



Dow International Magazine

Voice of Dowites

DOGANA
DOGANE
DOGAANZ

Dow Graduates Association of North America
Dow Graduates Association of Northern Europe
Dow Graduates Alumni of Australia & New Zealand



Dow Class of 2001
15th Reunion August 13 2016 Houston
www.thedowdays.com



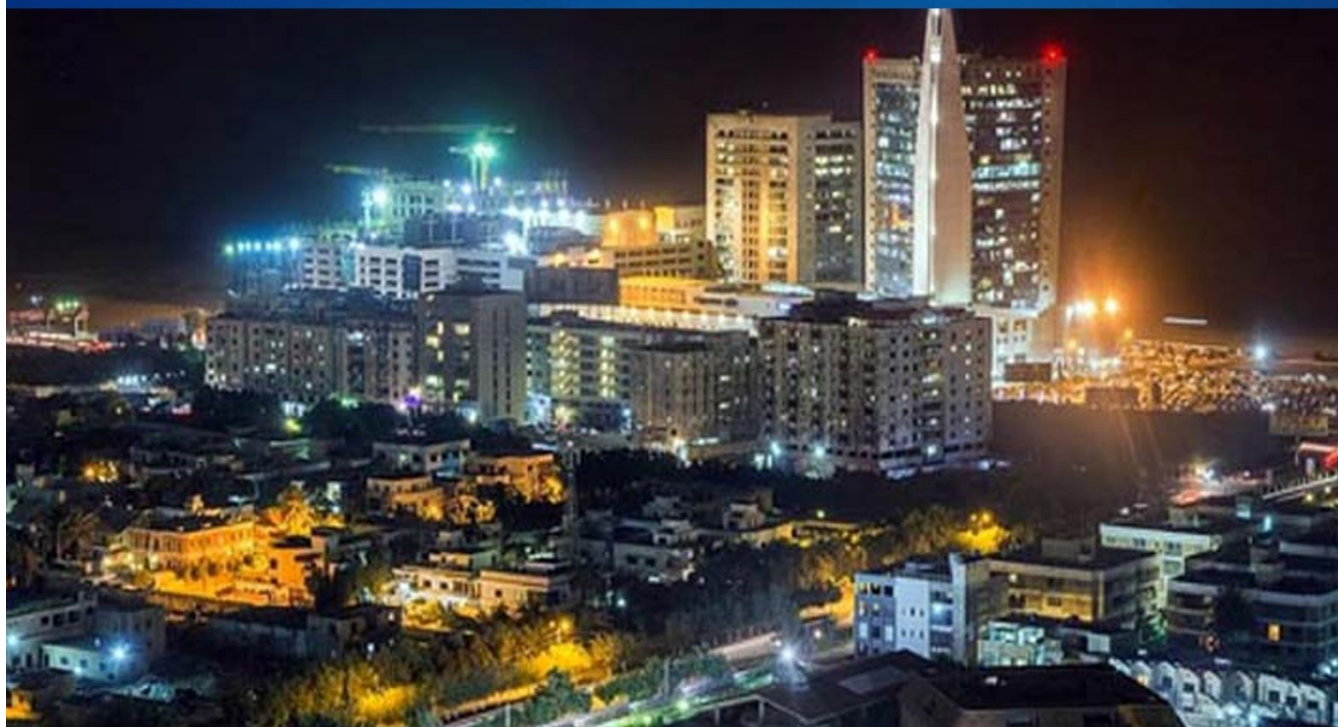
Dow Social



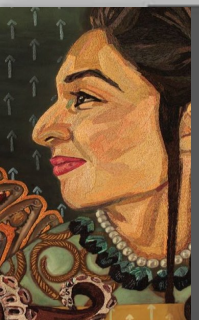
DOGANA

Winter Meeting 2018

December 20-24, 2018
Karachi, Pakistan



Click for [Detailed Programme](#) or Click flyer above



ڈاؤ انٹرنیشنل میگزین

Dr Rizwan Qureshi

Editor

Dow 2001



Dr Aamir Jamal

DOGANA USA

Dow 1989



Dr Syed Fasiullah

DOGAANZ

Dow 1990



Dr Amir Burney

DOGANE UK

Dow 1989



شماره ۱

اداریا

ڈاؤء امریکہ

ڈاؤء برتانیاء

ڈاؤء آسٹریلیاء

زاویا

قطرہ قطرہ

ڈاؤء پرنسپل

نقش فریادی

ڈاؤء میل جول

ڈاؤء طبیب

ڈاؤء کینٹین

احاطے

شاءستہ زبان

اقتباس

دسترخوان

حرف آخر



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Team DOGANE

Team DOGAANZ

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Dr Ghazala Ansari

Dr Nafis Sadiq

Shehr-e-Qaaid

Khalidina Hall and Library

TDF Ghar

Shaista Zuban (literary contributes)

Askari Abdullah

Dr Nighat Iftekhhar

Dr Shariq Ali

Iqtebaas (Collection of classic pros)

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Khansaama

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DOGANA Winter meeting 20-24 Karachi, Pakistan

DOGAANZ Annual reunion 20 April 2019. Gold Coast Australia

DOWITES Projects in Pakistan

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Emergency Focus Course January 2019

Dasterkhuwan

From the Land of Nizams

Hyderabadi Baghrey Baingan

Harf-e-Aakhir

Disclaimer



Dear Readers,

Welcome to the first edition of Dow International Magazine. An E-magazine that transcends borders and aims to bring Dowites together. I often think how could five years in 'Dow' could overshadow decades of achievements afterwards . It seems odd but true, those golden five years in Dow are like a scaffolding on which is built, our identity, personal struggles and triumphs. Woven in it, are nostalgic friendships, laughter and some of the most memorable times spent together.

In this magazine much of the content is to showcase works of Dowites in the UK, US & Australia. This includes social, educational and philanthropic works and most importantly, commitment to Dow University of Health Sciences. Dow alumni in Pakistan in a decade or so have transformed Dow to a higher standard , and for that, we salute you !

It seems as social media expands, linguistic standards are compromised and elegance is fading away from our cultural heritage. This is evident in our conversations, aptitude for arts and entertainment. There now seems to be shrieking quietness of rich human conversation replaced with clutter of clicks

It's heartening to read memoirs from by-gone days. Memories are so vivid that for a reader imagining those time feels warm and humid like a summer Karachi breeze and for a moment we are immersed in glorious times of Dow history when its halls and verandas echoed of delightful sounds

So, here we are, an attempt to build bridges, promote harmony, our culture and identity in its true beauty through this medium. Here in first edition we have sections with Urdu names and content reminiscing our heritage and forming a more aesthetically balanced read

Rizwan

وسلام
رضوان قریشی



Dow Graduates Association of North America

DOGANA CENTRAL COUNCIL 2018



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COUNSELOR CANADA



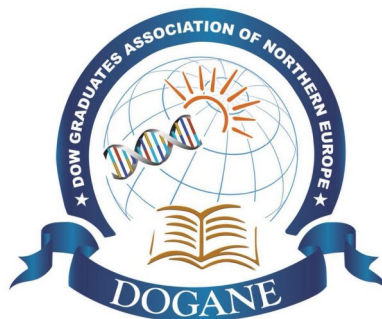
NAUSHAD NOORANI
COUNSELOR AT LARGE



ADIL AHMED
COUNSELOR AT LARGE



SAEED SABIR
COUNSELOR AT LARGE



Dr Aamir Burney

Dow 1989

Senior University Teacher, The Medical School University of Sheffield

Dr Shabi Ahmed

Dow 2001

President

Consultant Urological Surgeon at City & Sandwell Hospitals, Birmingham

Dr Saqib Ghani

Dow 2002

Locum Consultant Cardiologist Royal Cornwall Hospital Trust, Truro

DOGANÉ



DOGAANZ
Dow Graduates Alumini of
Australia & New Zealand

Dr. Syed Fasiullah

President

General paediatrician and Academic lead, Gold Coast, QLD

Dr. Mujtaba Ahmed

Vice President

General Physician

A/Prof Rashid Hashmi

General Secretary

Radiologist and Nuclear Physician Melbourne VIC

Dr. Zeeshan Siddiqui

Treasurer

General Practitioner, Melbourne VIC



Anum Syed, MD
YPC Member

The Forgotten Needs of Refugees Resident, Internal Medicine UCLA

According to 1951 United Nations Refugee Convention, a refugee is “persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality, and is unable to or, owing to such fear, is unwilling to avail himself of the protection of that country.” This very vulnerable group has to not only relinquish the comfort loves ones, homes and other possessions but also face staggering challenges in the process of resettlement if they are lucky enough to be the very few that are given aid.

The refugee population has recently surged due to focused political crises in the past decade. Out of the 65.6 million currently displaced people, as reported by the CDC, over 23 million are refugees. Half of those refugees have come from only four countries: 1.4 million from South Sudan, 2.5 million from Afghanistan, 2.8 million from Iraq, and 5.5 million from Syria.

Out of this group, only 189.3k people have been resettled. The vast majority of these refugees have been hosted in nearby counties: 2.9 million in Turkey, 1.4 million in Pakistan, 1 million in Lebanon, 979k in Iran, 940k in Uganda, and 791k in Ethiopia. We've received a constant influx of refugees even close to our homes, with around 85k arriving in the US, and of those around 10k in California.

The repercussions on the health of these refugees know no border; management of their health is among the foremost public health crisis challenging the global medical community. Most refugees face tremendous psychosocial stresses and require immediate mental health help. However, the health care delivery of refugees is focused on immediate needs, such as treatment of infectious and other acute illness. For even the resettled refugees in the US, the poor management of chronic diseases, mood disorders, post-traumatic stress disorders, and other mental health disorders causes high use of health-care resources. Because of the delay in referral to primary care and mental health clinics, emergency rooms are over utilized for the management of acute chronic illnesses.

