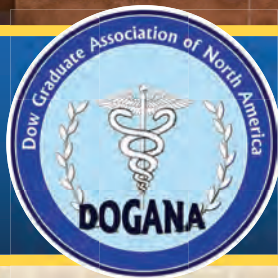




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DOGANA publishes quarterly newsletters. We encourage all Dowites to please submit their articles for the publication throughout the year. We are also seeking class news, meeting information or any news that you would like to share with other Dowites. Articles to be submitted by email to linking-dow@gmail.com, in Word document, or plain email format will be acceptable. The Editor reserves the right to edit all the submitted material.

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DowLink is a Quarterly Newsletter, a publication of Dow Graduate Association of North America. The newsletter is dedicated to providing useful information to the members and the readers in general. The views expressed are those of the authors and do not necessarily represent the official position of either the editor or the association.

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EDITORIAL

Tariq Jawaid Alam, M.D.

The Dow Medical College has transformed into a vibrant medical university with many disciplines and faculties. While growth is an integral part of expansion and success, this has to be matched with solid infrastructure, manpower and resources. The healthcare system is not just dependent on physicians. Equally important are the paramedical staff, the nurses, technologist, pharmacist, therapist and medical managers and executives.

Today, the Dow University has more or less a separate school of these disciplines. This growth has been rapid and exponential. Support from the government and the higher education commission have made this transformation possible.

However, we cannot ignore the role of the Dow alumni in this expansion and growth. Any university is ultimately dependent on the gifts from its alumni. With the already overburdened healthcare delivery method in Pakistan in general and in Karachi in particular, it is imperative that the alumni constantly reconnect with the alma mater and contribute generously to projects that will make a difference.

While the administration of DUHS deserves credit for their vision of expansion, this must be supported with tangible manpower and human resource. Opening multitude of disciplines and faculties without adequate teachers and professionals will be counterproductive. DUHS needs to take the lead in producing genuine and capable professionals who can be a resource and an asset for society. This is where the concept of ToT – Training of Trainers comes in handy. Worldwide, institutions invest in training manpower so that a generation of future leaders are produced. They in turn can train subsequent professionals so that a steady stream of manpower is assured. While DUHS has invested heavily in infrastructure, there is a need to channel some of the resources to train the faculty members and have them exposed to the best level of medical innovation and teaching methodologies so that students of Dow from its various disciplines can remain competitive all over the world.

Today Pakistan suffers from a serious shortage of qualified nurses that are an integral component of any healthcare system. The stigma that is associated with the nursing profession needs to be removed if we truly wish to deliver a first class health system in Pakistan. This is where, the Dow University with all its resources has to make a difference. The concept of 'hierarchy' in the healthcare system in Pakistan needs to be abolished and both physicians and healthcare managers need to realize that alone they are not able to make a sustained difference unless they involve other healthcare professionals too.

I truly believe that healthcare does not stop with just producing physicians. Healthcare encompasses the social as well as mental wellbeing of the citizens. Dow has always remained in the forefront of vibrant student movements, democracy and inclusivity. The same spirit and strength needs to be utilized for the greater good. With all its resources and the backing of its powerful alumni, Dow is uniquely suited to achieve the same. I remain confident that the Dow alumni is the greatest strength of Dow University. Our strength is at its best when we are united and devoted to the cause of the medical profession and healthcare in the true sense of the word. Long Live Dow !!

Tariq Jawaid Alam, MD,
Editor



Letter from the President

Sajid M. Zafar, M.D.



Dear fellow Dowites,

It is with great pleasure and enthusiasm that I welcome you to Houston for our 11th annual spring retreat. This has become one of the most popular meetings for Dowites where we socialize as well as plan for the betterment of Dowites and our alma mater. I have been exceptionally blessed and immensely thankful to have such an excellent host committee, under the leadership of Dr. Shagufta Naqvi. Her team and her have worked tirelessly to make this retreat possible. In addition, this retreat would not have been possible without the support of our fellow Dowites. I have been overwhelmed by the generosity of the Dowites, our sponsors, as well as some dear non-Dowite friends, and I would like to extend my gratitude to them.

This retreat is a very comprehensive, including a robust CME program, arranged by Dr. Farida Abid in collaboration with veteran academician, Dr. Shehzad Saeed. There is also a great young physician forum, under the leadership of Dr. Tariq Alam and Dr. Zafar Iqbal, which will focus on the needs and issues of medical students and young graduates. We will also be hosting a second presidential debate moderated by veteran Dowites. There will be various forms of excellent entertainment, including a great Mushaira, fashion show, the Dow Bazar, and for the first time, Dogana Idol. Lastly, there will be a ravishing musical evening by leading Pakistani female vocalist, Quratul-Ain-Baloch.

This year is a very exciting year for us, and I am fortunate to have an excellent central Council that is dedicated and devoted to Dogana and Dow. Our goals for this year revolve around advancing the betterment of our young physicians and medical students. An adhoc Dogana educational committee has been created under leadership of our President elect, Dr. Azim Qureshi, who has been working selflessly on this project for the last year. We are also focusing on visiting faculty program under the influence of Dr. Ali Imran Musani, a very academically accomplished class fellow of mine. We are also working hard to streamline the Dogana liaison office in Pakistan, as well as resolving the issue of our 501-3c status.

Last but not the least, we all are working for our organization on a volunteer basis; while we do get sensitive about it, there should be no reason to get rude or demeaning to each other. Disagreements may occur, but please remain respectful to each other. Elections and councils come and go, but friendships will ultimately stick around. Furthermore, any ideas and feedback for the betterment of our organization are welcome.

Long Live DOGANA and Dow.

Sajid M. Zafar,
President DOGANA 2013



General Secretary Message

Samira Zoberi, M.D.

My dear fellow Dowites, Assalamu Alaikum and greetings.

It is a distinct honor and indeed very humbling to be elected as the General Secretary of DOGANA for the year 2013. I would like to thank you for putting your faith in the newly elected Central Council and me.

We have started the year with great promise to work for the greater good of DOGANA, and fellow Dowites, especially to be able to serve the young and new graduates of DUHS. The leadership has made plans to achieve greater success in all matters of DOGANA.

We have had a couple of meetings with interesting and innovative ideas to help the new graduates. We now have a rental apartment in Detroit to house the new graduates on as needed basis. We hope to improve the Dogana office in Karachi, to help facilitate in fulfilling the needs of Dowites. We endeavor to improve our membership and the process of verification of all the members. We hope to be able to provide ID cards with a unique member number for easy identification. We are moving forward with a more enthusiastic Visiting Faculty Program. We hope to have wonderful, educational and enjoyable Spring Retreat in Houston. I would like to thank the host committee for their hard work and effort in trying to make this a memorable event. It would be great to hear your ideas to help us do our jobs well and to implement new and quality measures for the greater good of DOGANA.

Long live Dow., Long live Dowites., Long live DOGANA. Wishing you and your families the very best, Keep in touch.

Samira Zoberi,

General Secretary DOGANA 2013

COMPLIMENTS FROM

M. AMJAD ALI & NIGHAT QUADRI

**Welcomes Dow graduates at 10th Annual
Spring Retreat in Houston 2013**



Letter from Past-President Talha Siddiqui, M.D.

