



AIMCAANA *Connection*

Summer 2011 • Volume 4, Number 1

From Dream To Reality ...



... Jinnah Hospital Outpatient Chemotherapy Infusion Suite

Allama Iqbal Medical College Alumni Association of North America



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About The Cover

The logo of Allama Iqbal Medical College contains Shaheen (Eagle) which represents courage, struggle and vision. The pictures are of Chemotherapy Infusion Center in Jinnah Hospital sponsored by AIMCAANA.

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Making and Breaking of a Nation

Shahram Malik, MD

The crooked leaders, epidemic lawlessness, willful injustice, foreign agent press, and inexorable poverty are not the bricks that build a nation. They are the cancer which makes a nation melt away and die. It is only a miracle and a special mercy of Almighty that Pakistan is still standing despite over 60 years of having been infested with these fatal afflictions. Unfortunately somewhere down the road, her corrupt rulers and generals, who had solemnly pledged to protect Pakistan, a mass of 180 million people, became the vampires which have sucked the life blood of her very people.

But there is an even bigger shame: the Pakistanis themselves have lost the will to be people of honor and self-respect. They see what is being done to their nation and country by their corrupt leaders and generals, and yet they keep bearing it without a whimper of a meaningful protest. Having no power to fight back is not a valid excuse. God Almighty has given them legs, with which they can pour out in the streets, and has blessed them with tongues; with which they can let out so loud cries and slogans of protest that could make every corner of the earth reverberate.

Can they not see that their forefathers wrested Pakistan from the British Empire by sacrificing their blood and losing every bit of their possessions so that they and their posterity could live free according to their values and traditions? Now, thieves and gangsters think that Pakistan is their personal estate, and are dreaming of creating political dynasties with help of their shameless political henchmen and the self-serving foreigners to rule and rob. Where are the patriots who treasure love of Pakistan and her values and traditions more than their own lives?

وائے ناکامی متاع کارواں جاتا رہا
کارواں کے دل سے احساس زیاں جاتا رہا

In origin and aspirations, Pakistan shares historical similarities with the United States. Both these nations fought the same British Colonial Raj, the super power of that time, for their independence and liberty to live according to their values and traditions. They both won their freedom after great struggle and sacrifices. The people and the leaders of the United States did not deviate from the aim and purpose of their independence, and remained focussed on using the resources within her borders to develop infrastructure and institutions without external dependence. On the other hand, Pakistan fell into the hands of incompetent and dishonest leaders, who ignored the purpose and the principles on which Pakistan's independence was won, and instead of developing infrastructure and institutions using her indigenous resources turned to "foreign aid," a modern ploy of richer nations to turn poorer nations into lazy, handout addict slaves, which steadily hurtled Pakistan towards confusion and chaos.

The other evil which dried up Pakistan's most important reservoir of nation builders and competent would-be leaders was the "brain drain," sucking away of her capable men and women. Throughout the years, her most brilliant and skilled individuals like scientists, scholars, engineers, physicians, etc. have been leaving Pakistan for more comfortable lives abroad in rich nations. Had Pakistan's leaders met their avowed responsibility of building a better nation over the years, this would not have happened. The capable Pakistanis in each field would have brought the state of the art progress to the respective fields of their own nation. The combined damage of the "foreign aid" and the "brain drain" has been devastating to Pakistan.

The strength and stability of a nation rests on its individual identity, and that in turn rests on that nation's values and traditions. Because in their slavish eagerness to ape foreign cultures and traditions the Pakistanis have lost their own identity as a distinct nation. By imitating others, a nation does not become strong; it only makes stronger that nation it imitates. The people of Pakistan have lost the true spirit and respect for the very religion on the basis of which the concept of Pakistan became a reality. The self-respecting nations honor their forefathers and those who sacrificed and shed their blood to give them a homeland. The very first word in Pakistan's emblem, first used by Quaid-e-Azam, is Eemaan (Faith). The essence of our religion is rooted in justice and tolerance. How can one abandon the root concept of Pakistan and separate sweetness from sugar?

یہ کہاں کی دوستی ہے کہ بنے ہیں دوست ناصح
کوئی چارہ ساز ہوتا، کوئی نغمگسار ہوتا

During this time of chaos and confusion, we need to regroup and think over that how can we play our part and contribute effectively in the nation building process. We are fortunate to have an active alumni which is composed of hard-working members. No matter what hardships or hurdles come, we need to continue to strive for the betterment of our country. As an alumni member and more so as overseas physicians, we have accomplished a lot in helping our parent institution and fellow Pakistanis by providing them state of the art institutions like JAIDE and Chemotherapy center. With strong commitment and determination, we need to continue our struggle for more improvement. Here we should not forget that we need to work even harder for the education of masses, changing the mind set of our people, and bringing them back to our basics so that they regain their confidence and self-respect to become a strong nation.

Shahram Malik, AIMC 2002, did Family Medicine residency at East Tennessee State University, Bristol, Tennessee. He is currently working as a Hospitalist at Mountain View Regional Medical Center in Norton, Virginia.



Khurram Nazeer, MD
President AIMCAANA 2011

To Dear Iqbalians,

It is my honor to serve Iqbalians as President AIMCAANA 2011. We are living in the time of our history when the world is changing into a new era.

Transformation of world order has started and only Allah knows what this world will turn out to be in next few years. We are anxiously waiting and watching what the future holds for us and our children. At this time and age, all of us have to play an active role in shaping the future; we cannot be mere bystanders or spectators. I pray to Allah that this change would bring peace and prosperity to humanity as the issues and challenges facing this world are enormous.

Iqbalians are doing an outstanding job as physicians in their communities; they are excellent practitioners, academicians, researchers, and teachers. However, I believe we need to take our skills to next level. We have to be active at the grass roots and involve our children in the local community. This can only be achieved by getting out of our shells and engage ourselves in the political process of the country and volunteer activities. We have to act to improve our neighborhoods, schools, cities, country and our world. Iqbalians need to show interest in the issues that will affect us and our next generation in our adopted land like Health care, Social Security and Federal deficit. In addition, we also want our beloved Pakistan to be land of peace and a symbol of pride for us and for the next generation. We need to be involved in the political process of Pakistan and try to deter status quo that is eating up the fabric of our society.

Let's work together and promise that we have to play our role to make this world a better place and on the Day of Judgment so we can tell our Creator that we did our duty and promoted peace and harmony in the world.

In keeping with the same goal, I am excited to provide you with the following highlights of AIMCAANA's projects and future goals:

- **Scholarship Project:** We will continue to deliver Scholarship to Medical Students of Allama Iqbal Medical College. Applications will be reviewed by Citizen Committee. From this year a proportion of Scholarship money will be diverted to scholarly activities by medical students. It will be used to promote research and to write articles by students.
- **Student Exchange Program:** We will be working with medical students to help them to attain externship positions in U.S. We will be working closely with AIMC administration to build student exchange program with at least 4-5 medical schools. And develop close relationships with medical schools in US to promote scholarly activities in the college.
- **Research and Review Articles:** An education committee has been formed and new members added. Education committee will also act as mentor for the young scholars. Dr. Saad

Usmani with the help of Dr. Tahir Latif has been given this responsibility.

- **Jinnah Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE):** The expansion of JAIDE has been proposed by the college administration and endorsed by citizen committee. At this time project evaluation committee is assessing the project. We will continue to support it. The highlights of JAIDE achievements will be added to the web page. JAIDE can be instrumental in our goal to promote research activities in the college.
- **Citizen Committee:** The role of citizen committee is very important in addition to help us complete our projects. They also took the responsibility of overseeing the development of JAIDE and chemotherapy unit.
- **Qarz-e-Hasana:** We will continue to support young Iqbalians in the form of Qarz-e-Hasana and Iqbalian house in Philadelphia. From this year, in addition to regular criteria for qualification we also want to see them involved in some research and scholarly activities. We feel it will enhance their chances to secure residency positions.
- **Iqbalian House:** It has helped a lot of Iqbalians and provided affordable accommodation while they are searching for residencies.
- **Young Iqbalians:** Young Iqbalians are future and backbone for our alumni. Another mission will be to engage young Iqbalians in alumni activities. And I propose to have at least one representative from the Iqbalians who are in residency training programs. This will also help them to engage in the alumni early and it will provide new perspective to the alumni. Senior Iqbalians can guide them to secure jobs and may help in fellowships.
- **Visiting Faculty Program:** Our support to visiting Faculty program will continue. We encourage all Iqbalians who are visiting Pakistan to please visit college while they are in Lahore. Before leaving if they can email me or Dr. Tahir Latif or go to website and tell us in advance about their visit so that proper arrangement can be done. They can either deliver lecture or just meet faculty and students.
- We will also continue to work to provide credential verification to Iqbalians and we want Iqbalians to utilize it frequently and give us their feedback.
- We will be working to expand our membership. We have more than 50 lifetime members. Our goal to double this number in next 2 years.
- We will be working with APPNA to help achieve their goals in reforming health care in US and all kind of social welfare programs in Pakistan.

Khurram, AIMC 1989, is a Board Certified Internist and Board Certified Nephrologist currently practicing in Louisville, Kentucky.



Tahir Latif, MD, MBA, FACP
Immediate Past President AIMCAANA

It was my honor to serve AIMCAANA during 2010 as President. I am pleased to report that the momentum that was created to energies the association in 2008 continue to progress during 2009 and 2010 with great zeal and enthusiasm. Some highlights of the year include start of Chemotherapy infusion suite renovation, delivery of 22 scholarships of 20 000 each to bright and deserving students of AIMC, award of Qarze hasna worth \$4500 to 9 young iqbalians, continued rent support of \$1000/month for a house in Philadelphia so that Iqbalians searching their residencies can stay there at minimal cost, and continued support of Jinnah Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE). It was also the first year when our paid membership reached triple digits and lifetime membership crossed 50. The highlight of the Dallas meeting was the 20 minutes of fund raising for our projects. Iqbalians open their hearts and over 55,000 \$ were

pledged within few minutes for these projects. However due to devastating floods in Pakistan we decided not to specifically pursue those pledges as many of you donated a large amount towards flood victims already.

It was a huge responsibility upon me and the Executive Council 2010 to fulfill our commitments and it would not have been possible without the continued support of AIMCAANA membership. I like to thank all the committees, especially to Executive Council and Dr. Sajid Chaudhary for all their devotion, hard work, volunteerism and guidance. In the end I am delighted to report that our endowment account at Fifth Third Bank had beginning balance on 1/01/2010 of **\$50,155.56** while the Ending Balance on 12/31/2010 was **\$54,187.56**. Please feel free to contact me if you have any comments or questions regarding the financial statement presented below.

Tahir, AIMC 1996 Fall, did Internal Medicine and Hematology/Medical Oncology training at Cleveland Clinic Foundation, Cleveland Ohio, after spending almost six years in private practice at Carlsbad, New Mexico, he is currently serving as Assistant Professor of clinical medicine at University of Cincinnati.

Fifth Third Bank AIMCAANA General Account

Beginning Balance 1/01/2010 ... \$11,586.83

DESCRIPTION	INCOME	EXPENSE
Dues – Annual	\$3,700.00	
Dues – Lifetime	\$1,000.00	
Meetings/Functions	\$9,480.00	
Donations	\$39,000.00	
Funds Received From APPNA – Previous Year Balance	\$4,571.00	
Advertisement, Newsletter, Onsite Ticket Sales	\$7,031.00	
Office Expense		\$3,150.00
Meetings/Functions		\$14,386.00
Donations Provided For Projects		\$29,100.00
News letter		\$4,150.00
Total Income	\$64,782.00	
Total Expenses		\$50,786.00
Ending Bank Balance 12/31/2010		\$25,582.83



Khadim Hussain, MD

Annual summer meeting of APPNA in Dallas saw a very strong showing of AIMCAANA. As usual, our hospitality desk was once again the prime meeting place for Iqbalians attending the meeting. It was the most visited, visible and vibrant registration desk of the meeting. Third issue of AIMCAANA CONNECTION was received with great enthusiasm by the Iqbalians visiting the registration booth. Social forum 2010, jointly arranged by AIMCAANA and DOGANA was very well attended by all APPNA participants on Friday. Prof. Pervez Hoodbhoy and Imam Zia Sheikh engaged the audience in an enlightening debate of “Who created Faisal Shahzad”. Afterwards, folk singer Iqbal bahoo mesmerized the attendees with his spiritual singing. Annual dinner was a sold out event once again. Prof. Hoodbhoy as key note speaker and Dr. Javed Akram as chief guest enlightened us with their intellect and wisdom.

