



DOGANA

16th ANNUAL MEETING 2019

April 5-7, 2019 Dallas, Texas



“Believe and Empower Our Next Generation”

www.dogana.org



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President's Message



Mamoonah Shaikh-Ahmad MD

Dear Esteemed members, Assalam-o-Alaikum, I am pleased to represent the largest Alumni of Pakistani Physicians in North America. Dow graduates are noble and passionate individuals. We are an alumni comprised of talent, wit, and upstanding character. Among Dowites there are countless artists, innovators, scientists and philanthropists who are making an impact in their communities both in Pakistan and around the world.

I would like to extend my gratitude to all of you for your support and encouragement and being a crucial part of this great organization. Together we can continue our mission of strengthening the Healthcare system and charitable activities to pay back to our Alma mater.

This year my priority is to continue working on DOGANA Loan Program and DOGANA Young Physician Program with new strategies. Dr. Amir Jamal has done a tremendous job by introducing great projects like E-Doctors and DICE among others which will be continued. I will work towards introducing more educational and philanthropic programs for CHK/Dow and will keep all the membership informed about these projects.

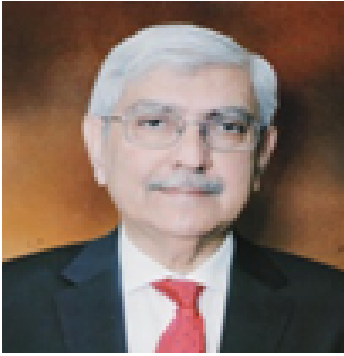
Another focus this year is to empower our youth and provide them tangible knowledge and tools so they can go on to garner positive change within their communities, and ultimately the world in which they live. We are starting a new program for our next generation 'DOGANA Youth Network' which is a platform to connect our children to have a support system so they can empower each other.

Dr. Adil Ahmed and his team has done a great job to arrange a wonderful program. I appreciate the dedication everyone has shown and congratulate all for a successful event!

It is indeed an honor to serve DOGANA. I thank everyone for their advice, encouragement and giving me a chance to lead our alumni. Together we can take our alumni to the next level.

Best Regards

Vice Chancellor's Message



I feel immense pleasure to see Dow Alumni stand united and organized in such an impressive manner. The Dow University of Health Sciences (DUHS) has continued to strive for providing medical education, research and community service. In pursuit of achieving excellence in the academic arena, the university offers various programs which include Dow Medical College, Dow Dental College, Dow College of Pharmacy, Dow College of Biotechnology and School Of Public Health. The purposeful inception of Dow

International Medical College and Dow International Dental College was a step-up to ensure smooth educational process for the children of overseas Pakistanis who face great difficulties in entering a medical university abroad.

Several other institutions currently under the patronage of DUHS include Ojha Institute Of Chest Diseases, Institute Of Oral Health Sciences, National Institute Of Diabetes and Endocrinology, National Institute Of Liver & GI Diseases, Dow Institute Of Health Professionals Education, Institute Of Nursing, Institute Of Blood Diseases, Institute Of Behavioral Sciences, Dow Institute Of Radiology, Institute Of Physical Medicine and Rehabilitation, Institute Of Medical Technology, Institute Of Bio Medical Sciences and Institute Of Health Management.

Currently, a National Institute of Solid Organ & Tissue Transplantation, (NISOTT) is actively providing services relating to solid organ and tissue transplantation, where liver and renal transplant unit is functional. Recently, we have also introduced a Bone Marrow Transplant section, a constituent unit of Clinical Haematology which is the first ever unit of its kind in any Public sector university of Pakistan.

Furthermore, an E-learning forum has also been initiated lately by Dow University of Health Sciences in partnership with EDUCAST Virtual Training platform which provides home based online teaching and hands-on digital trainings to doctors. So far, the first batch comprising of 110 students and the second batch constituting 150 students from all over the world have participated and benefitted in returning back to the medical profession.

I feel proud as a graduate of DUHS to facilitate and welcome the Alumni who come forward every year and contribute towards the improvement of their Alma-Mater, and also look forward to the various annual get together organized at our DMC Campus.

We are eager to derive more strength from your forum of DOGANA and progress further with your contribution and encouragement as you serve the world as ambassadors of Dow. I, as Vice Chancellor of DUHS, feel proud of your achievements as Dow Alumni and wish you all the best for the success of your upcoming meeting.

Meritorious Prof. Saeed Quraishy
Vice Chancellor
Dow University of Health Sciences

Pro-Vice Chancellor's Message



I am pleased to reach you all through this prestigious magazine and share the progress of Dow University of Health Sciences with special reference to Dow International Medical College. Dow International Medical College (DIMC), a constituent college of Dow University of Health Sciences, was established with a vision to ensure a smooth educational process for the overseas Pakistanis who face a hard time in entering medical universities abroad.

As many as seven batches have graduated from DIMC till date and more than 600 students are currently enrolled in the MBBS program. Students undergo an integrated modular spiral curriculum which reinforces medical knowledge along with clinical training at 1000 bedded Dow University Hospital. Moreover, DIMC enjoys the international stature in affiliation with American Medical Residency Certification Board (AMRCB), Educational Commission for Foreign Medical Graduates (ECFMG), World Health Organization (WHO) and Foundation for Advancement of International Medical Education and Research (FAIMER), owing to its outstanding patient centered education, clinical efficiency, revised research, innovation, generation and dissemination of new knowledge.

The infrastructure and ambience of the college is ultra-modern and covers an estimated area of 200,000 square feet of purpose built building. Furthermore, various workshops and professional trainings are also frequently conducted in consonance with Professional Development Centre (PDC) for students to have their hands-on training together with academic studies. The college provides excellent academic facilities through its fully equipped laboratories, museums, information technology (including video conferencing), digital library and logistic facilities at the teaching departments. Moreover, the overseas students are also facilitated with the Boys and Girls Hostels in a secure environment along with an on campus cricket ground and state of the art gymnasium for ensuring their physical and mental fitness.

Our biggest strength in this mission is undoubtedly the faculty and staff members whose sheer dedication and round-the-clock guidance have played a pivotal role in imparting quality education and building phenomenal personalities.

We are striving each day to come at par with the international standards. The role of DOGANA in bringing together the alumni of DUHS to a common platform to discuss the further modes of action has always been flamboyant and worthy of appreciation. Therefore, I am looking forward to more successful years ahead in association with this esteemed organization and will look forward to welcome you all to visit and be a part of DUHS especially the International Campus.

Meritorious Prof. Zarnaz Wahid
Principal, DIMC &
Pro-Vice Chancellor
Dow University of Health Sciences

Chair Host Committee Message



Syed Adil Ahmed, MD

It is with great pleasure I welcome you to the 16th Annual DOGANA Spring Retreat in our beautiful city of Dallas. In addition to traditional activities, this year, we are also focusing on our youth. The DOGANA Youth Network program is one of newer additions in the DOGANA family. This program will focus on various opportunities and career paths available to our young audience.

This year's CME program includes a multi-disciplinary medical conference and American Heart Association ACLS, BLS, and PALS recertification. We have a good selection of speakers for the medical conference and excellent instructors for the workshop. Along with traditional evening banquets and entertainment, we have music and cultural activities all day long. The Retreat opening ceremony, Art show, Basant-styled event, Bhangra, and traditional food and beverages are highlights of the activities. In addition to this, our Grand Bazaar has vendors from Pakistan and from all over the United States. The pharmaceutical and other professional vendors will display a showcase of information, practice management tools, innovations in medical field, investments, and other valuable tools available to doctors, friends, and families.