Dear Dowites,

Welcome to the DOGANA Spring Retreat in Houston , TX.

I want to thank the Local Host committee and specially the Chair, Dr. Shagufta Naqvi, for their voluntary and selfless labor for this retreat.

One of the major goals of our retreat is to increase our membership and brainstorm about future projects.

This year will be another exciting year for Dowites. Central Council under the leadership of Dr. Sajid Zafar will continue to help the J-1 physicians and their visa issue. We have strengthened the Visiting Faculty Program to facilitate transfer of knowledge to young physicians and students back home.

I request Dowites to join DOGANA and help our Alumni. With scarcity of residency opportunities , it is imperative that research, academic basic sciences and Public health opportunities are available to Dow graduates in future.

I hope Dowites ,who are in academic positions ,will continue to guide and support young Dowites. DOGANA has immense potential to provide assistance to Dowites in their future endeavors.

Long live Dow and Dowites!

Talha Siddiqui,
Past President, DOGANA



Message from President-Elect M. Azim Qureshi, M.D.

Dear fellow Dowites

Welcome to the DOGANA retreat in Houston. I like to congratulate the Chair and the members host committee who worked tirelessly to arrange this event for Dowites.

DOGANA is emerging as the largest alumni of Pakistani physicians in North America. The need of time is that we should build institutions in DOGANA. Lot of work has been done and more work has to be done. We are trying to reinvent our relationship with EnDow on mutual respect and understanding. Our relationship with Dow University of health sciences has come long way. As the leadership of DOGANA is transferred to the junior classes , innovative and fresh leadership will emerge to tackle the challenges of the future.

We have to increase the membership of DOGANA by serving the Dowites who reside here in North America. The issue of the document verification from DUHS has to be resolved on permanent basis. We have to make this process speedy and user friendly. We have to help young physicians coming to the United States for residency training by helping visa process, security clearance, providing boarding facilities like DOGANA houses and arranging electives/observership/externship for them.

With your help and support and leadership with clear vision and thought process ,we will be able to achieve this goal.

Long live DOGANA

M. Azim Qureshi, MS MD
President-Elect



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Executive Director of DOGANA
S. Mansoor Abidi, M.D.

Welcome to the spring retreat! Working as the executive director of Dow Graduates of North America has been an exciting challenge and an honor. Close to 3/4 of the Dogana central council members are new, bringing fresh ideas and resounding commitment to the central leadership. Their ability to connect with the membership of Dogana was impressive and a mark of their past and future successes. I believe this council has the ability to take Dogana to new heights.

This year, it was a goal of the leadership to strength alumni intra-relations and aid incoming Dow graduates completing residencies in the United States. Their difficulties are varied and numerous.

New Dow graduates face many obstacles during their US residencies. In order to aid them, the council arranged temporary housing, interview coaching, and brief introductions into American culture. The coaching involved a combination of one-to-one and group conferences. The conferences sought to help residents in interviews with everything from personal presentation and how to answer common questions. The unprecedented amount of work put forth by Dogana was received with strong positivity from attendees.

However, these residents' difficulties begin long before they set foot in the United States and it is here that the leadership abilities and dedication of the Dogana truly made themselves present. Many incoming residents lose their residency spots due to a delay in their security clearance. IN 2012, Dogana tackled the task. With the help of the US State Department and partnerships within the department, Dogana was able to set up a route to expedite visas for medical residents, saving dozens of residencies for graduates of Dow and other medical colleges.

Dogana has enormous potential in each and every one of its members and leaders. The organization is willing to act as a platform and provide resources to help current physicians and the upcoming generation. WE encourage you to be a part of this process.

S. Mansoor Abidi,
Executive Director of North America



Message Host Committee chair

Shagufta Naqvi, M.D.

My fellow Dowites,

Welcome to the 2013 DOGANA Spring Retreat! I am excited to present you with a weekend of entertainment, seminars and training that I hope you will find both enjoyable and productive.

As we continue to build on our strong sense of community throughout the weekend, I encourage you to take a moment to reflect on DOGANA's mission and the current state of our home country. Pakistan's health system is in great need of reform and her people in great need of access to health care. As educated expatriates of Pakistan, we are not only empowered to create this change, we are responsible for it. DOGANA's Spring Retreat is a gathering of great minds and leaders dedicated to healthcare and Pakistan. It is the perfect platform to begin conversations on how we can give back and improve Pakistan. One of the most important things we can do for our country and our alma mater is to focus on being a guiding source for our young graduates. This year we will focus on providing new opportunities for rotational programs and plan how to help young physicians to find residencies. Together, we can make great strides toward progress.

Should you have any concerns during the weekend, please feel free to reach out to me. Again, I would like to welcome you and your family to Houston, Texas and the 2013 Spring Retreat!

Sincerely,
Shagufta Naqvi



MESSAGE PUBLICATION CHAIR

Humaira Faruqui, M.D.

Dear Dowites,

Welcome to the DOGANA spring retreat in Houston--not only the heart of Rodeo, and America's fourth largest city, but arguably one of the most important centers of medical research and healthcare in the world. We are blessed to host this dynamic meeting in such an outstanding city!

As Chair of this publication, I can attest to the fact that the host committee has worked tirelessly to make this a memorable event for you. We have organized CME conferences, a spectacular bazaar, class reunions and, of course, food and entertainment. But the retreat is not just another big social event. It provides us all with the opportunity to put our minds and hearts together and come up with workable and sustainable action plans, to contribute to the community, both here in our adopted country and in Pakistan.

This retreat will also hopefully give us all an opportunity to move beyond our differences and to stand united on the DOGANA platform. Although easier said than done, I challenge you all to listen, attempt to understand, forgive and compromise, if need be, as our goals and mission will not be fulfilled without respect among us. As the young and not so young among us know well, mutual respect is the real building block of society, and if we come to embody this characteristic then the contribution we seek to make will not be in vain.

In closing, I hope you and your families have a truly memorable experience and enjoy your time here in Houston.

Humaira Faruqui,
Publication Chair
Dow- 1995-1



CHAIR of CME (Continuing Medical Education)

Farida Abid, M.D.

Welcome to DOGANA CME 2013.

I am privileged to be part of the program this year. It has never been easy to compile a CME course which perfectly suits your personal needs and interest. My main goal for the course was to come up with topics which should appeal to audiences from every specialty and preserve their interest till the end of the course.

We have excellent speakers from unique and different specialty and topics are simple to which most of you come across during your practice. I hope that we offer you a full lineup of diverse, top-tier educational program you have come to expect. No matter what your career stage, your specialty, or your schedule the result is sure to be memorable, valuable and deeply rewarding to you, your profession, your practice and your patients.

The PowerPoint files printed in this syllabus were received a month ago prior to meeting to allow for formatting, printing and shipping. Due to this early submission, the printed PowerPoint slides may not match those that presented. The DOGANA CME apologizes for any inconvenience .

I would like to thank all the speakers for their unsung effort and taking time out from their busy schedule to be part of this educational program. I want to humbly thank you for your support. I also want to acknowledge Dr Rizwan Naeem and Dr Wamique Yusuf for helping me during the whole process from deciding the topics, to filling out the extensive paper work.

