentor for two generations of physician leadership of our organization and activist, who was always engaged in social work. We owe a salute and gratitude from EC and general membership for his dedication and lifelong commitment to APPNA.

Hajj project organized by APPNA was successful and all pilgrims have returned safely. We have our APPNA Winter meeting in Lahore followed by Umrah and CME program, a unique opportunity, with well planned logistics to visit Pakistan and to Umrah, as well.

Specialty Networks of APPNA is progressing well; we have formally initiated 3 additional sub-specialty committees, namely, Anesthesia and Pain Management, Gastroenterology, and Pediatrics. We hope to make an impact and draw support for healthcare improvement projects through work with National Societies and their respective Colleges.

On National Health Care Day, Flu Vaccination and screening health services are planned by APPNA on October 24, 2015 at 34 clinic locations across the country. We encourage you to make more clinics, we greatly appreciate and welcome 3 new clinics to APPNA's family of free clinics.

Much needed membership benefits programs have been launched and we are working to enhance the package for members and facilitate group purchasing, insurance coverage, and financing.

Our volunteers in SWDRC, APPNA Medical Corps and Women and Children Affairs Committee have done outstanding work throughout this year and earlier. Like other Executive Committee members, I also recognize and salute our donors, who have made their brilliant work possible. APPNA has been able to project its image as a body of talented physicians, making a difference at home in the United States through grass root work, as well as outstanding and prompt disaster relief efforts across the globe.

We are looking forward to a more progressive APPNA accomplishing much more including: Grad Act expansion and implementation, more transparency, and accountability throughout the organization including its officers.

Let us have more appetite for activism for worthy social causes here at home, work together to increase APPNA membership, and support young physicians more effectively. Again, it's a privilege to serve you.

Shahid Rashid M.D.

Shahid Rashid, MD
APPNA Secretary, 2015





APPNA Fall Meeting 2015

TREASURER'S REPORT BY IQBAL ZAFAR HAMID



Achieving a goal is never an individual task. It takes the cooperation and support of everyone involved to reach a milestone. When I took over as Treasurer, APPNA's financial outlook was not very promising. I have conveyed my concerns to the Executive Committee as well as the general membership throughout the year so we could work together to improve our organization. The President, committee chairs, office staff and our professional consultants have all collaborated to cut down expenses as

our revenues declined. We have worked closely with our service providers as well as our committees to decrease costs in several areas, such as:

- Negotiating a lower fee on investment service charges.
- Negotiating a lower fee for credit card services.
- Streamlining legal costs for the Advocacy committee.
- Cost shifting rent expenses for the APPNA House.
- Online election balloting to reduce costs.

	YTD Expenses Based on 2015 Draft Budget @ 9/30/15	YTD Actual Expenses @ 9/30/15
Wages	\$142,500	\$139,549
APPNA House Rent	\$47,700	\$27,850
Legal & Professional Fees	\$45,000	\$20,000
Office Space	\$6,722	\$6,723
Telephone & Internet	\$6,937	\$5,850
Storage Unit	\$5,174	\$3,901
IT Expenses	\$4,351	\$6,284
Utilities	\$4,478	\$3,551
Office Supplies & Expense	\$3,567	\$2,490
Repairs & Maintenance	\$3,150	\$2,925
Insurance	\$3,053	\$3,105
Website Expenses	\$917	\$1,256
	\$273,549	\$223,484

This does not include all general expenses paid through the year, but rather gives an idea of our recurring costs.

In addition, we have made changes to APPNA financial policies that will improve our cash flows and transparency. These changes include:

- Creation of a contingency bank account where 1% of all unrestricted cash funds are deposited on a monthly basis, this would be used for administrative costs if needed. We will save 25,000.00 dollars for Contingency account this year.
- Lifetime Dues received are deposited in investment account on a monthly basis
- APPNA Policy now allows for 50% of interest earned on Lifetime Dues investment to be available for administrative use.
- Quarterly financial and investment information is posted on the APPNA website.
- Alumni events at APPNA meetings were prepaid with any balance to be paid within 3 months in order to reduce outstanding receivables. We have also collected 40% of receivables from the 2014 meeting events.
- Financial policies revised and approved by the Executive Council.

Although this year has been financially challenging, I believe that these changes will not only improve APPNA's financial situation for this year, but will continue to benefit us for years to come. It has been a true team effort in making these improvements and this process has made APPNA a stronger, more stable organization going forward. I am truly thankful to APPNA membership for allowing me to serve as Treasurer and giving me the opportunity to help make us more solid and secure for the future.

PROFIT & LOSS AT 9/30/15 (unaudited)

Restricted Funds

Lifetime Dues Revenue	\$111,998.28
Lifetime Dues Expense	-\$15,058.38
Lifetime Dues Net	\$96,939.90

Scholarship Revenue	\$585,634.26
Scholarship Expense	-\$11,332.20
Scholarship Net	\$574,302.06

SWDR Revenue	\$375,430.48
SWDR Expense	-\$184,496.59
SWDR Net	\$190,933.89

CME Revenue	\$201,055.76
CME Expense	-\$47,320.23
CME Net	\$153,735.53

Total Restricted Funds Net \$1,015,911.38

Unrestricted Funds

Meetings Revenue	\$3,047,404.72
Meetings Expense	-\$2,779,995.18
Meetings Net	\$267,409.54

General Revenue	\$180,492.84
General Expense	-\$301,626.29
General Net	-\$121,133.45

Total Unrestricted Funds Net \$146,276.09

TOTAL GAIN YTD AT 9/30/15 \$1,162,187.47



APPNA Fall Meeting 2015



GAVIN NEWSOM LIEUTENANT GOVERNOR



Association of Pakistani Descent Physicians of North America

On behalf of the State of California, I would like to commend the Association of Pakistani Descent Physicians of North America (APPNA) for their efforts towards scientific development and education in the field of medicine and health care. Your invaluable work in medical relief both at home and abroad has undoubtedly enriched the lives of many.

I am grateful for your noble contributions to the State of California and wish you the best of luck in your cause.

Gavin Newsom

Lieutenant Governor



APPNA Fall Meeting 2015

Office of the Mayor
City & County of San Francisco



Edwin M. Lee



GREETINGS FROM THE MAYOR

On behalf of the City and County of San Francisco, it is with great pleasure that I welcome you to the Fall Meeting of the Association of Physicians of Pakistani descent of North America (APPNA), being held on October 30, 2015 - November 1, 2015 at the Fairmont Hotel in San Francisco. With hundreds of physicians and their families expected to attend, we are proud to host this one-of-a-kind event in our beautiful City by the Bay.

San Francisco is a favorite tourist destination with numerous things to do and places to see. In addition to our fabulous downtown and amazing waterfront, San Francisco is an international destination where boundless outdoor recreation can be enjoyed throughout the year. With several of the finest hotels in the world, exquisite dining, entertainment opportunities and major attractions in surrounding communities, San Francisco has something for everyone. I hope you will allow yourselves an opportunity to explore our multicultural neighborhoods, and make sure you take a ride on our world-famous cable cars!

Welcome to the small city that dares to dream big, bound only by our capacity to imagine. San Francisco extends best wishes for an enjoyable and memorable event in our City. Congratulations to the Association of Physicians of Pakistani descent of North American and all the organizers who contributed to making this meeting a true success. Best wishes for a productive and fruitful event!

With warmest regards,

Edwin M. Lee
Mayor



APPNA Fall Meeting 2015



MICHAEL M. HONDA
17TH DISTRICT, CALIFORNIA

**Greetings from Congressman Michael M. Honda
to the Association of Physicians of Pakistani Descent of
North America (APPNA) on the Occasion of its 2015
Fall Meeting in San Francisco**

October 30-November 1, 2015

It gives me great pleasure to welcome everyone to the 2015 Fall Meeting hosted by the Association of Physicians of Pakistani Descent of North America (APPNA).

Since 1983, APPNA has sought to support health, education and humanitarian causes. Throughout the years, APPNA has delivered resources and monetary relief to serve rural areas in Pakistan to build compassion, trust and dedication within its local communities.

Today's event brings together 350 doctors from across the county to San Francisco to commemorate APPNA's diversity, civic management, and medical stewardship.

On behalf of the residents of the 17th Congressional District, I thank the Association of Physicians of Pakistani Descent of North America for organizing today's event, and I offer my best wishes for its success.

Sincerely,

Michael M. Honda
Member of Congress



APPNA Fall Meeting 2015

ERIC SWALWELL
15TH DISTRICT, CALIFORNIA

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October 31, 2015

Dr. Mubasher Rana
National President
Association of Physicians of Pakistani Descent of North America
6414 S Cass Ave
Westmont, IL 60559

Dear Dr. Rana,

I want to personally commend your continuous leadership and service to our community. This has been illustrated by your hard work, enthusiasm, and commitment to public service in the Bay Area. Your work is greatly appreciated by all those whose lives you have touched.

Your commitment to being an advocate for excellence in healthcare and humanitarianism truly merits recognition. I especially appreciate APPNA's effort to facilitate the transfer of medical expertise through charitable, educational, research and scientific projects around the world. The contributions your organization has made will have a positive effect on the medical community, state and nation for years to come. Thank you for your diligent service and continued contributions to the public.

I am proud to represent the 15th Congressional District of California because of dynamic non-profits like the Association of Physicians of Pakistani Descent of North America. Again, thank you for your dedication to the community.

Sincerely,

Eric Swalwell
Member of Congress



APPNA Fall Meeting 2015



On behalf of The Permanente Medical Group, I would like to welcome the Association of Physicians of Pakistani-descent of North American (APPNA) to San Francisco. I applaud your generosity and passion for helping those in need following natural calamities across the globe, and your commitment to education and research.

As the nation's largest medical group, we are grateful for the contributions that the physicians of Pakistani descent make in providing high quality, culturally appropriate care and personalized service to our very diverse Kaiser Permanente membership and proud they have chosen to practice with us.

Robert Pearl MD

*Executive Director and CEO
The Permanente Medical Group*

Kaiser Permanente

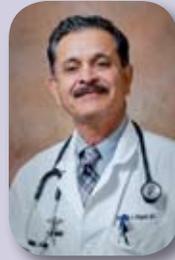
Madera Family Medical Group Pediatrics



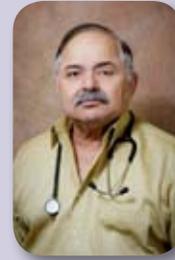
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Dr. Shaheen Khan



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We welcome participants of APPNA in San Francisco



Naeem M Akhtar M.D., F.A.C.G.
Ambreen Khurshid M.D.,
Mikhail Alper PA-C

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451 E Almond Ave
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APPNA Fall Meeting 2015

MEETING PROGRAM

FRIDAY OCTOBER 30, 2015:

TIME	EVENT	LOCATION/ROOM
9 AM – 6 PM:	APPNA Bazaar	Gold Room
9 AM – 1 PM:	Alcatraz Tour	Meet in the Lobby
1:30 PM – 2:15 PM:	Jumma Prayers	Fountain Room
2:30 – 4:30 PM:	CME	French Room
5:00 PM	Depart for Cruise	Meet in the Lobby
5:45 PM	Board Cruise	South Beach Harbor (Empress Horn Blower)
9:00 PM	Return to Hotel	South Beach Harbor (Empress Horn Blower)
10:00 PM – 1:00 AM	Entertainment	Terrace Room
Dedicate Prayer Room:	Fountain Room	

SATURDAY OCTOBER 31, 2015:

TIME	EVENT	LOCATION/ROOM
9 AM – 6 PM:	APPNA Bazaar	Gold Room
7:30 AM:	CME Breakfast	Fountain Room
8:00 – 10:00 AM:	CME	Fountain Room
10 AM – 5 PM:	Council Meeting	Crown Room
1:30 – 3:30 PM:	YPC- Residency Interview Coaching	Fountain Room
12:30 PM:	Young Professional Network	Terrace Room
5:45 – 6:45 PM	Banquet Reception & Social hour	Fountain Garden
6:45 PM	APPNA Banquet & Entertainment	Venetian Room
Dedicate Prayer Room:	Fountain Room	

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APPNA Fall Meeting 2015



Dr. Bilal Hameed
CME Chair

CME CHAIRMAN'S MESSAGE

Dear Colleagues,

On behalf of the APPNA Fall meeting CME Committee, it gives us great pleasure to announce our upcoming CME Program titled "Riding the Wave of Change". This program is scheduled for October 30-31st 2015, at the Fairmont Hotel, San Francisco, California.