As you know, the arrangement of a meeting of this sort is complex and difficult. It was not possible without having an excellent team; our host committee, in particular, participated in time-consuming preparations for the retreat. I am immensely grateful to the committee for their cooperative spirit and extraordinary efforts. Each member delivered on every task requested and more. It was a true privilege to work with such a dedicated and focused team, many of whom will serve as a future leaders of this precious organization. It is also worth mentioning that many non-Dowites have also worked with full sincerity to make this retreat a successful and memorable event along with our many unforgettable retreats in the past.

I would particularly like to extend our gratitude to our members, sponsors, vendors, artists, food vendors, Marriott City Center staff, event managers, sound engineers, and media partners for their help in supporting us and their effort to make this complex task successful. I hope you enjoy the retreat as much as I have enjoyed being part of delivering it.

Host Committee



Mamoona Shaikh-Ahmad
President

Sanobar Kable
Zafreen Siddiqui
Arfeen Siddiqui
Hussain Haideri
Mashood Qadri
Adeel Shibli
Harris Baig
Sadaf Mazhary

Syed Adil Ahmed, MD
Chair, Host Committee

Muhammad Ashfaq
Fauzia Naqvi
Farooq Ghori
Muhammad Asim
Nauman Quamar
Farah Masood
Rezwan Khan
M. Umair Anwar

Adnan Nadir, MD
Adviser, Host Committee

Athar Imam
Shaneela Lateef
Shazia Raheem
Ibraiz Quamar
Mona Kazim
Adnan Rafiq
Amina Alvi
Ayaz Qureshi

Host Committee



President Elect's Message

شگفتہ نقوی



ڈاؤمیڈیکل کالج کے اساتذہ اور دوستوں کی خدمت میں آداب! مجھے بہت خوشی ہے کہ مجھے اپنے دوستوں کے ساتھ مل کر یہ موقع مل رہا ہے کہ اپنے کالج کے لیے کچھ کام کیا جاسکے۔ جو کام میمونہ اس سال شروع کر رہی ہیں ہم سب مل کر ان کاموں کو آگے بڑھائیں گے۔ کوئی انسان اکیلا کام شروع تو کر سکتا ہے مگر اسے صحیح طریقے سے ختم کرنے کے لیے بہت سے دوستوں کی مدد کی ضرورت پڑتی ہے۔ اس وقت ہمارے وطن کے غریب لوگ جس مشکل وقت سے گزر رہے ہیں اسے دیکھ کر دل خون کے آنسو روتا ہے۔

کسبِ حرمت کریں اجر پاتے رہیں کاسہء شب سے ہم
اس طرح تو کبھی بھی کہیں میری جاں رت بدلتی نہیں

ہمیں ہمارے ملک نے آج جس مقام تک پہنچایا ہے اس کا صلہ کسی نہ کسی طرح تو دینا ہوگا۔ ان گنت رستے موجود ہیں جس کے ذریعے ہم اپنے ہم وطنوں کی مدد کر سکتے ہیں۔ ہمارے قدم سے قدم ملائیے اور انشاء اللہ کامیابی ہمارے قدم ضرور چومے گی۔ بقول فراز

شکوہِ ظلمتِ شب سے تو کہیں بہتر تھا
اپنے حصے کی کوئی شمع جلاتے جاتے

Executive Director's Message



Azim Qureshi, MD

My dear DOGANA family,

Welcome to DOGANA Retreat in Dallas Texas.

DOGANA is biggest organization of Dowites outside Pakistan. I recent years we made reasonable efforts to join hands with out fellow Dow alumni in Australia, New Zealand and Northern Europe. The organization is growing in numbers and with that responsibility. The proactive leadership of DOGANA acknowledges and appreciates the role of female physician. The female physicians colleagues are very visible in DOGANA leadership.

The leadership is changing hands. The young leadership is emerging. It is comforting to see the responsible, hard working young physician stepping up in leadership with new ideas, great organization skills, desire to make change, devotion to the our alma mater and loyalty to the cause of the organization.

Past few years, we are trying to build the institutions in the organization. We are sticking to aims and objectives of the organization and when needed made changes in our constitution. We have included Dow International Medical College in our ranks. We are building and strengthening our relationship with Dow University of Health Sciences and Civil Hospital Karachi.

Helping our young Dowites remained the main focus of DOGANA. We have arranged workshops, seminars, and small town hall type meetings with them. We try our best to help them logistically, financially and morally so they can build the best possible future.

Our President, Central Council and Host Committee worked tirelessly to bring the program of this meeting. They are busy for months, day and night planning, organizing, arranging and hammering out issues. Please join me to applause their efforts. Please enjoy Southern hospitality in Pakistani style. I wish you well and safe journey back home.

Secretary's Message



Irfan Aslam, MD

To welcome you to the beautiful city of Dallas, our friends in Dallas and the Central Council Members are working hard and diligently to put forth stellar events for all of us to enjoy.

As a former Councilor, Treasurer, and presently the Secretary of DOGANA, for the second consecutive year, I can attest that we have been blessed with the inspirational leadership of our predecessors.

Serving as Secretary for last year's events was a great honor for me. Our last meetings in Canada and Los Angeles were great success and we made record profits with the help of our awesome host teams. We are now working hard to make the coming event in Dallas an even bigger success.

As secretary, my job is to help our current President with every task. We want to bring Dowites together and further strengthen our Alumni. We want to advocate for new physicians and launch new programs so DOGANA and DUHS can collaborate together in many fields.

I am blessed with the opportunity to work closely with great colleagues and friends. We must continue to strengthen our presence in North America as we all are committed to making DOGANA stronger.

I am ecstatic to meet all of you and hope that you will have an awesome and memorable time in Dallas.

Treasurer's Message



Muhammad Mansoor Mohiuddin, MD

Dear fellow Dowites,

It's my pleasure to welcome you to DOGANA 2019 Spring Retreat. DOGANA is a non-profit organization with a 501-3C status by the IRS. Your participation in the three annual meetings, Spring retreat, summer and winter meetings, help generate revenue for this organization to operate. I am happy to report that most of these meetings earn profit for DOGANA which help us do some of the important projects under the umbrella of this organization. Some of the projects that are supported by DOGANA includes the CME activities at the meetings, Observership / Externship program, Loan program, host a Dowite program and visiting faculty program.

Our meetings besides generating revenue for our organization also provide a platform to discuss social and political issues both in Pakistan and in our adopted countries, USA and Canada. These meetings are also an assembly place for DOW classmates and their families and to reminisce the wonder days we spent together at Dow.

All this is made possible by not only your physical participation but also through your generous donations to this organization. We now have a membership of over 1000 affluent physicians who are making a strong impact on the health care delivery in North America and also in Pakistan through various charitable projects.

I hope you will continue to support your Alma Matter through this organization and convince your Dowite non-member friends to become members of DOGANA. The local host committee has put together a wonderful program and I am sure you will have a great time during this meeting .

Long live DOW and DOGANA!