Farida Abid,
Chair CME Committee



FROM THE STAIRS OF MOIN AUDITORIUM TO THE PLATFORM OF DOGANA **Shahid Hasnain, M.D.**

The priceless memories from Dow Medical College are still fresh in our minds. Innumerable times we sat on the stairs of Moin auditorium, exchanging pleasantries ... oblivious of the challenges and responsibilities to come. All those trips to the cafeteria for hot samosa with chutney cannot be forgotten. The cafeteria windows were always wide open blasting us with the hot Karachi heat one interminable summer after another. But neither the heat, nor the expired chutney bothered us. After partaking in the samosas, it was the waiter's turn to affectionately pour water into stained glasses embellished with bacteria, amoeba, paramecium and other water-borne delicacies. Tip was generally restricted to a rupee or less followed by rueful introspection as we passed the long, vertical mirror placed next to the cafeteria entrance. With a small black comb pulled out from the back pocket, we would return rebellious hair locks back into place.

Now, the black comb is gone, as is the thick hair. We are left with memories of what once was at Dow. Some of those memories seem silly, like identifying that a slide belonged to a bladder cross section based on the fact that the slide was chipped from the upper-right corner. Our mastery of bone markings would be non-existent were it not for the late Shabo, our only access to those enduring cadavers. While giving monikers to professors seems unfair in retrospect, it was what we did then. Names like 'kofta' echo in our minds. We all felt a special bond to everyone including the driver and the conductor of the point. It was at the bus points that friendships were forged and occasional bullying happened.

One rainy afternoon, the student union announced a visit to Hawks Bay for a picnic. Upon leaving the campus, everyone sang Alamgir and Shehki songs in unison, not stopping until our voices had cracked and our throats were hoarse. The college libraries are unforgettable. It was here that we created a serious atmosphere, so quiet that one could hear a pin drop. For some reason, that silence is unmatched even at the libraries here in America.

Later, we moved to the house job era. Here, the dynamics of our friendships changed and we made new friends. Some previous friendships remained while many faded noticeably as people joined other units. A few of our classmates proposed to their future life partners that year. Later, they were married. Once the house job ended, we all scattered to the four winds. Many of us migrated to the United States and some friendships rekindled on the platform of DOGANA. May the founders of DOGANA (Dr. Inayat and Dr. Sultan Ahmed) be rewarded for introducing this horizon. This platform is very nourishing and nurturing in many different ways. I am glad we are once again reuniting at the Houston Retreat 2013 at the Marriott, Sugar Land.

It is nostalgic to ruminate over the past. We feel proud of some of the things we did and embarrassed by yet others. No matter, whether the actions were smart or silly, they all form a bouquet of memories. Memories that we shall cherish forever.

Now, that we are on the platform of DOGANA, let's benefit each other utilizing the power of unity. We are in a state of being undivided and unbroken. Let's enjoy accord and harmony. We will combine all our efforts to solve the problems of Dowites. Let's light a single candle at the same time with each of our candles!
Long live Dow, long live DOGANA and long live our sweet memories!

Shahid Hasnain, M.D., MPH
Pediatrician,
Houston, TX

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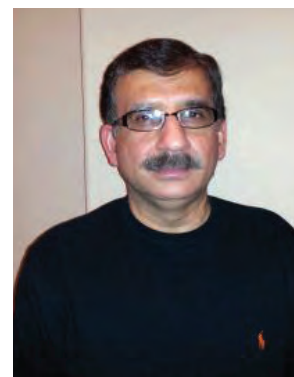
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Pakistan's Health Care.... How to Resuscitate?

Arshad Umer, MD



On a recent Sunday afternoon, while I sat in my lounge chair drinking a freshly brewed cup of tea, the aroma of it took me back to my time at Dow Medical College. It was a simpler time when my friends and I used to enjoy “doodh patti” in the cafeteria, and I started thinking of the wonderful times we had while studying at the medical college. A thought crossed my mind about the cost of attending medical college today, be it in the United States or abroad. Comparatively, we paid next to nothing for our education at DMC. At that moment, I looked around and took a cursory account of our luxurious lifestyle, and the countless blessings I experience on a daily basis. It dawned on me how indebted I am to the people of Pakistan for the education I received, and the foundation that was laid at DMC, which I carried with me to United States.

I'm sure many of you may relate to my feelings of nostalgia, but I also started to think about now. Years after we've left DMC and Pakistan to pursue our careers and establish a stable life for our families, how may we give back to our roots? While many of us afford this question some thought, and time, including by getting involved with different charities, the challenge remains: can we do more?

During my many visits to Pakistan, I've witnessed how nonexistent basic affordable medical care is for the masses of Pakistan—the very people who helped many of us achieve our full potential in life. Since the time that our fellow DOGANA members left our Pakistan, the nation has gone through turmoil, due to military rule, natural disasters, and political and social unrest. According to the World Health Organization, Pakistan currently ranks 136th on the UNDP Human Development Index, and is characterized by high child and maternal mortality, as well as an increase in communicable diseases. Increasing costs of medicines and diagnostic tests have made affordable treatment difficult for most people in Pakistan. The country also suffers from a shortage of doctors and healthcare facilities to cater to the needs of its 180 million residents. According to the Federal Bureau of Statistics, consumer prices have risen by over 20% in the last year, placing enormous stress on most households. Add to those facts the increase in quack doctors and corruption, and it sends the mind reeling on how dismal the state of health care in Pakistan currently is.

But all is not lost. Just as we pulled through to complete our degrees and certifications, I believe we can do something to change the course of events.

With the collective wealth of our knowledge and wallets, we have to broaden our vision, especially DOGANA's vision, and see the wider picture of Pakistan. I urge our members to come together collectively, not only to reminisce about our youth, but also to discuss viable solutions to help the health care industry in Pakistan. If we fail to resuscitate our Pakistan, then what have we truly accomplished? Just filled our own pockets, and robbed our homeland? No, I believe that as we grow in our comfortable lifestyles in America, now is the time to begin discussions on how to get involved in ways that will make an impact on the current crisis. We have to stay positive and take the optimistic approach about Pakistan. We have to remember that “sachhi niyyat” (true intentions) will always win over corruption. Pakistan is the sick child, infected with an ailment that may be fixed with a healthy dose of medication; but that cure must come from us, the very people who left the country to improve our lives. It's time to give back to our mother country, our “Sohni”.





THE CITIZENS FOUNDATION-USA

There is nothing like a dream to create a future. Our story begins with a dream. Shared by a group of close friends, this one dream has turned into a movement of many and a cause close to the hearts of the citizens of the world.

The Citizens Foundation (TCF) was incorporated as non-profit organization in Pakistan in 1995. The mission of the founders is to address the education emergency in Pakistan where millions are denied the right to be in school. Many of those children who make to schools, study in wrecked buildings, often with no teachers, or teachers that are not trained to be in this field. This paints a stark picture of a bleak future.