This CME Program is approved for 4 Hours AMA PRA Category 1 Credit(s)™. The program will feature topics addressing the latest clinical developments and evidence-based treatment. This educational activity will feature distinguished faculty from University of California, San Francisco (UCSF) and eminent visiting lecturers who are renowned in their fields of interest. The emphasis will be placed on clinical programs and management strategies made in major subspecialties of medicine and surgery. This year we are excited to have a state of the art lecture from Dr. Nancy Ascher. Dr. Nancy Ascher is the chair of the UCSF Department of Surgery, has devoted her career to organ transplants and transplant research. She has served on the Presidential Task Force on Organ Transplantation, the Surgeon General's Task Force on Increasing Donor Organs and the Secretary of Health and Human Services Advisory Committee on Organ Transplantation.

You will find our program to be an outstanding educational experience and look forward to your attendance. Please register now.

CME PROGRAM

Riding the Wave of Change

October 30 – 31, 2015

Fairmont San Francisco

950 Mason Street

San Francisco, California 94108

This activity has been planned and implemented in accordance with the essential areas and policies of the Accreditation Council for Continuing Medical Education through the direct sponsorship of APPNA. APPNA is accredited by the Accreditation Council for Continuing Medical Education to present continuing medical education programs for physicians. APPNA designates this program for 4.0 credits in Category 1 of the Physicians Recognition Award of the American Medical Association. Each physician should claim only credit for time actually spent in the educational activity.

CME Credit: To claim CME credits and receive a CME certificate, APPNA members can log into APPNA account and complete an online evaluation, then download their CME certificate. If the attendee is not an APPNA member, they will need to complete a paper copy of the evaluation and send it to APPNA via mail/fax/email. We will review the evaluations and send the attendee a CME certificate via email or mail. This evaluation will be available on our CME website.





APPNA Fall Meeting 2015



Nathan Bass, MD, PhD

Professor Emeritus of Medicine,
Department of Medicine,
Division of Gastroenterology,
University of California, San Francisco

Non-Alcoholic Fatty Liver - A Practice Primer

Friday, 30 Oct, 2015 | 2:30 PM - 3:30 PM

Learning Objectives

At the end of the presentation, participants should be able to:

1. Discuss the relationship between obesity, diabetes, nonalcoholic fatty liver disease (NAFLD), cirrhosis and liver cancer.
2. Identify the risk factors for development of nonalcoholic steatohepatitis (NASH) and hepatic fibrosis in NAFLD.
3. Describe the procedure(s) for diagnosis and determination of severity of NAFLD/NASH and current interventions and pharmacologic strategies for management.



Munir Janmohamed, MD, FACC

Assistant Clinical Professor of Medicine &
Director, Heart Failure Outreach, Department
of Medicine, Division of Cardiology, Advanced
Heart Failure/Transplant Program UCSF

Update on Heart Failure Therapy

Friday, 30 Oct, 2015 | 3:30 PM - 4:30 PM

Learning Objectives

At the end of the presentation, participants should be able to:

1. Review of current HF therapies.
2. New therapies for HF.
3. n/a



Brian Schwartz, MD

Associate Professor of Clinical Medicine,
School of Medicine,
University of California, San Francisco

Infections in Returning Travelers

Saturday, 31 Oct, 2015 | 8:00 AM - 8:30 AM

Learning Objectives

At the end of the presentation, participants should be able to:

1. List three common causes of fever in a returning traveler.
2. Know how to conduct a workup of a febrile returning traveler.
3. Recognize the clinical manifestations and changing epidemiology of Chikungunya fever.



APPNA Fall Meeting 2015



Kara Bischoff, MD

Assistant Clinical Professor, Hospital Medicine
And Palliative Care, Director of Quality
Improvement for the Palliative Care Service,
University of California, San Francisco

Breaking Down the Barriers to Palliative Care

Saturday, 31 Oct, 2015 | 8:30 AM - 9:00 AM

Learning Objectives

At the end of the presentation, participants should be able to:

1. Increase familiarity with the ways that palliative care can serve patients with serious illness.
2. Understand common barriers to obtaining palliative care for patients.
3. Gain confidence introducing palliative care to patients.



Nancy Ascher, PhD, MD

Chair of Surgery,
Organ Transplant Surgeon,
University of California, San Francisco

Women in Surgery & Transplant

Saturday, 31 Oct, 2015 | 9:00 AM - 9:30 AM

Learning Objectives

At the end of the presentation, participants should be able to:

1. Global reach of organ transplantation.
2. Indication for solid organ transplantation.
3. Innovation in solid organ transplantation.



Muhammad Yasin Sheikh, MD

Professor of Clinical Medicine,
University of California, San Francisco

Screening for Colorectal screening: An Updated Review

Saturday, 31 Oct, 2015 | 9:30 AM - 10:00 AM

Learning Objectives

At the end of the presentation, participants should be able to:

1. Learn and incorporate into patient care the rationale for CRC screening and its current guidelines.
2. Increase physicians' recognition of various tests for screening, including their limitations.
3. Better understand the issues related to quality of screening programs to achieve better outcomes.

Welcome to APPNA's Fall Meeting



HANK BASHORE
SENIOR VICE PRESIDENT

Hank Bashore and the Private Client Group of Stephens Inc. wish to thank APPNA for its continued support and confidence.

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214-258-2752 hank.bashore@stephens.com www.stephens.com

STEPHENS PRIVATE CLIENT GROUP



APPNA Fall Meeting 2015

HOST COMMITTEE



Dr. Sabir Khan
Chair Publication
Committee



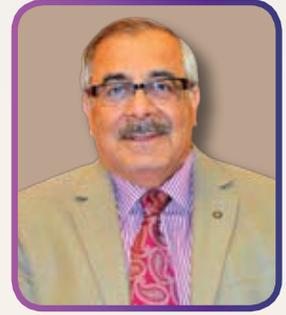
Dr. Bilal Hameed
Chair CME
Committee



Dr. Munir Javed
Chair Host
Committee



Dr. Muniza Muzaffar
Co-Chair
Host Committee



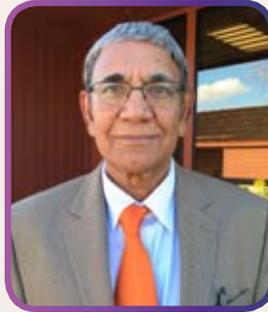
Dr. Aftab Naz
Chair Entertainment
Committee



Dr. Altaf Jan
Dignatory Liaison



Dr. Zubaida Seyal



Dr. Aslam Bara



Dr. Tariq Mirza



Dr. Munawar Alavi



Dr. Sobia Sultan



Dr. Zulfiqar Ali



Dr. Shazia Mughal



Dr. Aifra Ahmed



Dr. Noorulain Aqeel

APPNA Winter Meeting

17-19 December, 2015
Lahore, Pakistan



King Edward Medical University



Allama Iqbal Medical College



Fatima Jinnah Medical University



APPNA UMRAH & CME 2015 (Post Winter Meeting)

December 28, 2015 Arrive in Madinah
December 28, 29: in Madinah
December 30, 31, January 01: in Makkah
January 02: in Jeddah
CME in Jeddah in Jan 02 (CME Fee \$150)

For more information, flights, additional nights
(additional cost for additional nights of December
25, 26, 27):

Please call Amax Travel at 713-278-8685

Note: if you are attending winter meeting in Lahore,
there is a direct flight from Lahore to Madina on
December 28

Package Include:

Accommodation: 5 Star Hotel at the Haram boundary in Makkah.
Accommodation: 5 Star Hotel at the Haram boundary in Madinah.
All Ground transfer by private air conditioned buses
Meet and assist In Jeddah, Madinah, Makkah
Daily open buffet Breakfast
Sightseeing in Madinah "Mazarat"
Sightseeing in Makkah "Mazarat"
Complimentary Ihram for Males
Complimentary Prayer Rug for Females
Complimentary SIM Card with local Saudi Number
Visa processing services included

Price:

\$ 3,400 for Single occupancy
\$ 1850 per person based on Double occupancy
\$ 1650 per person based on Tripple occupancy

APPNA

APPNA 20TH INTERNATIONAL MEETING

31st March - 10th April, 2016 Spain - Morocco

BARCELONA

SEVILLE

CORDOBA

GRANADA
(ALHAMBRA PALCE)

MARRAKECH

FES

CASABLANCA

**Want to Stay Updated About
APPNA's Future Meetings?**



Follow this link below!



<https://www.dropbox.com/sh/6a8lwxexyhqxgpb/AAD8BrmaAdMEgYkXpecdKia2a?dl=0>



APPNA Fall Meeting 2015

OFFICE MANAGEMENT COMMITTEE (OMC)



The OMC 2015 is comprised of Dr. Mansoor Alam, chair, Dr. Aftab Khan, co-chair; Dr. Imtiaz Arain, Advisor, and members Dr. Irfan Mirza, Dr. Hasina Javed and Dr. Ahmad Hafeez Bhurgri. The OMC meets during the calendar year at the central office or via teleconference with APPNA Administrator / Executive Director Jennifer Wozniak, JD, to review office matters and develop strategies to make the central office run as smoothly as possible and meet the needs of the membership, committees, component societies, EC and BOT.

Membership / Elections:

APPNA office processed membership renewals for 2015 as well as new memberships in all categories. Office worked to create and send the voting list to the candidates and ultimately to SBS the company being used this year. This year marks the first time that the elections are being held electronically.

Meetings:

APPNA office has worked on the completed Strategic Planning Retreat held at the Gaylord Palms in Kissimmee, Florida on January 24 and the International meeting to Australia / New Zealand held February 10-22, the Spring meeting, held May 1-3 in Baltimore, Maryland, the Summer Convention held August 12-16 in Kissimmee, Florida, the International Meeting / Baltic Cruise held September 4-15 and the Hajj Pilgrimage held from September 13-26. At press time, office is working on the fall meeting, being held October 30- November 1 in San Francisco, California, and both the winter meeting, in Lahore, Pakistan, being held December 17-19 and the Umrah trip being held in Madinah and Makkah, December 28, 2015- January 2, 2016. Office is also working on next year's Spain, Spring, Summer and Fall meetings currently. The APPNA office facilitates payments, contract reviews, meeting set-up and registration and answers all questions from the membership and meeting-committees related to the meetings. Office staff also attends the domestic meetings to work on-site.