This year AIMCAANA saw its many firsts at the meeting. This was the first time we were able to showcase our completed

projects like JAIDE, Iqbalian souse, scholarships, Qarze-e-Hasna, and audience response system. This was the first time when we used online payment system on the spot to collect payments. This was also the first time AIMCAANA was able to provide free T-shirts with AIMCAANA logo on it. It was heartwarming to see Iqbalians wearing the shirt proudly on Saturday at the time of Alumni dinner.

As always Iqbalians open their hearts and over \$ 55,000 was pledged within 20 minutes of fund raising for our projects at the Dallas meeting. We sincerely thank all the donors listed below for their support since July 2010.

Farukh Adhami6000	Mumtaz Alvi1000
Rizwan Akhtar5000	Ghias Rana1000
Jawad Khan5000	Muhammad Gillan . . .500
Tahir Latif.5000	Nusrum Iqbal500
Abid Hussain2000	Ehtsham Haq300
Khadim Hussain2000	Saima Zafar250

Message From The Executive Director



Sajid Chaudhary, MD
AIMCAANA Executive Director 2011

Dear Iqbalians:

It is my utmost pride to serve in the capacity of Executive Director for AIMCAANA. It gives me a great pleasure seeing AIMCAANA maturing in to a valuable organization over the last several years. As mentioned in president’s report you can see many projects have been completed and others are ongoing with your generous support.

This year AIMCAANA EC decided to obtain our own tax exempt status. I would like to share with you that AIMCAANA has been registered as a not-for-profit organization in the state of Florida and EIN has also been obtained from IRS. Next step is to file tax exempt status with IRS, and then AIMCAANA will have its own 501 3-C status. This process is lengthy and tedious but hopefully it will be achieved by the end of this year.

Once again I will request all the Iqbalians to become member of AIMCAANA, as we all know the strength is in the numbers. The

life membership and the annual membership dues are \$500 and \$ 50 respectively. Please go to www.aimcaana.org, click on “become a member” and complete the process online.



I also commend the executive committee as well as all the volunteers of the standing committees of AIMCAANA for their continued support, hard work and commitment in making AIMC Alumni stronger every year.

I look forward to see most of you soon at our annual summer meeting in St. Louis, MO.

Sajid Chaudhary, AIMC 1985, is currently practicing Infectious Diseases in Orlando Florida. He is also serving as Clinical Assistant Professor at University of Central Florida School of Medicine.



From Dream to Reality

Professor Zeba Aziz, MD

Allama Iqbal Medical College/Jinnah Hospital is a tertiary care Government teaching hospital located in Lahore.

The Department of medical oncology was created as a 2 bed unit in August 1993 in a vacant verandah of Services Hospital. The department shifted to Jinnah Hospital in 1996 where it shared 10 beds with the radiotherapy unit. Due to tremendous increase in the workload, the department was allocated 40 beds and started functioning as a separate unit. More space was needed as the workload of the unit increased and in 2010 we shifted to the newly created 4th floor with a ward space of 70 beds. We now have a male and female inpatient unit, a separate pediatric unit, and 7 isolation bays for hematologic cancers.

We always knew that an outpatient infusion room for chemotherapy was desperately needed for proper functioning of our department; however non-availability of funds was a major hindrance for developing this unit. With all these improvements we urgently needed an outpatient chemotherapy infusion suite. In a desperate attempt to find funds, I spoke with Dr. Tahir Latif, an old student of mine who had rotated through our department and realized our constraints. He took keen interest in our needs and suggested to submit our request before the executive council of AIMCAANA. We submitted our request in June 2010. Proposal was approved by the Executive council and was presented to general membership in July 2010 for fund raising.

Through generous donations from AIMCAANA members, this dream became reality. In January 2011, the chemotherapy unit was finally inaugurated and we started seeing patients and administering chemotherapy treatment on an outpatient basis. The chemotherapy infusion suite is staffed by 2 doctors and a dedicated chemotherapy nurse. It is equipped to provide chemotherapy to 10 patients simultaneously. We see about 20-25 patients on a daily basis and they are receiving their treatments regularly. A separate examination room has also been built. We

are extremely thankful to AIMCAANA and its executive council, especially the unconditional support of Tahir, that we were able to create this chemotherapy unit in Jinnah Hospital.

We cater to patients from all over Punjab and other parts of the country. In 2010 approximately 17,000 cancer patients presented to our OPD and 6,500 patients were admitted for treatment. Number of new cancer cases was 9,327. Over 95% of our patients receive assistance (fully/partially) for their treatment. The department also arranges for free of cost treatment for the majority of cancer patients through Zakat and individual donations. Our department is also the center for NOA-P & GIPAP which is an assistance program for CML patients, providing free Gleevec, which is standard treatment for such patients.

Our department is actively involved in undergraduate teaching, and medical students rotate routinely through the department. The department is recognized by CPSP (College of Physicians & Surgeons of Pakistan) for post-graduate training in medical Oncology. Currently 9 post graduate students are enrolled in the fellowship program. The department is also actively involved in research activities. Research wing of the department has made significant contributions in Oncology from developing countries especially in chronic myeloid leukemia and breast cancer. We have published our research papers in various prestigious international journals, highlighting the epidemiology and clinical features of our patient population, prognostic and survival data and most importantly, the problems faced by Oncologists in developing countries.

Dr. Zeba Aziz graduated from Fatima Jinnah Medical College. She completed her residency in Internal Medicine and then fellowship in Hematology and Oncology from New York, New York. She moved to Pakistan in 1993 to start the first oncology department in the public sector in Lahore. She is currently working as a Professor and Head of Department at Jinnah Hospital.





Ali Jawa, MD

AIMCAANA is proud to present the progress report of Jinnah-Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE).

- Since its inauguration in November 2009, JAIDE has been successfully providing services to the patients with Diabetes and other Endocrine problems.
- 150-200 patients are being seen per day. These patients are provided consultant advice along with free medicines and nutritional & diabetic counseling.
- Measures have been taken to improve the patient compliance by installing software to generate one page prescription and plan with Urdu translation.
- Three Diabetes Specialist Nursing Courses (DSN) have been successfully conducted by JAIDE in the last three years.
- During the Diabetes awareness week in November 2010 JAIDE was actively involved in arranging seminars and walks. In addition JAIDE also participated in preparing several TV and radio shows for Diabetes awareness which were telecasted on leading TV channels in Pakistan.
- JAIDE, Pakistan Academy of Family Physicians and Diabetes Pakistan collaborated in January 2011 to arrange first intensive “Diabetes for Practitioner” course in Pearl Continental hotel in Lahore, Pakistan.

- JAIDE collaborated with Diabetes Pakistan to organize a unique poetry program at Allama Iqbal Medical College for Diabetes awareness in February 2011.



- Website domain www.jaide.org.pk has been registered and the website development is in progress. Work is being done for diabetic foot proforma with online data collection. JAIDE website will be used as a portal for data entry, back up and analysis. This data will be used to improve the services and to generate local research data.
- Prof Dr. Zafar Chaudhary of Surgery has been among visiting faculty since inception of JAIDE. Under his direction a dedicated Diabetic Foot Care Clinic was inaugurated in 5/2011.
- Principal Prof Dr. Javed Akram has recently permitted the development of JAIDE phase 2 at the pre-existing building behind current JAIDE.

Ali Jawa, AIMC 1996 Fall, completed his internal medicine residency from Brooklyn, New York and endocrinology fellowship from the University of Louisiana, New Orleans, in 2003. He moved to Pakistan in 2004 and is working as Assistant Professor of Medicine at Allama Iqbal Medical College, Lahore, Pakistan.

We love to hear from you!

1980's

Please keep in contact by dropping an e-mail to webmasteraimcaana@gmail.com

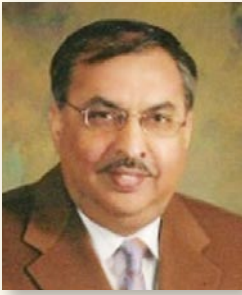
Monem Gillan (AIMC 1987) and family welcomed Zara Gillan on April 22, 2011.

Raza Khan (AIMC 1986) wrote to us in response to the announcement of the completion of chemotherapy infusion suite project in Jinnah Hospital:

“Thank you, to all of you who worked to make it happen. The pictures are showing a much decent way of administering chemotherapy. Our people need dignity and these little caring things will help them to look forwards. Every little step will count. We are very thankful

to Dr. Aziz for establishing the first ever department of medical oncology at AIMC. Cancer was way back on the list of public health authorities in Pakistan. I am glad AIMCAANA leadership and members responded to this cause and I hope we will keep supporting these very needy patients.”

Khadim Hussain (AIMC 1986), Emergency Dept. Physician at Valley Baptist Medical Center-Brownsville, has received a state-wide award from the Emergency Nurses Association (ENA) for his work to provide award-winning emergency care for patients in the Valley.



Abid Hussain, MD

Allama Iqbal Medical College Alumni of North America (AIMCAANA) is very grateful for the services and help provided by its Citizen committee. We feel honored that its members

are associated with our alumni. Citizen committee is a group of community members who are working voluntarily for the college and Alumni. With their help AIMCAANA was able to accomplish several projects in Pakistan especially our college with extreme efficiency and swiftly. Their honesty and diligence is appreciated. In Pakistan where trust deficit is a big problem and everyone fear that their money will end up in the hands of irresponsible people, we could always trust these hard working people. Their services are completely on a volunteer basis. Without their involvement AIMCAANA wouldn't have been able to accomplish its goals. We also express deep grief on the sad demise of Brig Mohammed Akhtar who was a very active member of Citizen committee member. He was father of Dr. Rizwan Akhtar (past president of AIMCAANA). May Allaah SobhanaHo wa Ta'ala Bless him with Junnah, forgive his sins and brings peace to his family.

Citizen committee played important role in accomplishing several tasks of AIMCAANA in the past few years. Establishment of Diabetic center (JAIDE), starting the scholarship program, setting up of the Oncology suite and delivery of audio response system are among the several projects in which Citizen committee played important role. We will continue to work together for many new projects in the future and we request for the support and encouragement of alumni members.

We want to take this opportunity to give you a brief introduction of the members of our Citizen committee. Please take a moment to applaud this selfless and brilliant group of individuals.



Mr. Muhammad Aslam Khan

Mr. Khan is a retired government officer from IDBP (Industrial Development of Pakistan). He has been a coordinating member of

Citizen committee since it was founded in 2008. He is actively involved in various social/welfare works in Pakistan.



Mr. Nazeer Ahmed Chaudhry

Mr. Chaudhry is engineer by profession. He has worked for WAPDA and spent several years in Saudi Arabia as project director. He also

served for USAID in Pakistan. Now he is serving as a director of Tehzibul Ikhlāq. He is also helping running several schools and free clinics in Tajpura and Kenchi area in Lahore, Pakistan. His expertise as engineer helped us complete the JAIDE project.



Dr. Mansab Ali

Dr. Ali is a graduate of Allama Iqbal Medical College (1995). He is a general Surgeon at Social Security Hospital in Lahore, Pakistan.

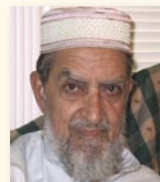
He has been a member of Citizen committee for several years and is actively involved in our various projects.