TCF is trying to change this image. For the past over 17 years, TCF is dedicatedly operating its purpose-built schools in rural areas and urban slums across the country. In TCF schools, preference is given to those children who have no financial means of receiving formal education. Its entire teaching staff and principals receive comprehensive training. Together TCF and its faculty are striving to help its students envision a brighter and peaceful world.

TCF built its first five schools in 1996 in the slums of Karachi with 800 students. From April 2013, TCF will be operating 910 purpose-built school units across Pakistan & AJK in 97 towns and villages with 126,000 children. TCF strives to keep the female enrollment to 50%. A typical TCF primary school consist of six class rooms from KG to 5th grade with no more than 30 children in each class room. Each school has an art room, a room for the principal, toilets with running water and playground. All schools are gates with a male guard outside. TCF's secondary schools also has computer and science labs. TCF employs all female faculty who go through teacher's training program of TCF before they enter a classroom. Each and every teacher has undergo a recurring teacher's training of 120 hours each year regardless of the length of her service.

TCF focuses on developing well-rounded, enlightened students with all the potential to create a better life for themselves and their communities. In order to develop their young personalities, TCF carries out a number of programs as part of its regular activities at school. Mentoring and career counseling programs have been initiated to focus on building a better understanding among students, of themselves and the world outside and all the opportunities it encompasses.

TCF focuses on 5 C's of quality education which are 1. Conceptual Knowledge 2. Communication Skill 3. Creative & Critical Thinking 4. Confidence and 5. Core Values.

TCF is member of Clinton Global Initiative (CGI) and has received a number of international awards. The latest being from the SKOLL Foundation where TCF was selected out of hundreds of charities throughout the world. TCF takes pride in its low administrative cost of 8.9%. TCF believes in complete transparency posting its financial reports accessible on its website www.tcf.org.pk audited by KPMG.





www.hamaraclinic.org

HAMARA *Healthcare And Medical Aid for Rural Areas*

Foundation Mission:

HAMARA Clinic is a non-profit organization with a mission to provide basic healthcare services to the neglected citizens in the slums and rural areas of the Pakistan and worldwide.



Foundaton Goals:

- 2018**.....20 Operational clinics in Karachi, Paksitan
- 2023**.....Expand into other areas of interior Sindh, Pakistan
- 2028**.....Expand into other areas of Pakistan
- 2033**.....Become an international medical relief organization

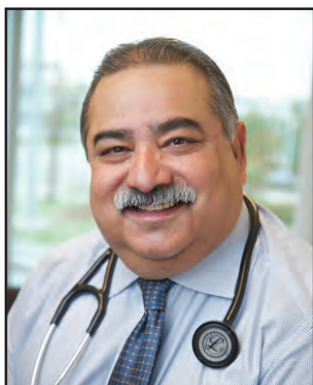
Clinic Structure:

Hamara's out-patient clinics will be operated and managed by the local qualified healthcare professionals. The clinics will be funded and supervised by the Pakistani community abroad, especially from USA and UK.

For information please contact:

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President — EnDow

Ahsan Rashid, M.D.

The year is 2018. Thanks to the diligence and generosity of US-based Dowites, the size of the Dow Alumni Endowment Fund has reached the \$10 million mark. Now our EnDow can undertake uplift projects at our alma mater every year worth hundreds of thousands of dollars—in perpetuity—utilizing nothing more than the profits of EnDow’s investments—without ever dipping into the endowment’s principle!

This dream has potential of becoming a reality—with thousands of Dow alumni practicing and thriving here in the US, Dowites with an abiding love for our own Dow, generous Dowites with a desire to better the quality of education at Dow Medical College and clinical services at Civil Hospital Karachi.

Unfortunately this remains a potential and quite a ways from becoming a reality. After it’s establishment several years ago, EnDow has thus far collected only about a quarter of a million dollars. The income from the invested principle is not enough yet for meaningful uplift projects to be undertaken at Dow. However there is some encouraging news to report. After some initial growing pains and some tribulations of the recent past, EnDow is on solid and firm footings. It is fully established as an efficiently-run, dependably-audited, 501-c3 endowment fund being run by an independent and involved board that works in close collaboration with DOGANA. This was the original vision of the founding members of the EnDow Board and remains the guiding principle of the current Board.

We are now well-placed to launch a focused campaign aimed at building on the sound infra-structure that’s fully in place. I therefore invite you to educate yourself about EnDow by visiting our website (www.dowendow.com/) and help make your endowment all it can be. We need you to step forward with donations and with spreading the word about EnDow. Your donations are fully tax deductible.

Together we can create a legacy that will continue to bear fruit for our beloved Dow -- for ever. A legacy we can proudly pass on to future generations, one that would take our Dow to greater heights.

Onwards then!

Ahsan Rashid, M.D.,
President — EnDow 2013



Lifetime worker of DOGANA & APPNA

Omar Nasib, M.D.

Lifetime worker of DOGANA & APPNA.

My Association with APPNA started when I was a 4th year medical student, after learning about APPNA SEHAT project @ a Summer meeting in Washington DC, I worked for this project in Mullo, a small village near Mardan, Pakistan.

I have served APPNA in various capacities & most if not all committees, as chair of the office management committee bought the building that became APPNA'S first free clinic, the next year. Most Recently I served the constitution & by laws committee, my role in getting the long awaited amendments passed is known to all.

I Chaired various committees of 2 APPNA summer meetings held in Chicago, as President of Illinois Chapter organized a joint fall meeting in Chicago.