Financials:

APPNA office continues to work with accounting firm of Scanlan and Leo. Accountant Michael Kelsey; works with APPNA Treasurer and APPNA staff to complete the financial obligations of the state and federal government. Office has again engaged with the Firm BDK- formerly Wolf and Company; who we used last year, to complete the 2014 tax filing and required audit which will be due this year. The audit is being worked on at press time. APPNA continues to facilitate the reporting and transfer of funds received for the donated projects of 2015 and works with the social welfare and disaster relief committee (SWDRC) to ensure the funds are sent properly as designated by the donors. APPNA also works with Hank Bashore of Stephens, Inc. to invest the lifetime, scholarship and Continuing Medical Education (CME) funds.

CME:

APPNA is accredited through the ACCME- the Accreditation Council for Continuing Medical Education. The current certification will expire this year. APPNA staff is working very closely with ACCME and APPNA Resa chair to facilitate the renewal process. The main deadline; including the renewal-review teleconference have already occurred and APPNA is on-track to have its CME accreditation renewed for another five years. Renewal results will be sent to office in December, 2015.

Respectfully submitted,

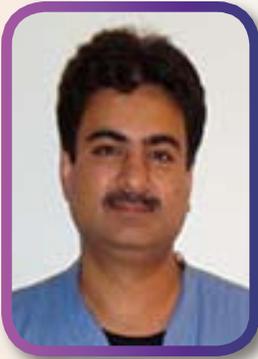
Mansoor Alam, MD
Chair, OMC 2015





APPNA Fall Meeting 2015

APPNA YOUNG PHYSICIAN'S COMMITTEE (YPC)



YPC 2015 has twenty five members in total. Six goals were set-up in the beginning of the year to help the young physicians in multiple ways: assistance during the residency match and SOAP, assistance with visa issues, streamline APPNA houses, organize different YPC seminars during the year, provide mentorship-in-person (US clinical experience) as well as mentorship on-line (educational material at the YPC website), and a loan program for the deserving young physicians. So far, YPC has held a total of twelve teleconferences: six major (all members) and six sub-committee.

As our first task, a subcommittee was assigned under its co-Chair Dr. Faheem and assisted around 90 young physicians during the post-match SOAP week from March 16-21, 2015. As our long-term goals, lists of current Pakistani Descent program directors and Pakistani Descent residents/fellows were compiled to assist next year match applicants. Our advisor (Dr. S. Chaudhary) was requested to assist with the visa-related issues. Dr. Chaudhary along with the Advocacy and Legislative Affairs Committee met the US States Department during Day on the Hill on April 30th, 2015. This year over 180 young physicians who got matched in different residency programs contacted YPC for visa-related issues. All of them got their visas cleared.

The financial burden (over \$60,000 per year) of New York and Detroit Houses maintenance on central APPNA was completely cut. Both houses were placed on a self-sustaining model. The New York House application and payments were made online. An YPC coaching seminar organized by Dr. Khalid was successfully held during the APPNA Spring meeting on May 2nd, 2015 in Crystal City, VA. Dr. Khalid later organized a Research Seminar during the APPNA summer meeting on August 15th, 2015 in Orlando, FL. Thirteen (3 oral and 10 poster) research papers were presented. Best presenters were selected by on-site judges. Honoraria and certificates were later distributed among the presenters. Now, YPC is collaborating with the South California APPNA Chapter to hold a Residency Interview Coaching Seminar during the APPNA Fall meeting on October 31st, 2015 in San Francisco, CA

With the help of Dr. T. Khan, YPC website has been updated (cyponline.net). Many features (services) including residency match (lists of Pak-Descent Residents and Program Directors), US clinical experience (list of YPC mentors), and Educational material have been included. Adhoc Committee for Electives has developed an online application system. YPC is utilizing it to help the young physicians gain US clinical experience. A loan program (Qarz-e-Hasana) for the deserving young physicians was started under its co-chair Dr. Aized. A total of \$17,000 funds were donated. YPC joined AIMCAANA to match-up the loan funds. So far, YPC has distributed \$14,000 (\$2,000 match-up with AIMCAANA) to five young physicians.

Sincerely,

Shahzad Iqbal, MD
Chair, YPC 2015



APPNA Fall Meeting 2015

SOCIAL WELFARE & DISASTER RELIEF COMMITTEE



APPNA SWDRC collaborated with LRBT this year and so far, 10 eye camps have been held and few more will be held before the end of the year. For the three eye camps held in Karachi, APPNA also held free medical camps and around 1,000 patients were seen in each camp.

We are also working with Rotary Pakistan and eye surgeries will be funded through them and held at local district hospitals. This is being supported by Pakistan Association of Memphis.

The Karachi heat wave funds raised were 121,000 and have been given to several hospitals including Civil, Jinnah, Qatar, Children's cancer hospital, Patient Welfare Association, SIUT and Cytogenetics Lab, which is an APPNA project. These funds are being used for medical supplies, medicines and treatment of indigent patients as well as provision of food and water in some areas.

The committee raised 111, 676 dollars for water wells in Tharr thanks to Drs Abdul Majored and Khalid Memon. Dr. Majeed made a special trip to Tharr and evaluated the ground situation and water wells will be installed in the coming months.

For Nepal earthquake, 16,275 dollars were raised and through Dr. Afzal Arain who had volunteered there, these have been given to Rotary for construction of temporary shelters for the victims of this earthquake.

APPNA has a primary school in APPNA village of Munirabad and 26,000 dollars were raised in Ramzan for maintenance of this school. This school is being supervised by Tameer- e- Millat.

A few chapters have requested funding for their APPNA clinics including Alabama and Virginia chapter and SWDRC will be helping with funding of some of these clinics.

APPNA has held several meetings with Rotary Pakistan regarding eradication of polio in Pakistan and awareness campaign will be held in the fall meeting.

Respectfully submitted,

Aisha Zafar
Chair, SWDRC



APPNA Fall Meeting 2015

KARACHI APPNA HEAT WAVE RELIEF





APPNA Fall Meeting 2015

APPNA MEMBERSHIP BENEFIT COMMITTEE



It is a great honor and my pleasure to present to you this report on the APPNA Membership Benefits Program. I must thank my committee members for their brilliant input and advice. Currently, APPNA has signed contracts with several programs and more are in the works. We are working to serve you, our membership, and try to get you the best discounts of anywhere from 20%-50% with businesses we all use on a regular basis, from car rental companies to malpractice insurance to MedAsset.

We have included some of the current companies who honor an APPNA member discount and I look forward to sending you a more comprehensive list in the near future.

APPNA's group purchase plan will provide great savings to our membership that include from telephone company to capital investment like CT Scan & most medically related equipment.

Please review the membership benefit package & try to get the best savings for your office, practice.

If you have any questions, suggestions, or feedback for this program or the committee, feel free to contact me or the APPNA Office.

Cell: 314-378-1658

E-mail: mtariqmd@gmail.com

Thanks & Best Regards,

Manzoor Tariq, MD, FACC, FSCAI

Chairman, APPNA Membership Benefits Program

APPNA
Association of Physicians of Pakistani-Descent of North America

MEMBER BENEFITS PROGRAM

As a member of the Association of Physicians of Pakistani-descent of North America (APPNA), you are part of an organization dedicated to supporting health, education and humanitarian causes. We are committed to fostering connections among all physicians of Pakistani-descent, while providing special benefits for members in thanks for their support.

The ALL NEW APPNA member benefits include nationwide discounts on hotels, airlines, car rentals and insurance, PM/EMR solutions, medical billing services, office/medical supplies and a VISA credit card.

APPNA
6414 South Cass Avenue
Westmont, IL 60559
www.appna.org

Phone: (630) 968-8585
Fax: (630) 968-8677
Email: membership@appna.org

Dr. Manzoor Tariq
Chair, Adhoc Committee for
Membership Benefits

Members:
Dr. Arif Agha
Dr. Noor Ahmed
Dr. Mahmood Alam
Dr. Riaz Chaudhry
Dr. M. Khawar Iqbal
Dr. Khalid Mahmood
Dr. Altaf Naz
Dr. Salma Zafar

More to follow with complete details!



APPNA Fall Meeting 2015

APPNA MEMBERSHIP COMMITTEE



I am honored to serve as Chair, APPNA Membership Committee 2015. I am thankful for the assistance of my Co Chairs, Dr. Ghazala Farooqui and Dr. Sohail Rana and the rest of the committee members for facilitating the functioning of membership committee.

APPNA is heavily dependent on its membership for its vibrant presence in the Pakistani American diaspora. Our Lifetime Membership has now exceeded 2000. As of 10/1/2015, we have 2013 Lifetime Members, 953 Annual, 51 Resident in Training voting, 37 Resident in Training non-voting, 120 Alliance Lifetime, 25 Alliance Annual, 30 Associate, 6 Affiliate, 37 Emeritus and 21 Student Members. The total membership for 2015 as of 10/1/2015 is 3293.

We are hopeful that we will be able reach or exceed our 2014 membership which was around 3400 by the end of the current year. The most significant decrease in membership to date is noted in our annual membership which stands at 953 compared to 1110 last year and for our residents which are 88 compared to 192 last year. This decrease in our membership is also reflected in our voting pool for 2015 which stands at 2674 compared to 3054 last year.

Traditionally our two biggest drivers for the membership are the summer meeting and the elections which energize the membership. The annual meetings in northeast corridor tend to attract a higher number of attendees which may partly account for our annual membership decline this year. Additionally as per the new bylaws amendment, the voting privilege is subjected to a two year membership requirement. This may also have contributed to our membership decline despite having a robust election slate for 2015. 205 annual members were deemed ineligible to vote in 2015 elections as per the new bylaws amendment since they were not members in 2013 or 2014. The decreased membership translates into decreased revenue for APPNA. It is thus imperative to keep a close eye on these numbers. However this is only a one year data. This trend will have to be closely monitored to determine the pattern so as to institute appropriate corrective measures if necessary.

The membership committee has been assisting the Elections and Nominations Committee in the electoral process. All the election related deadlines were adhered to as per previously released schedule. The voting is currently underway. The electronic voting has been well received and represents a major step forward for APPNA. The membership committee congratulates NEC chair, Dr Savul and his committee for this initiative.

As the current year is winding down and in two months it will be time for the new committee members to take over, I am reminded of the importance of the continuity of this process. Article 19.0 of the Bylaws mandates staggered terms for the committee members. I think it will be even better to formalize this process by assigning a Chair, Chair elect, Immediate Past Chair to the committees to ensure continuity of the committee work from one year to the next. This structure will be partly similar to the APPNA executive committee with President Elect, President and Immediate Past President which ensures effective functioning of the executive committee. The rest of the committee members can have staggered terms as mandated by the bylaws. These steps will result in a seamless transition for APPNA committees and improve the functioning of the committees.

Unfortunately I'll be out of the country at the time of the fall meeting and won't be able to attend. Please feel free to contact me if there are any questions regarding the membership committee report.