Refugees face tremendous barriers to care. Many are hesitant to seek care because of language and cultural differences. Many have difficulty adjusting to a new legal and financial environment as well as to new customs. Many also rely on traditional cultural practices and can be skeptical of Western medicine. In addition, most refugees have negative experiences from health care professionals after undergoing exhaustive medical screening that focus on finding disorders that excuse their entry from their respective host countries.

As physicians, it is important to be cognizant of the challenges this group face. Stress-related somatic symptoms can present as unexplained headache, stomach or back pain and it may take several visits before refugees admit to physical and emotional symptoms. The initial history and physical should focus on establishing rapport, obtaining a vaccination history, dietary history, and recording the height, weight, and head circumference for newborns. Use of medical trained interpreters should be incorporated. There should be routine testing with CBC, UA, serum chemistry, glucose, B12, as well as testing testing of HIV, hepatitis B, TB, syphilis, malaria and hepatitis C. For women of childbearing age, pregnancy test should be obtained before initiating vaccinations or medications with risk. Children 6 months to 16 years should undergo lead screening as refugee children in general are thought to be at higher risk for lead poisoning, not only because anemia and malnutrition increase lead absorption, but also because of an increased risk for exposure to products containing lead.

Refugees with a history of sexual assault, new or multiple partners, or with symptoms should undergo screening for chlamydia and gonorrhea with urine nucleic amplification test as well as VDRL or RPR for screening for syphilis. All Sub-saharan African refugees who arrived from countries that are endemic for *Plasmodium falciparum* and who do have a contraindication should be assumed to have received pre-departure presumptive antimalarial therapy with ACT. All refugees without contraindications from Middle East, South and Southeast Asia and Africa receive a single dose of albendazole prior to departure for presumptive treatment of strongyloides.

We must be vigilant in connecting refugees to primary care and mental health services. We must also be aware of local agencies that can aid refugees: in just Los Angeles, we can reach out to the LA County Department of Mental Health, Department of Public Health, International Rescue Committee, CAL fresh Food Assistance, LA Housing Authority, American Red Cross, Child Care Assistance, Social Services, food banks, and charities. Understanding and responding to the needs of the refugees in our cities is the first step in tackling this global issue. Refugee health is the public health crisis of the century and a stronger collaboration of the global community, including private organizations, is needed in the same way that these resources have been effectively used to fight global epidemics such as polio and AIDS.

SUMMARY OF DOGANE CHARITY CONTRIBUTIONS 2014-2018

Dr Saqib Ghani

(Dow 2002 batch)

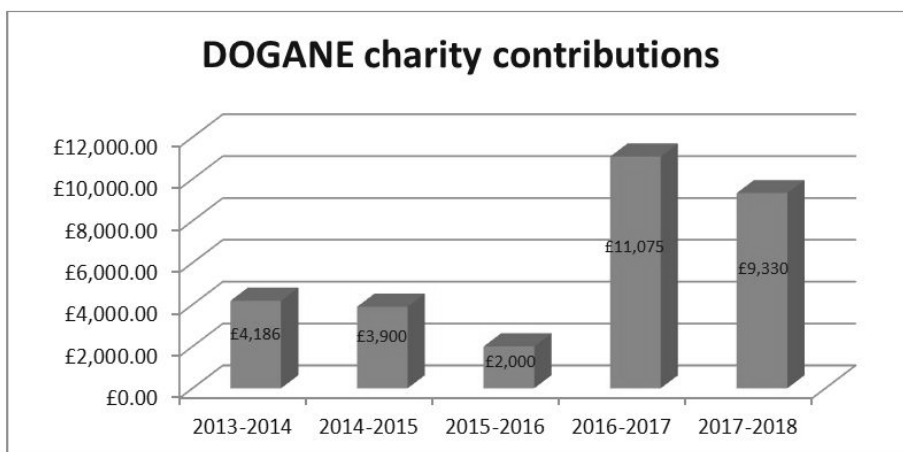
Consultant Cardiologist, UK

Executive member and former treasurer DOGANE

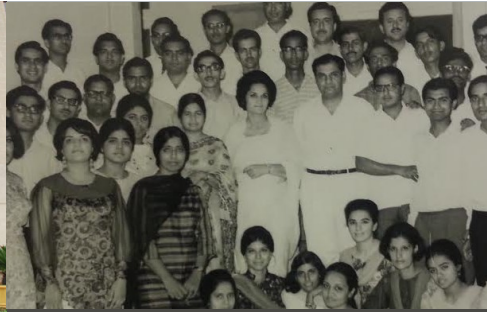
The Dow Graduates Association of Northern Europe (DOGANE) is a UK based charity set up in 2004. Graduates from Dow Medical College Karachi, Pakistan (Dowites) have been working across the United Kingdom in different capacities as Consultants, General Practitioners and Hospital Practitioners for almost half a century. This is an alumni organisation for one of the oldest and prestigious medical institutions in Pakistan.

DOGANE has been involved in charity events for fundraising and organising relief efforts for natural disasters and humanitarian causes over the years in many corners of the world. Since its inception, DOGANE has contributed to various charity projects in Pakistan. In this article, the charitable contributions of DOGANE from 2014 to 2018 have been summarised below.

Financial year	Charity project supported	Amount
2013 – 2014	Children ICU project, Civil Hospital Karachi	£4,186
2014 – 2015	Patients Welfare Association (PWA)	£2,600
	Save Our Civil Hospital (SOCH)	£1,300
2015 – 2016	Kohi Goth Hospital project	£2,000
2016 – 2017	Children ICU project, Civil Hospital Karachi	£2,425
	Midlands Doctors Association (charity hospital)	£4,200
	Emergency medical treatment fund for a doctor	£4,450
2017 – 2018	Children ICU project, Civil Hospital Karachi	£9,330
Total charitable contributions from 2014 to 2018		£30,491



DOGANE would like to thank all our delegates and members who have supported us throughout recent years and stood by us financially and in spirit; it is because of their contributions that DOGANE has maintained its reputation and status as registered charity in UK. Therefore, we humbly request all our delegates and affiliated members to continue their generous support for these noble causes.



DOW PRINCIPALS 1945-2018



Dr Kewalram Tarasing Ramchandani
Jun 1, 1945 to Dec 30, 1945

Lt. Col. Aziz K M Khan
Dec 31, 1945 to Jan 25, 1953

Lt. Col. Sher Muhammad Mallick
Jan 26, 1953 to Aug 31, 1954

Lt. Col. Aziz K M Khan
Sep 1, 1954 to May 25, 1955

Prof Mahmud Ali Shah
May 26, 1955 to Sep 29, 1969

Prof Abdul Wahid
Sep 30, 1969 to July 14, 1978

Prof Mrs Zubaida Aziz
July 15, 1978 to July 20, 1979

Prof M M Hasan
July 21, 1979 to Aug 31, 1983

Prof A M Ansari
Sept 1, 1983 to March, 13, 1984

Prof Shamsuddin Rahimtoola
March 14, 1984 to June 20, 1984

Prof Muhammad Sharif Chaudhry
June 21, 1984 to June 17, 1987

Prof M A Almani
June 18, 1987 to Dec 18, 1991

Prof S Shakir Ali Jaffery
Dec 19, 1991 to Sept 7, 1992

Prof M A Almani
Sept 8, 1992 to Dec 2, 1992

Prof Malik Ali Shaikh
Dec 3, 1992 to March 3, 1993

Prof S Shakir Ali Jaffery
May 9, 1993 to Aug 31, 1993

Prof Abdul Majeed Memon
Sep 1, 1993 to June 29, 1995

Prof Muhammad Shafi Quraishy
Aug 27, 1995 to April 29, 1997

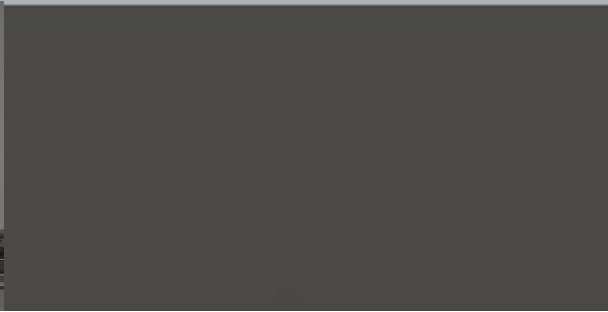
Prof Illahi Baksh M Soomro
April 30, 1997 to June 23, 2003

Prof S Tipu Sultan
June 24, 2003 to Jan 13, 2004

Prof Masood Hameed Khan
Jan 14, 2004 to May 1, 2005

Prof Salahuddin Afsar
May 2, 2005 to date





DOW's longest serving principal

This 1950s photo features, Professor Mahmud Ali Shah, in his office at Dow Medical College (DMC) where he was its longest serving principal. He was a member of DMC's founding team and his setting up of its anatomy museum with his wife, Dr Mubarika Shah, enabled DMC to be accredited. His research was widely published. He completed his fellowship in ophthalmology from Harvard University in 1952. In the 1980s he helped establish LRBT's hospitals and designed their postgraduate program. From 1965 he was honorary consultant ophthalmologist to the Navy, becoming honorary Surgeon Rear Admiral in 1984.

DMC snack corner

Dear old friends,

I am sure you still remember me. I do! I am the DMC snack corner. Long-time no see. I thought sending you this email is not a bad idea.