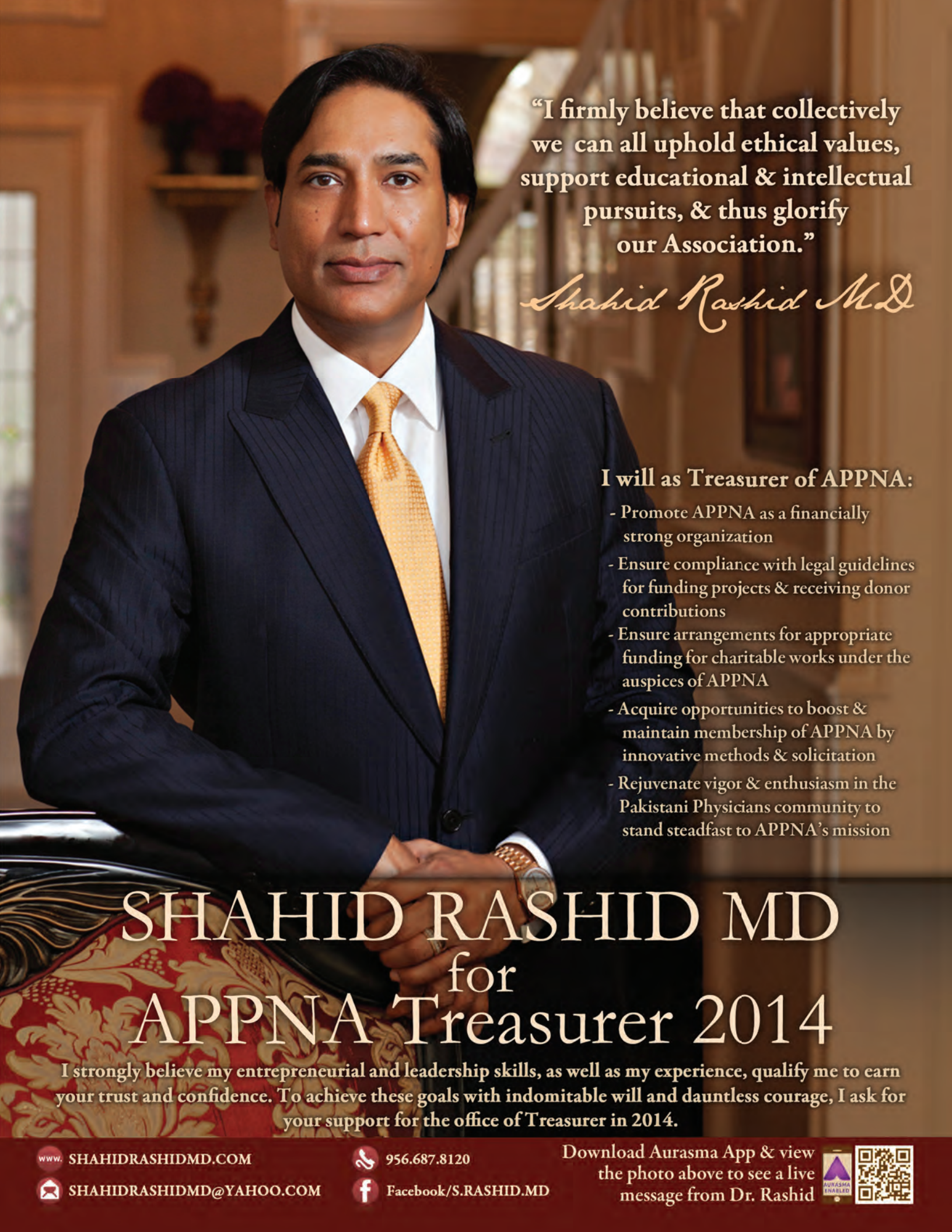
I was appointed chair hospitality committee DOGANA retreat 2009 held in Chicago for that reason I Consider myself to be an honorary & a honored DOWITE.

I believe in Building bridges, I was involved in writing a proposal to Mayor Daley to declare Chicago & Lahore Sister cities. This proposal was accepted ladies & gentleman & I was appointed first Chair of its Health & Welfare committee. We are working on several projects including starting a trilateral co-operation between UIC, KE & DOW in research & academics.

I am running for APPNA TREASURER 2014. I have served APPNA'S oldest Chapter as Treasurer for 2 years, causing not only a real balance in the budget, but a major swell in it's membership & funds.

I will work for UNITY, TRANSPARENCY, ACCOUNTABILITY & ACROSS THE GLOBE COMMUNITY SERVICE with your support & guidance. I humbly ask for your vote. May God bless you all & your families. Warm Regards!

Omar Nasib, M.D.,
Lifetime worker of DOGANA & APPNA

A portrait of Dr. Shahid Rashid MD, a man with dark hair, wearing a dark blue pinstripe suit, a white shirt, and a yellow patterned tie. He is standing in a room with wooden paneling and a bookshelf in the background.

“I firmly believe that collectively we can all uphold ethical values, support educational & intellectual pursuits, & thus glorify our Association.”

Shahid Rashid MD

I will as Treasurer of APPNA:

- Promote APPNA as a financially strong organization
- Ensure compliance with legal guidelines for funding projects & receiving donor contributions
- Ensure arrangements for appropriate funding for charitable works under the auspices of APPNA
- Acquire opportunities to boost & maintain membership of APPNA by innovative methods & solicitation
- Rejuvenate vigor & enthusiasm in the Pakistani Physicians community to stand steadfast to APPNA's mission

SHAHID RASHID MD for APPNA Treasurer 2014

I strongly believe my entrepreneurial and leadership skills, as well as my experience, qualify me to earn your trust and confidence. To achieve these goals with indomitable will and dauntless courage, I ask for your support for the office of Treasurer in 2014.

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Zaki Anwar, M.D.

I completed my first ironman 140.6 miles race (swim 1.59 hrs, bike 7.55 hrs, run 6.7 hrs) in 16:30 hrs.

I like to thanks for all the support I got from my wife ayesha, my son Raafae and daughter Noor who supported me in every possible way with my training schedules. I am also grateful to my kids who were buddies in my training as well as proved themselves to be active tri-athletes by participating in kids triathlon events and finishing up the races. Noor and Raafae were the great motivation force behind my grainy and showed their affection towards me in a very loving way. I am blessed to have a supportive family.

I am also so grateful to all the coaching and support over last two years from Maurice, I, Lara and Kathy. I also like to thank Athur Yousaf, Bilal Ansari, Joon park, Jamal Burki, Frank miller, Keith Spackman and Rob Godridge to give me all the moral support and preparing me for this race.

ironman Arizona 2012 was the race to remember moral support from great spectator crowd of Tempe.

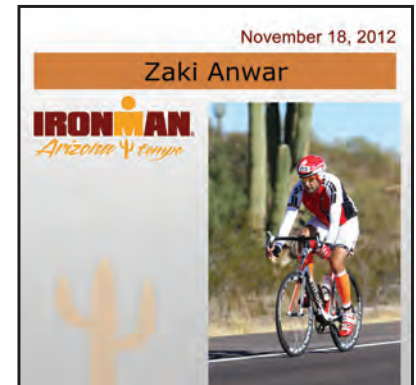
Here is the recap of the race: After waking 3::00 am in the morning for a breakfast and after resting for another hour, I got ready for the race at 5:30 am. Weather outside was 54 degrees.

Swim (2.4miles) was easy, as the lake water was calm. Initial adrenaline rush and tachycardia was due to 62 degree water temperature. Diving 15 minutes before the race help to adapt the temperature was helpful. Swim started without sun at 7:00 am with 3000 people a lake. Sun rise after 15 minute of swim was beautiful. Swimming with facing towards the sun was little distracting and difficult to swim in alignment but kept me going in the first half of the swim loop.2nd half of swim loop was easy and I kept my pace at 70 percent pace. I finished the race in 1:59 minutes which was my expected goal.

Cycling (112 miles) with three loops of 38 miles in northern part of Phoenix was very pleasant Crosswinds in Arizona dessert was not helping the initial 19 miles of each loop. i encountered left wrist pain in my fractured arm but few tablets of aleve and natura endorphins as well as all the blessings of god was helpful. I kept up with my hydration, electrolytes carbs in a very calculated manner and enjoyed the cycling with finishing in 7:55 minutes.

Run (26.2 miles). I started the run with great spirit. I was feeling good and strong and after spending 8 minutes in transition area was ready to start the run at 5:20 pm in the evening. It was getting dark and i was mentally preparing myself to finish three loops (8.7 miles each loop) of running around lake tempe, I hit my first wall at mile 15 th as it was getting dark, temperature dropping and mental fatigue was beginning to kick in. I walked about two miles and then started my third loop running for the next eight miles with all the mental strength I had. Most of the people were walking and I was passing everyone with keeping up with my pace and also encouraging people to keep up the pace with me.it was soon I realized that I made few running buddies and kept going. Last two miles was my most enjoyable part of running.