Mr. Abid Rashid

Mr. Rashid is a businessman and is running a construction business in Pakistan. He is statistician by profession. His experience

in construction helped us tremendously in renovating the 'Saray' into state of the art Diabetic and Endocrinology center (JAIDE) in the most economical way.



Brigadier Muhammad Akhtar (Late)

Brigadier Muhammad Akhtar retired from Pakistan army after serving it for nearly 35 years. After retirement he was actively

involved in social work. Among his several achievements the foundation of Kashmir Aide Program is most notable. This program provided food, medicine and other social support to the displaced and affected Kashmiri people who were in Pakistan. He was also actively involved in supporting several schools.

He was asked by the AIMCAANA to serve in its Citizen committee to help with the projects that was being sponsored by AIMCAANA in Allama Iqbal Medical College and Jinnah Hospital. Even with his declining health he accepted the invitation and served the committee wholeheartedly. He passed away on February 25th, 2011. Inna lillaahe wa innaa ilaehi rajeoon.

We are indebted to his efforts and commitment towards our alumni and the people of Pakistan and Kashmir. We pray that Allaah SobhanaHo wa Ta'ala grant him highest place in Jannah. Ameen !

Abid, AIMC 1986, completed residency at the University of Connecticut, Farmington, in 1996. At present, he is in private practice in internal medicine in Hemet, California.



AIMCAANA Launches Scholarly Activity Mentorship Project” (SAMP)

Saad Zafar Usmani, MD

Throughout history, physicians have made scientific discoveries that have impacted millions of lives. Whereas the bulk of the physician workforce focuses on the delivery of health care, the onus still remains upon us to move our field

forward and contribute towards making the lives of our patients better beyond what is expected to be the standard of care. This fundamental belief is the essence of the “AIMCAMMA Scholarly Activity Mentorship Project” or (SAMP).

Being a third world country, there are limited resources that can be extended towards clinical research in Pakistan. Astute clinical observations can lead to plausible research questions and testable hypotheses that may not be cost-prohibitive. It is very important to understand the disease characteristics of our patient population, which is likely very different from the published literature and text books that are largely based on Western patient population. I still remember the day when, as a medical student, it dawned on me what the references at the end of the Guyton Physiology book chapters meant. It was not until the clinical training years in the US did I get an opportunity to critically appraise such literature and derive my own conclusions. It would be imperative for medical students to be exposed to such cerebral exercise early during their training to develop such analytical skills.

We the North American AIMC Alumni in academia would like to share the knowledge of research methodology with the next generation of medical graduates from AIMC with the goal of improving medical care in Pakistan. On the same token many

at the faculty of AIMC have the same goals for their student however they find it very difficult to accomplish that, largely due to lack of time and resources especially restricted access to high impact published full articles. SAMP has teamed up with interested faculty, they would identify the interested graduate and post graduate students and their field of interest and develop one specific research question. Once a potential project has been conceived, SAMP will provide guidance in study design, statistical methods, manuscript writing and publication. SAMP will also provide requested relevant full articles using their academic resources to the students via e mail so they can truly understand the topic. SAMP is not an another effort to help AIMC graduates seeking graduate medical education in the US and will not serve as a means for seeking research positions, clinical attachment, letters of recommendation, it serves a bigger purpose, to foster research culture at AIMC.

AIMCAMMA Scholarly Activity Mentorship Project (SAMP) Committee Members

Saad Usmani, MD FACP (Chair)	Sarah Taimur Khan, MD
Tahir Latif, MD, MBA	Shahram Malik, MD
Khurram Nazeer, MD	Zainab Shahid, MD
Salman Syed Naqvi, MD, MPH	Ashar Chanan-Khan, MD

Dr. Saad Zafar Usmani, AIMC 2002, completed his Residency in Internal Medicine from Sinai-Grace Hospital/Wayne State University and a combined Fellowship in Hematology & Medical Oncology from the University of Connecticut Health Center. He is an Assistant Professor of Medicine at the Myeloma Institute for Research and Therapy, University of Arkansas for Medical Sciences.

We love to hear from you!

1990's

Please keep in contact by dropping an e-mail to webmasteraimcaana@gmail.com

Wasiq Mirza (AIMC 1992) and family welcomed Annina Maheen Mirza on May 29th.

Nusram Iqbal (AIMC 1995) is currently running his private practice in Arizona. As an associate professor for Mid-western University, he is involved in active teaching of medical residents for the last couple of years. Last year he was elected as a board member for Sierra Vista Regional Health Center, as well as the chair of medicine department.

Muhammad Babar Cheema (AIMC 1995) was awarded The Global Visionaries award in 12/2010, the

award celebrates emerging leaders (ages 40 and under) throughout Kentucky and Southern Indiana who have exhibited leadership, vision and interest in the area of international affairs. Twenty-five emerging leaders were selected in honor of the 25th Anniversary of the World Affairs Council of Kentucky and Southern Indiana (WAC).

Tahir Latif (AIMC 1996) was appointed as Medical Director, Division of Hematology and Medical Oncology, University of Cincinnati in 1/2011. Kanwal (FJMC 2001) and Tahir also welcomed their third daughter Rameen Noor Tahir on October 22, 2010 to the family.



A Stroll Down Memory Lane

Muhammad Hassan Majeed, MD

If you like to succeed in any postgraduate medical examination, particularly USMLE, the Library in the Jinnah Hospital is the place to go and study. Actually it is not even a library. It is a very simple reading room, full of tables, chairs and a few closets that do not actually hold books but rather the personal belongings and reading material of students who study in this library on a regular basis.

The only thing in excess here is information, knowledge and guidance. People share all the knowledge they have about the exams, all the tricks and tips that will help others at any and every level of study. A brotherhood is formed where everyone is ready to share their knowledge and expertise with others. People can leave their books and other things on the reading tables and come back next week and find them exactly at the same spot. The only exception to this rule is that if you leave food, cookies or chocolates, you will definitely not find them the next day. The fun part of the day is the lunch hour when students go down to the cafeteria and eat together and discuss various social, political and professional issues as well as gossips of the medical college and hospital. After lunch they get together in another tiny and filthy room to have tea.

Medical Jeopardy sessions in the library used to be thrilling and exciting. This was done to test their knowledge and prepare them for their upcoming exams. Many times I had to leave the room with a blushed face and palpitations but when I got close to taking my exam, I received appreciation from my friends about my preparation. This gave me the confidence to take the exam. There used to be a pile of prayer mats in the library and at prayer times, we used to pray in Jama'at, which used to be a very spiritual experience. One of the most interesting aspects of the library was when somebody would get his or her result and would bring mithai to the library in celebration. Traditionally, that person would bring his or her score card too so that people could inspect it, making the event the more joyful.

A student who studied regularly in the library had a fixed seat and no one else could sit on it. Many dramas

and embarrassing scenes have happened in this library because of this unique tradition. Eventually it became a known fact that everybody's seat is fixed in this library. In the beginning, people could smoke at their seats but later on it was proposed that smoking should take place either outside the library or in the smoking room adjacent to the library. Among other changes, a few things have improved including the addition of split AC units, Wi-Fi, and new chairs but the core traditions are unchanged, they are still alive. The place is still producing brilliant doctors serving all across the world.

During night a different type of crowd used to come in the library. These night comers used to study all night long. Like a busy hospital ER, this place is never closed, not even on holidays. It is open 24/7 for all those who want to learn and study. I propose that as alumni, we should protect the Library by donating money for the maintenance and upgrading of our library so that the tradition of brotherhood and studying alive can be kept alive.

Dr. Muhammad Hassan Majeed (AIMC 2002) is doing his residency in Psychiatry at Drexel University College of Medicine, Philadelphia. He has published a number of professional papers and developed several posters for his research and developmental projects.

We love to hear from you! 2000's

Please keep in contact by dropping an e-mail to webmasteraimcaana@gmail.com

Furhan Bukhari (AIMC 2001) wrote to us in response to announcement of the completion of chemotherapy infusion suite project:

"A wonderful achievement. The renovated suite looks like being from a developed country's hospital."

Umer Abdur Raheem Khan (AIMC 2007) will start PGY 1 Internal Medicine residency at Nassau University Medical Center, NY



List Of Iqbalians Who Matched (NRMP) This Year

Muhammad Tahseen, MD

AIMCAANA congratulates all those who match this year. May this year bring success, happiness and prosperity in your lives!

CLASS OF 1998

1. Wasim Shahid, Texas Tech University (Lubbock) Program, TX (Internal Medicine)

CLASS OF 2002

2. Farid Ud Din, University of Buffalo (Pediatrics)

CLASS OF 2004

3. Ghazanfer Latif, Atlantic Care Medical Center, NJ (Internal Medicine)
4. Adnan Akeel, St. Lukes Roosevelt Hospital Center, NY (Internal Medicine)
5. Romana Qayyum, St. Lukes Roosevelt Hospital Center, NY (Psychiatry)

CLASS OF 2005

6. Arshad Ali Javed, Wayne State University, MI (Internal Medicine)
7. Syed Talha Tasleem, King Brook Jewish Medical Center, NY (Internal Medicine)
8. Talal Siddique, Texas Tech University (Lubbock) Program, TX (Internal Medicine)

CLASS OF 2006

9. Hammad Nazeer, Crozer-Chester Medical Center, PA (Internal Medicine)
10. Muhammad Saeed Akhtar Khan Niazi, Staten Island Hospital, NY (Internal Medicine)
11. Muhammad Tahseen, Crozer-Chester Medical Center, PA (Internal Medicine)
12. Muhammad Zeeshan, Harlem Medical Center, NY (Internal Medicine)
13. Rasikh Ajmal, University of Texas, Austin, TX (Internal Medicine)
14. Kinza Gul, Urbana-Champaign, IL (Internal Medicine)
15. Amina Zaidi, Newark Beth Israel Medical Center, NJ (Pediatrics)
16. Usama Feroz, Harvard Longwood Training Program, Boston, MA (Psychiatry)

CLASS OF 2007

17. Abu Hurairah, Matched Mt. Auburn Hospital, Boston, MI (Internal Medicine)
18. Muhammad Ahsan, Long Island College Hospital Program, NY (Internal Medicine)
19. Omar Abdur Rahim Khan, Nassau Medical Center, NY (Internal Medicine)
20. Sajid Farooq, Good Samaritan Medical Center, Cincinnati, OH (Internal Medicine)

CLASS OF 2008

21. Harris Bilal, Urbana-Champaign, IL (Internal Medicine)
22. Marayam Gul, Urbana-Champaign, IL (Internal Medicine)
23. Abdullah Quddus, Memorial Hospital, Brown University, Pawtucket, RI (Internal Medicine)
24. Awais Zaka, Sister of Charity, Buffalo, NY (Internal Medicine)
25. Farah Tanvir, Sister of Charity, Buffalo, NY (Internal Medicine)

Many Iqbalians who matched this year were residents of Iqbalian House. They have conveyed their thanks to AIMCAANA for their continuous support and generosity. AIMCAANA is committed to continue to help these young Iqbalians.

A Note Of Gratitude

With the grace of God Almighty my residency pursuit has ended with a happy note of accepting a pre-match offer from Crozer-Chester Medical Center in Upland, Pennsylvania. I accepted it after thorough consideration and consultations. This success, no doubt is a reflection of God's Mercy, my parents' prayers and the immense support that I am getting from AIMCAANA, not only morally but also on social and financial grounds.

I am very thankful to my respected seniors. I highly acknowledge their supportive role and thus dedicate this first success of Iqbalian House, to the utmost efforts of AIMCAANA and its leadership. May God give me strength to further enhance the important role which our organization is playing.

—Muhammad Tahseen, MD



Wasique Mirza, MD

Guest Columnist

(Published in the Times-Tribune of Scranton, PA as OP-ED Guest Column)

If Darwin was really on to something and we truly evolved from primates, then, compared to those active, agile, carefree and lean ancestors, we have come a long and twisted way. In reality, we do not have to travel that far into our past to rethink our missteps when we talk about obesity and its growing and rather ominous romp at the very foundations of our health and well being.