As you are aware, I have always enjoyed DMC elections. I am a great fan of the democratic spirit and a sense of enthusiastic celebrations attached to it. But you know, I have never voted for anyone. Never did and will never do so as unconditional acceptance is my freedom.

My mind has always been wide open for the ardour of friendship and have accepted the diversity of opinions, beliefs, viewpoints and at times, displaced sense of humour and awful fashion taste of 70s and 80s. On the benches of my heart, everyone was welcome and always. Be it a warm sunny day or a pleasant drizzly afternoon. With their cups of teas and juices and GARAM SAMOSAS in their hands, they sometime had long discourse and rhetoric. At times, they sang along and chanted slogans in favour of their views and in the excitement of their newly discovered truth. I sang along loud with them, with all of them without discrimination, with a smile on my face, as I knew that one day, they will grow up and discover the naivety of their present conclusions and will discover even newer truths and will be creating new songs and melodies.

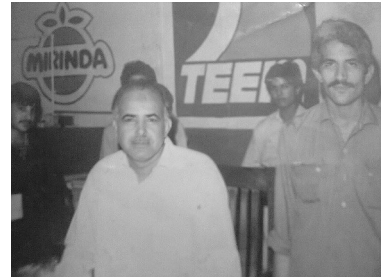
Though it was not usual but at times, in the heat of the moment and under the influence of their single mindedness, they used to transiently ignore the decency of their humanness and became abusive and aggressive to each other. I felt the pain for a short while when such an event happened, though occasionally. But I never lost hope on the power of our friendship. And I was right, very soon they used to realize the overriding commonality of their purpose over the apparent difference of their opinion.

Arag auditorium was telling me that day, that our old friends are now grownups (at least some of them are!), economically no longer threatened, professionally successful, living in different parts of the world and intellectually independent. Many of them are in their second inning of life when after accomplishing the worldly success, the major source of happiness is no longer worldly achievement but the human relationship in the form of family and friends. This information gave me a sense of pride and joy and I shared it with the Moin Auditorium the same day over a cup of tea.

Although I am still populated and busy as usual with the warmth of new comers every day, but sometime, I miss my old friends. I have little doubt that they are now mature enough, wherever they are, to celebrate the diversity and uniqueness of their existence. I hope that they have still not forgotten to sing along the melody of their common purpose of human love, quest for justice and friendship. I send them my best wishes and love!

Yours sincerely,

DMC snack corner



Though it was not usual but at times, in the heat of the moment and under the influence of their single mindedness, they used to transiently ignore the decency of their humanness and became abusive and aggressive to each other. I felt the pain for a short while when such an event happened, though occasionally. But I never lost hope on the power of our friendship. And I was right, very soon they used to realize the overriding commonality of their purpose over the apparent difference of their opinion.

DMC Snack corner
Aap Beeti...



Naqsh Faryadi!

نقش فریادی

AH! THE STAIRS

By Dr Syed Khalid Anwer

The best seats in the theatre

The highest perching point

The top of the tree

All are vantage points

To let you see

Where all the action is

And there indeed was

Incredible action and interaction

At this magical place called DOW

And where else was best to be then

At the stairs of Moin Auditorium

Located at a critical point

Looking at the left you could see

People coming from the wards

Right in front the ARAG auditorium

On the right, people gathered under

The cool shade of the yam tree

To go in for the lecture, going to the library,

going to the girl's common room or going to the ubiquitous snack corner

You had to pass through the boisterous

crowd gathered at the stairs

For the new comers it could have been

daunting, feeling of a newly wed,

all eyes, on the clothes, on the appearance, on the mannerism

Slowly you became the part of the family, member of the household, allowed to stay at the stairs

Albeit at the bottom wrung

then gradually are promoted to reach the top stairs

And the whole cycle repeated itself

The stairs witnessed quite an action

Many a leader standing there doing

Fiery speeches, rallying call

It was most alive during election time

Candidates paraded there with heart-warming slogans by their supporters and what a place it was

On the election night, both parties side by side, with blackboards, name of the candidates, each vote announced meeting with a roar of approval

And a tick or dreaded cross and the

Counting continued throughout the night, it was one thrilling experience

And the next morning winning candidates, gathered on the stairs

Hand shakes, congratulations, songs, dance and merriment.

You think of the stairs, and the memory

is of colour, vibrancy, happy faces,

Friendships, joy and an incredible carefree time

Ah the stairs

What a place

What memories.....



Naqsh Faryadi!

نقش فریادی

AH! THE COLLEGE POINT

As fond memories go, diffuse and varied

Focus and they concentrate to a Point

By Dr Syed Khalid Anwer

Each and every one of us has a unique memory, a favourite tale, an amusing anecdote to tell about the most ubiquitous and the quintessential thing of DOW.... the college points. Just recall the moments and you will feel your heart racing. You have got admission to the most prestigious of colleges, there is pride, early in the morning, with eager steps you come to the point to catch the point. And what a delight it was to see the famous bus.

The bus represented the extension of the universe, and yes once stepped on the bus, the mood changed, you were as if in a secure environment, most joyous, most friendly, most welcoming. As if the mother ship had sent extensions, little vehicles to gather the lot to later get docked with the mother ship. It was indeed a majestic sight when points entered the college gate one after the other and you saw the wonder, the magic sprawled in front of you, as if it was red carpet spread for you, with bugles playing, flowers sprinkled, fragrance in the air all the beauty all the colour, all the exuberance, all the myth all the mystique. The serene feeling of a mother 's welcoming smile. Let the fun begin.

The buses were run by the students union and a source of great pride, to run them efficiently and on time. These were old buses and required a lot of maintenance. As soon as the buses arrived at the college, they were worked upon so that they were ready for the afternoon, or the opposition could pounce on anything that they could raise a point out about the point.

The drivers were very friendly, very proficient. I do not recall a single incident that any one of them would have been involved in any altercation or our bus was involved in an accident or a scrape. They were aware very conscientious of their role as ambassadors of the college.

The buses were a source of great pride not only for Dow, but for the City of Karachi. An emblem of the wonderful tradition and emphasis on education.

Although we took it for granted, must have been a source of great envy for others and a thing to aspire for. It used to be an incredible atmosphere inside the point, early in the morning, friendly faces, banter, good songs, and sometimes cheeky songs as well, Meray sapnoo ki

raani kub aay gi tu, drawing wry smiles from the girls and cheeky ones from the boys.

There was a ritual for some to reserve seats for themselves and their friends, for the afternoon journey home, by putting their bags and books on the seats, albeit with a risk of finding a romantic note or two, on their return!

A sprinkle or two and a subtle cloud cover was excuse enough to arrange an impromptu picnic, and lo and behold, points were soon seen racing to those famous picnic spots such as Hawkes bay, Sand spit and Clifton.

Envy is

Buses assumed a different role during election, their roof tops used as platforms, to display the candidates. After the election rally, the buses were taken to the whole of Karachi, displaying the most democratic of institutions.

They were also used as a symbol of students unity, power and prestige, when needed to deal with the health secretariat to deal with issues related to the students, be it question of exam dates, election dates or any other matter

Each point entails story of friendship, novelty, excitement, romance, dreams and hopes and the deep connection to that great alma mater and one can delve into many profound memories

And then you sit on the empty seat of the bus and each seat will whisper in your ear

The stories

Of joy, of friendship

Of laughter, Of anxiety

Of loss, Of eagerness

Of novelty , Of history

And of...Love

AH! THE COLLEGE POINT!



Naqsh Faryadi!

نقش فریادی

Form DOW to DUHS

By Dr. Faryal Tariq

Faculty Lecturer, National Institute of Diabetes and Endocrinology, DUHS OJHA Campus, Karachi

As I walk through the gate of Dow University of Health Sciences (DUHS), memories of good old college days flooded my mind. Two decades back I was a student at the Dow Medical College. That was truly a golden era of my life. This is where I had started a journey; and like my peers, I also grew professionally in a medical profession. Now, I have a different profile while entering the same building as I now joined, as a faculty member. Studying at an institute and then teaching there is an opportunity and experience beyond expression.

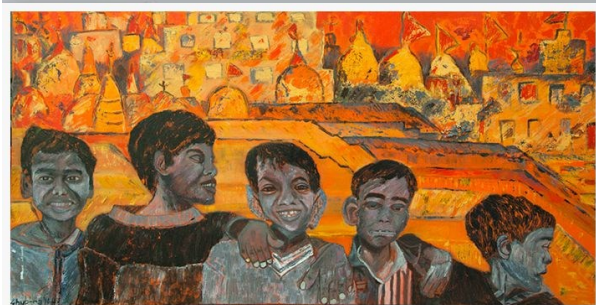
A simple yet well-constructed building was in front of me with all its magnificence. Where I was standing, whatever I have achieved and whoever I am; I owe it to this institute. Over the years, infrastructure of DUHS has changed; a swift elevator was there to take me to the “hygiene block” now called the “Admin block”. I was appointed as a faculty member of the basic sciences unit of Pathology and it was extremely overwhelming to be a part of faculty member at DUHS.

Coincidentally, my first lecture as a teacher was in the same class room where I used to attend lectures as a student. For me it was not only an honour but also a lifetime experience. Back in our student days, things were simple and so were the teaching mode and techniques. Now, technology has taken an edge over simple teaching mode through audio visual impact and power point presentations. There was a time we used to appreciate and admire our teachers, not knowing its impact on them; however, I can relate to that completely while receiving appreciation from my students as it enthused even more interest of teaching in me and I started enjoying my teaching abilities.