The moral support at the finish line was spectacular. My victory run, cheering crowd and announcement with my name "Now you are an ironman" was the best part of the day.



The journey of my life – Who am I and what do I think?

Sajjad Raza, M.D.

On the evening of July 14 2010, I received one of the best emails of my life. With profound gratitude in my heart, I read that I had been selected as a representative of students and young scientists at the World Health Summit (WHS), Berlin. Only ten medical students worldwide were given this opportunity, based on their research and academic achievement. I had already been to Berlin in 2008 to attend the 19th European Students' Conference (ESC), where I received second prize for my presentation. This time, in 2010, I was honored with first prize for my presentation in the ESC.

During my fourth year of medical school, in 2009, one of my research articles was accepted by the National Student Research Forum (NSRF) of the US. To the best of my knowledge, I was among the first individuals, not only at Dow but also in Pakistan to be accepted at such a student conference, in US. I contacted several for a to obtain funding for my trip but nothing worked. Then, one of my friends put me in touch with Dr. Farid Qazi--a well established oncologist based in Atlanta, who was encouraging in his response, and who subsequently put me in touch with Dr. Farrukh Hashmi, who provided invaluable help. At last, I was awarded a scholarship from DOGANA to attend the conference. Unfortunately, as is all too common, my visa arrived a few days late, and I missed the conference, but the life lessons and connections were a reward in and of themselves.

By the time I graduated, I had 12 indexed publications in reputable journals, together with presentations in international conferences. I was also the student's editor of the Journal of Pakistan Medical Association (JPMA) and the Regional Adviser to the Student Lancet (TLS). On the basis of these achievements, I applied for a research fellowship in a reputed cardiac surgery program in US. I was subsequently examined on my merit—not my race, not my religion, and not my nationality. My beliefs were not a consideration; academic merit alone determined my admission. This had a huge impact on me.

From my name, it is pretty obvious to you to which sect I belong. When I chose medicine as my profession, the first reaction of my mother was “Okay, choose medicine but then leave the country as soon as you graduate. I don't want to suffer by seeing you practice here under threats; I would rather let you go abroad away from us.” Since I was very enthusiastic and young, I never cared about the targeted killings of doctors on the basis of their beliefs, but when my mother saw that I was becoming increasingly involved, she became afraid. She consistently discouraged me from involvement in extra-curricular activities, and would try to stop me from attending. Whenever I used to share with her an achievement of mine, rather than be happy she used to become anxious. My father was also concerned and kept an eye on my activities. He would always caution me from going to gatherings of doctors so as to prevent me from getting highlighted as a prominent and active person.

I believe that a doctor is just a doctor; he does not belong to any religion in his profession. If he does not discriminate amongst his patients on the basis of cast, color, creed, religion, tongue then the same goes the other way around too. I don't know where our society is heading. We have divided ourselves in every possible way, and sadly do not find a single factor that unites us--not even humanity. We still judge people on the basis of their beliefs rather than their qualities and abilities - Dunya kahan se kahan pohonch gai and hum yahi decide nahi karpaye ke muslaman kaun. My question to everyone is that do we have any right to claim our affiliation in anyway with a religion which explicitly says”.....whoever kills a soul unless for a soul or for corruption [done] in the land – it is as if he had slain mankind entirely. And whoever saves one – it is as if he had saved mankind entirely....” (Holy Quran; 5:32).

Sajjad Raza,
Dow Medical College, Class of 2011

Shifa Foundation — Houston

Shifa Healthcare & Community Services is a non-profit organization serving the Greater Houston Community. Shifa was launched by Dr. Hasan Naqvi and a few volunteers, who initially provided primary health care in just one small room. Shifa now operates four clinics, a women's center and a rehab center for ex-inmates.

In 2007, the City of Houston gave a matching grant of \$850,000 to help expand Shifa's operations. A state of the art building was completed in 2008 and was inaugurated by then Mayor of the City of Houston, Honorable Bill White. Today, Shifa operates this main clinic six days a week, as well as three subsidiary clinics, with a full time physician and countless volunteer physicians. Shifa provides primary care as well as other services, including dental, eye care, and well women care. In 2012, Shifa provided medical care to over 13,000 patients. The expenses of most of these services are met through private donations.

Shifa Women's Center was launched in 2009 for victims of domestic abuse. A facility was bought through private donations. This facility can house up to 7 women and 14 children under the age of 12. Shifa Women's Center provides shelter, food, counseling and limited legal assistance to victims of domestic abuse. All expenses are met through private donations.

Shifa Rehab Services provides a place for ex-inmates on parole. They are provided shelter, food and counseling. Shifa's plans are to operate three of its clinics six days a week. We are hoping to achieve this goal by June 2013.



The Jack in the Box mascot is a white, round-headed character with a yellow party hat, blue eyes, a black nose, and a wide red smile. It is wearing a dark suit jacket, a white shirt, and a red patterned tie. The mascot is holding a plate with a burger in its right hand.

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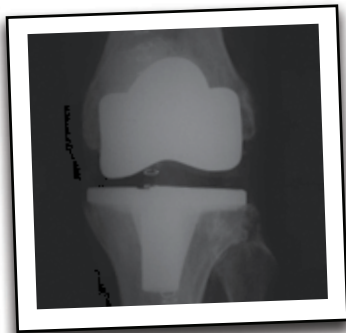
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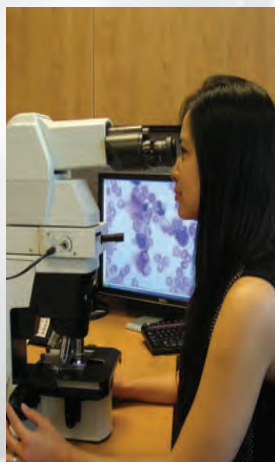
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S. Tariq Shahab, MD, FACC
Treasurer APPNA 2013

Services to APPNA & DOGANA

- Treasurer, APPNA 2013
- Co-chair Office Management Committee, DOGANA 2012
- Chairman Communication & Publication, APPNA Annual Summer Meeting 2012
- Member Host Committee, APPNA Summer Meeting 2012
- Co-chair, APPNA Resource and Development Committee, 2009
- Member, Communication Committee, 2009
- Member APPNA Advocacy Committee 2009-2010
- Chairman APPNA Publication Committee 2009
- Member Editorial Board, Dowlink Special Edition 2008
- Chairman, APPNA Summer Publications 2008
- Member Host Committee, APPNA Summer Meeting 2008
- Member APPNA Publication Committee 2008
- Co-chair Earthquake relief 2005: Set up the first camp in “Ghari Dupatta”, Azad Kashmir.
- Member organizing committee APPNA-DC/Maryland/Virginia
- Founder and Chairman of Appalachian Health Educational Campaign

Academic Achievements

Author of several papers & abstracts notably:

- First Paper on Carotid Artery Stenting in J Am Coll Cardiol- JACC, June 2000
- First to describe the phenomenon of “PSEUDOHYPERTENSION”
- Co- Author of the Editorial on “Pseudohypertension” in Journal of Hypertension
- First to report on Percutaneous Transmyocardial Laser Revascularization (PTMR)- AJC, Feb. 1999
- Clinical Assistant Professor, Georgetown University, Washington, D.C.