Just twenty five years ago, the incidence of obesity in the United States was less than ten percent. The number now stands at a staggering twenty five percent. A quarter of our population is obese while almost two thirds of us are overweight and at the verge of succumbing to a number of serious diseases. 108 million adults in the United States are overweight and this number has doubled in the last twenty years. What is even more alarming is that the incidence of obesity among children has tripled during the same period and we are seeing more teenagers with diabetes and high blood pressure than ever before. The consequences of obesity in adults range from heart disease and diabetes to osteoarthritis, Alzheimer's and a higher incidence of breast, ovarian, endometrial and colon cancers.

As far as the causes of this epidemic are concerned, it's a twisted tale of everything from the food we eat, to the life style choices we make on a daily basis. Our busy schedules, high stress lives and eating on the go attitudes, compounded by our reluctance to make the effort to cook wholesome meals; and when leaning towards the ready-made goodness of a fast food meal, our equally negligent reluctance to get out of the car and walk in favor of the ever popular drive through lane.

The only consolation, if any, is that we are not alone in this predicament. Most of the western world is facing exactly the same problems as we do and the epidemic is rapidly engulfing the developing world, where lack of food is usually the rule and until recently, obesity was mostly unheard of. The causes behind this are eerily simple, namely, a work driven society, too dependent on the luxuries that accompany progress. We live in times where exercise is an afterthought, carbs are the bulk of our hastily consumed diets and the old fashioned concept of energy and endurance from working out is replaced with supercharged energy drinks for an easily solution.

These problems are compounding the health care questions about our future. It not only has a direct impact on the future health care costs, the economic burden of a struggling work force and rising number disabled employees will take a toll on our businesses and industry. The outlook looks grim, and unless we cut down our food portions that have grown on an average by sixty percent over the last twenty years, put down the fries, say no to super sizing offers, and refuse to pay the outrageous prices for small drinks at the movie theaters when an extra large, 32 oz. sugar rush is only a mere quarter more. However, we love that sugar rush, we crave that sugar rush, and it will not be easy letting it go. So, is there a solution?

The solution lies in our collective effort to recognize this epidemic and then taking the necessary steps, individually, and as a nation to change our lifestyle. It is harder and harder at times for those stricken by the economic downturn to have access to wholesome and nutritious food. Fast food becomes a viable, convenient, cheap but rather costly option in terms of its eventual consequences. Federal and state regulations regarding content monitoring such as trans-fats and sodium have already begun. Serious efforts to discourage over indulgence in carbohydrate consumption need to gain more support.

Individually, we need to set serious goals for ourselves. Focusing on healthy rather than ideal weights and focusing on portion control instead of starvation diets should be the goal. A diet comprising of 1400 to 1600 calories per day, along with 30 to 40 minutes of cardiovascular activity such as brisk walking, five days a week can result in 1-2 pounds weight loss per week with any drastic changes in lifestyle and is easier to maintain. A healthier lifestyle and Short term modest goals are the best starting steps, and of course it pays to keep an eye on the calorie count behind those tempting delights around us.

Dr. Wasique Mirza, AIMC 1991, is an Op-Ed Guest Columnist for Scranton Times-Tribune. He practices as an Internist in Scranton, Pennsylvania and is a Clinical Assistant Professor of Medicine at the Commonwealth Medical College and Scranton-Temple Residency Program.

Tribute to Professor Dr. Haq Nawaz

By Nusrum Iqbal

I would like to acknowledge here one of my Professors at AIMC, who taught us well and guided us like a friend at the same time. I always saw him as a role model; his encouraging words still ring bells in my ears sometimes. I send my tribute to my favorite teacher Dr. Haq Nawaz. It is always a pleasure seeing him at APPNA conventions ... wishing him well today and always!!!



M. Saleem Seyal, MD
FACC, FACP, FRCP, FAHA

The word diaspora is of Greek origin and means displacement of people from their homeland. Indo-Pak diasporic writing is quite voluminous and has been increasingly recognized as an important literary genre. Early exponents include Bharati Mukherjee, Anita Desai, Bapsi Sidhwa, Tahira Naqvi and V.S. Naipaul among many others. Most of these writers are, in fact, self-imposed exiles. Some of them have achieved tremendous recognition in the field of writing. Their work reflects not only their unwavering attachment to their countries of birth and their coming of age in their native lands, but also point out their feeling of alienation, discrimination, rootlessness and in-betweenness in their adopted countries. Their children, mostly born or raised in the West, have a different perspective than their expatriate parents. They also feel some alienation, belonging to two cultures, and anguish regarding their assimilative process. Immigrants and their first-generation offspring often feel a sense of nostalgia, loss of culture, language, literature and music, and they express this loss obsessively in their writing. The younger generation of writers in this genre includes Vikram Seth, Kiran Desai, Jhumpa Lahiri, Rohinton Mistry, Mohsin Hamid and Chitra Banerjee Divakaruni.

Neela Vaswani is the daughter of an immigrant physician of Sindhi-Indian ancestry and an Irish-Catholic mother from New York. “You Have Given Me a Country” (Sarabande Books, Louisville, KY, 2010) is her second book which is part memoir, part fiction and part cultural history. It is a haunting memoir of this biracial American who straddles two cultures.

“You Have Given Me a Country” by her own declaration is “real and imagined” - what has been called a “mixed genre memoir” - but the fact is that all fiction contains some autobiographical truths and all memoirs are composed at least partially of fictionalized recollections. Vaswani’s extraordinary memoir is, strictly speaking, a hauntingly tender love ode to her father and mother and their families, set against the backdrop of the unfolding cultural history of the two lands of her parents—India and America. The book opens in December 1980 with a visit of the Vaswanis to

India, the native land of Dr. Ashok Vaswani, when Neela is 6 years old. Her parents land at the Calcutta airport and are greeted by her paternal relatives, who “speak like my father, a jumble of Sindhi, Hindi, English.” The book is very well written and is highly recommended.

A recent novel entitled “TO BE WITH HER” (Weavers Press, 2010) by Syed Afzal Haider, a Pakistani-American retired Electrical Engineer from Evanston, Illinois (a northern suburb of Chicago), is a gripping tale written in a lyrical style. The novel is a page-turner set in the early 1960s and is narrated as first person by “Rama” (Ramzan Pervaiz Malik), who comes from the rather rusty side of the tracks in Karachi but is a superb Cricketer, excellent student and a movie aficionado (Indian & American). He has the temerity to fall in love with the daughter of the Police Chief, Leila, who is a friend of Rama’s sister, Yasmin. After much coaxing, his overtures (in the form of brief romantic letters, perfume-laden, of course) are rewarded, and she returns the amorous feelings by exchange of letters, brief chats in the park and an occasional movie or coffee outing. The book is very well written and will resonate with the lives of a lot of Pakistani expatriates in America.

Fawzia Afzal-Khan’s memoir titled, “LAHORE with love-- Growing Up with Girlfriends, Pakistani Style” was published in 2010. It was pulled from circulation due to a “mysterious” case of threatened law suit from a woman in Lahore - apparently known to the author - who teaches English at Montclair University in New Jersey. The memoir was re-published and is a fantastic read. Sad and “blood-soaked” to its core, it is rather depressing, detailing what horrible things happen to a lot of her girlfriends. The book has more than its share of catastrophes that befall some characters, including nervous breakdown, marital discord and a supposed honor killing.

The chapter about Madina/Medea is atrocious in its content. Vulgarity suffuses the chapter with regularity and quite frankly it is jarring - even to me - who sometimes relishes saying a few choice words in appropriate company. But, the book is about growing up and coming of age in Pakistan, albeit from a feminine perspective. The oft-present angst of straddling two cultures will resonate with the immigrant community. The book is indeed very well written - she teaches English after all - and I did enjoy reading it.

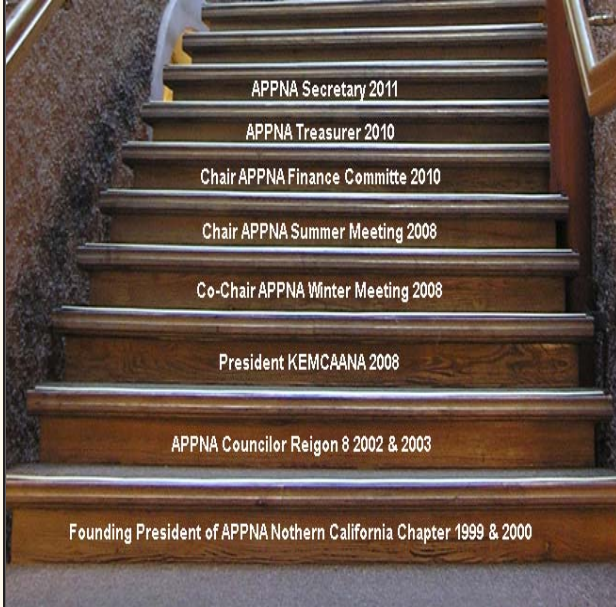
Mubasher Rana, MD, FACP

For President Elect APPNA 2012

"Credibility, Character, Commitment"
www.mubasherrana.com



My record of service and dedication to APPNA is a testimonial to my commitment



Vision for APPNA:

- Develop a Long Term Strategic Plan for APPNA
- Streamline Governance with proper training, clearly defined Goals and greater Accountability
- Provide Continuity in Committees. Support and enhance important APPNA programs like MERIT, Young Physicians' initiatives, CME programs and Charitable activities.
- Increase Liaison with other medical organizations in North America
- Strict Fiscal Responsibility; Greater Transparency and streamline Accounting Process
- Redefine election process to discourage unethical practices, unnecessary spending and divisive tactics.
- Be a more active player in the United States Health Care arena.
- Greater empowerment to the Component societies. Encourage separate 501c3 status for societies with >75 members
- Encourage Community Service in United States and provide a platform under APPNA to facilitate these activities

Javed Suleman, MD, FACC

For President-Elect APPNA 2012



Javed Suleman, MD
FACC, FSCAI
Associate Professor of
Medicine / Mount Sinai
Medical Center
New York, New York.

It is time for
CHANGE.
I ask for your
vote as a vote
for a new
direction for
APPNA
a vote of
conviction,
a vote of
conscience.

As America speeds toward change, we need to make sure that Pakistani American doctors under the banner of APPNA stand ready to help. For this, you need a strong leader with a vision for the future and who understands the dynamic needs of the organization. I am outlining some of the objectives I intend to gain if elected as President.

Increase the membership of APPNA

We need to open the doors wider for new members to enter and join. We need to be more inclusive and more welcoming. We need to align ourselves with the main stream issues and develop comprehensive strategies to tackle it

Strengthening the leadership of APPNA

We need to actively prepare young members so that they can assume leadership roles - not only in APPNA, but in their hospitals, local medical societies and professional organizations

Research, Edu. & Scientific developments We need to enhance the level of our CME activities. We need to utilize educational grants for the purpose of education only, with complete transparency and diligent record keeping to ensure the highest quality of CME activities

The Healthcare Delivery Work

The crown jewel project of APPNA called "APPNA SEHAT" providing free health care services to thousands in Pakistan need to be fully supported by APPNA and should be expanded in all parts of Pakistan. In the United States, we need to expand free clinics in all APPNA Chapters so that we help indigent patients in our local communities

Advocacy for the IMG's

Today's IMG's are increasingly facing difficulties in obtaining residency positions. We need to help them in a concrete way by increasing the number of externship programs offered in the US.