President Endow Board of Trustees Message



Syed Nadeem Ahsan, MD

Dear Fellow Dow Alumni,

Our time at Dow was in many ways seminal in shaping the privileges we would go on to enjoy in our lives. To honor our alma mater's enduring contribution to our lives, we established EnDow - the Dow Endowment Fund. EnDow is meant to be a lasting tribute to our wonderful alma mater, one that will outlast us and will in posterity continue to make our beloved Dow the best it can be. EnDow strives to become a powerful channel for ensuring that quality education is delivered to Dow students. And a continuum of funds from Dow alumni will go a long way in addressing the salient issues of running Civil Hospital, which is in dire need of rehabilitation.

The Board and I are pleased with the progress we have made thus far. We now have nearly \$400,000 in our investment fund. The dividends from the Endowment's investments are actively being used for such very worthwhile ventures as providing Dow students and faculty with free access to UpToDate, an expensive electronic clinical resource tool for medical students and physicians that provides information on all medical specialities.

EnDow has also actively been involved in facilitating various class projects that over the years have raised well over \$2.5 million for Dow's uplift!

But there's a lot to be done still. Imagine this. Once we get the EnDow Fund's investments up to \$10 million, we can spend as much as \$500,000 every single year from the dividends -- for ever -- to support uplift efforts at Dow!

To make EnDow a resounding success will require the help and support of every single Dowite. Please step up, and encourage your friends to do the same.

Details on how to make a donation can be found at <http://www.DowEndow.com>.

You can be confident that your donation will allow EnDow to build a legacy we can proudly pass on to those that will come after us - one that will continue to bear fruit long after we are gone.

Magazine Secretary's Message



Danish Saeed, MD

Dear Dowites, Assalam o Alaikum

Welcome to the family gathering in Dallas which is the one of the idealistic city to live in. Its an honor for me to work with my team to compile this magazine. Even before getting admission in DMC it was a non-fact that DMC/DUHS was the center of excellence in literature and this magazine is reflective of that image. We are making or efforts to show the great work by our colleagues not only in literature but also in improving healthcare through research in the coming years. We have some references of articles in this magazine. We encourage our colleagues to submit more of those in the coming years.

With each subsequent year we are seeing increase in our membership and talents. We are the largest Alumni in APPNA. Hopefully this magazine will be a souvenir for you to keep.

I want to especially thank my team including Adil Ahmed, Mashood Qadri, Mansoor Mohiuddin under the guidance of Mamoon Shaikh and Azim Qureshi in compiling this magazine.

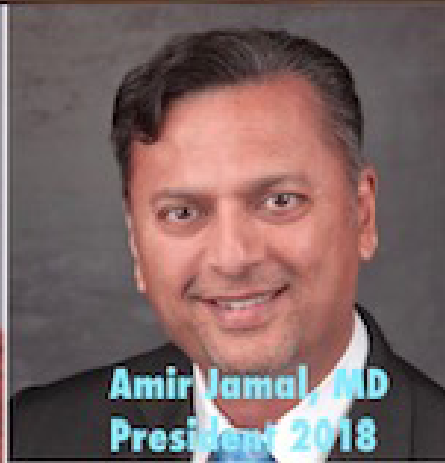
Dow is and will remain the leader of Pakistani Physicians. We have to believe in our self to empower our future generation.

I hope you have wonderful time in Dallas.

DOGANA PRESIDENTS FOR ONE DECADE



Mamoonah Shaikh, MD
President 2019



Amir Jamal, MD
President 2018



M. Razi Sayeed, MD
President 2017



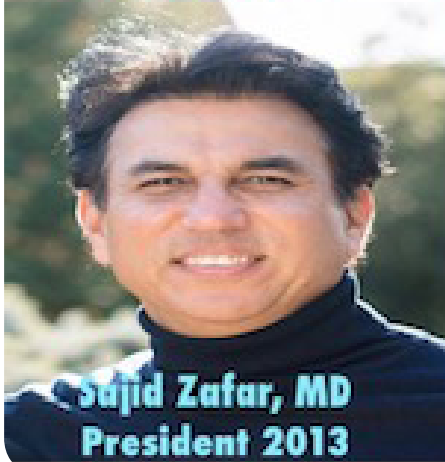
Danish Saeed, MD
President 2016



M. Asif Monpoddin, MD
President 2015



M. Asim Qureshi, MD
President 2014



Sajid Zafar, MD
President 2013



Talha Siddiqui, MD
President 2012



Sohail Khan, MD
President 2011

All Past & Present DOGANA Presidents 1982-219

- | | |
|---------------------------------|----------------------------------|
| 1- Inayat S.Hussain MD—1982 | 18- Kaleem Arshad MD—1999 |
| 2-Ikram Ullah Khan MD—1983 | 19- Zeelaf Munir MD—2000 |
| 3- Tariq Zafar MD—1984 | 20- Rizwan A. karatela MD—2001 |
| 4- Hafeez ur Rehman MD—1985 | 21- Sadeem Mahmood MD—2002 |
| 5- Farooq Selod MD—1986 | 22- Zia Moiz Ahmad MD—2003-2004 |
| 6- Mushtaq Khan MD—1987 | 23- Syed Samad MD—2005 |
| 7- Parvez Shah MD—1988 | 24- Ahsan Rasheed MD—2006 |
| 8- Basharat Ahmad MD—1989 | 25- Farid Qazi MD—2007 |
| 9- Salim Chowdhery MD—1990 | 26- Nasar Qureshi MD—2008 |
| 10- Aziz R. Arain MD—1991 | 27- Muslim Jami MD—2009 |
| 11- Mohammad H. Peracha MD—1992 | 28- Shazia Malik MD—2010 |
| 12- Asif Sheikh MD—1993 | 29- Sohail Khan MD—2011 |
| 13- Pervaiz Rehman MD—1994 | 30- Talha Siddiqui MD—2012 |
| 14- Iltifat Alavi MD—1995 | 31- Sajid Zafar MD—2013 |
| 15- Manzoor Hussain MD—1996 | 32- Azim Qureshi MD—2014 |
| 16- Abdul Rehman MD—1997 | 33- Asif Mohiuddin MD—2015 |
| 17- Arif Azam MD—1998 | 34- Danish Saeed MD—2016 |
| | 35- Razi Saeed MD—2017 |
| | 36- Aamir Jamal MD—2018 |
| | 37- Mamoona Shaikh-Ahmad MD—2019 |



**DOGANA CENTRAL COUNCIL 2019
WELCOMES YOU TO DALLAS
SPRING RETREAT**



Making a difference one child at a time

After a Memorandum of Understanding was established and signed between DOGANA and ChildLife, my siblings and I were given an eye-opening opportunity to help serve the needs of underprivileged children at Civil Hospital Karachi in December 2018.

We quickly came to realize the hospital was a constant surge of people coming and going and lining up in ques awaiting to be seen. Mothers and fathers traveled long distances from their villages so their children might be cured of what was ailing them.

Our broken Urdu, puzzled many and put a smile on a few, made us stick out like sore thumbs, but yet we understood and got our point across with some help in translation. 'If only we had listened to our parents,' is all we thought when the language barrier could no longer be tackled with hand gestures and became necessary to call upon a native speaker.

The warm and welcoming faces of the ChildLife staff made us feel at home and safe, regardless of our lack in speaking proper Urdu. This program taught us how to interact with patients and their families through the toughest of times. We learned that the main culprit of many of the cases was a lack of simple hygiene; the awareness was just not there. When we discussed this with the parents, many understood that they could prevent such sickness again, while other parents were deeply offended by us and treated our helpful message as an insult. We were quick to apologize and assured them that was not the case.