Since I am a clinician (diabetologist and endocrinologist) so for my better interest I moved on to OJHA campus of DUHS. DOW University of Health Sciences also has the National Institute of Diabetes and Endocrinology (NIDE). It is very exclusive and one of its reputable institute where the patient’s charges are kept at minimal. The department is fully computerised. In addition to the qualified clinicians the department is run by trained staff nurses, dietitian, diabetes educators, podiatrist as well as facility of insulin bank.

Every day there are 150 to 200 plus new and old follow up patients are registered. In addition to diabetes patients we have special clinic for management of Obesity, thyroid disorders and short stature. Apart from this department, DUHS runs other well-equipped and well-maintained institutes, like School of Nursing, National Institute of Liver and Gastro Intestinal Diseases (NILGID), Department of Radiology and MRI, Institute of Cardiac Diseases, and OJHA Institute of Chest Diseases where the entire treatment is free of cost.

As I enjoy working in sphere of my specialization and related fields, each day adds to my journey that I have started two decades back. I feel honoured to be associated and working at the renowned institutes of Karachi and proud to be a DOWite.



Dowites' Get-together in Victoria

Dr. Rashid Hashmi

Only a few would disagree that the friendships that you make during student life are always long-lasting.

Especially, when these friendships are developed during professional studies such as medicine. Dow Medical College is already known for not only producing best of doctors but also for its alumni those exist in every nook and corner of the world and are very well connected. Similarly, Dowites in Australia also make it a point that they keep connected with each other. DOGAANZ is one such combined effort where Dowites meet under one umbrella annually. However, Dowites in different states, in Australia, do manage to organize meet up quite often. These meet ups and meetings are important to maintain connection and mutuality among Dow alumni.

In the same spirit, a get-together of Dowites in Victoria was held on August 4, 2018 at a local restaurant in Melbourne. It was a gathering of some 20 Dowites and their families, including Dr. Sohail, General Physician, Melbourne; Dr. Kashif Ahmed, General Physician, Shepperton; Dr. Farhan, Radiologist, Shepperton; Dr. Khalid Hasan, Paediatrician, Shepperton; Dr. Turab Pishori, General Surgeon, Gippsland; Dr. Zeeshan Siddiqui, General Physician, Melbourne; Dr. Samreen Zeeshan, General Physician, Melbourne; Dr. Rashid Hashmi, Radiologist and Nuclear Physician, Melbourne.

Food at the restaurant was delicious and the environment was enjoyable. The get-together provided Dowites and their families with an opportunity to connect with each other while many of them met others for the first time. Keeping in view the success of the meet up, all participants resolved to organize get-together on a regular basis in future.





Dow Social

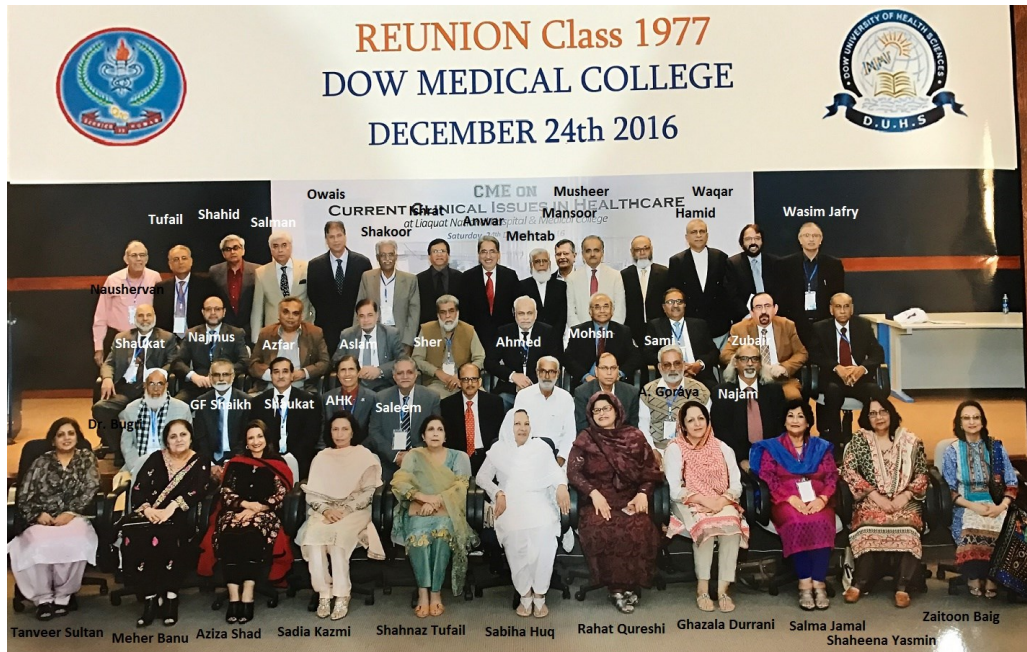


Dowites 2002 reunion





Dow Social



DOGAANZ reunions





Dow Social

DOGANA
SPRING RETREAT 2018
March 30 - APRIL 1, 2018
Los Angeles, California

The Westin South Coast Plaza
 686 Anton Blvd Costa Mesa, CA
 Tel: (714) 540- 2500

Continuous Medical Education 2018
 8 am-12 noon on March 31st 2018
 Westin Hotel South Coast Plaza-Mesa Verde Room





Four major academic session
 Leading national speakers from MSU/
 UCSF/UCLA/ USC/City of Hope & Kaiser
 Permanente
 Panel discussion with Q&A

For more details contact:
 Dr Syed Rahmanuddin
 Chair CME DOGANA
 rusyed@yahoo.com
 310.405.5678



DOGANA
 DOW GRADUATES ASSOCIATION OF NORTH AMERICA
SPRING RETREAT 2018

GRAND BAZAR!
Clothing & Jewelry
March 30- April 1, 2018
Open for general public

Friday: 10:30am -5:30pm
 Saturday: 9:00 am -5:30pm

The Westin South Coast Plaza
 686 Anton Blvd Costa Mesa, CA

FOR MORE INFORMATION CONTACT:
 Erum Naeem (714) 588-3353
 Naushaba Butt (562) 745-4848



Picture highlights of DOGANA SPRING RETREAT 2018


DOGANA
SPRING RETREAT 2018
 March 30 - APRIL 1, 2018
 The Westin South Coast Plaza, Los Angeles, CA
 686 Anton Blvd Costa Mesa, CA
 Tel: (714) 540- 2500



LIVE PERFORMANCE BY
 POPULAR PAKISTANI SINGER
ALI HAIDER
 POORANI JEANS
 CHAND SA MUKH

Saturday
March 31, 2018
6:00pm - 12:30am
 The Westin South Coast Plaza
 686 Anton Blvd, Costa Mesa, CA



Executive Director Talha Siddiqui MD getting recognised by DOGANA President Aamir Jamal MD



Past Presidents DOGANA Zia Moiz MD and Farid Qazi MD



Past President DOGANA and GS APPNA Sohail Khan
recognition award by Talha Siddiqui MD Executive Director of DOGANA



Past Presidents DOGANA Asif Mohiuddin MD and Muslim Jami MD



11 DOGANA President Awards Spring Meeting 2018



Dow Social



Class 89-1 Reunion Spring Meeting 2018



Naeem Shiekhani MD President Elect APPNA



Dow Social



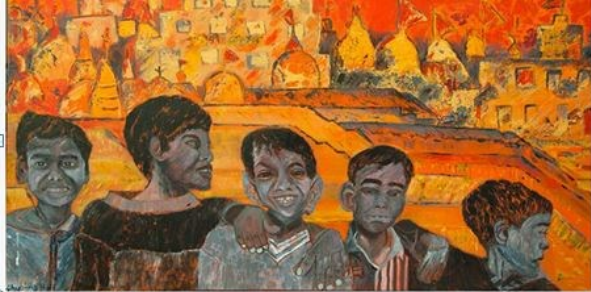
Dowites shown Community leadership Arif Ali Rizvi MD



Jamil Azam Farooqi MD social forum
interviewed by ARY Media



"Biagmaat" having a good time at Spring retreat !



Dow Social



CME Sessions in progress

Spring Meeting 2018

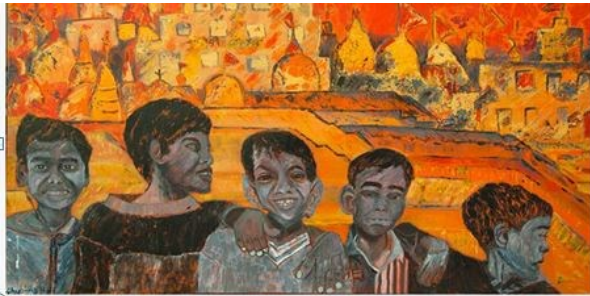


Dow Social



Catch Highlights of DOGANA spring retreat 2018 by clicking PLAY or the link below

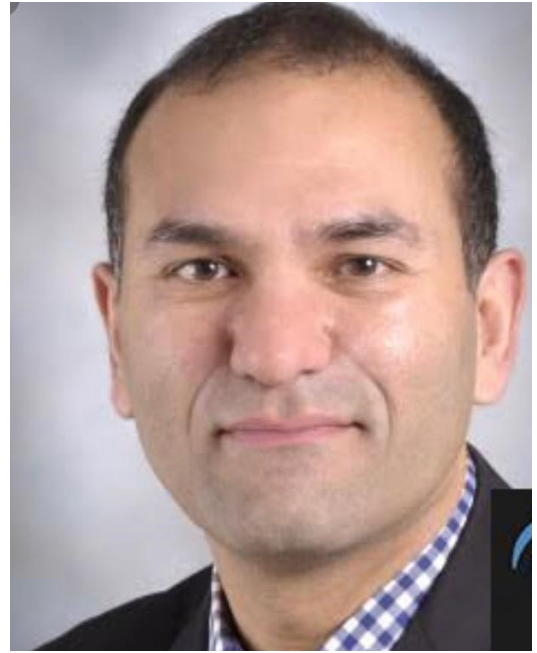
<https://www.youtube.com/watch?v=CoHhPAef5wk>