Giving Back to Pakistan

Our role should be to help disseminate our medical knowledge, our expertise and technological advances to Pakistan in an organized way

The Social Diseases in Pakistan

We need to support and advocate for, education, human rights, women rights, delivery of health care for all and last but not least, justice and democracy
...Today's IMG's are increasingly facing difficulties in obtaining

Services to APPNA

- Founding Member - SMC Alumni - 1989
- Treasurer - SMC Alumni - 1989
- Secretary - SMC Alumni - 1990
- Vice President - SMC Alumni - 1991-92
- President - SMC Alumni - 2004
- Member, BOT, SMC Alumni 2005 - present
- Coordinator of APPNA NY Relief for 9/11 victims
- Co-Chair, APPNA Fall Meeting - 2001
- Co-Chair, APPNA Winter Meeting - 2003
- Member, RESA Committee, APPNA 2002- present
- Chair, Registration Com, Summer Meeting - 2002
- Moderator, Speaker APPNA CME since 2002
- Regional Councillor, APPNA - New York - 2003
- Member, Earthquake Relief Comm APPNA NYC
- Chair, Membership Comm., APPNA - 2006
- Member, Finance Committee, APPNA - 2006
- Co-Chair APPNA Fall Meeting - 2006
- Co-Chair Finance Committee - 2007
- Co-Chair Liaison Committee, APPNA - 2008 • Chairman, Liaison Comm., APPNA - 2009
- Co-Chair, Prof Society Committee - 2009
- Chairman, Resource Committee, APPNA NYC - 2010
- Chairman, Flood Relief Committee, APPNA NYC - 2010
- Coordinator, Manhattan Clinic, APPNA Health Fair - 2010

Services to APCNA

- Founding President of APCNA, Association of Pakistani-descent Cardiologists of North America - 2004-2005 (a highly efficient, productive and professional organization)
- Member, BOT of APCNA - 2006 to present • Coordinator / Chair / Co-Chair of APCNA Winter Meetings; 2004, 05, 06, 07, 08, 10.
- Cardiac supplies worth over a million dollars per year, every year, since 2004, donated to not-for-profit teaching hospitals in Pakistan for use in indigent patients. • Instrumental in formation of Pacemaker Bank and APCNA / PMA BLS Training Program

Please Visit - www.javedsuleman.com



Jalil Khan, MD

Qualified • Trustworthy • Independent

CANDIDATE FOR APPNA TREASURER 2012

Ten Year Track Record Of Success And Leadership In APPNA

- Chair APPNA Summer Convention 2010
- Co-chair APPNA Spring Meeting 2009
- Chair Host Committee for Strategic Planning Meetings in 2004 and 2010
- President AIMCANA 2001
- Executive Director AIMCANA 2004-2008
- Coordinator SWDRC for Pakistan Floods 2010
- Co-chair of APPNA MERIT 2011
- Active member of multiple committees of APPNA
- Chair SKMH and Sahara Charity Trust events 2006-2011

I envision a united, transparent and financially sound APPNA that will enhance our medical education, social networking and philanthropic efforts.

I am asking for your vote

Vote for a United, Transparent, Financially Strong APPNA

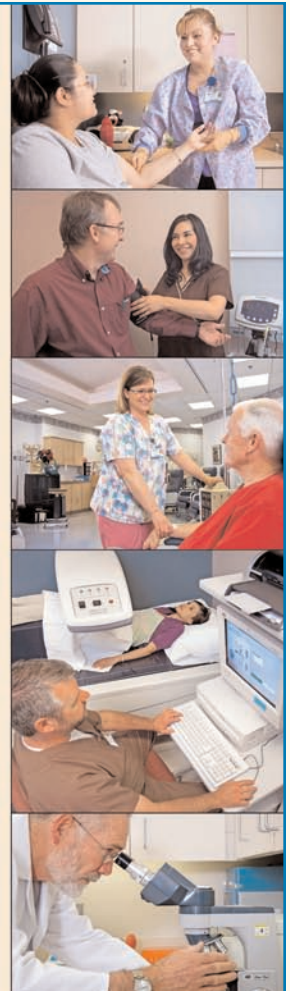


Join Our Growing Team Of Physicians

In SE New Mexico. J-1 welcome. Clean air, friendly folks, four-season recreation, big cities nearby, exceptional schools, private and public, a state university, and warm climate with cool nights.

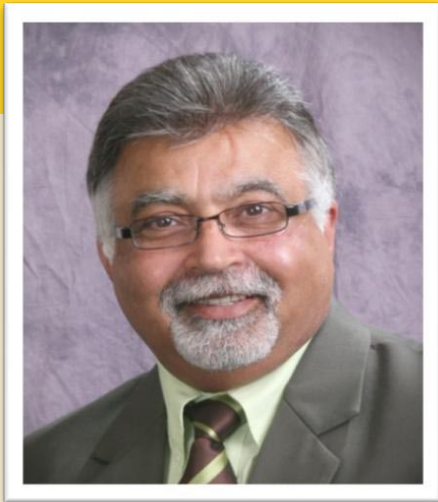
- Twelve providers, 90 support staff, four state-of-art clinics in Roswell, Carlsbad, and Hobbs, New Mexico, ancillary services include lab and radiology.
- Compensation well above national average plus bonus structure, complete benefits package.
- Hiring Medical Hematology/Oncology, Rheumatologist, Endocrinologist, Internal Medicine, Family Medicine.

Please e-mail: nbecker.kymera@yahoo.com



Leadership, Transparency, Integrity

Farid U. Qazi, MD, FACP CANDIDATE for TREASURER, APPNA 2012



“I believe that the next big challenge for APPNA is not only to continue its growth and attract new members from the Pakistani American community of physicians, but also to concentrate on effective and participatory membership of the existing members.”

Farid Qazi, MD, FACP

It is my honor and privilege to present myself as a candidate for the post of treasurer of APPNA for 2012. I am confident that the following goals are within our reach.

- Make APPNA a financially healthy and independent organization
- Closely monitor the support from the pharmaceutical industry to ensure compliance with federal guidelines
- Ensure meticulous accounting and bookkeeping
- Ensure compliance with the current legal guidelines for funding of various charitable projects funded by APPNA
- Harness the immense collective potential of APPNA membership for productive and meaningful activities rather than just social gatherings
- Shifting power and responsibilities to chapters to make them stronger and making it easy for everyone to be represented regardless of their Alumni association
- Open the doors of APPNA to all by reducing life time membership dues to \$1000 so that more people can join to make APPNA stronger
- Will work for election reforms such as 2 years membership requirement as eligibility to vote
- APPNA committee appointments would be made based on ability
- Last but not least, strive to bring back civility and professionalism in APPNA

I sincerely hope you find my dedication and commitment to APPNA worthy of your support.

Services to APPNA

2010: Co-Chair Advocacy committee
2009: Co-Chair Advocacy committee
2007: Chair APPNA Winter meeting
2007: Co-Chair Resource Development committee
2006: Member Resource Development committee

Services to DOGANA

2008: Chair Election and Nomination committee DOGANA
2007: President DOGANA
2006: Secretary DOGANA
2006: Chair Social forum DOGANA
Served as Councilor and as regular member since 1993

Services to Georgia Chapter of APPNA

Help revive Georgia Chapter with help in setting up processes for electing office bearers, implementing bylaws and arranging CME program.

Community Services

Involved in social and charitable projects including wedding of many poor girls in Pakistan and buying Rickshaws for poor unemployed people.

Served on the Board of Directors of the local Mosque and active in resolving issues in the community.



AIMCAANA Projects



(L to R) Drs. Shahram Malik, Babar Cheema, Tahir Latif, Principal Javed Akram, Sajid Chaudhary, Rizwan Akhtar and Atif Rasheed



Dr. Zeelaf Munir (President APPNA) giving the opening remarks at APPNA Summer Meeting 2010



(L to R) Dr. Nusrum Iqbal and Prof. Haq Nawaz



Dr. Atique A. Mirza doing the fund raising at the Annual AIMCAANA Meeting



(L to R) Drs. Atif Rasheed, Sajid Chaudhary, Babar Cheema and Rizwan Akhtar



(L to R) Dr. Javed Akbar, Dr. Tahir Latif, Prof. Parvez Hoodbhoy & Principal AIMC Dr. Javed Akram at the Annual AIMCAANA Meeting



(L to R) Drs. Fazal Akbar, Prof. Shahbaz Aman, Atif Rasheed and Shahram Malik



Annual AIMCAANA Meeting and Dinner



سرزمین پنجاب ایک نہایت مردم خیز خطہ ہے۔ تہذیب و تمدن کی آبیاری میں اس کے سپوتوں نے خون جگر کے وہ دیے فروزاں کئے جو آنے والے زمانوں میں بھی طالبان علم کے لیے مشعل راہ رہیں گے۔ شعر و سخن کا جب ذکر چلے گا تو اس پر گنہ حیات کے لازوال تاجدار کا نام لیے بغیر یہ داستان مکمل نہ ہوگی۔ کائنات سخن کا یہ آفتاب چند یالہ شیرخان پہ طلوع ہوا اور اس کے نور کی کرنیں وقت اور جغرافیہ کی حدود و قیود سے آزاد ہو گئیں۔ سید قطب شاہ کو ایسا وارث ملا جو اگر نہ ہوتا تو پنجابی زبان لاوارث رہ جاتی۔ ضلع شیخوپورہ کی خوش بختی دیکھئے کہ ایک موصد (بابا گردونانک) کو تلونڈی (نکا نہ صاحب جو اب ضلع کا درجہ اختیار کر چکا ہے) میں وجدان ہوا تو دوسرا چند یالہ شیرخان میں محو رقص تو حید ہوا۔

بیرا، بھٹا کی روانوی داستان پنجاب کے ادب کا بہت عرصہ سے حصہ بن چکی تھی۔ سید وارث شاہ سے پہلے بہت سے سخن وروں نے اس داستان کو اپنے اپنے رنگ میں پیش کیا۔ جب اس لازوال داستان کا ذکر کپیل ہی نکلا ہے تو ازراہ عقیدت ان عظیم شعرا کو بھی یاد کر لیا جائے۔ ہری داس، گنگ بھٹ، باقی قلابی، دامودر داس، سعید سعیدی، احمد گجر، بیٹا چنابی، گرداس گئی، گرداس کھتری، چراغ اعوان، احمد یار خان، یکتا، فقیر اللہ لاہوری، منسارام خوشا، میر قمر الدین، حافظ شاہ جہاں فیصل اور بشمول سندر داس وہ پنجابی شعرا ہیں جنہوں نے اس موضوع پر طبع آزمائی کی۔ بعد میں میں محمد بخش صاحب، سیف الملوک جیسی شہرہ آفاق مسدس کے خالق نے بھی اس داستان کو نظم کے بیروں میں پرویا لیکن یہ تصنیف بہت ہی نایاب ہے۔

ادب دیکھنا یہ ہے کہ وہ کونسا پہلو ہے جو کلام وارث کو نہ صرف ممتاز کرتا ہے بلکہ اس کے سامنے باقی تمام کاوشیں ماند پڑ جاتی ہیں۔ جب جب بھی ہیرا بھٹا کا ذکر کیا جاتا ہے تو جو پہلا نام پردہ زہن پہ اُبھر آتا ہے وہ صرف وارث شاہ کا نام ہے۔ وارث شاہ کا زمانہ بہت ہی پر آشوب تھا۔ مختلف عسکری گروہ اور طالع آزمائے دن شورش برپا کرتے تھے۔ معاشرہ میں طوائف الملوکی اور اخلاقی پستی کا راج تھا۔ شاعر معاشرے کا ایک حساس فرد ہوتا ہے جو اپنے ماحول، اپنے گرد و پیش کا عمیق مطالعہ کرتا ہے اور پھر استعارہ، تشبیہ اور تمثیل کے روپ میں حروف کی مالائیں جوڑ کے اظہار کو نوک قلم پہ لاتا ہے۔ وارث شاہ نے بھی اپنے معاشرہ کی سماجی بد صورتی کو بے نقاب کیا ہے۔ زندگی کے حسن کو جاگرایا۔ انسانی رشتوں کے تضادات کو سامنے لایا۔ وہ ہر وہیے جو تہزیب اور مذہب کے بھیس میں کبھی دن دھاڑے اور کبھی تاریک راتوں کے پچھلے پہر میں انسانیت سوز بد عملیاں کرتے ہیں ان کے چہروں سے اچلے نقاب نوج دیے۔ لالچ اور بے لوثی، حرص اور ایثار جیسے متضاد جذبات کی دلکش پیرائے میں عکاسی کی ہے۔ انسانی ذات یا روح کے ارتقائی سفر کی منازل اور راستے کی کھٹنائیوں کی نشاندہی کی ہے۔ مختصر وارث شاہ نے ایک رومانی داستان کے تانے بانے میں جو کردار پیش کیے ہیں ان کا ایک تو ظاہری روپ ہے اور دوسرا باطنی۔ ہر کردار زندگی کے کسی پہلو کا عکاس ہے۔ ہیر وارث شاہ کا آخری اور بند نمبر ۶۳۲ اس ساری تمثیل کو کھولنے کی چابی ہے۔ اس مقام پہ اس بند کو پیش کرنے کی سعادت حاصل کرنا چاہوں گا۔