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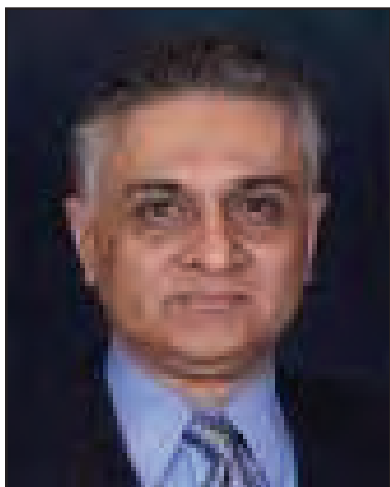
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ہزارے کے دو تین سال بعد پاکستان اور ہندوستان کی حکومتوں کو خیال آیا کہ اخلاقی قیدیوں کی طرح پاگلوں کا بھی تبادلہ ہونا چاہئے یعنی جو مسلمان پاگل ہندوستان کے پاگل خانوں میں ہیں انہیں پاکستان پہنچا دیا جائے اور جو ہندو اور سکھ، پاکستان کے پاگل خانوں میں ہیں انہیں ہندوستان کے حوالے کر دیا جائے۔ معلوم نہیں یہ بات معقول تھی یا غیر معقول، بہر حال دانش مندوں کے فیصلے کے مطابق ادھر ادھر اونچی سطح کی کانفرنسیں ہوئیں اور بالاخر ایک دن پاگلوں کے تبادلے کے لئے مقرر ہو گیا۔ اچھی طرح چھان بین کی گئی۔ وہ مسلمان پاگل جن کے لواحقین ہندوستان ہی میں تھے وہیں رہنے دیئے گئے۔ جو باقی تھے ان کو سرحد پار روانہ کر دیا گیا۔ یہاں پاکستان میں قریب قریب تمام ہندو اور سکھ جاچکے تھے اس لئے کسی کو رکھنے رکھانے کا سوال ہی نہ پیدا ہوا۔ جتنے ہندو، سکھ پاگل تھے سب کے سب پولیس کی حفاظت میں بارڈر پر پہنچا دیئے گئے۔

ادھر کا معلوم نہیں لیکن ادھر لاہور کے پاگل خانے میں جب اس تبادلے کی خبر پہنچی تو بڑی دلچسپ چہ میگوئیاں ہونے لگیں۔ ایک مسلمان پاگل جو بارہ برس سے ہر روز باقاعدگی کے ساتھ زمیندار پڑھتا تھا اس سے جب اس کے ایک دوست نے پوچھا کہ "ساب یہ پاکستان کیا ہوتا ہے؟" تو اس نے بڑے غور و فکر کے بعد جواب دیا ہندوستان میں ایک ایسی جگہ ہے جہاں "استرے" بنتے ہیں۔ یہ جواب سن کر اس کا دوست مطمئن ہو گیا۔ اسی طرح ایک سکھ پاگل نے دوسرے سکھ پاگل سے پوچھا "سردار جی ہمیں ہندوستان کیوں بھیجا جا رہا ہے۔۔۔ ہمیں تو وہاں کی بولی بھی نہیں آتی۔" دوسرا مسکرایا؛ "مجھے تو ہندوستان کی بولی آتی ہے۔ ہندوستانی بڑے شیطانی، اکڑا کر پھرتے ہیں۔" ایک دن نہاتے نہاتے ایک مسلمان پاگل نے "پاکستان زندہ باد" کا نعرہ اس زور سے بلند کیا کہ فرش پر پھسل کر گرا اور بے ہوش ہو گیا۔ بعض پاگل ایسے بھی تھے جو پاگل نہیں تھے۔ ان میں اکثریت ایسے قاتلوں کی تھی جن کے رشتہ داروں نے افسروں کو دے دلا کر پاگل خانے بھجوا دیا تھا کہ پھانسی کے پھندے سے بچ جائیں۔ یہ کچھ کچھ سمجھتے تھے کہ پاکستان کیوں تقسیم ہوا ہے اور یہ پاکستان کیا ہے۔ لیکن صحیح واقعات سے وہ بھی بے خبر تھے۔ اخباروں سے کچھ پتہ نہیں چلتا تھا اور پہرے دار سپاہی ان پڑھ اور جاہل تھے۔ ان کی گفتگوؤں سے بھی وہ کوئی نتیجہ برآمد نہیں کر سکتے تھے۔ ان کو صرف اتنا معلوم تھا کہ ایک آدمی محمد علی جناح کو قائد اعظم کہتے ہیں۔ اس نے مسلمانوں کے لئے ایک علیحدہ ملک بنایا ہے۔ جس کا نام پاکستان ہے۔۔۔ یہ کہاں ہے، اس کا محل وقوع کیا ہے، اس کے متعلق وہ کچھ نہیں جانتے تھے۔ یہی وجہ ہے کہ پاگل خانے میں وہ سب پاگل جن کا دماغ پوری طرح ماؤف نہیں ہوا تھا، اس منحصر میں گرفتار تھے کہ وہ پاکستان میں ہیں یا ہندوستان میں۔ اگر ہندوستان میں ہیں تو پاکستان کہاں ہے۔ اگر وہ پاکستان میں ہیں تو یہ کیسے ہو سکتا ہے کہ وہ کچھ عرصہ پہلے یہیں رہتے ہوئے بھی ہندوستان میں تھے۔ ایک پاگل تو پاکستان اور ہندوستان اور ہندوستان اور پاکستان کے چکر میں کچھ ایسا گرفتار ہوا کہ اور زیادہ پاگل ہو گیا۔ جھاڑو دیتے دیتے ایک دن درخت پر چڑھ گیا اور ٹہنی پر بیٹھ کر دو گھنٹے مسلسل تقریر کرتا رہا جو پاکستان اور ہندوستان کے نازک مسئلے پر تھی۔ سپاہیوں نے اسے نیچے اترنے کو کہا وہ اور اوپر چڑھ گیا۔ ڈرایا دھمکا یا گیا تو اس نے کہا میں ہندوستان میں رہنا چاہتا ہوں نہ پاکستان میں میں اس درخت پر ہی رہوں گا۔ بڑی مشکلوں کے بعد جب اس کا دورہ سر پڑا تو وہ نیچے اترا اور اپنے ہندو، سکھ دوستوں