The most devastating ordeal was when we witnessed a frantic mother and father who brought their limp infant into the clinic. Not having experienced such a scene before, we could tell her body was life-less. Although the baby was dead on arrival, the staff of doctors tried to revive her for the parents' sake. It was a hard day.

A young boy traveling by rickshaw with his parents and siblings to seek treatment for his thalassemia, a sweet little girl so malnourished she could barely move hooked up to an IV, a child with an undiagnosed rash which covered most of her body while her mother complained that out of her nine children, she gave the most trouble.

These were some of the stories we encountered on our day at ChildLife, and we became richer to have met them and the staff that helped us learn along the way.

The opportunity we were given was immeasurable. Even the trip to Layri, where many of the local students failed to accompany us, was an experience itself. Not even the guarded bus was enough to reassure the locals, but we carried on knowing there was something to be gained from such an adventure.

This experience, looking at the harsh realities of many, allowed us to appreciate the advantages we all have coming from educated and well-established households. Those of us who see that we are truly blessed should lead the way in helping others. ChildLife is a program like no other, and I along with my brother and sister, will forever be grateful for the opportunity to serve.

Kinza Jamal

Why the Christchurch tragedy has affected us so much?

Indeed the barbaric cruel act of terrorism in Christchurch was horrific and was another tragedy with remorse of unforgivable losses of innocent lives . But, let me have few flashbacks here. In November 2017, one of the biggest ruthless massacre was done where 305 targeted sect of Innocent people were assassinated in one of the masjids of Egypt. There were more than 15 other separate unfortunate barbaric horrifying incidences occurred in Iraq, where where targeted group of innocent lives belonging to one or other Muslim sects had been killed in the Masajids, not by individuals, but by group of criminal organizations. Did the so called Muslim global community had made any global noise on any of such incidences. The bitter and Naked Answer is a Big NO!!! So what has happened this time. Where we are seeing slogans of Humanity are being roared all over the world?

I guess! Since this was the first time, when the selected group of lives from one faith (quote and quote) Muslims had been attacked by the other faith (non Muslims) on the western side. Thence the level of the sensitivity was brisk by the victimized faith believers.

Presumably, the one kosher reason for such a unified voice here by overseas Muslims, as they feel like as they can be the next target. There is an old saying " if you let the fire spread till it spreads next to your Neighbor, it will surely burn you down as well "

Despite all this new wave of hate; Kudos to New Zealand Prime Minister and the citizens over there who have had shown extreme unified loyalty to the innocent martyred families and the victims. They behaved as civilized humanistic nation, who understood the value of humanity as a nation and surely they have the due remorse. Their government Immediately had taken serious steps in controlling illegal weapons coming in the country.

On the other side, our community have yet failed to reciprocate such kindness by the state or the Muslim majority governments or from local citizens in Naser on losses of innocent lives of any other faith. Surely is a Sad state of affairs with height of hypocrisy who never had raised voices for killing of thousands in the name of infra religious fanaticism! Or outside religion; But this time, they have opted to be the front liners in raising voices on social media.

To be an honorable member of the global civilized society; we all as humans should refrain ourselves from getting affiliated or be intimidated by the provocation/propaganda by the franchised so-called religious groups who promote fanaticism and creates hate for their own personal benefits for one or the other reasons, this implies on all religions all across the globe. We may all strive to be included as part of the common world community sharing common values of humility, empathy and not to consider superior to others and accordingly respect everyone as their equal ... it is only then, all faithful believers will be considered equal and will be considered as universal citizens.

Mashood Qadri Dow 1992
AZ USA

Home.....

Reading Dawn newspaper on the flight to Pakistan, I couldn't wait to be there..... The airport lights make your heart skip a beat, suddenly you like everythingthe roads, the trees, the people..... You constantly smile.....

Everything seems familiar, as you are driven from the airport, you seem to know every tree and every tree knows you.... Every turn, every building, every road has a memory, a story, a familiar face connected to it.....You are mesmerized.

From the breathtaking beauty of northern Pakistan , the ever winding roads, snow ridden mountains , friendly people to our very own beach with the camel rides , horses , snake charmers , everything invigorates me . The food never ceases to amaze and the bazaars transport you to your youth shopping sprees.... Your kids enjoy your price haggling art that you thought u had lost.....

You see some new extraordinary places along the beach and are amazed, why they didn't think of that before..... Just beautiful!

Your children think that the people here are very friendly and they want to visit again in spite of the dearth of amenities they are used to, u think may be u have done something right.

I am home, my home.

Sadaf Asim, MD

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“Life and Pride”

In the Hospitals, People Fight For Life.
Out in Life! why we then Fight for Pride.
At home, few keep Pride with Wives.
Though, The Wives are Bona-Fide Right.
For Wives! Husbands may be Wise!
Old-Young Friendship is all our Pride.
Don't Hide! We all did strive for Right.
Now Let's all have shut eyes on Mr Pride.
Let's hold together hands Tight and be Wise
Pride should be pushed aside for Ultimate Delight.
Let's not keep any Plight.
We shall see our friendship kite in a Sunny bright Light up on the Height.
Take a flight, slide abide old-young Disney Ride to meet our Dow'ites.
One is Funny the other is Bright!
This is the Beauty of rainbow Slide of our Life.
Each carry the kindle; Lets shine all bright stars up in a starry night, excite young-old memories Ignite.
Let's not get Sliced, let's make a promise, the cake we will Slice, each will Share a Bite.
Old Memories are loaded-up with Tides.
At the end of the Tunnel, there is always a Light.
Twilight Skies, some of us are already 7 skies high; Mother Nature is Might.
One Vibe was Right and will always be Right; You are part of my Sight and I am on your Site.
Together we shall Guide ourselves to a Memorable Drive with a Delight.
Let's make a swift stride with a common Stripe “Let's Unite”.
Unity is our Pride. We are Dow'ites!

Mashood Qadri
DOW Graduate 1992

Reminiscing.....blast from the past, "ODE to DMC "

Friendships we started in DMC are different , may be because they didn't start over a cup of tea but rather while standing meekly in line as self-conscious freshmen at the gate , or may be because it started over entering the dissection hall seeing our first cadaver together wide eyed .

Or maybe because it involved fighting over a human heart, kidney or lung before the proverbial stage, or may be over memorizing the millionth muscle on those bones we took home to terrorize our unsuspecting siblings.

Or it could be because we witnessed and empathized over extreme poverty, helplessness, blood, sweat and tears of people who we otherwise wouldn't have met and in our hearts we all promised that one day we will help make it better

Or maybe because we experienced new births and deaths one moment and could easily munch on the world's best samosa with coke the next moment, discussing the details which would make others (Read non-medical people) keel over with disgust.....

We had our share of ward tests , night duties together , fights , heart breaks , but most of us wouldn't have it otherwiseand we will never forget DMC ,CHK my Alma mater .