Respectfully Submitted,

Jamil Mohsin, MD

Chair, Membership Committee

Co-Chairs: Drs Ghazala Farooqui and Sohail Rana

Members: Drs. Kaleem Ahmad, Mohammad Arshad, Shabir Joyo, Arshad Saeed, Arif Mumtaz, Kamran Rao, Avais Masud





APPNA Fall Meeting 2015

HOTEL NEGOTIATION AND SELECTION COMMITTEE



Hello APPNA Family,

Hope you all had a great summer. Finding an exceptional venue for our summer convention can be challenging. As we know, with the Grace of Allah our membership is growing faster than we thought. Committee has been exploring a venue for 2022.

We need a venue where it can accommodate our families and friends with comfort and style. Hotel negotiation and selection committee work very hard, after considering multiple great cities in USA, committee has finalized...

HARRA'S WATERFRONT CONFERENCE CENTER in ATLANTIC CITY, NJ

- Atlantic City Attractions, includes but not limited:
- Atlantic City Aquarium
- Gardener's Basin
- Famous Steel Pier with New Observation Wheel (Coming -2016)
- Beach Concerts
- Festivals
- Events & Firework

I would like to thank my committee members, Drs. Tariq Jamil, Sabir Ali Khan, Omar Naseeb and Azhar Jan, for their dedication. Also like to thank APPNA President, Dr.Mubashir Rana and EC for their support and participation.

We will see you in Atlantic City in 2022.



Respectfully submitted by:

Taqi Azam

Chairman, Hotel Negotiation and Selection Committee

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Robert Liles,
JD, MS, MBA
Former "National Health Care Fraud Coordinator"
(EOUSA - DOJ)

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- NPDB & State Medical Boards
- Provider Contracts Negotiation
- False Claims Act ("Whistle Blower")
- Serious Injuries, Complex Civil & Criminal Litigation



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APPNA Fall Meeting 2015

APPNA SCHOLARSHIP COMMITTEE



Dear Friends and Colleagues,

APPNA Alumni Scholarship Project has made great strides since its inception in 2013. **Contributions have exceeded TWO MILLION DOLLARS**, including the matching grant. These funds are being invested in the dedicated APPNA Scholarship Endowment Account, according to the APPNA Finance Committee Guidelines. The investment is being managed by Stephens Inc., a member of New York Stock Exchange, under the close supervision of Hank Bashore who has been diligently managing APPNA Accounts for over 25 years. The total value of funds in the APPNA Scholarship Endowment Accounts with Stephens is \$2,039,181.21 as of October 6, 2015.

The salient features of APPNA Scholarship Endowment Program are briefly listed:

- The Scholarship Committee will maintain sub-accounts for each component Alumni Association, i.e. an account for each Pakistani Medical College represented at APPNA.
- The number of scholarships for each medical college is dependent on the contributions of that institution's alumni.
- All monies collected will be deposited and subsequently invested in a newly established and specific APPNA Scholarship Endowment Account. The Scholarship will be paid out of the income and appreciation of the fund, allowing it to remain perpetual.
- A minimum of \$10,000.00 is required in the sub-account to receive one scholarship.

As you will notice all the contributions have been matched as promised by the donor.

The following is a breakdown of total funds as of October 6, 2015:

Nishtar Medical College:	\$ 972,698.94
King Edward Medical University:	\$ 484,531.25
Jinnah Sindh Medical University:	\$ 194,713.14
Quaid-I-Azam Medical College:	\$ 137,474.66
Rawalpindi Medical College:	\$ 119,542.14
Fatima Jinnah Medical College:	\$ 81,256.16
Khyber Medical College:	\$ 30,719.17
Bolan Medical College:	\$ 18,245.75

Total contributions: \$2,039,181.21

In December 2015, we will be transferring funds to the respective Alumni to award the scholarships to the deserving students at participating medical colleges.

The Scholarship Program is ongoing and you can still donate to your favorite alumni by visiting the website at www.appna.org or print the pledge form to make your payment by check or credit card.

Respectfully Submitted,

M. Masood Akbar, M.D.
Chair -APPNA Scholarship Committee

Ghulam Qadir, M.D.
Co-Chair -APPNA Scholarship Committee





APPNA Fall Meeting 2015

APPNA MERIT PROGRAM



APPNA MERIT Program continues to educate and train doctors and medical students in Pakistan. The routine lectures are delivered on Sunday nights, from USA, which is Monday morning in Pakistan. The lectures and discussions are edited by sub specialty chairs. Most of the specialties are covered and we will continue to add more lecturers from USA and Canada.

APPNA Merit, so far has over 30 medical schools in Pakistan who are attending these lectures. . Some of the medical schools and hospitals which have participated include: King Edward Medical University (KEMU) Lahore, Dow Medical College and Dow University of Health Sciences (DUHS) Karachi, Dow International Medical College/Dow University of Health Sciences Karachi, Agha Khan University Karachi, Allama Iqbal Medical College Lahore, Punjab Medical College Faisalabad, Rawalpindi Medical College Rawalpindi, Fatima

Jinnah Medical College and Ganga Ram Hospital Lahore, Children's Hospital Multan, PUMHS Nawabshah, Shaukat Khanum Hospital Lahore, Sheikh Zaid Hospital Lahore, Continental Medical College Lahore, Fatima Memorial Hospital Lahore, Quaid I Azam Medical College Bhawalpur, Rawal Institute of Health Sciences Rawalpindi.

All of these lectures are recorded and are available on APPNA's website. During the year, APPNA Merit also telecasts various CME lectures from North America to Pakistan and some important lectures from Institutions in Pakistan back to USA. Most recently we have extended our Merit program to hospitals in the Middle East.

Also, The College of Physicians and Surgeons Pakistan (CPSP) have approved the Child Psychiatry Fellowship (FCPS) in Pakistan recently. Some of the APPNA MERIT team members along with their colleagues in Pakistan, USA and UK have played a key role in developing this fellowship. APPNA MERIT is also collaborating with Pakistan Psychiatric Society (PPS) on various education and training issues

A special thanks to our team, the Chairs and Co-Chairs of different specialties: Dr. Bilal Hameed (Gastroenterology / Hepatology), Dr. Imran Khwaja (Sleep Medicine), Dr. Najeeb Rehman and Dr. Khusrow Niazi (Cardiology), Dr. Amer Akmal (Pathology), Dr. Iqbal Ahmed (Anesthesia), Dr. Asif Masood (Oncology), Dr. Aamer Nawaz (Family Medicine), Dr. Avais Masood (Nephrology), Dr. Ehasn Hadi and Dr. Shahid Rafiq (Neurology), Dr. Khalil Khatri and Dr. Babar Rao (Dermatology), Dr. Muhammad Waqar Azeem, Dr. Shehzad Khan Niazi and Dr. Imran Khawaja (Psychiatry / Child Psychiatry), Dr. Zahid Bajwa (Advisor). Also big thanks to our IT support, Danyal Rao.

Babar Rao, MD

Chair, APPNA Merit

Muhammad Waqar Azeem, MD, DFAACAP, DFAPA

Co-Chair, APPNA Merit

Imran Khawaja, MD

Co-Chair, APPNA Merit

Danyal Rao

IT, APPNA Merit





APPNA Fall Meeting 2015

NOMINATION & ELECTION COMMITTEE (NEC)



Chair: Dr. Sajjad Savul
Co-Chair: Dr. M. Sohail Khan
Members: Dr. Humaira Ali, Dr. Rukshanda Hameedi, Dr. Shabbar Hussain,
Dr. Raheel Khan, Dr. Kashif Qureshi, Dr. Ashraf Sabahat,
Dr. Tanvir Sattar, Dr. Masood Siddiqui

NEC is excited to announce launching APPNA's first ever electronic election on September 15, 2015. The committee worked for over six months to bring APPNA voters a smooth, fair and prompt election. NEC is highly encouraged by voters' response to this historical change. The electronic election is both efficient and economical to the Association.

Our election agency, Survey & Ballot Systems (SBS), was approved by APPNA Council. SBS has been conducting elections for multiple large organizations for over 25 years with a very high customer satisfaction record. A mock election conducted in June received a very positive feedback from voters with 97% being satisfied to very satisfied with the process.

This year, NEC restructured our debate-moderator selection process. We made two pools of potential moderators: a pool of APPNA past presidents and a pool of current council members. Twenty names from each pool were randomly picked by manual draw by Ms. Jennifer Wozniak NEC co-chair, Dr. M. Sohail Khan, was present in person at the APPNA central office while NEC chair, Dr. Sajjad Savul, witnessed the draw via video-call. Four moderators were then picked according to a process defined by NEC. Our summer candidate debate was considered very productive and unbiased.

Since its inception in 2008, the Election Code of Conduct has been modified several times. The intent of the Code is for candidates and voters to maintain a dignified and courteous conduct, appropriate to the image of APPNA, our profession and oneself. Even though there was no direct violation of the Code (at the time of this report), the spirit of the Code was violated many times. Loopholes were found and used as campaign tools. Since the Code had no specific restrictions on social media and internet campaigning, some candidates used these modes. NEC received a significant number of complaints, primarily presidential candidates complaining against each other. Interestingly, there was one presidential candidate who did not complain against his opponents and there was one against whom no complaints were made.

NEC will be presenting amendments to our current Code as an action item in the Fall council meeting. NEC would like to thank APPNA members in supporting APPNA's first electronic election. As the chair, I would like to thank NEC members for their dedication and hard work throughout the year.

Thank you for your attention.

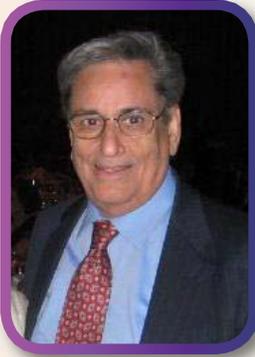
Respectfully submitted,

Sajjad Savul, MD
Chair NEC 2015



APPNA Fall Meeting 2015

APPNA GOLD MEDAL TASK FORCE



2015 Task force members were:

Hassan I. Bukhari, MD

Chairman

Arif Toor, MD

Aslam Malik, MD

Mufiz Chauhan, MD

Omar T. Atiq, MD

Due to the unfortunate severe illness of Dr. Hassan I Bukhari, the President of APPNA appointed Dr. Arif Toor as the Co-chair and Interim Chairman of the committee. The committee met through a teleconference on 8/5/2014. The nominating documents for all the nominees had been sent earlier to each committee member. During the deliberations record of each nominee was individually reviewed.

After a frank, open, earnest and lively but amicable discussion, that lasted almost two hours, the committee made a unanimous decision and awarded the 2015 APPNA Gold Medal to Dr. Mohammad Shahid Yousuf, a member of APPNA for the last thirty five years who had served selflessly on APPNA committees wherever and whenever asked to do so. The committee was also unanimous in the decision to bestow the 2015 APPNA Humanitarian Services award to Dr. Atiya Khan. Dr. Khan a life member of APPNA has been intimately involved in Humanitarian endeavors for over two decades under the umbrella of Human Development Foundation an APPNA child in serving Pakistan. HDF projects include micro loans, schools, preventive health care that have affected and improved the lives and the quality of life for over a million human beings in Pakistan.