بیر روح تے چاک قلوبت ج جانوں، بال ناتھ ایہہ بیر بنایا ای
تج بیر حواس ایہہ تیڑے، جنہاں تھا بنان تھنوں لایا ای
قاضی حق جھمیل نے عمل تیرے، عیال منکر کیر تھریا ای
کوٹھا گور، عزرائیل ہے ایہہ کیر تھیرا البید وھی روح نون ڈھایا ای
کیدولنگا شیطان ملعون جانو، جس نے وچ دیوان پھرایا ای
سیاں بیر دیاں رن گھر باتیرا، جنہاں نال بیوند بنایا ای

عدلی راجہ ایہہ نیک نے عمل تیرے جس ہیر ایمان دیا ای
وارث شاہ میاں بیڑے پار تیرے کلمہ پاک زبان تے آیا ای
ہیر وارث شاہ کے کئی نئے موجود ہیں لیکن اکثر شعروں میں کوئی نہ کوئی سقم ہے۔ لگ بھگ ۲۱ قلمی نئے دستیاں ہیں اور ان میں بھی کاتین کے سہو سے کئی اصلی اشعار درج ہونے سے رہ گئے ہیں یا پھر الحاقی اشعار کو داخل کر دیا گیا ہے۔ کچھ علما جن میں ہمارے قابل صد احترام ڈاکٹر منظور اعجاز صاحب بھی شامل ہیں۔ ہیر وارث شاہ کو ایک رومانی داستان ہی سمجھتے ہیں اور ان کی رائے میں درج بالا بند الحاقی ہے۔ شیخ عبدالعزیز صاحب جنہوں نے عمر عزیز کے ۳۰ سال ہیر کی تدوین میں صرف کیے۔ انہوں نے اپنے مرتب کردہ نئے میں اس بند کو نہ صرف شامل کیا ہے بلکہ اصلی سمجھا ہے۔ شیخ صاحب کے ہیر وارث شاہ سے جنوں کے بارے میں انکے صاحبزادے محترم خورشید کمال عزیز یوں رقم طراز ہیں۔ (اگلے دن وہ فتنے اٹھے جو آپ کی زندگی کے باقی تیس تیس سالوں پر چھائے رہے اور تقریباً تیس سال تک وہ اس فتنہ کو اپنے لیے سلجھاتے شکل دیتے اور اس سے محفوظ ہوتے رہے۔ ان تیس سالوں میں کم از کم بیس ایسے تھے کہ ہیر کے طوق کو اپنی لوح تقدیر پر لکھا ہو حکم مانا)۔ یہاں موزوں ہوگا کہ دلیل وارث شاہ ہی کی زبان سے پیش کی جاوے، بند نمبر ۶۳۰ پیش نہ رہے۔

طول کھول کے ذکر بیان کیتا رنگ رنگ دی خوب بارودی سی
تمثیل دے نال بیان کیتا جیہی زینت لعل دے بارودی سی
اور بند نمبر ۶۳۵ میں مزید فرماتے ہیں جس کے بعد مزید شک کی گنجائش نمی رہتی
ایہہ روح قلوبت دا ڈکرسا رانا نال عمل دے میل ملا یا ای
اگے ہیر نہ کیسے نے کھی ایسی شعر بہت مرغوب بنایا ای
تو صاحبو حقیقت یہ ہے کہ ہیر وارث شاہ کی آفاقیت اور امتیاز اس کی کہانی میں نہیں بلکہ اس کی اصل خوبصورتی جو اس کو لازوال بناتی ہے اس کے روحانی پہلو میں ہے۔ یہ بیان ہے انسانی زندگی کے سفر کا کہ جس میں ذات انتہائی دشوار گزار رستوں سے گزرے، ارتقائی جدولوں سے لڑ بھڑ کے زمین کی پہنائیوں سے اٹھ کے آسمانوں کی وسعت میں فانی اللہ کے مدارج طے کر جاتی ہے۔ یہی وہ ذات کا سفر ہے جو وارث شاہ نے ایک دلکش اور بیخ پنجابی زبان میں حوالہ قلم کیا ہے۔
وارث شاہ کی زبان دانی کے متعلق کوئی دوسری رائے ہونی سکتی۔ لفاظی، بلاغت اور منظر نگاری کے جوہر ہر جگہ بکھرے پڑے ہیں۔ ہیر کے حسن کی تعریف جس انداز میں قلم کی ہے اس سے قاری گنگ ہو کے رہ جاتا ہے۔

کھی ہیری کرے تعریف شاعر متھے چمکدا حسن متہاب دا جی
خونی چونڈیاں رات جیوں چن دوالے، سرخ رنگ جنہوں رنگ شہاب دا جی
ہونٹھ سرخ یا قوت جیوں لعل چمکن ٹھوڈی سب ولایتی سارو جیوں
نک الف حسینی دا پہلاسی زلف ناگ خزانے دی بارو جیوں
دند چنے دی لڑی کے کنس موتی دانے نکلے حسن انارو جیوں
لکھی چین کشیر تصویر جی، قدسرو بہشت گلزارو جیوں
اختتام پہ وارث شاہ کا شعر حاضر خدمت ہے جس سے ظاہر ہے کہ وارث شاہ کو اپنے کلام کی نوعیت کا خود سے احساس تھا۔

حکم من کے جنال بیاریاں واقصہ جب بہار دا جوڑیا آے
فقرہ جوڑ کے خوب درست کیتا، نوال پھل گلاب دا توڑیا آے



زندگی کے صحرا میں.....

زندگی کے صحرا کی تند و تیز ہواؤں میں

یاس کی فضاؤں میں

بے ہنرمینوں میں زخم خوردہ سالوں میں

خوفناک اندھیروں میں بے اثر اجالوں میں

قافلے میں سب جیسا میں بھی اک مسافر ہوں

بے بسی کے جنگل میں سنگلاخ رستوں پر

آبلوں کے پانی پہ چھلتے پاؤں رکھ رکھ کر

پچھلے مڑ کے دیکھوں جو

آنسوؤں کے دامن میں سب مجھے ہی تکتے ہیں

آگے چلنے کی خاطر

میرے کندھوں پر سارے ہاتھ اپنے رکھتے ہیں

سوچتا ہوں کہہ ڈالوں

میری بستی کے لوگوں میں جدا نہیں تم سے

خود قدم اٹھاؤ جو

میرے بوجھ کو تھوڑا تم اگر گھٹاؤ جو

سب چلیں سوئے منزل کا مرانی کی جانب

سبھی سرخرو ہوں گے

بس یہی سمجھ لو جو

قافلے میں سب جیسا

میں بھی اک مسافر ہوں.....

جاوید اکبر

اور قیب اور سیاہ کو غصہ دکھانا ہوا تو کہہ دیا ہنہ؛

ہمیں یقین ہے کہ ہم اس صنف ”یک لفظی“ کی بدولت پرانے دوست ڈاکٹر ظہیر طیب کی طرح سکند شاعر ہو جائیں گے۔ ڈاکٹر ظہیر اپنی ڈاکٹری کو اپنی ڈاکٹری پر ترجیح دیتے ہیں اس لئے خود کو طیب کہلا کر حکیمانہ تجاہل عارفانہ سے کام لیتے ہیں۔ اب جسے درون خانے کی خبر نہیں ہے وہ ظہیر طیب کو بڑھ کر انہیں کم مہلک خیال کرتے ہیں کہ آخر کو طیب ہیں ڈاکٹر نہیں۔ شاعر سے قدرے مہلک ہوں گے مگر ڈاکٹر سے کم جو ڈاکٹر حضرات شاعر ہیں وہ اس صنف ”یک لفظی“ کی بدولت کلینکوں اور اسپتالوں میں ہمہ وقت مشاعرے برپا رکھیں گے۔ ڈاکٹر صاحب نے مریض سے کہا منہ کھولو مریض نے جواب دیا آں ڈاکٹر صاحب نے عنوان دکھایا ”آں“

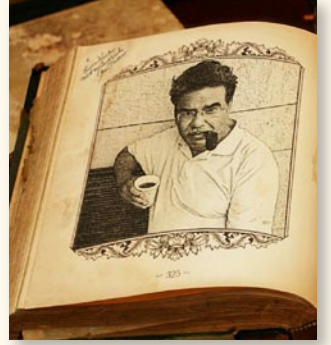
بیچے صاحب نظم در نظم کا سلسلہ چل نکلا

ہماری طرح پیشتر سخن اردو ادب کا المیہ یہ ہے وہ کسی نہ کسی نقاد سے رشتہ ازدواج میں بندھے ہوتے ہیں اور ہمیں بھی اس سے کچھ انتہائی حاصل نہیں ہے ہماری شاعری اور شعری قابلیت کے بارے میں ڈاکٹر جاوید اکبر میاں حسان رفیع نجفی اور ہماری بیگم کے خیالات تقریباً یکساں ہیں ماسوا اس کے کہ اول الذکر دونوں احباب ہمیں شک کا فائدہ دیتے ہوئے پوچھ لیتے ہیں تمہارا ہی ہے جبکہ ہماری بیگم ہمیشہ سوال کرتی ہیں کس کا شعر ہے؟ ہماری بیگم ہمیں شاعر ماننے سے صاف منکر ہیں اور آفرین ہے ان کی اس ثابت قدمی پر کہ جہاں پچھلے ۳۳ برسوں سے وہ ہمارے ساتھ بناہ کیے جا رہی ہیں اور کئی ادبی محافل و مشاعروں میں ہمارے ساتھ جاتی رہتی ہیں۔ الحمد للہ ایسی کسی بھی محفل میں انہوں نے ہمیں داد دینے میں کبھی جلدی کی نہ تریکب و تجوید میں غلطیاں نکالنے میں تاخیر۔ جی خوش ہوا کہ ”یک لفظی“ میں کم از کم تریکب و تجوید کی کوئی غلطی نہ نکال پائیں گی اور نہ ہی داد دینے میں تاخیر۔ آخر کو ایک لفظ سمجھنے میں دیر ہی کتنی لگتی ہے؟ جب اس محفل کا دعوت نامہ وصول ہوا تو ہم نے تہیہ کر لیا کہ اس محفل میں ”یک لفظی“ ہی کہیں گے۔ اس تقریب میں آنے سے پہلے حسب عادت بیگم نے پوچھا کیا پڑھو گے؟ ہم نے کہا ”یک لفظی“ شاید وہ سمجھیں کہ یہ کسی نظم کا عنوان ہے، کہا سناؤ ہم نے عشوہ طراز یوں سے بھر پور ”یک لفظی“ سنا دی ”اوں“ ”اوں“ آخر کو صنف ”یک لفظی“ سے نابلد تھیں پھر فرمائش کی سناؤ۔ ہم نے پھر سنا دی۔ ”اوں“ ان کی نقادیت خود کو آئی اور پھر کر کہنے لگیں۔ میاں اب کچھ پھوٹو گے بھی یا اوں آں ہی کرتے رہو گے

کوئی بتلاؤ کہ ہم بتلائیں کیا (کیا)

خواتین و حضرات ہمارے اس مضمون سے یہ نہ سمجھ لیجئے گا کہ ہم دشمن جدت و اختراع ہیں۔ بخدا ایسا ہرگز نہیں ہم فقط اتنا جانتے ہیں کہ جو بھی جدت و اختراع اور تنوع کیا جائے وہ اس فن کی مسلمہ حدود و قیود کی روح میں رہتے ہوئے کیا جائے اور فن متعلقہ میں ترویج و خیال اور ندرت اظہار کا ذریعہ ہو۔ شخصی سہل پسندی اور ذاتی نام و نمود کے لیے جدت و اختراع اور تنوع کا سہارا لینا فن لطیف کی خدمت نہیں بلکہ اس کے ساتھ سراسر زیارتی اور نا اتفاقی ہے۔

واللہ اعظم بالصواب!