Sadaf Asim

You have all of my heart

golden slumber, you have all of my heart
mind as blank without your graze on my skin
soft pull you have, weak breath as I depart
oh how are you more to me than my kin?
why does my heart feel at sin, how foolish!
i beg of the day God glues us together. gleaming star, your beauty makes the sun wish
how it could be as perfect as you lover.
feeling her pain, his charm detrimental,
she feels left out as his overgrown selfdom
continues to obscure with his crustal;
he uses her light to shine, sucking wisdom
so pale and sulken, before her caress
now took her light and left her remorseless

Demoralized

It felt as if each rib was torn,
As if my heart were scorned.
I look up at your face,
You look at me with disgrace.
What am I to you, oh fellow?
For you to leave me so mellow.
To rip my esteem when I feel it highest,
To laugh when it's burning in my chest.
The pain you provoked,
The tears you bestowed.
Nothingness is my affinity,
Your game is to take away my sanguinity.
I don't understand the pleasure you get,
When I look in the mirror with hate and fret.
For I've lost a part of myself each agonizing day,
With fear rushing through my veins of your threats with no dismay,
I await to hear every painful appellation,
But it comes to mind that i don't need any hesitation.
For I have accepted the belittled title of worthless and useless,
Oh, you won with your wickedness.
Don't look for me when I've left this wretched world because of your vengeance,
Your hatred will go unforgiven and your guilt will be your penance.

Lila Mirza

My volunteering Experience – ChildLife Foundation

ChildLife Foundation is a non-profit organization, having Pediatric Emergency rooms (ERs) across Pakistan, providing free-of cost treatment to children at an imminent risk of life. The majority of the cases that the children suffer from are mainly diseases brought upon by extreme poverty such as diarrhea from unclean drinking water and pneumonia from an unclean living environment. Most of the children brought through the doors of ChildLife's ER are in a constant battle for their health and if it were not for the free medical care that they receive, many of those children may not make it to adulthood. Fortunately, enough ChildLife partnered with Dow Graduates Association of North America (DOGANNA) and allowed for a selected few volunteers to be brought in for a week to see how their life changing medical treatment is performed and I was one of the few lucky candidates to be chosen for that opportunity.

Our first day at ChildLife's Pediatric Emergency care at Civil Hospital, Karachi was pretty enriching. It started with an orientation session about ChildLife followed by a training in Basic Life Support which included CPR training on all ages from newborns to adults. The first station I was assigned was the Triage, this is where a patient is assigned a ticket number whereby after which a nurse takes the child heart rate, weight and determines the severity of the patient. All of this information is then entered in to a computerized system called the A2SL (Automate to save live) and any medical personnel can look up and find the patients history and treatment. Critical Patients are taken to the resus room where they are given immediate medical attention. However, ChildLife's medical assistance does not simply stop outside the doors of their facilities, they also have a Telemedicine station which allows them to see Resus room of other ChildLife's ERs, with the help of high-resolution cameras, and doctors can provide real time medical care from hundreds of miles away. The facility that ChildLife has set up in Civil Hospital is truly one of great standards and has a strong impact on the community that it serves by providing children with free medical health care that they are not able to find anywhere else.

The most impactful part of this program was the interaction that I had with the patients and their mothers, who were able to give me more backstory to their lives and truly open my eyes about the true circumstances that some of these children have to endure just to survive, which is something I would never have even heard of back in America. One child that I remember in particular was a 10-year-old girl named Afra who came into the emergency room because she was malnourished, and had a red rash that surrounded her wrists and ankles. The ailments that she suffered from were believed to be due to Crohn's disease and a vitamin deficiency. Her mother said that she is one of the eight children who is being raised, by the most part, solely by the mother while her father works in a marketing agency for 12 or more hours a day just to bring home enough money to provide for his family. Afra had to stop attending school for that week due to her sickness and was quickly rushed to the ER after she had suddenly collapsed as she was walking outside her home. Afra stayed in the emergency room for the whole day that I was there at Civil Hospital and was discharged after being given proper nutrition and medicine to help aid her in her recovery.

The opportunity that ChildLife gave me was a unique one. I was able to learn so much about how an ER outside of United States operates, and met so many other great volunteers who I was able to create lasting friendships with. I saw the multiple ways that children are treated for various ailments and the ground-breaking technology that makes it possible for doctors to treat patients when they are miles apart through Telemedicine. However, the truly invaluable part of the entire journey was the children that I was able to interact with and the stories that I heard are truly what make this opportunity one that is not just worthwhile but also truly life changing. It was an experience that I will always remember.

Zain Akbar
Volunteer – ChildLife's ER

Dow class 88 celebrated 30 year reunion at DMC on February 9, 2019

More than 120 members of Dow class 88 from USA Canada ,UK ,Middle East ,Pakistan and Australia attended the event.

More than 30 teachers from Dow where invited. They were honored and presented with Shields for their work in DMC.

Donations were given to PWA , SOCH and colorectal welfare Society.

The evening ended with a delicious dinner followed by a Ghazal program



Pakistani Public and the Eagerness to Embrace Neocolonialists

Hafsa Ahmad

Every culture has negative facets, and in an ideal world popular media would focus on calling out corruption rather than perpetuating it. Unfortunately we do not live in that world, so as consumers of media it is our duty not only to be mindful consumers, but to hold them accountable for allowing the toxic aspects of our society and culture to proliferate. There are many criticisms that could be made of the Pakistani media industry; many of the problems within our industry are problems across media worldwide, things like showing a preference for certain skin tones over others, favoring the elite, and thriving off of the corruption of governments.

However, something that we see often in Eastern countries that has a tendency to be more insidious in nature than it may seem is giving Westerners, specifically white Westerners, media attention when they come to our countries. When we give platforms to people like Jeremy McLellan and Eva Zu Beck, we are enforcing neocolonialism without even realizing it. Many people will read that and consider it a bold and far reaching statement, but let's take a moment to think critically and explore what it really means.

Many people use the argument that they are showing Pakistan and Pakistanis in a positive light to Western audiences, but the truth is that these people have platforms that are largely, if not almost completely, made of Pakistani people. Their names are not well known in the West the way they are in Pakistan, in fact, their platforms were irrelevant prior to their travels to Pakistan, so the idea that they are somehow giving Pakistan a good name in the West is a wholly misconception.

There is nothing inherently special, witty, charming, or new about either of these people; they are simply white, and that is all it took for them to amass platforms in Pakistan. They do not bring anything to the table that someone of Pakistani descent could not or has not already brought. We are a multifaceted people, and I am certain there are Pakistanis out there who are making Youtube videos or pursuing careers in comedy who are overlooked by their own people because the public is more eager to laud a white person doing the same thing. But it makes sense, right? There's a moment of glee, an inherent pride, when you see someone that is not of your culture experience and appreciate your culture for the first time, to feel like you are finally seen or accepted can be thrilling. Therefore it's unsurprising to see the Pakistani public circulating their videos across social media.

Nonetheless, when there are white people gaining views, (i.e. a combination of money and notoriety in our world today) and profiting off of the Pakistani public's overt sense of pride over their country, it's no longer an innocent act. When there are white people posting their 'reaction' videos to Coke Studio, being paid by Pakistan International Airlines to post about them to their instagrams, or to perform comedy shows for Pakistani organizations, they are literally making a living off of becoming celebrities and public figures in Pakistan. Our media outlets have a direct hand in making this happen by broadcasting their various actions.

Don't you think there is something inherently corrupt about someone who failed to gain an audience within their own countries and their own people, who saw the willingness of the Pakistani people to uplift them and took advantage of it for their own benefit? What is setting them apart from their ancestors, who did more or less the same thing before enacting violence upon our people? We would be wise to remember that colonialism had similarly innocent roots and be more wary about whose platforms we are allowing to flourish.