This committee also discussed the process of Award nomination and whetting of information regarding nominees prior to the APPNA Gold Medal Task Force committee meetings in the future. The recommendations were sent to the APPNA executive committee for its consideration and follow through, if recommendations are agreed to.

Respectfully submitted,

Arif Toor, MD

Co-Chair & Interim Chairman
APPNA Gold Medal Task Force





APPNA Fall Meeting 2015

APPNA WOMEN AND CHILDREN AFFAIR COMMITTEE



APPNA Women and Children Affair Committee is a platform to exclusively highlight enormous, neglected and concerning issues of Women and kids such as Women's health, children health such as Childhood Obesity, domestic violence, battered women's shelter, child abuse and substance abuse.

Consistent with our mission statement and to ensure success we partnered with communities, Health care professionals, APPNA members, and Government Officials, Judges, mayors, Congressmen, teachers, Principals, Faith based organizations to provide education and resources to bring awareness through our program. During the phase one of awareness campaigns we have successfully launched two campaigns:

A: Childhood Obesity Awareness Campaign (Ongoing endeavor)

B: Breast cancer awareness Campaign

Following is the brief summary and highlights of APPNA WOMEN AND CHILDREN AFFAIR COMMITTEE conducted programs:

- **APPNA Strategic Meeting Retreat January 24th, 2015** – Presentation of Objectives and Goals
- **Mayoral Candidate Forum Feb 7th, 2015:** In collaboration with Asian American Alliance of San Antonio
- **De Zavala Elementary: Feb, 27 2015 conducted obesity awareness event teaching children importance of healthy eating and exercise** – APPNA 5-2-1-0 T-Shirts, My Plates were distributed
- **APPNA BREAST CANCER AWARENESS EXHIBITION BOOTH AT ROSHNIC's Fashion Show: Feb 28th 2015**
Inspiring and heartwarming stories of Breast cancer survivors
- **Association of Convenient Store retailers, March 26th 2015** – In partnership with communities promoting and distributing education resources to hundreds of participants
- **CONDUCTED BREAST CANCER AWARENESS SCREENING WORKSHOP FOR faith based organization AGHA KHAN FOUNDATION JAMAT KHANA: March 29th 2015**
- **APRIL 11, 2015** – WALKATHON BREAST CANCER AWARENESS WITH SUSAN G. KOMEN RACE FOR CURE
- **APRIL 20th 2015 HEALTH FARE MCECC : SHOW AND TELL ON GOOD FOOD AND BAD FOOD**
- **May 17, 2015** – Rawaj Fashion show! Heartwarming story from a Breast Cancer Survivor
- **June 13, 2015. Women's survivorship summit.** Dr. Umber Sulman on Breast cancer awareness special emphasis on cultural taboos associated with diagnosis of breast cancer
- **July 3, 2015 APPNA-OHIO.** Annual meeting 2015. Dr. Naghma Malik distributing education material on breast cancer awareness
- **June 16, 2015. Media awareness. Childhood obesity awareness on PTV Global, London**
- **August 1, 2015, Baptist Breast Network.:** Jessica and Michael provided education material
- **August 15, 2015, CONDUCTED SUCCESSFUL APPNA 38th annual summer meeting walkathon, ORLANDO, FL.**
- **Muslim Cultural Society EID Festival: October 4th 2015,** conducted exciting kid's relay race
- **Baptist Breast Cancer Awareness Event. October 8, 2015.** "Girls night out" cancer survivors were appreciated.
- **Agha Khan Foundation- End Global poverty walkathon, October 11, 2015.**
- **Upcoming Events: November 24th 2015.** Launch of Battered women and Domestic violence awareness campaign.

December 2015. Participation of up in a woman and children affair committee in winter meeting, Lahore Pakistan.

Dr. Lubna Naem

Chairperson, Women and Children Affair Committee





APPNA Fall Meeting 2015

APPNA COMPLIANCE & IMPLEMENTATION GROUP



The subcommittee "Compliance and Implementation Group" is formed to assess the shortcomings and reasons of poor governance of APPNA and to propose the process of implementation of the rules and regulation of APPNA.

Outcome and Findings:

The group agrees that disappointing governance in APPNA is the failure to implement its own rules and regulation. Causes of this failure may be direct or indirect result of the following:

Handover process of the leadership

Leadership training/process of the Executive Committee (EC)

Lack of the accessibility to the policy and procedure (rules and regulation) of APPNA

Engagement of the Office Management Committee APPNA office staff training

1. Handover Process

a. There is no proper signoff process for the outgoing to incoming elated officers.

b. President elect, President and Past President are the key link with three years of collective memory of the organization. In the last few years members notice animosity among this group leading to breakdown of this process.

c. There is no proper treasurer to treasurer signoff as the treasurer leaving the office has no complete control of the accounts or the information.

d. The Secretary's role is very important in keeping minutes and updating the changes in rules and regulations of the organization which appears to be lacking.

e. The executive decision per APPNA rules and regulation requires majority of the EC to approve which some time is lacking.

2. Leadership training/process of the Executive Committee

a. Lack of knowledge regarding APPNA policies and procedures, lack of formal training and of institutional memory, resulting in changing and bending rules without due process.

3. Lack of the accessibility to the policy and procedure of APPNA: None available to staff.

4. Engagement of the Office Management Committee

OMC members are unaware of the policies and procedure of the organization.

There is lack of direct oversight of the office personal and finances in the office.

There are no processes to evaluate the office employees.

The OMC is supposed to present the budget of the office earlier in the year to be passed by the Council which is not done for few years.

5. APPNA office staff training

There is no formal training of the office personal

There is a lack of institutional memory in the office as all of them were hired within last 3-4 years.

The office personal is unaware who to approach in case of inappropriate actions by OMC or EC member. The group felt they are scared to question EC or OMC members regarding transgression from the rules of the organization.

Observations:

a. According to the constitution and bylaws of APPNA the BOT has no power to implement any rules. APPNA E&G can only give their recommendation to BOT, EC or council which can be accepted, amended or rejected and has no power to implement.

b. According to the constitution and bylaws of APPNA, OMC

has no power to run the office independently. The President is the one who run the office.

c. There is lack of cooperation or communication between OMC and finance committee.

d. Until recently the OMC used to give the budget for the office to the council for approval which is lacking.

Recommendations:

After reviewing all the issues facing the organization. The committee recommends step wise approach before changing the structure of the organization. The committee believes any structure will fail if the rules and regulations are not implemented.

a. The OMC will gather all the records from the storage by October 20th 2015 including Policy and Procedure of the APPNA approved in 2007. Only two of them were available in the office for E and G committee and financial policy and procedure.

b. Compilation of the rules and regulation: Once the records are available the OMC and the task force will go over the document to compile the data regarding the rules and regulation of APPNA. Time frame 3-4 weeks. (Finished by November 20th 2015)

c. External evaluation: APPNA need professional expert in the nonprofit organization to recommend the process to implement the policy and procedures Dr Amjad Ahmad recommends Richard Paul, executive director of nonprofit organization and management involve with American Academy of Ophthalmology. He will approach him once data is compiled. This process may require 2-4 weeks. (Finished by December 20th, 2015)

d. Training of the Office personal: This process will be ongoing. The current office personal have no institutional memory or aware of the rules and regulation. The committee recommends spending 3-6 months to train the office personal after the recommendations from the external evaluation.

e. Oversight committee:

The committee recommends Dr Nasar Qureshi to form the adhoc committee for a year to implement the rule and regulation of the organization with power to execute necessary course of action including debarring candidates from election if they are not following the rules. This committee should work closely with BOT and the E and G committee.

Nadeem Kazi, MD

Lead, Compliance and Implementation Group

Chairman BOT APPNA

Past President APPNA





APPNA Fall Meeting 2015

REPORT ON SPECIAL APPNA MEETING ON GOVERNANCE



A dedicated brainstorming retreat on governance was held at APPNA office in Chicago on October 10, 2015. About 25 APPNA members including 12 past presidents were in attendance in this daylong session.

In the welcome address by President Mubasher Rana, he made the case that time has come to change the way we run the organization due to increase in association's work and to enhance its potential. Dr. Mahmood Alam endorsed Dr. Rana's plea for changes in governance and presented a summary of discussions on the issue by Long Range Planning Committee (LRPC). Dr. Nasar Qureshi presented his task force's recommendations. The following 7 point argument for change is not only based on the recommendations by the task force on governance but also incorporates the suggestions made during the summer meeting of LRPC where detailed discussions took place.

- An increase in the term limit of APPNA's officers to 2 years, especially for the president
 - A broad based (Governing Council) with 12-14 members and a 2 year staggered term appointment may serve the organization better.
 - Taking away the responsibility of governance from the future council (House of Delegates) may improve the working of this body.
 - The General Body Meetings are ineffective due to lack of quorum required for decision making. The use of electronic media may circumvent the requirement of physical presence.
- Is it time to create "Commissions" on 4-5 major programs of APPNA? The commission may have authority to make committees as deemed necessary and commissions report back to the "Governing Council".
 - The enhanced role of the executive director to attend all the meetings of EC/Council/General Body as a non-voting member is desirable.
 - The cultural change and transparency requires implementation of our own policy and procedures and Bylaws.
 - The above mentioned arguments were the starting point for brainstorming. Dr. Khalid Riaz talked in general about governance. He also mentioned about "an inflection point"; the point most organizations face at some time in their working. Dr. Riaz argued that the successful organizations are the ones whose visionary leadership uses it as a game changer and in his opinion inflection point for APPNA had arrived.
 - After 2 hours long initial session on governance that brought alignment in most participants' thought process, we were ready for concurrent working group discussions. The 4 groups were made and members of the group were chosen according to the expressed interest of the participant. The summary of the group discussions is given below.
 - Group I: Executive Committee (EC)
 - The group suggested the following:
 - One year term is preferred over 2 year term for officers
 - The present 5 officers may continue serving the organization
 - More members to EC may be added to make it more representative of the general body if size and role of present APPNA Council needs to be changed

Group II: Governing Board

The group first identified the scope of its discussion. The following 3 areas were identified for discussion. (1) Organizational structure, (2) Strategic level, and (3) Operational level

Due to lack of time, the group could only focus on organizational structure. This was divided into 3 branches.

- Legislative body: The group felt that Council may keep the same structure and size with only legislative and policy making responsibilities. The President and other officers may stay in the council as ex-officio members. However, Council should be chaired by a "Speaker" with a deputy speaker / secretary responsible for taking the minutes. The executive function and governance should be taken away from the council and be performed by a smaller sized body.
- Executive body: The 5 officers should oversee the execution and implementation of the decisions made by the Council (legislative body). The executive body should also have executive director (ED) and chief finance officer (CFO) as non-voting members. The ED imparts the institutional memory and ensures that the decisions of the legislative body are carried out. The executive body also oversees the work of commissions and committees of APPNA.
- Governing Body: The governing body may have all the functions of present board of trustees. The body that ensures compliance and promotes transparency. This body should have the teeth to hold anyone accountable for breaking the rules. The ethics and grievance committee is also appointed by the governing body that oversees its impartial functioning. This body evaluates the executives, both elected officers and salaried professionals. The governing body ensures financial stability and growth. The finance committee reports to both the governing body and general body of the association.