ہاشم وارث شام

خدا خوش رکھے ہمارے دوست حسان رفیع نجفی کو جب بھی بات ہوتی ہے شعر سنانے کی فرمائش کرتے ہیں اور شعر سننے کے بعد احتیاط پوچھ لیتے ہیں کہ تمہارا ہی ہے؟ اگر اشعار کا DNA ٹیسٹ ہوتا تو ہم شعر کے ساتھ تنقید کے طور پر نتھی کر دیا کرتے لیکن وائے قسمت کہ سائنس کی اتنی ترقی کے باوجود ایک سادہ سا ٹیسٹ بھی دریافت نہ ہو سکا۔ جب نجفی صاحب کے بعد ڈاکٹر جاوید اکبر نے بھی تو اتنے سے یہ سوال پوچھنا شروع کر دیا کہ میاں کبھی نثر بھی لکھی ہے تو اندیشہ حائے دل صبح ثابت ہونے لگا کہ

شعروں کے انتخاب نے رسوا کیا مجھے

کسی بھی شعر و نثر کی محفل میں نثری مضمون پڑھنا ایسا ہی ہے کہ جیسے ننگوں کے حمام میں کپڑے پہن کر گھس جانا لیکن محافل ادب کی یہی ابتذال اور جدت اس کے لئے آسجین کا کام کرتی ہے اور آئندہ جدت اور نئی اختراع تک اس کی زندگی کی ضامن ہے۔ ہم عقلمند تو ہیں نہیں کہ پہلا ہی اشارہ سمجھ لیتے لیکن اب اتنے بھی نہیں کہ متواتر سوالات کے باوجود یہ نہ جان لیں کہ میاں شاعری تو تمہارے بس کی نہیں۔ کچھ اور بھی جانتے ہو یا بس؟ ڈاکٹروں کی ایک کی ایک کثیر تعداد ہمارے حلقہء احباب میں ہے لیکن سچ تو یہ ہے

کہ ہم ڈاکٹروں سے بہت خوفزدہ رہتے ہیں چاہیے وہ ہماری دوستی کا دم ہی کیوں نہیں

بھرتے ہوں۔ بڑے کا بیاں ہوتے ہیں۔ دل کی دھڑکن سننے کے بہانے نہ صرف محبوبہ کا نام پتہ معلوم کر لیتے ہیں بلکہ دل میں چھلنے ارمانوں کی تعداد بھی گن لیتے ہیں یا دیش بجز بچپن میں اماں مہم سے الفاظ میں کسی کے بارے میں کہا کرتی تھیں کہ ”ندان کی دوستی بھلی نہ ان کی دشمنی اچھی۔ خیال غالب یہ ہے کہ جملہ ڈاکٹروں کے بارے میں کہا کرتی ہوگی۔ جب ہمدرد ہوے تو زبردستی کے محرم راز بن بیٹھے اور جب عداوت پر اتنے تو لاطینی نام کی کوئی بیماری کا مشردہ سنا دیتے ہیں کہ مریض خود بھی حیران و پریشان کہ

ایسی چنگاری بھی یارب اپنے خاکستر میں تھی

نئے دور کی جدت پسندی اور قبولیت اختراع نے ڈاکٹروں اور شاعروں۔ دونوں کو حد درجہ مہلک کر دیا ہے۔ مریض کا انجام بھی ہلاکت پر ہوتا ہے اور کثرت کلام سننے والے کبھی

گئے وقتوں کی بات ہے شاعری میں گنی جینی اصناف ہوا کرتی تھیں اور شاعر بھی گنتی

کے۔۔۔ محبوبہ کی بیوفائی پر جی بھرا آیا تو ”غزل“ کہہ لی، سیاسی یا سماجی انقلاب کی

ضرورت محسوس ہوئی تو کوئی لولہ انگیز ”نظم“ کہہ ڈالی، آٹھ اشعار پورے نہ ہو سکے تو

”مسدس“ کہہ لی۔۔۔ شاعر بھی گئے چنے ہو کرتے تھے، نام اور تخلص بھی جی کو بھاتے

تھے اس طرح ڈاکٹر بھی چند بیماریوں پر اکتفا کر کے ڈاکٹری پر ہی اکتفا کیا کرتے تھے!

مگر اب دور بدل گیا ہے اب تو ہر ڈاکٹر جزوقتی شاعر ہو گیا ہے باکل وقیفی ٹی وی اینکر۔۔

شکر ہے ہر شاعر نے جزوقتی ڈاکٹر بننے کا بیڑہ نہیں اٹھایا ورنہ اس دو آتھہ ہلاکت کے

بعد وقتوں کو جسد خاکی بھی نہ بچتا کہ

نذکیہ جنازہ اٹھتا، نہ کہیں مزار ہوتا

دور حاضر میں اضافہ صرف شاعروں میں نہیں بلکہ اصناف شاعری میں بھی ہوا ہے گئے

وقتوں کے شاعر کوئی نئی صنف متعارف کروانے سے پہلے ٹھونک بجا کر تسلی کر لیا کرتے تھے

کہ ”نجیب الطرفین“ ہی ہے مگر خدا بھلا کرے اس ”انٹرنیٹ“ اور ”فیس بک“ پر اب جتنے

اشعار ہیں، اتنی ہی اصناف اور اس سے دو گئے جموعات کلام۔ اللہ جمیل الدین عالی

کو صحت اور طویل زندگی عطا فرمائے کہ جب انہوں نے خلائی ٹیوشرف بہ جاپان کر کے

ہائیکو لکھا وہ پہنایا تو وہ بھی نظم میں شاعر ہونے لگی گویا اختصار کا عمل شروع ہو گیا۔ جب

جون ایلیا کو یہ بات نہ بھائی اور مختلف لبادے میں یہ نظم ان کے ایمان اشعار کو متزلزل

کرنے لگی تو انہوں نے نظم مسلسل کی داغ بیل ڈال دی اور مضمون شعر پر اس قدر تسلسل سے

لبادوں کے پرت چڑھائے کہ اچھا خاصہ شعر پیرا زبن کر رہ گیا۔ میر نیازی سے معذرت

کے ساتھ کہ

میں نے ایک پرت جو چھپایا۔ ایک اور چھپکے کا سامنا تھا مجھ کو

جب نظم مسلسل کا رواج چل پڑا تو ہم پر مشاعرے میں جانے سے پہلے جا سوسی کروالیا

کرتے تھے جون صاحب کو کتنے نمبر پڑھیں گے اور پچھلے مشاعرے میں ان کی نظم

مسلل میں کتنے اشعار تھے اور پھر حساب کر کے جون صاحب کے مشاعرے میں بین

اس وقت جاتے جب صاحب اشعار بنی نظم مسلسل سنا چکے ہوتے

یہ اسی انٹرنٹ اور فیس بک کی مہربانی ہے کہہ دینا میں ان گت VIRTUAL مشاعرے

ہونے لگے ہیں روایتی بھی اور فی البدیہہ بھی۔ ان مشاعروں میں ایسے اشعار سننے اور

پڑھنے کو ملتے ہیں کہ حسان رفیع نجفی کی طرح پوچھنے کو جی ہی نہیں جانتا کہ میاں تمہارا ہی

ہے؟ بلکہ یقین ہو جاتا ہے کہ ”ان“ کا ہی ہوگا۔ اگر ”انٹرنیٹ“ نہ ہوتا اور نہ ہی ”فیس

بک“ ہوتا تو نو بیک سٹک کے کسی دور قاعدہ گاؤں کے قادرا الکلام شاعر کا یہ مصرع کہ

”کھٹیا کھڑی کر کے صحن میں جب وہ نہاتی ہے“

یہاں شکا گو یا میڈیسن کے کسی مشاعرے میں سننے کو مل سکتا تھا کہ اسی جدت و اختراع

پسندی نے نہ صرف اشعار کہنے اور سننے کا ذہب بدل دیا بلکہ شاعروں کو دور جدید

میں ”cool“ کر دیا ہے

ہمارے ایک بہت اچھے شاعر دوست ہیں مزاد انکی ایک خوبی یہ ہے کہ جب ان کا کہا

ہوا کسی صنف سے مطابقت نہیں رکھتا تو وہ خود ہی نئی صنف ایجاد کر لیتے ہیں۔ پہلے وہ

باقاعدہ غزلیں کہا کرتے تھے پھر غلاٹی پڑ گئے اب اکثر و بیشتر ڈیڑھ مصرعی کہتے ہیں

۔ جب م زاد ڈیڑھ مصرعی پر آئے تو ہمیں بھی امید کی ایک کرن نظر آئی کہ آخر ہم بھی

صنف ”یک لفظی“ ایجاد کر سکتے ہیں یہ تو بعد میں معلوم ہو کہ ”نظمنا“ کے نام سے

ایک اور شاعر سے پہلے سے ایجاد کر چکے ہیں ہمیں صنف ”یک لفظی“ میں بہت سے

فوائد نظر آئے اپنے لئے بھی اور ان ڈاکٹروں کے لئے بھی جو شاعر ہیں اس کے علاوہ

غلاٹی پڑھنے والا بھی اس کو فٹ سے بچے ہیں کہ شاعر کے تخیل کا پیڑول ختم ہو گیا ذاتی

طور پر ہمیں سب سے بڑا فائدہ تو یہ لگا کہ ڈاکٹر جاوید اکبر اور میاں حسان رفیع نجفی کے

سوالات سے جان چھوٹ جائے گی اور ہم ایک نئی صنف کے موجد بھی ہوں گے آخر کس کا

دل نہیں چاہتا کہ وہ اردو ادب پر کوئی نہ کوئی احسان ضرور کرے اور سچ پوچھیے تو ”یک

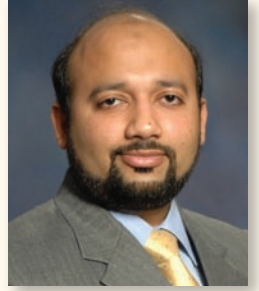
لفظی“ کہنا اتنا کوئی مشکل کام بھی نہیں۔

اشاروں کنایوں میں کوئی پیغام دینا ہوا تو کہہ دیا ہوں؛

ذار عنوہ دکھانا ہوا تو کہہ دیا آں؛

پیغام محبت رکھنا ہوا تو یک لفظی کہہ دی ”ناں“؛

حیرت کا اظہار نظم بند کرنا ہوا تو کہہ دیا ہاں؛



والدین نے شروع میں تو ہم سے پنجابی میں بات کرنا چاہی مگر ہماری طرف سے ماپوس ہو کر انہوں نے ہم سے اردو ہی میں گفت و شنید کرنا مناسب سمجھا۔ البتہ آپس میں وہ پنجابی بولتے رہے۔ اب زبان اور لکھتے تو بدل چکے ہیں لیکن صورتحال وہی ہے۔ اب ہم اپنے بچوں سے اردو میں بات کرنا چاہتے ہیں مگر ان کی طرف سے انگریزی میں جواب پا کر اپنا سامنے لے کر رہ جاتے ہیں۔