Research contributions by Dowites in peer reviewed journals:

A new feature highlighting selected research publications by Dowites. Members are highly encouraged to submit their published and unpublished research. On this inaugural page, three articles are highlighted.

Dr. Muhammad Mansoor Mohiuddin

Batch: 1989-2



Accepted: 11 June 2018

DOI: 10.1111/ctr.13330

OPINION AND HYPOTHESIS SECTION

WILEY **Clinical TRANSPLANTATION**
The Journal of Clinical and Translational Research

Consideration of appropriate clinical applications for cardiac xenotransplantation

Joshua L. Chan  | Justin G. Miller | Avneesh K. Singh | Keith A. Horvath | Philip C. Corcoran | Muhammad M. Mohiuddin 

Dr. Naveed Siddiqui

Batch: 1997

(Anesthesiology 2018; 129:1132-9)

CRITICAL CARE MEDICINE

Ultrasound Is Superior to Palpation in Identifying the Cricothyroid Membrane in Subjects with Poorly Defined Neck Landmarks

A Randomized Clinical Trial

Naveed Siddiqui, M.D., M.Sc., Eugene Yu, M.D., R.C.P.S.C., A.B.R., Sherif Boulis, M.D., F.R.C.P.C., Kong Eric You-Ten, Ph.D., M.D., F.R.C.P.C.

Dr Ali Imran Musani

Batch: 1989-2

CLINICAL IMAGE

DOI: 10.1016/j.arbres.2017.05.007

Pulmonary Foreign Body: An Unusual Cause of Recurrent Pneumonia

Muhammad Sajawal Ali, Ali Imran Musani, Kumar Gaurav

☆ غزل ☆

اسکا معمول ہے ہر روز شکایت صاحب
مجھ پہ لازم ہیکہ دینی ہے وضاحت صاحب
آسمانوں کو میرے چھین لیا، اس کی عوض
دی گئی ہے مجھے اک چھت کی سہولت صاحب
ہائے زنداں کی گھٹن میں تیرا احساں مجھ پر
سانس لینیکی مجھے دیدی اجازت صاحب
دھوپ برسات سے پھیکے نہیں ہونگے ہرگز
اپنے رنگوں کی میں دیتی ہوں ضمانت صاحب
جنگ جیتی ہے انا کی سو وہ سرور 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 نکہت، کبھی آنسو، کبھی پتھر کر دے
وہ دباؤ ہے کہ بدلے میری ہنیت صاحب

نکہت افتخار

ڈاؤ گریجویٹ ۱۹۹۶

☆ میں اور تم ☆

ہاں میں ایک عورت ہوں
اپنی ذات کے اوپر
اعتماد ہے مجھ کو
خواب دیکھتی ہوں میں
اور انکی تعبیریں
خود تراشتی ہوں میں
کامیاب منزل تک
یونہی میں نہیں پہنچی
راستہ بنانے کو
خود پھاڑ کاٹے ہیں
مرد کے برابر ہوں
یا کہ چند قدم آگے
میری اپنی نظروں میں
آبرو نہیں مرتی
اسلیے میں زندہ ہوں

تم بھی ایک عورت ہو
میرے ملک کی عورت
جس کا جرم اتنا ہے
کہ وہ ایک عورت ہے
میرے ملک کی عورت
ٹھوکروں میں پلتی ہے
صرف مدد کی باندی
اسکی سوچ گروی ہے
صرف مرد کے ہاتھوں
کیا تمہاری وقعت ہے
تم کہاں سے زندہ ہو
آؤ زندہ ہو جاؤ
توڑ دو یہ زنجیریں
میرے ساتھ آ جاؤ
شگفتہ نقوی
ڈاؤ گریجویٹ ۱۹۹۲

☆ غزل ☆

عداوت کا بہانہ چاہتے ہیں
مروت کو مٹانا چاہتے ہیں
یہ کیسے لوگ پیدا ہو رہے ہیں
خودی کا سر جھکانا چاہتے ہیں
ہمارے آپ جیسے لوگ تو اب
فقط عزت بچانا چاہتے ہیں
کھلے بندوں بڑے چوروں کو اب تو
سبھی گھر پر بلانا چاہتے ہیں
میں اپنے خواب کس کو دوں یہاں تو
سبھی آنکھیں چرانا چاہتے ہیں
شگفتہ نقوی
ڈاؤ گریجویٹ ۱۹۹۲

☆ غزل ☆

دورِ حاضر کے حالات مت پوچھئے
درد سے چور لمحات مت پوچھئے
اب کہاں کس کے دل میں ہے خوفِ خدا
مسجدوں میں فسادات مت پوچھئے
ہر وفا پر دغا مجھ کو دیتے رہے
میرے اپنوں کی سوغات مت پوچھئے
خوف کا سایہ ہر پل تعاقب میں ہے
کیسے کٹتے ہیں دن رات مت پوچھئے
جو لگائی بجھائی میں مصروف ہیں
ایسے لوگوں کی اب بات مت پوچھئے
دیکھ کر جا بجا آج یہ قتلِ عام
قلبِ مفطر کے صدمات مت پوچھئے
منظرِ قتل و غارت گری دیکھ کر
کیسے گزرے ہیں اوقات مت پوچھئے
دیکھئے قومِ مسلم کے ہر سمت آج
کتنے ہیں سردِ جزبات مت پوچھئے
ہنسنا اوروں پہ بس جن کا ہے مشغلہ
ایسے لوگوں کی عادات مت پوچھئے
آپ کو جو بھی کہنا ہے کہئے جمال
کس کے کیا ہیں خیالات مت پوچھئے
ڈاکٹر جمال عبدالناصر

ڈاؤمیڈیکل کالج گریجویٹ ۱۹۸۷

نیویارک امریکہ

اک مسلمان کے خون کی قیمت!

ہم میں سے بیشتر لوگوں کو مسلم ملک میں رہنے کا تجربہ ہے، فلاں کافر، فلاں مرتد کے نعروں سے بخوبی واقف ہیں۔ کس طرح یہ نفرتیں یہ بے رحماں ہمارے رگ و پے میں سرایت کر گئیں، پتہ ہی نہ چلا۔ اس کا انکشاف تب ہوا جب ایک گورے مسلمان بچے کو میرا چھ سالہ کزن کہتا ہے، کیا تم کافر ہو! یہ معاملہ حسبِ حال مزاق میں ہی ٹل گیا۔

کافر کا اصل مطلب کیا ہے، اس وقت پتہ چلا جب میں اسلامک سٹڈیز کی ڈگری پڑھ رہی تھی۔ اس کا اصل معنی جان کر حیرت و خوف کے اثار رونما قلب ہوئے۔

کسی مسلمان کو کافر قرار دینے کا مطلب ہے کہ اس کا خون و مال حلال، اسکی عورتیں و بچے مالِ غنیمت! تو اے معزز قاری، کیا ای آپ اپنے لیے پسند کریں گے؟

مرد حضرات بڑے بڑے قول و فتاویٰ تو جاری کر دیتے ہیں لیکن سنگین نتائج و بے حرمتی عورتوں اور بچوں کے حصے میں آتے ہیں۔ اسی سلسلے کی ایک تنظیم ”اقراء فورپس“ ڈیلیس کی صدر ہوں اور تمام مسلمان فرقوں میں معاشرتی امن و یکجہتی کے لیے کوشاں ہوں۔ اُئیے آپ بھی ہمارے ساتھ قدم ملائیں اور مسلمان کے خون کی قیمت ایک لگائیں!