Dow Social



New Executive Director DOGANA Dr Azim Qureshi MD



Dr Amar Safdar MD Infectious Diseases
Recipient of Presidential Award 2018



Dr Shahid Noor FRCS (Trauma & Orth) Orthopaedic Surgeon
Recipient of Presidential Award 2018



واجد بیگ

Dowite par excellence

DOGANA Recipient of Lifetime Achievement Award 2018

M. Wajid Baig, M.D., F.A.C.C., F.A.S.N.C.

Cardiology Fellowship:

1990 – 1992 The Mount Sinai Medical Center, New York
1988 – 1990 University of Medicine and Dentistry of New Jersey
University Hospital, East Orange, VA Hospital
Beth Israel Hospital, Newark NJ

Internship/Residency:

1984 – 1988 University of Medicine and Dentistry of New Jersey

Medical School:

1976 – 1983 Dow Medical College, Karachi, Pakistan

Post Graduate Experience:

1992 – Present Internal Medicine and Cardiology Associates of Southeastern New England, P.C. 1565 North Main St., Fall River, MA 02720

Certification:

Recertified 2005 American Board of Internal Medicine.
American Board of Cardiovascular Diseases. Recertified 2006
Certification Council of Nuclear Cardiology, Diplomate
Fellow, American Society of Nuclear Cardiology (ASNC)

Licensure:

Massachusetts and Rhode Island

Hospital Affiliations:

1992 – Present St. Anne's Hospital, Fall River, MA
1992 – Present Charlton Memorial Hospital, Fall River, MA

Memberships:

- American College of Cardiology
- American Society of Nuclear Cardiology
- Society of Vascular Technology
- Fall River Medical Society
- American Medical Association
- American Society Echocardiography
- Massachusetts Medical Society
- American College of Physician Executives

APPNA, DOGANA and APCNA work

Dr. Wajid Baig has been instrumental in chairing and participation in various APPNA, DOGANA and APCNA committees at all level. Most importantly in Constitution and Bylaws matters.

- APPNA Constitution and Bylaws Committee
- DOGANA Constitution and Bylaws Committee
- APCNA Constitution and Bylaws Committee
- APCNA President
- APCNA member of Board of Trustees
- APCNA Chairman of Pacemaker Project.
- APCNA Chairman Liaison for the other organization
- Collaboration with Heartbeat International for Pacemaker for Pakistan
- Founding member of APCNA
- American College of Cardiology in Pakistan
- Instrumental in establishing ACC International Chapter in Pakistan
- Chairman CME committee APCNA – organizing CME in Pakistan since 2004
- Chairman Echocardiography Workshops in Pakistan, Karachi, Lahore, Rawalpindi and Peshawar as part of annual APCNA work ships since 2004
- Transesophageal echocardiogram (TEE) hands on Workshops at Civil Hospital Karachi and NICVD Karachi since 2004
- Train the trainers for BLS program under American Heart Association for BLS training in Pakistan Medical Association – which in turn helped training of health care providers producing more 500 BLS certification.
- Note: The APCNA pacemaker project chaired by Dr. Baig had been the hallmark of the lifetime work in helping deserving patient get free pacemakers who cannot afford to have such lifesaving device. See attached.



Interview by Dr Fasiullah & Mrs Nabiha Gul

Dr. Ghazala Ansari. Dr. Ansari served as the Director, OJHA Institute of Chest Diseases, Karachi. After her retirement, she moved to the USA permanently. As the Director, OJHA Institute of Chest Diseases, she was very proactive in promotion of knowledge and understanding of Tuberculosis and more importantly its eradication in Pakistan. Dr. Ansari's contribution in the field of public health is highly regarded in Pakistan and abroad.

Which year did you graduate and your memories about DMC (Dow Medical College) during that time?

Dr. Ghazala Ansari: I graduated from DMC in 1960. For me, that was one of the most memorable times of my life. The environment we experienced at DMC was congenial and friendly. We were a class of 130 students among which there were 100 boys and 30 girls. During our student life in DMC, we made long-lasting friendships which are maintained to date. Among other accomplished doctors, Dr. Adib-ul-Hasan Rizvi and Dr. Faridon Setna were my batch mates. Our friendship has stood the test of time and many of our class mates are closely connected even now.

Where was your first clinical placement and what were your following professional pursuits?

Dr. Ansari: Admission in medical college was merit based and I earned merit scholarship throughout my five years of medical studies. After MBBS, before finally opting for chest diseases as my area of specialization and pursuing a career in it, I worked in different fields. My house job was in JPMC (then Jinnah Hospital) in the Department of Gynae and Obstetrics. It was one of the best times in my life. Friends and colleagues were extremely helpful and caring. A year later, I joined Skin Centre (now Institute of Dermatology), thinking it would be less demanding. However, later on, in 1968, I joined OJHA Institute of Chest Diseases (then OJHA Sanatorium) where I pursued my career as a chest disease specialist. I earned a Post-Graduate Diploma in Tuberculosis (DTCD) from Karachi University and then MCPS from the College of Physicians and Surgeons, and later on in 1981, MRIT from Japan which actually laid down the basis of my interest in TB control that is prevention of the disease.

As a doctor, what was your experience during and after studies?

Dr. Ansari: Obviously, studying medicine was altogether a different experience in those days. To begin with, house job is relatively easier now. Back then, there would be only four doctors in Gynae and Obstetrics on duty resulting in extremely long duty hours. We used to get off duty for only half a day on Sunday which was mainly spent catching up on our sleep. Sometimes there would be 20 deliveries in one night but all the colleagues used to accommodate and cover each other. We rarely had any activity other than work. For instance, dining out, especially for women, was less acceptable.

How has been your journey as a doctor so far?

Dr. Ansari: When I started working in chest diseases, particularly treating patients with tuberculosis, I developed a keen interest in the field and ultimately pursued my career as a pulmonologist. Unfortunately, in Pakistan, there is a dearth of information on tuberculosis and there was limited understanding of its treatment and cure. Specialists in this field used to rely on studies originating from western countries or from doctors based in the USA and UK where problems related to TB are entirely different. In 1980s, there was an influx of chest disease specialists in Pakistan from the USA. At OJHA, we invited a few of them for talks during which time I discovered that they see only 3-4 patients in a week while we used to see 40 in-patients per day. I cross questioned them about their data on multi-drug resistance. Upon correlating it with data from Pakistan, I felt confident that our reliance on foreign studies is inappropriate. Tuberculosis, at least in Pakistan is a disease of underprivileged and cannot be treated with a linear approach.

How was/is your family life? What interests you the most?

Dr. Ansari: It was tough balancing household work with the demands of my career. I loved reading books and listening to music but studies, then married life followed by kids and work routine never allowed me enough time for these interests. Due to the untimely death of my husband I had the additional responsibility of raising my kids alone. I strongly believe in experiencing life as it comes and to be ready for any new challenge or phase that it brings. Twenty years back I retired, working in my office in Karachi till a few hours before leaving for USA for good. Since then, I have the company of my children and grandchildren and all the time in the world to pursue my hobbies. Mostly, I spend my time reading books and enjoying Urdu poetry. Listening to music is fun now and sometimes I listen to it turning the volume all the way up.

Your message for young doctors, especially female doctors?

Dr. Ansari: There should not be a division or discrimination of male or female doctors. That is the mindset that we need to change. A doctor is a doctor! Male and female doctors both study the same text and work and deal with same patients. I strongly believe that be it male or female, a doctor should only be considered and called as a "doctor". Every generation is smarter than their predecessors. They have different circumstances to work in and varied experiences to learn from. The bottom line is that they should be sincere to their profession and to themselves and never betray the trust of their patients.



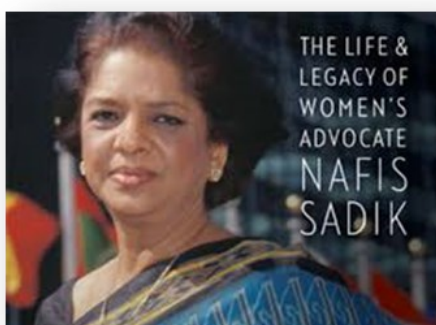
نفیس صادق

Dowite par excellence



"When the essential needs of the individual are addressed, those of larger groups - the family, the community, the nation and indeed the planet are more likely to be kept in the right perspective"

Dr. Sadik



It was estimated in 2005 that Pakistan's population totaled 151 million; a number which grows 1.9 percent annually, equaling a 2.9 million population growth per year. These numbers are real challenges to Pakistani's social well-being, opportunities for education and employment, and access to health care.

Dr Nafis Sadek was appointed Pakistan's director-general of the Central Family Planning Council, having occupied the post of deputy from 1968. In 1971, she joined the United Nations and became a technical adviser to the United Nations Population Fund (UNFPA) and Chief of its Programme Division in 1973. From 1982 to 1987 she served as assistant executive director.

Dr. Nafis Sadek, was educated at Loreto College (Calcutta) and received her Doctor of Medicine degree from Dow Medical College (Karachi). She served her internship in gynaecology and obstetrics at City Hospital in Baltimore, Maryland. She completed further studies at The Johns Hopkins University and held the post of research fellow in physiology at Queens University, Kingston, Ontario (Canada).