اردو اور اردو سے پہلے پنجابی! یہ صرف زبانیں ہی نہیں بلکہ ان کے اندر پوری تہذیب اور طرز زندگی چھپا ہوا ہے۔ زبان کے بدل جانے سے اس میں موجود بے تکلفی، مزاح اور احساسات سب بدل جاتے ہیں۔ مزاح کے اعتبار سے پنجابی زبان سرفہرست ہے اس کے مزاح میں جو چاشنی، مسکراہٹ اور بے باکی ہے وہ شاید کسی اور زبان کے مقدر میں نہیں ہے۔ مگر تظم یعنی یہ ہے کہ صرف مادری طور پر پنجابی بولنے اور سمجھنے والا ہی اسکے مزاح سے لطف اندوز ہو سکتا ہے۔ پنجابی قارئین میری اس بات سے بھرپور اتفاق کریں گے۔

زبان .. بہت اہم ثقافتی ورثہ ہے جس سے منسلک بہت سے اطوار اور رواج ہوئے ہیں۔ مگر اس ثقافتی ورثے کو تو شاید ہم بہت دور چھوڑ آئے ہیں۔ ہمارے والدین اس ورثے کو ہم میں ڈھونڈتے رہے اور ہم اپنے بچوں میں اس اہم ثقافتی ورثے کو تلاش کرنے کی ناکام جستجو کر رہے ہیں۔

پردیس میں کبھی کوئی ہم زبان مل جائے تو ایسا لگتا ہے جیسے کوئی کھوئی ہوئی چیز اچانک سے مل گئی ہو۔ بے شک گفتگو کا موضوع کوئی بھی نہ ہو پھر بھی بات کرتے رہنے کا دل چاہتا ہے۔ اس اہم نشست میں زبان کا نون میں .. ایسا رس ڈال جاتی ہے۔ جس کی تاثیر بہت دیر .. قائم رہتی ہے۔ اکثر میرے ساتھ ایسا ہوا کہ کسی بس ٹینڈ، ایئر پورٹ، یا سب وے ٹیشن پر اچانک کوئی ہم زبان مل گیا اور وقت گزرنے کا پتہ ہی نہیں چلا۔

ہر زبان میں کچھ ایسے احساسات اور تاثرات ہوتے ہیں جو صرف اسی زبان کی خاصیت ہوتے ہیں۔ آج بھی جب ہمیں اپنے بڑوں سے ڈانٹ پڑتی ہے تو صرف پنجابی میں ہی پڑتی ہے۔ ہماری امی اکثر کہا کرتی ہیں کہ اردو میں مجھ سے تم لوگوں کو ڈانٹنا ہی نہیں جاتا اور سچ پوچھیں تو ہمیں بھی اردو میں ڈانٹ ڈانٹ ہی نہیں لگتی اور نہ ہی اس کا کچھ اثر ہوتا ہے۔ والد صاحب بھی جب بہت زیادہ جذباتی ہوتے ہیں یا خیالوں میں لگن ہوتے ہیں تو پنجابی بولنے لگ جاتے ہیں کہتے ہیں کہ زیادہ دیر اردو بولنے سے منہ اور ذہن دونوں تھک جاتے ہیں یہی حال کچھ ہمارا بھی ہے بچوں سے کچھ ہی دیر انگریزی میں بات ہو پاتی ہے پھر دل کرتا ہے کہ اب اپنی زبان میں بھی کچھ بول لیں۔ ہم تو پھر اپنے والدین کی پنجابی سمجھ لیتے تھے۔ ہمارے بچے تو شاید ہماری اردو بھی نہ سمجھ پائیں اور ہمارے وہ تمام جذبات، احساسات اور تاثرات کبھی ہمارے اندر ہی نہ رہ جائیں۔

اردو در زبانوں کا .. کسچر سا بن گیا ہے آج کل ہمارے گھروں کی صورتحال یہ ہے کہ والدین پنجابی بولتے ہیں، ہم اردو اور ہمارے بچے انگریزی بولتے ہیں اردو اور پنجابی میں تھوڑی بہت مماثلت ہونے کی وجہ سے ہم میں اور ہمارے والدین میں خلا کسی قدر کم تھا۔ مگر ہم میں اور ہمارے بچوں کے درمیان جو خلا ہے وہ بڑھتا ہی جا رہا ہے اب نئی پودکی روایتیں بدلتی جا رہی ہیں احساسات مٹ چکے ہیں اور اپنا بنائیت کم ہوتی جا رہی ہے۔

نہ جانے زبانوں کے اس کسچر کا نتیجہ کیا نکلے گا اور یہ سفر کہاں جا کے رکے گا۔

شہرام ملک

ان اور ہم

آمد بہار کے دنوں میں جب مجھے میرے عزیز دوست ڈاکٹر جاوید اکبر کا فون آتا ہے تو میرے دماغ میں شک و شبہات جنم لینے لگتے ہیں۔ مجھے لگتا ہے کہ یہ پھر مجھ سے معرکہ آرا ہونے کا کہیں گے پھر وہ ہی ہوتا ہے جس کا ڈر یعنی جاوید مجھے AIMCAANA Connection کے اردو کے حصے کے لیے کچھ لکھنے کو کہتے ہیں۔ ڈاکٹر صاحب اب ہمارے سارے نہ لکھنے کے بہانوں سے واقف ہیں اس لیے نوبت یہاں پہنچتی ہے۔

اب سلسلہ شروع ہوتا ہے کسی سوچ یا خیال کا جو بیان کیا جائے۔ اس بار .. عجیب موضوع دماغ میں آیا جس کا میں نے اکثر اوقات مشاہدہ کیا ہے۔ میں نے اکثر دیکھا ہے کہ جب ہم نئی دہلی محفلوں میں ہوتے ہیں تو امریکہ کا ذکر ان، ان، انہوں جیسے لفظوں میں کرتے ہیں اور اپنا ذکر کرتے ہوئے لفظ ہم اور ہمارا استعمال کرتے ہیں۔ یہ عجیب معمول ہے۔ ہم میں سے اکثر کو امریکہ میں کام کرتے ہوئے سال و سال بیت گئے ہیں۔ ہم یہاں کے برابر کے شہری اور شہری ہیں۔ اس کے باوجود خیال اور الفاظ کی یہ دوری کیوں؟ ہم امریکہ پہنچنا حق بتانے میں کمپری سے کام لیتے ہیں۔ ہم بھول جاتے ہیں کہ یہ ملک صرف اتنا ہی ہمارا ہے جتنا ہم اس کو اپنانے کو تیار ہیں۔ یہ شاید پھر .. Defence Mechanism ہے۔ ہم باتوں میں اس ملک سے فاصلہ اس وقت بڑھا لیتے ہیں جب ہمیں یہاں کی کچھ پالیسیوں سے اتفاق نہیں ہوتا۔ دراصل اس کا بہتر حل اس ملک کو own کرنے میں اور سٹم میں شمولیت ہے۔ یہ عمل ہماری بقا کے لیے نہایت ضروری ہے۔ اس کے بغیر ہماری حیثیت تماشائی کی سی ہے۔ ہم بھول جاتے ہیں کہ اصل میں ان ہم ہے اور ہم ان

ڈاکٹر عارف احمد

محترم قارئین! 2011 کے ایمکانہ کنیکشن کے ساتھ حاضر ہیں۔ اس سال بہت سے نئے تخلیق کاروں کی خوبصورت تحریریں ان صفحات کی زینت بن رہی ہیں۔ خاص طور پر نثر میں کافی کام آپ کو پڑھنے کو ملے گا۔

زندگی میں راتوں کی آسودگی اور دنوں کی دل چلا دینے والی تمازت میں سبھی مصروف ہیں لیکن مادر علمی کی محبت میں بہت سے اقبالیئرز وقت نکال کر مختلف فورمز پر اسکی خدمت میں لگے رہتے ہیں۔ جناح ہسپتال میں زیبا بیٹس سینٹر کا قیام ہو یا فلا ڈلفیا میں اقبالیئرز ہاؤس، یہ سب محبت کا شافٹا نہ ہے۔ امید کرتے ہیں کہ اقبالیئرز کا یہ خاندان یونہی محبتیں بانٹتا اور سمیٹتا رہے گا۔

لیجئے آپ تحریر سے لطف اندوز ہوں۔ آپ کی قیمتی ارا کا انتظار رہے گا۔

جاوید اکبر
انچارج اردو سیکشن



غزل

خدائے لم یزل کو میں صدا دیتا تو اچھا تھا
کسی مبعذ میں دو آنسو بہا دیتا تو اچھا تھا
چھپا پناہ اسی ڈر سے کہیں اس کا نہ دل ٹوٹے
ان آنکھوں سے اگر پردے ہٹا دیتا تو اچھا تھا
وہ راز دل جو برسوں رہا محدود سینے میں
اسے میں روز اول ہی بتا دیتا تو اچھا تھا
کئی راتوں کی بے خوابی ستارے دیکھتے گزری
میں اس مہوش کو خوابوں سے جگا دیتا تو اچھا تھا
کئی کہنہ رواجوں سے بہت الجھن ہوئی آصف
نئی دنیا خیالوں میں بسا دیتا تو اچھا تھا
ڈاکٹر آصف ڈار



غزل

بال کھنائیں چہرہ تاباں
شوخی ادا نہیں دل ہے ناداں
زخم جگر ناسور بنے گا
دل کا درد کرو نہ پنہاں
”عشق بتاں ہے روگ مسلسل
زردی رنگت بال پریشاں
ماضی کی سب یادیں موتی
ذکر چھڑے جب بھگیں مڑگان
نئے افق کی لالی بولے
فرحت ہو جا پھر سرگرداں
ڈاکٹر فرحت عباس خان



غزل

جب سے ہے گھونسلے سے اڑا لائی زندگی
پنچھی کو اُس کے بعد نہیں بھائی زندگی
اس نے تو مر کے پیار میں کچھ پالیا سکون
ہم نے سزا کے طور پہ اپنائی زندگی
تھا زہر سا چھپا تیرے آپ حیات میں
وہ تو لباس ہوش میں ڈرائی زندگی
ہم جاں بلب تھے حدت حالات سے نگر
ابر کرم سی اُس پہ رہی چھائی زندگی
جاوید کالی رات میں لیکن تھی ای بار
روشن لکیر تھی کہیں مُکائی زندگی
جاوید اکبر

AIMCAANA Is Proud To Sponsor

Empowering Society By Empowering Individuals With Education

Jinnah-Allama Iqbal Institute of Diabetes & Endocrinology (JAIDE)

- Serving hundreds of patients for specialized diabetes and endocrinology care every week
- Endocrinology Fellowship training site
- Center for excellence in diabetes and endocrinology research

\$30,000 Spent so far

Chemotherapy Infusion Suite at Jinnah Hospital

- 20-25 patient receiving chemotherapy daily since February 2011
- Oncology Fellowship training site
- Center for excellence in hematology/ Oncology Research

\$12,000 Spent so far

AIMCAANA Scholarships to AIMC students

- 105 scholarships of 5,000 rupees in 2009-10
- 22 scholarships of 20,000 rupees 2010-11

\$12,000 Spent so far



Iqbalian House Project

Rent support of \$1200/month for a house in Philadelphia (Iqbalian House) to meet the lodging needs of young Iqbalians who are searching for residency positions since May 2009.

\$29,000 Spent so far

AIMCAANA Qarz-e-Hasana Scheme

• No interest loans for young Iqbalians to meet their financial needs during the quest of residency.

- \$7500 awarded to 7 Physicians in 2009
- \$4500 awarded to 9 Physicians in 2010

\$12,000 Spent so far

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