Group III: Committees and Commissions: The number of committees needs to be reduced for proper management and oversight. The essential committees like Long Range Planning, constitution and Bylaws, and Nomination & Election committee continue to work as stand-alone committees. Whereas, formation of 4-5 commissions on key APPNA initiatives could be established. For example commission on Education and scientific affairs and Commission on Young Physicians. Each commission may establish committees and task forces to carry out their work and to achieve tangible goals.

Group IV: Compliance and implementations: The group's report is separately outlined in this journal.

The team on governance will continue to work with weekly meetings until the end of the year to come up with final recommendations. The team will also engage an outside consultant for advice before the recommendations are finalized. Those recommendations will be circulated to APPNA Council for review early in 2016. We strongly believe that a cultural change in APPNA's governance will not take place by only changing the rules. The implementation of those rules is the key to success.

Report Submitted by:
Mahmood Alam, MD





APPNA Fall Meeting 2015

LONG RANGE PLANNING COMMITTEE (LRPC)

We believe putting APPNA on a path towards long-range strategic planning along with bringing a cultural change of implementing our own rules and improvements in governance will lead to lasting success. APPNA President Dr. Mubasher Rana paid heed to this call and President Elect Dr. Nasar Qureshi came right along to set the stage for broader cooperation amongst the leadership of APPNA.

In its first meeting via a Tele-Conference on April 5, 2015, the Policy and Procedures of this committee and the work to be started in 2015 was drafted.

The LRPC created several task forces this year. The work of task force on improve governance of APPNA is the major focus of this report.

Task Force on improved governance of APPNA

Team Leader: Nasar Qureshi, MD

This task force actually started to work under an ad hoc Committee on Improved Governance of APPNA (CIGA) before LRPC was created. The members were Wajid Baig, Avais Masud, Faisal Qureshi, Nasar Qureshi (Chair), Ahsan Rashid, Suhail Siddiqui, Saima Zafar, and Adnan Zaidi. This committee subsequently became a task force of LRPC. This task force had two meetings before its recommendations were presented by Dr. Nasar Qureshi at an LRPC brainstorming meeting during the summer convention and later in the summer APPNA council meeting. During the discussions it became evident that APPNA's governance structure and function need to be revisited as a whole. The constitutional amendments done over the past decade have improved the governance and transparency to some extent. However, it was felt that a major overhaul is needed. The task force arguably suggested to increasing the term of officers from 1 to 2 years to ensure continuing of work. It was also felt that present structure and function of the Council needs to be changed and may be renamed as House of Delegates that does only legislative work. A broad based (Governing Council) with 12-14 members and a 2 year staggered term appointment may serve the organization better. The work of APPNA is ever-expanding, and so are the numbers of committees. It is becoming impossible for a president to keep track of them let alone having effective communication with each committee. Is it time to create "Commissions" on 4-5 major programs of APPNA? The commission may have authority to make committees as deemed necessary. The cultural change to bring accountability and transparency requires implementation of our own policy and procedures and Bylaws.

After presentation and discussions for several hours, LRPC recommended that more discussions and consensus building is desirable on the issue of governance before it is presented for approval by APPNA Council. Dr. Nadeem Kazi, the past President and current Chair board of Trustees (BOT), suggested holding a dedicated brainstorming retreat on governance. The proposed meeting was held on October 10, 2015 at APPNA headquarters in Chicago. Please see the separate report on the special meeting in this Journal.

The following task forces were also created earlier this year by the Long Range Planning Committee (LRPC).

Young Physicians / North American Medical Association (NAMA) and Second Generation Pakistani-decent physicians graduated from International medical institutions / North American Medical Students

Task Force Team Leaders: Mahmood Alam, MD, Wajid Baig, MD

Academic APPNA, MERIT, Tele-Medicine, Student Electives, Scholarship Project

Task Force Team Leader(s):

Academic APPNA: Mahmood Alam, Other Projects: Mubasher Rana

Charitable projects and APPNA Medical Corps

LRPC Team Leader: Dr. Muhammad Suleman

APPNA Clinics / APPNA Health Day

Task Force Team Leader: Imtiaz Arain, MD

APPNA Foundation

Team Leader: Asif Rehman, MD

APPNA Vision & Mission Statements

Team Leader: Mubasher Rana, MD, Members, Mahmood Alam, MD and Manzoor Tariq, MD

For a detailed manuscript of this article please contact Dr. Mahmood Alam.

Report Submitted by:
Mahmood Alam, MD





APPNA Fall Meeting 2015

APPNA MEDICAL CORPS COMMITTEE – (DRC)



This year one of the key projects identified by our APPNA president Dr. Mubasher Rana in his agenda for 2015 is to go global with its charity work. This noble task has been assigned to the APPNA Medical Corps Committee with myself as the chair and Dr. Shahid Rashid as co-chair to make it functional. Even though the name of this committee sounds like the well known French organization Medecins Sans Frontieres (MSF), known internationally in English as “Doctors Without Borders”, (which has a huge organization exclusively dedicated to one mission with worldwide presence and a large number of permanent staff), the scope of our organization and mission will be much more limited in view of our infancy, limited resources and many of the charity work already been undertaken by different other committees.

APPNA Medical Corps Committee will confine in Pre-deployment training and APPNA Volunteers Participating Physicians to respond to providing the emergency medical relief to the victims of natural and man made disasters. And peace time send team of APPNA Medical Corps volunteers to Pakistan.

Our Mission Statement is that; “APPNA Medical Corps will provide global assistance to victims of man-made and natural disasters irrespective of race, religion, creed and political conviction, guided by the principles of medical ethics.”

Our goal is to build a strong organizational structure with elaborate standing operating procedures and creation of required resources. The task is, however, not as simple as it appears. Just building the resources itself is a huge undertaking and will require a lot of funding followed by preparation for the logistical challenges that has to be confronted with speed, focus and flexibility to reach the most needy in a disaster affected area.

We need a large corps of dedicated volunteers ready to be launched at a call and sustain the operations till the need is there.

- To get the ball rolling this year we have started to sign MOU's of support with government/medical/other relief organizations in various countries, especially Pakistan.
- Manual for the training of the APPNA Medical Corps in disaster response has been set up. It includes crisis response and management, emergency medical response, use of specialized medical kits and equipment, disaster (field) surgery, triage medicine, public health, survival in field conditions, logistical challenges, maintenance of supply chain, international traveling/documentation, etc. etc.
- Successfully responded to the tornado in Ogle County, Rochelle Illinois (suburb of Chicago).
- APPNA Medical Corps, nine members team under the leadership of Dr. Baber Roa and Dr. Afzal Arain successfully responded to earthquake in Nepal.
- APPNA Medical Corps team, under the leadership of APPNA President Dr. Mubasher Rana visited the Frontier Medical and Dental College Mansehra, Abbottabad on 6th October, 2015.
- Preparations are going on to send APPNA Medical Corp team during APPNA winter meeting in December 2015.

At this point I would like to request all APPNA members especially all chapters and alumni's to help recruit volunteers for APPNA Medical Corps. Contact Dr. Jaleel Khan through APPNA website.

APPNA Medical Corps Committee have laid the foundation and started building on it but this is a huge undertaking requiring colossal resources so it will need a greater participation by all of you and all the help we can get from within or outside APPNA to make it a success.

I would like to thank all the APPNA Medical Corps Committee members for their support and hard work without which this couldn't have been possible.

Dr. Asaf Riyaz Qadeer

Chair APPNA Medical Corps Committee – (DRC) – 2015





Dr. Babar K. Rao

“Welcome members of APPNA to Fall Convention in San Francisco.”

The Skin and Cancer Center of New York

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American Skin and Cancer Center of New Jersey

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Phone: 559.472.9510

Hanford, CA

560 W. Grangeville Blvd, Suite A
Hanford, CA 93230
Phone: 559.772.1129



Welcome to APPNA's Fall Meeting

Pacific Health Clinic, Inc.



Farah M. Rana, MD
Neurology / Internal Medicine
President

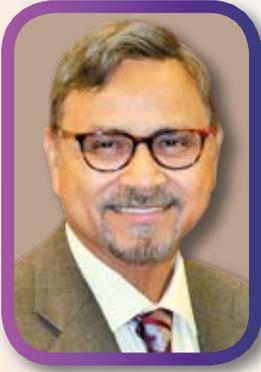
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APPNA Fall Meeting 2015

JSMU ALUMNI REPORT



Dear JSMU Alumni and members of APPNA:

It is my great pleasure to welcome you to APPNA fall meeting in San Francisco, California. Here is an update on the new development and recent progress that we have made.

For those of you who have not heard the news yet, we are very proud to announce that our Alumni have been granted 501-C3 status by the IRS. Thanks to Dr. Azam for a milestone accomplishment.



Great news from our Alma mater that Jinnah Hospital has been handed over to Government of Sind and JSMU has its own hospital.

As you all know from our prior communication we celebrated our 5th annual retreat on April 17-18, 2015 held in Hyatt Regency, San Francisco Airport. This retreat was hosted in collaboration with local APPNA chapter and proved to be another successful and profitable event.

This year we celebrated Independence Day of Pakistan in Orlando, Florida along with APPNA summer convention. A large number of SMCIANs came from across North America but also from Europe and Middle East to celebrate class of 1990 silver Jubilee along with annual alumni dinner meeting. This meeting was very well received and enjoyed by all attendees. For the first time after gaining status as 501C-3 organization we raised 50K USD in pledges for water filtration project at JSMU.

We also accomplished another mile stone in our General body by approving and signing our new constitution and bylaws on August 14, 2015. This landmark ceremony was attended by most senior members and past presidents of our alumni.

In addition to recognizing many of our Alumni for their dedication and service to JSMUAANA in 2015 retreat, during Alumni dinner Dr. Javed Suleman was awarded life time achievement award for his services to our Alumni and alma mater. Dr. Rizwan Naem was awarded Academic excellence and achievement award for his excellent work in teaching and research. First such award was given to Dr. Mujeeb Shad graduate of 1981 in our retreat in San Francisco.

This year we have provided \$26000 from the APPNA IPH funds to Institute of Public health to purchase books for their library.



APPNA Fall Meeting 2015

JSMUAANA endowment fund is invested as APPNA Scholarship fund which has a balance close to 200K USD as of June 2015. We will continue to grow this fund to reach our target of 500K in five years.

JSMUAANA has provided many leaders to central APPNA, this year is no exception, we have eight of our Alumni leading various committees in APPNA, Dr. Iqbal Zafar Hameed is serving as a treasurer APPNA, and if elected in the future he will be third President from SMC, following Dr. Nadeem Kazi and Javed Suleman.

I would like to encourage each of you to pay dues for APPNA membership and be eligible for voting in the future APPNA elections. Your membership in APPNA will make our Alumni much stronger.

JSMUAANA Election update: Dr. Joseph Emmanuel Chair of Nomination and Election committee has declared the following officers for 2016.

Dr. Intikhab Ahmed, President Elect 2017

Dr. Iqbal Siddiqui, Secretary 2016

Dr. Fariya Afridi, Treasurer 2016.

If you are attending fall meeting in San Francisco I wish you a wonderful time.