Dr. Sadik began her professional life as a physician, practicing obstetrics and gynaecology in rural communities in Pakistan. In 1987, Dr. Sadik was appointed executive director of UNFPA, with the rank of under-secretary-general, becoming one of the highest ranking women in the UN system and the first woman in the history of the United Nations to lead one of its major voluntarily funded programs.

Dr. Sadik is a dynamic leader and guiding force in the field of international maternal and child health and reproductive and sexual health, including family planning. Dr. Sadik champions the concept that women's health and well-being are best approached from the broader angle of reproductive and sexual health, within the social and economic context of women's lives. She has consistently called attention to the importance of addressing the needs of women by involving women directly, as well as men.

Dr. Sadik was the first female recipient of the Hugh Moore Award in 1976, named after a pioneer in the United States credited with calling attention to the world population crisis. She was cited for her leadership in the family planning field as well as for her leadership in encouraging other women to find careers in the population field. Dr. Sadik is a member of the Association of Pakistani Physicians in the United States. She was elected to the 1988 Fellowship ad eundem of the Royal College of Obstetricians and Gynaecologists in the United Kingdom.

Her contribution to improving the health of women and children of the global community has brought, and is continuing to bring, her many international awards and honours. Dr. Sadik is currently special adviser to the United Nations secretary-general, and has been named an Eminent Person for the International Year of Volunteers (IYV). Dr. Sadik continues her prestigious career by lending support and sharing her expertise with several boards of directors of organizations sharing mutual interests.

Her numerous publications are in the areas of reproductive health and family, population and development, women, and gender and development. Some of these are: *Population: The UNFPA Experience* (New York University Press, 1984); *Population Policies and Programmes: Lessons Learned from Two Decades of Experience*, (New York University Press, 1991); and *Making a Difference: Twenty-five Years of UNFPA Experience*, (Banson, London, United Kingdom, 1994).



شہر قاعد احاطے

Past is another history

Khaliqdina Hall and Library Est. 1906

Next to Dow Medical College is a grand building that attracts attention of everyone travelling on MA Jinnah Road. This is Khaliqdina Hall and Library, the place assumed historical importance in 1921 for the trial of Maulana Muhammad Ali Jauhar, leader of the Khilafat Movement. British government established a court in Khaliqdina Hall punished him with two-and-a-half years' imprisonment in Karachi central jail

Later, Khaliqdina Hall gained notoriety in the 1980s when the charismatic religious scholar Allama Rasheed Turabi would address Majalis in its halls during the ten days of Moharram.

Khaliqdina Hall was built in 1906 at a cost of Rs33,000, including a generous donation of Rs18,000 made by Ghulam Hussain Khaliqdina. This donation thus immortalised his name on the buildings pediment. The rest of the funding was provided by the Karachi Municipal Corporation.

The Halls ionic portico, set over a high podium and topped by a triangular pediment displaying the name and date of construction of the building. Khaliqdina Hall was the first public building built by local Muslim philanthropists for the literary and leisurely pursuits of the native population. The main hall is 95 ft in length and 45 ft wide, and is capable of seating approximately 600 persons. A 10 ft wide veranda runs around the sides of the hall.

This imposing building makes use of Jodhpur red sandstone and yellow Gizri sandstone. The building, like several other historical buildings in Karachi, was totally neglected for years — becoming a victim of time and termites, ennui and apathy. Fortunately, in 2002 it was restored by the defunct Karachi Metropolitan Corporation at a cost of Rs15 million. It is now protected by the Sindh Cultural Heritage Protection Act.

Karachi had prospered during the Raj as a major centre of commerce and industry, attracting several different communities such as Africans, Arabs, Jews, Zoroastrians and Catholics from Goa, to name a few. A large number of British businessmen and Colonial administrators were also living here.

Karachi is dotted with the stately architecture of the past but unfortunately failed to take pride or ownership of its rich history. Mass planning for cultural and historic restorations is direly needed. Recent Empress Market revival albeit controversial is one such leap towards restoring Karachi's glory and its plight !



Khaliqdina Hall & Library was refurbished and restored in 2002 by the defunct Karachi Metropolitan Corporation at a cost of Rs15 million. It is now protected by the Sindh Cultural Heritage Protection Act.



Building makes use of Jodhpur red sandstone and yellow Gizri sandstone



احاطے

TDF GHAR

History

TDF (The Dawood Foundation) Ghar is located in the first dedicated cooperative residential complex for middle class in Karachi- Jamshed Quarters, once home to multiple ethnicities like Muslims, Hindus, Christians Parsis and Jews. The area was developed by Jamshed Nusserwanjee in 1922

The house was initially owned by a Hindu woman, Haribai Motiram. In June 1948, she sold it to another woman, Hanifabai Haji Gani, who acquired it so that her daughter, Aisha Bai Dawood, could reside there. Later, the house was deserted until it was recently renovated by TDF

Restoration

Aiming to promote learning spaces in Karachi, The Dawood Foundation (TDF) recently opened the gates of a restored house on MA Jinnah Road that was built in 1930. Now converted into a public space, the building, named 'TDF Ghar', provides antique surroundings with archaic paraphernalia to the visitors who come to socialise and share ideas.

A public space

TDF Ghar has retained the heritage architectural features of the house to preserve the living style of the past residents of the cosmopolitan city. The main attraction of TDF Ghar is 'The Living Room' museum where antiques and collectables, such as gramophones, a radio, telephone, typewriter and lamps, from as early as 1930s, are preserved and showcased. Restored with vintage fixtures such as an Anglo-Indian vanity dressing table and show pieces, 'The Living Room' also enchants visitors with old handmade tile work.

The infrastructure, furniture, and decoration at the museum harmonise with one another, creating an ambience which takes one back to the life-style of people living in such houses before Independence.

TDF Ghar also offers a scenic view of Quaid-e-Azam Muhammad Ali Jinnah's mausoleum from its rooftop where one can sit, relax and enjoy the view. Moreover, three 'Numaish Halls' and a training room can be utilised at the recently-renovated house for organising workshops, trainings, seminars, exhibitions and other activities.

There's an entrance fee of Rs50 at TDF Ghar. The space is open to public from 10am to 10pm, seven days a week, except for the museum which closes at 6pm



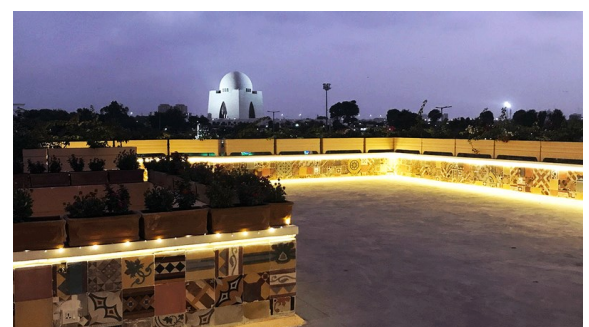
TDF Ghar, a walk through a glorious past



Pictures from the past on stair case—good angle



Amazing history and artefacts through out "Ghar"



Glimpses of Mazar-e Quaid from the roof top

شائستہ زبان

کس سمت کو چل جائے منفعت کی ہوا
ہر سمت حوس بھر کے نگاہ رکھتے ہیں
اپنی خطایں معاف ، ہر ایک نسبت میں
قاضی ہوں، تو معیار جدا رکھتے ہیں

حائل ترقیوں میں عبادت چونکہ
استثنایاً فعلی کا عُذر رکھتے ہیں
پڑھ کر کوئی لازم نہ عمل ہو جائے
قرآن کو محفوظ محل رکھتے ہی

مخلوق پہ ہر روز تعدی کر کے
خالق کی رضاوں کا وہم رکھتے
ہر مفلس و نادار پہ تحقیر نظر
اور صاحبِ ثروت سے حسد رکھتے ہیں

تفسیرِ شریعت کوئی ہم سے سیکھے
ہم ہی تو عقلِ کُل کی صند رکھتے ہیں
شرمندہ احسانِ الہی کی جگہ
ذاتی فراستوں کا گھمنڈ رکھتے ہیں

دولت ہی تو میزانِ منزلت اپنا
زردار و تونگر کا ادب رکھتے ہیں
کعبے کا بھی رُخ کرتے ہیں حسبِ منشا
قبلہ کہاں رکھنا ہے فہم رکھتے ہیں

ہم کتنے کامیاب ہیں یہ تو دیکھو
خَلقت میں کیسا جاہ و حشم رکھتے
دمباز، منافق تو ہوا کرتے ہیں اور
ہم مصلحت کو پیشِ نظر رکھتے ہیں

ہم خوابشِ نفسی کو خدا رکھتے ہیں
مومن بھی ہیں، کچھ ایسا گماں رکھتے ہیں
پختہ ہیں مسلمان تو صدقِ دل سے
کمزورِ ایمان ، پنہاں رکھتے ہیں

لا حول ولا قوۃ کہہ کر لب سے
ہر خوف بجز ذاتِ خدا رکھتے ہیں
دعویٰ درستگیِ عقیدہ بے مگر
تعمیل سے ہم خود کو رہا رکھتے ہیں

ایسے میانہ رو ہیں، وسطِ باطل و حق
اک راستہ مابین بنا رکھتے ہیں
مخصوص کچھ ایامِ عبادت کر کے
تکمیلِ فرائض کا دھیاں رکھتے ہیں

بے دین جو دنیا کے لیے لائحہ عمل
محدود، مسجدوں سے جڑا رکھتے ہیں
وعدہ تو رزق کا ہے، مغفرت کا نہیں
دوڑِ عبث میں خود کو تھکا رکھتے ہیں

کیا فرق ہے اس میں ، حلال ہو کہ حرام
ہم راستے دونوں کے روا رکھتے ہیں
اپنا تو ارتقا کا تصوّر یکتا