شازیہ رحیم انور ڈاؤ ۹۲

ایک بلا امتیاز تصفیہ طلب موازنے کے مطابق ویسے تو پورے ختہ عرض پر جتنے بھی جوڑے بنتے آئے ہیں آسمانوں پر بنتے ہیں لیکن ڈاؤ کے مضافات میں جوڑے موسم ابرا آلود ہونے کی وجہ سے موئن آڈیٹوریم سے شروع ہو کر پلاسٹک میوزیم کے آہٹے میں مکمل ہوا کرتے خود ساختہ ماہرین کے مطابق! مطلع ابرا آلود یا آلودہ رہنے کی وجوہات دو آخر کی جاتی ہیں۔ بادلوں کی سطح کا نیچے ہونا یا پھر ٹک شاپ سے سگریٹ کے دھوئیں کا غبار!

یعنی جو اس آب حیات سخن شیریں آب حسن سے محروم رہ جاتا وہ ٹک شاپ پر دھواں اڑاتا یا پھر اسپورٹس ارینا میں کرکٹ یا باسکٹ بال سے دل بہلاتا یا پھر لائبریری کی ٹھنڈی مشین کی خاموشیوں کا رخ کرتے بہر کیف! کون جیتا کون ہارا! قطع نظر ہٹ کر ایک دوسرے کا ادب! لازم ہوا کرتا تھا! ٹک شاپ والے پلاسٹک میوزیم میں نہیں جایا کرتے

اور جب پلاسٹک میوزیم والے ٹک شاپ میں داخل ہو جاتے تو سگریٹ کا غبار اسپورٹس ارینا میں منتقل کر دیا جاتا ڈاؤ کی دہلیز سے ایک اور بشری غیر متنازعے جغرافیائی تجربے کے مطابق خوش شکل خواتین میں انتخاب جیون ساتھی، خاوند و خادم کے چناؤ میں عام ڈیل ڈول متوسط طبقے کی معمولی شکل کے گندمی رنگ سے تھوڑے زیادہ گندمی خاوند کے انتخاب کی شرح کا تناسب رہا صفر بٹا صفر۔ ایسا عقلمندانہ دانشمندانہ جہان دیدہ انتخاب کا سلیقہ صرف ڈاؤ کی دہلیز کے آہٹے میں ہی ممکن ہوا کرتا تھا؟ مد مقابل مردوں کے انتخاب جیون کے زمرے میں کیونکہ پاٹھ شالا کے اس معصوم نا سمجھ لڑک پن کی عمر میں کوئی بھی پڑکھ یعنی لڑکا اخلاقی ضابطہ حیات کی مطابق گھڑی کے اس نازک عشرے میں ایسے حساس معاملات میں خطا وار نہیں ٹھرایا جاسکتا بلکل جیسے مردم شماری سے بے اعتمادی کی وجہ سیاسی تفریق ہرگز نہیں بلکہ ریاستی جانبداری ہے۔ کاش ہماری ریاست کے حالات سازگار ہوتے تو ہم سب چارہ گر، ایک ہی سر میں گاتے ایک ہی ساز میں گنگنا تیا ورا یک ہی تال میں چارہ سازی کرتے بہر کیف آج اپنے چاروں طرف نظر گھما کر دیکھئے جو ہوا اچھا ہی ہوا۔

ڈاؤ کا خاندان آج صاحب ثروت ہے اسی لیے شاید خوش و خرم بھی۔ اس مجموعی سنگت و کامرانی کا سبب والدین کی ڈھیر ساری دعائیں، دار لادب ملت ڈاؤ کی ناقابل فراموش تربیت ہے اس عظیم سنگت و مکتب کی آرائش کے لیے جو تھوڑا بھی کچھ کر سکتے ہیں کر ڈالا کیجئے تصنع اور بناوٹ سے پرہیز کیا کیجئے۔ کیونکہ اوپر والے نے آپ کو بہت خوش شکل بنایا ہے

اور جو خوش شکل نہیں! وہ خوش اخلاق ہیں اور جن کے پاس یہ دونوں خواص نہیں... وہ بہت..... خوبصورت ہیں اپنا بہت سارا خیال رکھیئے

ایسا ہے میرا ڈاؤمیڈیکل کالج

مضمون نگار: مشہود قادری



جب بھی نام ڈاؤکا زباں پہ آتا ہے۔ سوچ کے ڈھکے روشن دانوں سے پرانی یادوں کی اجمالی شادمانی کی کرنیں! چاندنی کی طرح، ذہن کے پردے پر ایسے برق رفتار دوڑنا شروع ہو جاتی ہیں! گویا! آپ کسی بھی حالتِ زار میں ہوں، آپ کی ازدواجی زندگی منڈیر کی کسی بھی پھسلن پر پھسل رہی ہو! آپ کے دماغ کی فنی خرابی کسی بھی ارتقائی مرحلے سے گزر رہی ہو، چہرے پر راحت و تسکین ایسے نکھر آتی ہے! جیسے بقول فیض احمد فیض 'بیمار کو بے وجہ قرار آ جائے' اور اگر ایسے میں کہیں ڈاؤ کے پرانے دوست، یار، بلیوں سے ہو جائے ملاقات! تو بس! طبیعت میں ایسا منچلا پن جاگ اٹھتا ہے!

کہ بچے حواس باختہ پھٹی آنکھیں، آپ کو متحسّس، گھور رہے ہوتے ہیں "بابا کو آج کیا ہو گیا؟ پر آپ کو اس وقت کہاں کسی اور کی خبر! ہاں! دیکھنے والوں کی لیے شاید مکالمات اور مزاق جیسے پرانی فلم کی ری میک کا گھسا پٹا پلاٹ! دلچسپی لینا ایک اجنبی کیلئے آزمائش! ایک امتحان۔ بہر کیف درخواست محفل یاری پر زوجہ اول بینش انتباہ برجستہ پیش کر کہتی ہیں

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بڑی سنسنی خیز ہوتی ہے ڈاؤ کے ہر یار دوست بلی کی آپ بیتی! کچھ شرارتیں، کچھ نادانیاں، کچھ سرگوشیاں آخر میں بہت ساری شیروریاں اس مقدس بیت العلم ڈاؤ کی دہلیز پر قدم رکھنے والا ہر طالب علم! لڑکا ہوا لڑکی! سوچ کے اعتبار سے کسی بھی مکتب فکر یا خاندانی اعتبار سے کسی بھی مالی پس منظر سے تعلق رکھتا ہو۔ جب ایک بار ڈاؤ کی دہلیز پر قدم رکھ دیتو خدا کی قسم، خدا کی قسم، خدا کی قسم! ایک خاندان بن جاتا ہے اور پھر پانچ سالہ اخلاقی، ارتقائی صحبت و مباشرت و چارہ گری کیا شفاق سے قدم باہر نکالتے وقت بلڈ گروپ بھی ڈاؤ پاسٹو بن چکا ہوتا ہے۔ اس عبارت میں اللہ کی قسم بھی کھائی جاسکتی تھی کیونکہ ہم سب نے پاکستان کے تمام سیاسی رنگ دیکھے! سردی زردی اور وردی کا اتار چڑھا دیکھا۔ ایشیا کو سرخ ہوتے دیکھا! پھر سبز ہوتے دیکھا! خفی دور دیکھا! سلفی دور دیکھا پھر فیس بک پر سیلفی دور میں ایسا بے مثال شوگ و اتحاد کا نیا اتہاس قائم کر ڈالا کہ ایسا انمول رشتہ جہاں ایک ٹھینگا دکھانے پر لائیک!