A historic event, CABL signing ceremony • August 14, 2015 Orlando, Florida

New York Five Star Wealth Manager seen in

The Wall Street Journal

Wealth Management Journal Report

Wall Street Alliance Group



Left to right: 2015 winners Syed Nishat and Aadil Zaman, MBA, Senior Vice Presidents

One Company Complete Solution

With over 24 years of combined experience specializing in financial planning for high-net-worth individuals and institutions, Syed and Aadil are sought after for their insights on a wide range of wealth management solutions. They provide portfolio management, retirement, college and estate planning, socially responsible investing, tax-efficient investing, life, disability and long-term care insurance.



75 Maiden Lane, Suite 234 | New York, NY 10038

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Only securities and advisory services offered through Wall Street Financial Group Inc, (WSFG), Registered Investment Advisor, Member FINRA/SIPC. WSFG and Wall Street Alliance Group are separate entities.

Featured in
“Ten Five Star
Wealth Managers
You Need to Know”

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Active as a credentialed professional in the financial services industry for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not: A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three customer complaints filed against them [settled or pending] with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; Feedback may not be representative of any one client's experience. C. Individually contributed to a financial settlement of a customer complaint filed with a regulatory authority; D. Filed for personal bankruptcy; E. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – Considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarpromotional.com. 2,729 award candidates in the New York area were considered for the Five Star Wealth Manager award. 212 (approximately 8 percent of the award candidates) were named 2015 Five Star Wealth Managers.

FIVE STAR
WEALTH MANAGER



APPNA Fall Meeting 2015

NEW JERSEY CHAPTER



Thank you to all the EC members, volunteers and all other members.

Our spring meeting was a very successful event, with a big turnout for the dinner and music program. In collaborating with the New York chapter, we held a two days picnic trip which was enjoyed by all participants.

Last week APPNA NJ annual dinner at “The Pines Manor” in Edison was well attended by more than 300 people. The food was delicious and the entertainment by Ustad Hamid Ali Khan was thoroughly enjoyed by everyone.

The New Jersey Chapter acknowledged and awarded the following people for their charitable contributions in USA & Pakistan

1. Dr Mukhtar khan, founder of Hassan foundation.
Hassan foundation is about selfless and dedicated people who make a difference in society by providing clean water among many other charity projects.
Please visit their website and check out Hassan foundation, every picture has a story to tell.
2. Dr Babar Rao professor and director of Dermatology RWJMS, for his dedicated work post Nepal earthquake.
3. Tariq Khan of TCF
For building Schools for the less fortunate in Pakistan. Please visit their website <https://www.tcfusa.org>
4. Dr Najam Wasty owner of Shannon hill pollo for his dedication and raising funds every year for NBIMC.
5. Mr. Darrell Terrey Vice President and Chief operating officer of NBIMC. For his years of work and continued support for community in Newark.

As a president of APPNA-NJ I have worked very hard to improve this organization and to unite all of its members.

We will continue to engage young physicians in order to get them more involved with our group. These young, new members are the future of our organization and can contribute significantly to our causes, while engaging with peers on both a personal and professional level.

All of us have joined APPNA to help the less fortunate and to give back to our communities, locally and back home. Our member have continued their support for ongoing charitable projects of the NJ chapter and central APPNA, such as our weekly clinic, APPNA GHAR, a residence for female physicians coming from Pakistan for qualifying exams and residency interviews .

I would like to thank each and every one of our volunteers and donors for their dedication, time, energy, compassion, and generosity. Without your support, we would not have the opportunity to perform so many acts of kindness and do our part in making this world a better, safer, and healthier place.

Thanks to all of you!

Razia Awan, MD

President APPNA NJ, 2015





APPNA Fall Meeting 2015

NORTHERN CALIFORNIA CHAPTER





APPNA Fall Meeting 2015



WOMEN OF APPNA (WAPPNA)

Being the Founding Member of WAPPNA, It is my great honor and pleasure to serve you as the president for two years.

WAPPNA is women Physicians of APPNA. It is a 501c3 Tax Exempt organization. It has many categories of membership to embrace all professions and genders.

Our Mission is to empower the Oppressed and unprivileged women and children by providing appropriate resources for education and learning skills to make them self-sufficient. This way they can contribute to the society with honor and live with respect, in Pakistan, US, CANADA and the world at large. WAPPNA has been doing many projects. We just had a very well attended WAPPNA's sixth annual summer meeting.

Our current project is RAZIA ZOHRA DAST-KARI INSTITUTE at Jhang Saddar in Pakistan.

After extensive research we found that Pakistan has the 10th lowest female labor force. 76% of women are out of labor, are undervalued, and has social barriers. Improving literacy rate, changing social attitudes will take time. Immediate need is to create opportunities for self-employment. Garment industry is very suitable for women. Huge and persistent demand, self-sustainable with little help, teaching talent is readily available and socially acceptable occupation for girls and women.

We established RAZIA ZOHRA DAST-KARI INSTITUTE in Feb. 2014. Here women and girls get free training for six months on designing, cutting, and sewing clothes, embroidery, salma-sitara and much more. So far 120 students have been given the certificates. There are 107 students in current class; boutique is set up to maintain its daily expenses. We are planning to place 3 computers for ambitious students to learn. We see future potential for regular school learning.

Our long term goal is to set up such self-reliant institutions all over Jhang, across Pakistan, US, Canada and the world at large. Here I need your help to raise funds, we accept Zakat, Khairat, Sadaqa, Cash, Checks and Credit card. Receipt would be provided with tax exempt Id. You may adopt small or large institution and under your name or a group can adopt in your own city. We will help you set up.

DELAWARE VALLEY CHAPTER (APPNAPUN)

I am honored to be the First and Founding President of APPNAPUN, the tristate chapter of APPNA including Pennsylvania, Upper Delaware, and New Jersey. We have had an incredible year due to our passionate and dedicated team, including Dr. Haroon Durrani, Dr. Sajjad Savul, Dr. Ghazala Farooqui, Dr. Jamil Mohsin, Dr. Syed Nadeem Ahsen, Dr. Sami Janjua, Dr. Mohammed Murtaza, Dr. Umar Farooq, Dr. Mohammed Arshad, Dr. Shehla Siddiqui, Dr. Nimra Rana, Dr. Sajood Ahmad, Rabia Qazi and Mrs. Fatima Qazi. I am proud and thankful to be working with them.

Our website, created by our volunteer chair, Mr. Salman Rana, has been launched and can be accessed at www.appnapun.org. The website includes several chat forums, including a forum for parents and a forum for youth. The parent forum allows parents to anonymously share their experiences, problems, success stories, and advice. The youth forums allow youth to connect with mentors in various career paths to seek advice in academic, career, and social realms.

We have already hosted several successful events and have had success involving youth. We hosted Grand Banquet with a MALALA theme, in which youth played a major role in the music program. We also hosted two summer banquets. All of these events were sold out. We also hosted a youth talent show and a youth health awareness day at ISGVF mosque in Devon, PA.

Our next event will be the second Annual APPNAPUN Banquet on November 21st. This event will include a "Social Hour for young Professionals" in response to the demand from our community youth for social activities to augment their academic and social growth, and have fun together.

We also are planning to set up free Medical and Dental clinics so that the doctors, dentists, and youth of APPNAPUN can volunteer together to serve the community of Delaware Valley. We will continue with our special youth programming.

We ask for your support, membership, and donations to further our mission and support our programs. We have several membership categories to accommodate everyone, including non-physicians.

Sarwat Azma Iqbal, MD FAAP

WAPPNA / APPNAPUN President, 2014-2015





APPNA Fall Meeting 2015

GREATER ST. LOUIS CHAPTER



Greater St. Louis chapter of APPNA is growing leaps and bounds with every passing year. We are working hand-in-hand with the Central APPNA in all its noteworthy endeavors.

Involving the entire community and Serving medical students, in training and young physicians is the cornerstone of our chapter policy this year. So far this year we have achieved great success in involving the community and our younger generation in APPNA activities.

To encourage our new generation, this year our spring meeting was dedicated to our “future leadership”. During spring meeting we recognized medical students and in-training physicians from our own community. We have more than 35 medical students and more than ten in-training physicians that have strong roots to APPNA St. Louis chapter. These bright young students and physicians have completed their high school and undergraduate education in St. Louis area and now are aspiring to become future physicians. We also recognized individuals who have moved to St. Louis to complete medical school and residency. This recognition helped them to get in touch with APPNA-STL activities and take leadership

role in the near future. This will also encourage our high school and undergraduate students to pursue career in medicine.

One of the key components of our spring meeting agenda was a “FUTURE PHYSICIANS WORKSHOP”. This activity allowed medical students and in-training physician to share their experiences with one another. High school and undergraduate students also had the chance to interact with them for advice, motivation, and support in how to pursue a career in the medical field. This workshop was very successful and more than 60 attendee benefited from this activity.

During spring meeting we invited residency program directors Dr. Leon Robison and Dr. Fred Balis as guest of honor. Their contributions to the cause of foreign medical graduates were recognized. Dr Beth Ward was our key note speaker. She presented a robust clinical update on sleep apnea. Her presentation was followed by a very interactive question and answer session.

Spring meeting attendance of 450 plus head count was the largest gathering of any of the component chapters of APPNA in USA.

The winter meeting this year will be dedicated to “Women Physicians of APPNA-STL.” We will be celebrating and recognizing the achievements of our female colleagues. We will recognize our women physicians that have taken a leading role in academic, leadership and community service. Women of our community have excelled and attained fame and accolades for their professional, humanitarian and social contributions. Despite the critical balance our women colleague maintains between families, social and professional lives, their work goes above and beyond, inspiring each and every one of us. They have excelled in the field of medicine, surgery and research. They not only uplifted themselves but took a step towards being recognized not just as mother or wives but as doctors, scientist and researchers. These are the women of APPNA-STL!

This year we had started a new program titled “Medical Students and Young Physicians Initiative” – APPNA-STL Graduate Medical Education Project. This will help medical students and young physicians of Pakistan origin to acquire relevant work experience, observership, elective, clinical attachment, research and the likes on a volunteer basis in the Greater St. Louis area. This activity will be available to Pakistani descent medical students desirous of perusing graduate medical education in the United States on a voluntary bases only so that they can further their CVs and chances of acquiring residency positions.

We continued to run and improve APPNA-STL community healthcare clinic. This clinic provides medical, dental, ophthalmology and lab services free of cost to all deserving patients irrespective of race, gender, nationality or insurance status.

My heartfelt gratitude goes to the members of APPNA Greater St. Louis chapter for their efforts and continued support to take this vibrant chapter to greater heights of success.

With best regards,

Hasan Ali Habib Ahmed, MD

President, APPNA - Greater St. Louis chapter 2015



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APPNA Fall Meeting 2015

WHY 38 CASES MATTER IN THE RACE TO END POLIO: THE APPNA & ROTARY PARTNERSHIP:

AN ARTICLE BY ARIBA KHAN, MD MPH AGSF

Today, we stand at the threshold of a polio-free world with only TWO countries remaining endemic to this disease: Pakistan and Afghanistan. In our daily lives, as physicians practicing in USA, we do not encounter polio cases. USA was declared polio free in 1979. Most recently Nigeria and India were declared polio-free.