سو، دین کو دنیا سے جدا رکھتے ہیں
شیطان کی غیبت پہ تو کامل ایمان
پر غیبتِ بادی میں شبہ رکھتے ہیں
تقویٰ و توکل بے غریبوں کا شغل
اہلِ خرد یہ شوق کہاں رکھتے ہیں

نکبت افتخار

غزل

اس کا معمول ہے ہر روز شکایت صاحب
مجھ پہ لازم ہے کہ دینی ہے وضاحت صاحب
آسمانوں کو مرے چھین لیا، اس کے عوض
دی گئی ہے مجھے اک چھت کی سہولت صاحب
ہائے زنداں کے گھٹن میں تر احساں مجھ پر
سانس لینے کی مجھے دے دی اجازت صاحب
دھوپ برسات سے پھیکے نہیں ہونگے ہر گز
اپنے رنگوں کی میں دیتی ہوں ضمانت صاحب
جنگ جیتی ہے انا کی سو وہ مسرور پھرے
میں بھی دفنانے کو بیٹھی ہوں محبت صاحب
میں منافق تو بہر حال نہیں ہو سکتی
جب نہ ایمان رہا، کیسی اطاعت صاحب
تم میں دم ہے تو کرو ختم تعلق مجھ سے
کر رہی ہوں سر محفل میں بغاوت صاحب
کبھی نکبت، کبھی آنسو، کبھی پتھر کر دے
وہ دباؤ ہے کہ بدلے مری ہیئت صاحب



شائستہ زبان

کاش اب بھی ہو ایسا

اور اب وطن سے دور
اجنبی دیاروں کی
سرد مہم راتوں میں
اس کنارِ دریا پر
روشنی کے جھرنے یوں
عکس بن کے گرتے ہیں
جیسے اپنی آنکھوں میں
خواب جگمگاتے تھے۔
خوش گماں دریچوں میں
دیپ جھلملاتے تھے
اور دل یہ کہتا ہے
وقت کی روانی سے
ہار مانتا کیسا

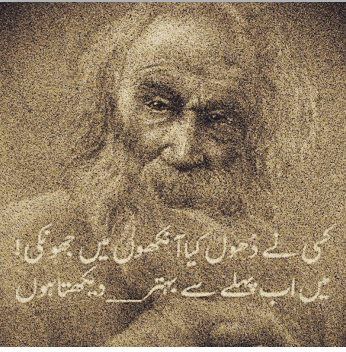
کاش اب بھی ہو ایسا
ہم نہ ہوں، کوئی ہم سا
دل میں آگ رکھتا ہو
سیڑھیوں پہ کالج کی
اب بھی خواب کھلتے ہوں۔

شارق علی

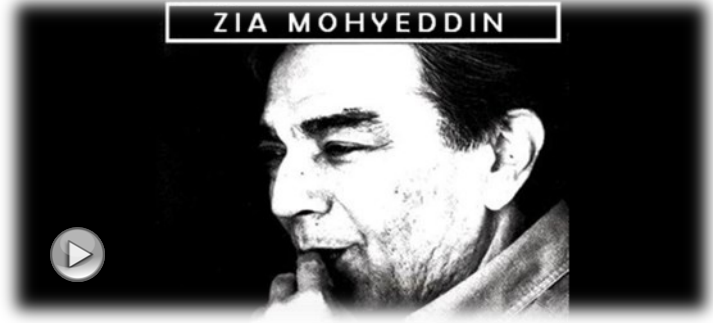
کاش اب بھی ہو ایسا
سیڑھیوں پہ کالج کی
اب بھی خواب کھلتے ہوں۔
تابناک جذبوں کی
تیز دھوپ نکلی ہو۔
بے نشان رستوں پر
آرزو کی پورش ہو۔
رات کی رفاقت میں
چاندنی کی بارش ہو۔

سامراجیت کیا ہے
ظلم کس کو کہتے ہیں
امن اور محبت کے
گیت کیسے ہوتے ہیں۔
ان گنت امنگیں تھیں
بے شمار باتوں میں
حوصلہ دمکتا تھا
بے یقین راتوں میں۔

وقت ایک بھٹی ہے
جس میں ہم پگھلتے ہیں
اپنی اپنی سوچوں کی
شکل بن کے ڈھلتے ہیں

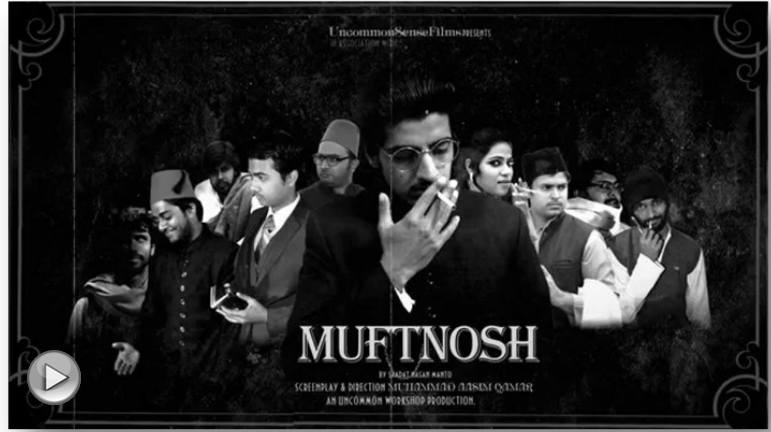
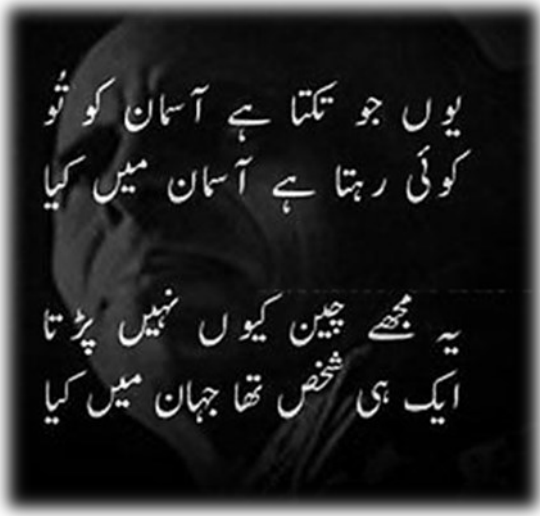


اقتباس



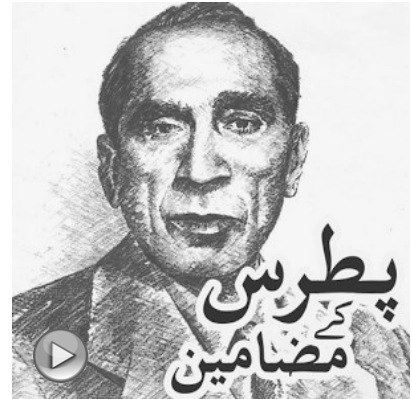
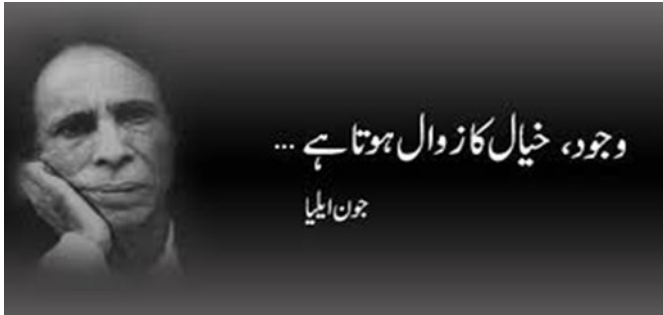
خانساما

Yousefnama by Mushtaq Ahmad Yousofi



مفت نوش

Short film story by Saadat Hasan Manto



Patras Bukhari

مرید پور کا پیر



DOGAANZ Annual Reunion 20April 2019

Gold Coast is a beautiful and vibrant city with multiple options for entertainment. We welcome you all to explore this city and rest and relax in its serenity during upcoming Easter break while we will organize a grand evening of DOGAANZ Annual Dinner Meeting.

Mantra at Sharks & Event Centre
 * Cox Olsen & Musgrave Aves, Southport Qld 4215

Guests are to call Mantra at Sharks directly on:
 07 5609 1000 or email: sharks.res@mantra.com.au

- Please note the event name "Dow Graduates Alumni Dinner" to receive the registered price rate.
- A credit card guarantee will be required at the time of booking to secure the reservation.

Room details:

- Double Queen Room: \$225.00
- Single King Room: \$205.00
- King Suite: \$255.00

Breakfast:

- \$15.00 per adult
- \$10.00 per child (2-12 years)

Notes: The above rates are available for 3 days per 6 and more.

Multi-night stay incentive:
 additional discounts.

Please discuss with the Mantra reservations team for any discounts or upgrades that are available during that time.