دو ٹھینگے دکھانے پر ٹو تھمبس اپ

اور پورا اکھلا دکھانے پر ہائی فائیو!

Welcome to 16th DOGANA Annual Retreat

Azim Qureshi, MD

FUNNY QUOTES BY ANONYMOUS

I Think 2018 was a better Year!

By Dr M. Shaikh

If you Think, You are Smarter than I am..... Good luck.

By Dr A Qureshi

I was a President once.... and , can be again. Please! Take care of Yourselves.

By Dr N Qureshi

People say, I am Handsome..... andBelieve me! I know it well!

By Dr S Khan

Stay in Touch, otherwise I will tag you

By Dr Hab Khan

I am an athlete; I am always here to be for you

By Dr Man Mohiuddin

I am a very nice person..... As long as You are.

By Dr D SAEED

I Love my Bosses! And I am a Cardiologist

By Dr I Aslam

Urdu is our First language.

By Dr S. Naqvi

Doctor and Patient relationship is as precious as father and son; as beautiful as mother and daughter

By Dr Me

All U-turns are legal now.

By Dr N Shekhani

I am A writer by-choice, and a doctor by coincidence

By Dr M Qadri

Making selfies is not cruel; but, making pictures to make fun of others is!

By Dr. T Siddiqui

Facebook is my diary not a Social Network

By Dr F Hashmi

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Welcome to the Retreat 2019

Talha Siddiqui, MD

Mamameek Anesthesia , PC

Welcome to DOGANA Retreat 2019

Rashid Nayyar, MD PC

2000 North Beauregard Street, Suite 360

Alexandria, VA 22311

Phone: (703) 924-9004

Fax: (703) 924-9067



Rashid Nayyar, M.D., FCCP

Dow History Museum Support Group

Effort is being made to establish a museum on the premises of DMC to preserve the history events and land marks of Dow for future generations of Dowites

Please donate pictures news articles and other memorabilia for this project

Shakeel Kausor D88
Habib Khan D88

Mamoona Shaikh Ahmad and Salman Ahmad

Welcome You to DOGANA Spring Retreat 2019

Dow Class of 1989-1

**GONE BUT NOT FORGOTTEN
YOU LIVE IN OUR HEART**

“NO DOUBT WE ARE FROM ALLAH AND TO WHOM WE SHALL RETURN”



- 1- Tazeen Soomro
- 2- Anjum Ara Uqaily
- 3- Shafqat Ali Tariq
- 4- Ejaz Munir
- 5- Faheem (passed away in 3rd year)
- 6- Naheed Kamal
- 7- Abdul Raheem
- 8- Syed Dilnawaz Tajdar
- 9- Maisarah Wael

Welcome to DOGANA Retreat

Hasan Ali Habib, Amjad Ali, Nighat Qadri, Tariq Alam

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WAMIQ SULTAN
MASOOD AFZAL
SHAHZAD KHAN
AAMIR EHSAN
SYED MUNIR AZIZ
ANIS MEMON
GHAZANFAR NAQVI
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The advertisement features a central graphic with a white smartphone displaying the Radio Caravan app interface. The app screen shows the 'radio Caravan' logo, the tagline 'Join The Caravan', a play button icon, and a 'Live Stream' button. To the left of the phone, the text 'DOWNLOAD OUR APP' is prominently displayed in pink and blue. Below this, there are two buttons: 'GET IT ON Google Play' and 'Available on the App Store'. At the bottom, a blue banner contains the text 'FOR HINDI - 94.5FM HD2 | 104.1FM | 700AM' and 'FOR TELUGU - 94.5FM HD3'. Below the banner is the phone number '(214) 817 - 3333'. The bottom of the ad includes social media handles for Facebook (/RadioCaravanFM), Twitter (/Radio_Caravan), and Instagram (/radio_caravan).

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As a former councilor treasurer and presently General secretary for the 2nd consecutive year of DOGANA I can attest we have blessed with inspirational leadership.

We want to bring Dowites together to further strengthen our alumni and plan to advocate for new physicians, launching-new programs so that dogana and DUHS can collaborate together in many fields.

We all welcome you to this beautiful city of Dallas . We hope you will have an awesome time here with friends.

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DOW CLASS OF 2001

16TH ANNUAL DOGANA SPRING RETREAT

Sanober Kable, MD

Pulmonary Critical Care & Sleep, BSW McKinney, TX

Hina Amir, MD

Psychiatry, Hartford County Maryland area.

Muhammad Saim, MD

Transplant Nephrology, Dallas TX

Kiran Naqvi, MD (Kiran Hasan)

Heme Onc/leukemia, Assistant Professor MD Anderson, Houston, TX

Maria Amin, MD (Maria Khan)

IM hospitalist, Orlando Florida

Zia Jamalvi, MD

IM hospitalist Ingalls hospital (Univ of Chicago)

Bilal Sitwat, MD

Pediatric Neurology, Assistant Professor of Pediatrics, University of Pittsburgh, PA

Haaris Mir, MD

Plastics & Re-constructive surgery/Hand/microsurgery/Burn, Miami, FL

Shireen Jindani, MD

Integrative and Functional Medicine Internist, Univ of Arizona, Phoenix

Hajra Tily, MD

Rheumatology, Sutter Gould foundation, Modesto, CA

Syed Arman Raza, MD

Interventional Cardiology, Houston Texas

Mohammad Mehdi Ansari, MD

Structural Heart Disease, Assistant Professor Texas Tech University HSC, Lubbock TX

Humayun Anjum, MD

Pulmonary critical care & sleep, Assistant Professor UNT, Corpus Christi, TX

Muhammad Irfan Atiq, MD

Practicing Nephrology, Lexington, KY

Mateen Fatima Abidi, MD

Cardiologist MCHS Wisconsin

Muhammad Ashar Ayub, MD

Family Medicine, Ottawa, ON, Canada

Muhammad Adnan Aziz, MD

Assistant Prof Florid IU ,Miami, FL

Kailash Khiani, MD

Hospitalist, Augusta, Georgia

Nausheen Muntiq, MD

IM, Northport VAMC , NY

Saima Iqbal, MD

Nephrology, Tampa, FL

Kokab Khan, MD

Hospitalist UPMC Altoona, PA

Shafaq Erum Bokhari, MD

Hospitalist Capitol Health, NJ

Syed Essam Ahmed, MD

Nephrology Univ of Toronto, ON, Canada

Sumera Ahmed, MD

Hospitalist St.Joseph's hospital Syracuse, NY

Sadia Rashid, MD

Family Medicine, ON, Canada

Muhammad Faraz Masood

Asst Professor Cardiothoracic surg, Wash U School of Medicine, St. Louis MO

Ali Rizvi, MD

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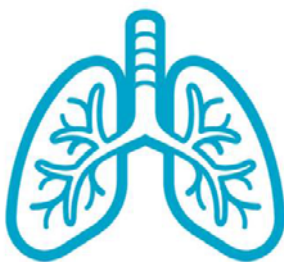
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