Polio is an acute viral infectious disease spread from person to person via the fecal-oral route usually affecting children less than 5 years of age. A large number of cases may be asymptomatic but continue to transmit the disease. The most devastating consequence of polio infection is the acute flaccid paralysis. It is known that for one case of flaccid paralysis there may be 200-300 asymptomatic cases. Unfortunately there is no cure for polio. Prevention and eradication of polio is possible due to the vaccines discovered in 1952 by Jonas Salk (injectable inactivated polio vaccine) and 1957 by Albert Salk (Live attenuated oral vaccine).

Features of poliovirus that make it an ideal candidate for eradication include: lack of an animal reservoir, a safe and effective vaccine, lack of a long-term carrier and a short survival in the environment. We are very close to eradicating polio with the total number cases in 2015 being drastically decreased (table 1). Strategies such as social mobilization, political advocacy and

Using a public health approach, our members have an opportunity to participate in the eradication of polio under the leadership of Dr Mubasher Rana. Both APPNA and Rotary have large networks that have the direct access to grassroots rural people in Pakistan. APPNA members are invited to attend future programs hosted at the APPNA meetings.

Table 1: Wild Polio Virus cases in Pakistan by Province:

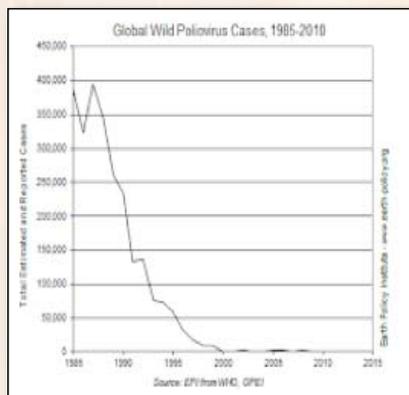
Province	2013	2014	2015
FATA, n	65	179	11
Khyber Pakhtunkhwa, n	11	68	15
Sindh, n	10	30	5
Balochistan, n	0	25	6
Punjab, n	7	4	1
Azad Jammu and Kashmir, n	0	0	0
Gilgit Baltistan, n	0	0	0
Pakistan total, n	93	306	38
Afghanistan total, n	14	28	12

Table 2: Ten Facts on Polio Eradication

1. Polio continues to paralyze children
2. We are 99% of the way to eradicating polio globally
3. There are just 2 countries that have never stopped transmission of polio
4. Unlike most diseases polio can be completely eradicated
5. Cheap and effective vaccines are available to prevent polio
6. The global effort to eradicate polio is the largest public-private partnership for public health
7. Large-scale vaccination rounds help rapidly boost immunity
8. Every child must be vaccinated to eradicate polio
9. Polio-funded staff, strategies and resources are also used to advance other health initiatives
10. We can eradicate polio

Adapted from <http://www.who.int/features/factfiles/polio/en/>

Figure 1: Decline in Global Wild Poliovirus Cases 1985-2010



References:

www.endpolio.com.pk (Last accessed 10/14/15)

http://www.polioeradication.org/content/publications/advocacy_guide.pdf

Honoring the Memory of



1938 - 2015



APPNA Fall Meeting 2015

APPNA has truly lost a stalwart! Even at this sad moment, we take joy and tremendous pride in celebrating his well-lived life. Dr. Bukhari graduated from King Edward Medical College in 1962. A vascular surgeon by profession, he was a man of many talents: a leader, teacher, philanthropist and above all a great friend.

Dr. Bukhari's services to APPNA and KEMCAANA were nothing less than extraordinary. He was the President of APPNA from 1986-1987, and served on many APPNA committees over the years. For his remarkable services, he received APPNA lifetime achievement and gold medal awards. Dr. Bukhari regularly spent time to deliver lectures, and conduct hands on workshops in vascular surgery and trauma at South Surgical and Orthopedics Trauma Unit for over eight year. He performed surgeries at Mayo Hospital till Dec 2014.

Dr. Bukhari was closely involved with APPNA Sehat project (winner of award from Association of American Physicians). The Hassan and Talat Bukhari Foundation assumed responsibility for the project in 2008, and renamed it Aap Ki Sehat. The foundation assumed full responsibility for fundraising and management of the project that still operates in Pakistan today.

The Hassan and Talat Bukhari Foundation is a private, non-profit foundation, whose primary focus is to support organizations in the field of healthcare services and support to those who cannot afford these services on their own, particularly in third world countries. Now, led by Nighat H. Bukhari, President, the foundation continues to operate successfully assisting economically disadvantaged or at risk persons for a lifetime of better health.

"Abu was very proud of his involvement with the Thanksgiving Square Foundation", his daughter Nighat Bukhari remarked. Established in 1976, he was one of the original fellows. The organization promotes thanks to a higher power as a fundamental belief of all religions regardless. Through this fundamental belief, we have more in common, and can be bonded through the idea of "giving thanks". He remained active as an advisor to the organization after his tenure on the board of trustees ended.

<http://www.thanksgiving.org/about-us/>

Dr. Bukhari was a constant presence at APPNA meetings. He will be sorely missed by all of us. A loving husband, father and a grandfather; he is survived by his wife, Dr. Talat H. Bukhari (KEMC graduate 1963), son Dr. Rizwan H Bukhari, daughter Nighat H. Bukhari and two granddaughters.

He maintained a thriving medical practice, and still performed procedures and saw patients as recently as July 2015. He relished his role as a vascular surgeon as well as a mentor to vascular fellowship trainees in his practice.

Dr. Bukhari was an avid gardener, taking immense pride in his meticulously maintained yard, flower and vegetable gardens, along with a variety of fruit trees. He enjoyed exploring different cultures and countries, and had a penchant for safaris.

He was a founding member of the masjid in Dallas now known as the Islamic Association of North Texas (IANT), central mosque in Richardson, TX.

Donations to the Foundation can be made online at...

www.htbukharifoundation.org

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APPNA Fall Meeting 2015

شہرِ وفا میں سے دامتوس

خوابوں کے کھوکھالے سُمری
 دل کے دروازے کا چاب
 ہاتھوں پر تھی تحریریں
 چہروں پر آنکھوں کی چھاپ
 جانے کیا کیا سچا ہے ہیں کیا ملتا ہے دکھوتو۔۔۔۔۔
 شہرِ وفا میں سے دامتوس کیا بکتا ہے دکھوتو۔۔۔۔۔
 دالانوں میں آئیٹھے ہیں
 پتنگہ کھیر و یادوں کے
 عمر ایوں پر چھول رہے ہیں
 ہمارے پردے و دھڑوں کے
 دل کی دیواروں سے تیرا گھر دکھتا ہے دکھوتو۔۔۔۔۔
 شہرِ وفا میں سے دامتوس کیا بکتا ہے دکھوتو۔۔۔۔۔
 غم کے دن اور دکھ کی راتیں
 جو ہوگا سب سہ لیں گے
 جن مالوں میں توڑ کے گا
 ان مالوں میں رو لیں گے
 میرے دل سے تیرے دل تک ایک راستہ ہے دکھوتو
 شہرِ وفا میں سے دامتوس کیا بکتا ہے دکھوتو۔۔۔۔۔

منیرہ شاہ

ایک نظم- کاش ایسا ہو جائے
 کاش ایسا ہوتا ہو
 کاش ایسا ہو جائے
 چاند جو سب لوگوں کا ہے
 کاش صرف میرا ہو جائے
 نوک مڑگاں سے جگانے والا
 آکر پاس میرے سو جائے
 کیوں پابندِ راہ رہوں اُس پاس
 میں نہ جاؤں تو میری خوشبو جائے
 صرف اُسی کی جستجو میں رہوں
 میں وہیں جاؤں جہاں وہ جائے
 کاش ایسا ہوتا ہو
 کاش ایسا ہو جائے

ڈاکٹر نور العین عقیل
کیلی فورنیا

اُس کی آنکھ کے جُگنو
 اُس کی نھنی سنی آنکھ کے چمکتے ہوئے جُگنو
 اور اُن جُگنوؤں کے سینوں میں دمکتے ہوئے تارے
 کہ جن کو دیکھ کر میری صُبحیں رنگین ہوتی ہیں
 کہ جن کی بے وجہ باتیں 'وجہ' تسکین ہوتی ہیں
 کہ جن کی رُوشنی سے میری دنیا میں اجالا ہے
 کہ جن کی مُسکراہٹ میری خوشیوں کا حوالہ ہے
 کہ جن کے دشت میں گم سُم میں خود کو بھول جاتی ہوں
 میں اپنے لعل کو لختِ جگر کہہ کر بُلّاتی ہوں
 وہ جو اُس کی آنکھ کے جُگنو کبھی مانند پڑتے ہیں'
 تو پھر یہ سوچتی ہوں میں
 کہ میرے مُلک کے شہر کی گلیوں میں کئی جُگنو بھنکتے ہیں
 مگر ان جُگنوؤں کا ایسی آنکھوں میں بسیرا ہے
 کہ جن کو پیاس اور بھوک کی شدت نے کھیرا ہے
 کہ جن کی ذات کے سونے چند سکون میں ہوتے ہیں
 کہ جن کے خواب ہر پل اپنی تعبیر کھوتے ہیں
 کہ جن کو رنجشِ دنیا سے فرصت ہی نہیں ملتی
 کہ جن کی ماؤں کے سینوں کو تھنڈک ہی نہیں ملتی
 پھر جب ایسی سوچ میں گم جب میں ڈر سے کانپ جاتی ہوں
 تو اُس کی آنکھ کے جُگنو مجھے بے چین کرتے ہیں
 اور ان میں جاگتے تارے مجھے سونے نہیں دیتے
 وہ اُس کی آنکھ کے جُگنو

آفرا احمد

ڈاکٹر آفتاب ناز
شادی کی سالگرہ

آفتاب ناز

تمہیں تو یاد ہونگی آج تک خوشیوں کی وہ گھڑیاں
 جو لٹو پھوٹتے تھے دل میں تھیں آنکھ میں پھلجھڑیاں
 مجھے معلوم ہے تمنے بنائے ہونگے کیسے سال
 بتاتی ہے تھکن چہرے کی سارا تیرے دل کا حال
 کبھی اسکول میں کی ہوگی بچوں نے شرارت بھی
 بڑھا ہوگا کبھی بیگم کا درجہ حرارت بھی
 تمہارے دیر سے گھر آنے پر کی ہوگی گرمائش
 یا شاید پیار سے باہر ڈنر کھانے کی فرمائش
 کبھی میگے چلے جانے کی دی ہوگی تمہیں دھمکی
 کبھی وہ برق کی مانند گوندی ہو گی یا چمکی
 کبھی باد صبا ہوگی کبھی بادِ سموم ہوگی
 کبھی ہوگی قلاقند تو کبھی عرقِ زقوم ہوگی
 کبھی سارا کریڈٹ کارڈ فل اسنے کیا ہوگا
 کبھی حصہ کمیٹی کا تمہیں سارا دیا ہوگا
 کبھی تم نے گزاری ہونگی صوفے پر کئی راتیں
 کبھی تو ختم بھی ہوتی نہ ہونگی پیار کی باتیں
 اٹھی دل میں امنگ ہوگی کبھی تو عقد ثانی کی
 کبھی یاد آتی ہونگی کچھ
 خطا ئیں تو جوانی کی

مگر اے دوست یہ سب کچھ تو میری آپ بیتی ہے
حقیقت ہے کہ تم نے زندگی کی بازی جیتی ہے



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