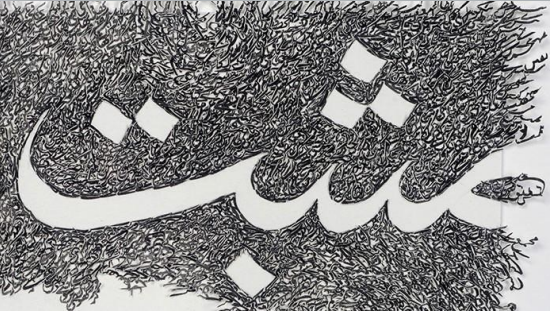
Dow Graduates Alumni of Australia and New Zealand - (DOGAANZ)

4th Annual General Meeting
 • on Easter Saturday, 20th April 2019
 Venue: Mantra at Sharks & Event Centre



Details

<http://www.dogaanz.com/dogaanz-event>



DOGANA Educational, Training Social & Literary Promotions 2018-19

DOGANA MEDICAL CAMPS

FOR DOGANA MEMBER's SECOND GENERATION Interested in medicine:

Signed MOU with Childlife services to provide medical paediatric rotations at CIVIL Hospital

Signed MOU with OBAT to serve clinical care in Bangladesh for the ROHINGYA population

Contacted IMRA Hearing Implant Camp in Pakistan to bring services to Civil hospital and rotation for any Post. Grad of Civil Hospital

Negotiating Indus Hospital Rotation

Koohi Goth Clinic Rotations—OBGYN

Councillors to run local clinics--California has taken a lead Dr Kamdar is running November Health fair

PAKISTAN EDUCATIONAL PROJECTS

a) E-Doctor project—DOGANA doctors will help educate female graduates who are not practicing to become part of active professional community. again and serve the remote clinics. b) Scholarship to encourage Medical Research in Pakistan. c) DICE-Partnership in progress with DICE encouraging role of DOGANA in Medical Innovation in Pakistan

MEMBERSHIP MILESTONE- DARE TO BOAST

Membership Committee hit the milestone this year—We are the largest Alumni of APPNA with 1000 DOGANA members - thanks to Dr Azim Qureshi. NEW BLOOD HAS BEEN INJECTED IN DOGANA-WE ARE SEEING NEW ENERGY IN THE ORGANIZATION.YOU WILL SEE THEM MORE AND MORE IN THE MEETINGS AND COMMITTEES

DOGANA MEDICAL JOURNAL DOW INTERNATIONAL MAGAZINE LAUNCH

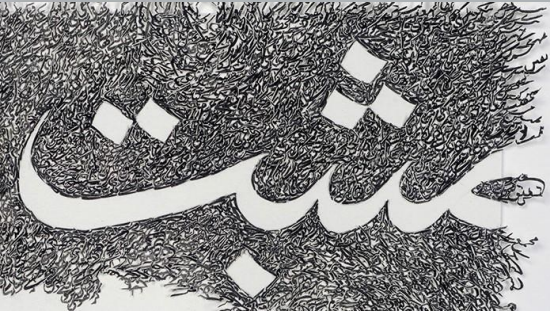
DOGANA E-JOURNAL available on the website www.dogana.org

INTERNATIONAL DOWITES MAGAZINE Joining with DOGANE and Australian Dowites

(distributed through email and available on DOGANA/ DOGAANZ & DOGANE websites)

DOGANA ARTS & LITERATURE PROGRAM

Propagate and Showcase Talents of Dowites by Art Shows & Drama. Started this program in Spring Meeting will make this program a permanent feature of our program Art Exhibits-This year featuring Adil Jamal Akhter MD paintings Drama Mushira- From many Dowites in Spring Retreat was a hit! DOWNAMA by Habib Khan MD



Team of Dowites start first Emergency Medicine Focus Course in PAKISTAN

A Team with a mission of improving Emergency Care in PAKISTAN !

EMERGENCY FOCUS COURSE 11-13 January 2019

Regent Plaza Hotel Karachi

Brainchild of Dr Rizwan Qureshi and his team of Specialist Emergency Physicians from Australia and UK.

In collaboration with Pakistani Emergency Physicians Society

The focus is an interactive clinical skills workshops to provide consolidated learning of basic and advanced lifesaving procedures to doctors and medical students aspiring to or currently working in Acute Medicine & Emergency Medicine specialities in Pakistan

Brief 10min Intro lectures + Skills stations and simulation scenarios will provide hands-on learning on adult and paediatric mannequins and models creating a learning HUB that will offer a truly immersive experience !

Day1 Trauma life support

Day 2 Cardiac life support

Day3 Paediatric life Support and Communication skills

+ Point of care Ultrasound (eFAST + RUSH protocols)

Emergency Focus Course 2019

11, 12 & 13 January 2019 | Regent Plaza Hotel Karachi
Comprehensive 3 Day Emergency Skills Course



Dr Rizwan Qureshi
FACEM, Australia

Dr Syed Farrukh Noor
FRCM, UK

Dr Faryal Waqar
FACEM, Australia

Dr Usman Ghani
FACEM, Australia

Dr Nadia Maqbool
FACEM, Australia

Dr Alamgir Qureshi
FRCM, UK

Dr Immad Qureshi
FRCM, UK

Vibrant Team of 7 Consultant Emergency Physicians from Australia & UK

Day 1 Trauma Management Skills Day

Day 2 Cardiac & Critically ill Patient Management Skills Day

Day 3 Paediatric Emergencies, OSCE & Communication Skills Day



REGISTRATIONS (Limited seats, first come, first serve basis) Rs: 10,000/= per participant (Bank deposit or Cash)

How to register and pay visit www.Emergencyfocus.net



دسترخوان

From the Land of Nizams Hyderabadi Bagharey Baingan

By Mrs Samina Latif



Ingredients

Onion- 1 medium

Kari Patta-12-15 leaves

Mustard Oil- 1 cup

Tamarind pulp-1/2 cup

Ginger & garlic paste-2 tbsp.

Mustard seeds-1/4 tbsp.

Coriander seeds-1 tbsp.

Black stone flower-one small piece

Cumin seeds-1 tbsp.

Green chillies-2-3 medium (slit them)

Peanuts-2table spoons

Sesame seeds- 2 table spoons

Desiccated coconut- 1 tbsp.

Red chili powder-1 tsp

Turmeric powder-1/4 tsp

Salt- to taste

Method

First of all, roast the onion. If you are using electric stove or any other stove than gas stove; then take an iron stand, place it over the stove and put the onion (unpeeled, with skin) on it and start roasting it on a medium-high flame. Keep turning the sides of onion. The outer most skin of onion will start turning black. That is how it will roast from inside. Once onion is tender, remove the outer layer and blend it into a fine paste and keep it aside.

Now, in a pan, lightly roast coriander seeds, cumin seeds, peanuts and separately and lightly roast sesame seeds as they burn easily if mishandled. Now add desiccated coconut to these roasted seeds and grind them together finely.

Rinse and dry eggplants and slit them vertically marking four deep cuts into each eggplant and dip them in salt water for a while. Now take a bowl and mix together ginger-garlic paste, red chili powder, turmeric, salt, ground spices, and blended onion.

Then fill the eggplants with small amount of this mix masala. Take mustard oil in a pan and add mustard seeds and fenu-greek seeds to it. Once they start sputtering, add the masala mixture to it. Now add eggplant to it and cook them on a low flame till eggplant become tender.

Now add tamarind pulp, Kari Patta, green chillies and black stone flower and cook for another five minutes. Bagharey Bengan are ready!

Enjoy with biryani



حرف آخر

Dow Medical College celebrated its 73rd birthday this year. Dow Alumni is one of the largest group of overseas Pakistani doctors.

Let this year mark a milestone of harmony amongst Dowites across continents. We need to work on prosperity and progress of Dow and promotion of health in Pakistan

This magazine is a small attempt to achieve our combined goals together

Suggestions welcome

Rizwan_azhar@yahoo.com

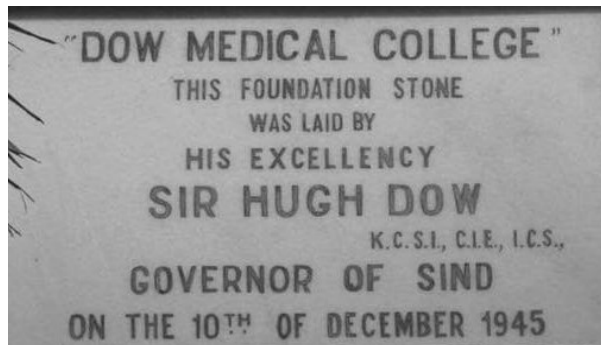
چلو اب ایسا کرتے ہیں ستارے بانٹ لیتے ہیں
ضرورت کے مطابق ہم سہارے بانٹ لیتے ہیں

محبت کرنے والوں کی تجارت بھی انوکھی ہے
منافع چھوڑ دیتے ہیں خسارے بانٹ لیتے ہیں

اگر ملنا نہیں ممکن تو لہروں پر قدم رکھ کر
ابھی دریائے الفت کے کنارے بانٹ لیتے ہیں

میری جھولی میں جتنے بھی وفا کے پھول ہیں ان کو
اکٹھے بیٹھ کر سارے کے سارے بانٹ لیتے ہیں

محبت کے علاوہ پاس اپنے کچھ نہیں ہے فیض
اسی دولت کو ہم قسمت کے مارے بانٹ لیتے ہیں !!



Disclaimer

All articles remain an individual property of the writer. Some articles are edited to comply with less than a thousand word policy of Dow International Magazine. The articles are mainly taken from DOGANA, DOGAANZ and DOGANE newsletters with the consent of their named senior representatives. Other material including arts, media clips and information write-ups are obtained through public documents on web. If someone is affected in any way due to any reason, please respond to feedback email .

The idea of Dow International Magazine is to represent Dowites and their collaboration in education, philanthropy and social promotion of activities and their notable achievements across continents.

We would like to see more Dowites committed to this e-publication in various roles . Future contributions warmly welcome and region specific editor roles available

Rizwan_azhar@yahoo.com

The page features a minimalist design with several thin, grey, overlapping lines that create a complex, abstract pattern across the lower half of the page. These lines form various loops and curves, resembling a stylized, continuous drawing. Additionally, two long, thin lines extend from the top right corner towards the bottom of the page, framing the abstract design.