سے گلے مل کر رونے لگا اس خیال سے اس کا دل بھرا آیا تھا کہ وہ اسے چھوڑ کر ہندوستان چلے جائیں گے۔ ایک ایم۔ ایس۔ سی۔ پاس ریڈیو انجینئر مسلمان جو تھا اور دوسرے پاگلوں سے بالکل الگ تھلک باغ کی ایک خاص روش پر سارا دن خاموش ٹھہرتا تھا، یہ تبدیلی نمودار ہوئی کہ اس نے تمام کپڑے اتار کر دفعتاً کے حوالے کر دیئے اور رنگ دھڑنگ سارے باغ میں چلتا پھرتا شروع کر دیا۔ چنیوٹ کے ایک موٹے مسلمان پاگل نے جو مسلم لیگ کا سرگرم کارکن رہ چکا تھا اور دن میں پندرہ سولہ مرتبہ نہایا کرتا تھا ایک لحظہ یہ عادت ترک کر دی۔ اس کا نام محمد علی تھا۔ چنانچہ اس نے ایک دن اپنے جنگلے میں اعلان کر دیا کہ وہ قائد اعظم محمد علی جناح ہے۔ اس کی دیکھا دیکھی ایک سکھ پاگل ماسٹر تارا سنگھ بن گیا۔ قریب تھا کہ اس جنگلے میں خون خرابہ ہو جائے مگر دونوں کو خطرناک پاگل قرار دے کر علیحدہ علیحدہ بند کر دیا گیا۔ لاہور کا ایک نوجوان وکیل تھا جو محبت میں ناکام ہو کر پاگل ہو گیا تھا۔ جب اس نے سنا کہ امرتسر ہندوستان میں چلا گیا ہے تو اسے بہت دکھ ہوا۔ اسی شہر کی ایک ہندو لڑکی سے اسے محبت ہوئی تھی۔ گو اس نے اس وکیل کو ٹھکرایا تھا مگر دیوانگی کی حالت میں بھی وہ اس کو نہیں بھولا تھا۔ چنانچہ وہ ان تمام مسلمان اور ہندو لیڈروں کو گالیاں دیتا تھا جنہوں نے مل ملا کر ہندوستان کے دو ٹکڑے کر دیئے اس کی محبوبہ ہندوستانی بن گئی اور وہ پاکستانی۔ جب تبادلے کی بات شروع ہوئی تو وکیل کو کئی پاگلوں نے سمجھایا کہ وہ دل براندہ کرے اس کو ہندوستان بھیج دیا جائے گا۔ اس ہندوستان میں جہاں اس کی محبوبہ رہتی ہے۔ مگر وہ لاہور چھوڑنا نہیں چاہتا تھا۔ اس لئے کہ اس کا خیال تھا کہ امرتسر میں اس کی پریکٹس نہیں چلے گی۔ یورپین وارڈ میں دو اینگلو انڈین پاگل تھے ان کو جب معلوم ہوا کہ ہندوستان کو آزاد کر کے انگریز چلے گئے ہیں تو ان کو بہت صدمہ ہوا۔ وہ چھپ چھپ کر گھنٹوں آپس میں اس اہم مسئلے پر گفتگو کرتے رہتے کہ پاگل خانے میں اب ان کی حیثیت کس قسم کی ہوگی۔ یورپین وارڈ رہے گا یا اڑا دیا جائے گا۔ بریک فاسٹ ملا کرے گا یا نہیں۔ کیا انہیں ڈبل روٹی کے بجائے بلڈی انڈین چپاتی توڑ ہر مار نہیں کرنا پڑے گی۔

ایک سکھ تاجس کو پاگل خانے میں داخل ہوئے پندرہ برس ہو چکے تھے۔ ہر وقت اس کی زبان سے یہ عجیب و غریب الفاظ سننے میں آتے تھے۔ "او پڑ دی گڑ گڑ دی انکس دی بے دھیانا دی منگ دی وال اف دی لائین "دن کو سوتا تھا نہ رات کو۔ پہرے داروں کا کہنا تھا کہ پندرہ برس کے طویل عرصے میں وہ ایک لمحے کے لئے بھی نہیں سویا۔ لیٹتا بھی نہیں تھا البتہ کبھی کبھی کسی دیوار کے ساتھ ٹیک لگا لیتا تھا۔ ہر وقت کھڑا رہنے سے اس کے پاؤں سوج گئے تھے۔ پنڈلیاں بھی پھول گئی تھیں مگر اس جسمانی تکلیف کے باوجود لیٹ کر آرام نہیں کرتا تھا۔ ہندوستان، پاکستان اور پاگلوں کے تبادلے کے متعلق جب کبھی پاگل خانے میں گفتگو ہوتی تھی تو وہ غور سے سنتا تھا کوئی اس سے پوچھتا کہ اس کا کیا خیال ہے تو وہ بڑی سنجیدگی سے جواب دیتا "او پڑ دی گڑ گڑ دی انکس دی بے دھیانا دی منگ دی وال اف دی پاکستان گورنمنٹ"

لیکن بعد میں "آف دی پاکستان گورنمنٹ کی جگہ" "آف دی ٹوبہ ٹیک سنگھ گورنمنٹ" نے لے لی۔ اور اس نے دوسرے پاگلوں سے پوچھنا شروع کیا کہ ٹوبہ ٹیک سنگھ کہاں ہے جہاں کا وہ رہنے والا ہے۔ لیکن کسی کو بھی معلوم نہیں تھا کہ وہ پاکستان میں یا ہندوستان میں۔ جو بتانے کی کوشش کرتے تھے وہ خود اس الجھاؤ میں گرفتار ہو جاتے تھے کہ سیالکوٹ پہلے ہندوستان میں ہوتا تھا پر اب سنا ہے کہ پاکستان میں ہے، کیا پتہ کہ لاہور جواب پاکستان میں ہے کل ہندوستان میں چلا جائے۔ یا سارا ہندوستان ہی پاکستان بن جائے اور یہ بھی کون سینے پر ہاتھ رکھ کر کہہ سکتا تھا کہ ہندوستان اور پاکستان دونوں کسی دن سرے سے غائب ہی ہو جائیں۔

اس سکھ پاگل کے کیس چھدرے ہو کر بہت مختصر رہ گئے تھے۔ چونکہ بہت کم نہاتا تھا اس لئے داڑھی اور سر کے بال آپس میں جم گئے تھے۔ جس کے باعث اس کی شکل بڑی بھیانک ہو گئی تھی۔ مگر آدمی بے ضرر تھا۔ پندرہ برسوں میں اس نے کبھی کسی سے جھگڑا نہیں کیا تھا۔ پاگل خانے کے جو پرانے ملازم تھے، وہ اس کے متعلق جانتے تھے کہ ٹوبہ ٹیک سنگھ میں اس کی کئی زمینیں تھیں۔ اچھا کھانا پیتا زمیندار تھا کہ اچانک دماغ الٹ گیا۔ اس

کے رشتے دار لوہے کی موٹی موٹی زنجیروں میں اسے باندھ کر لائے اور پاگل خانے میں داخل کر گئے۔ مہینے میں ایک بار ملاقات کے لئے یہ لوگ آتے تھے۔ اور اس کی خیر خیریت دریافت کر کے چلے جاتے تھے۔ ایک مدت تک یہ سلسلہ جاری رہا۔ پر جب پاکستان ہندوستان کی گڑبڑ شروع ہوئی تو ان کا آنا بند ہو گیا۔ اس کا نام بشن سنگھ تھا مگر سب اسے ٹوبہ ٹیک سنگھ کہتے تھے۔ اس کو یہ قطعاً معلوم نہیں تھا کہ دن کونسا ہے مہینہ کون سا ہے یا کتنے سال بیت چکے ہیں، لیکن جب ہر مہینے اس کے عزیز واقارب اس سے ملنے کے لئے آتے تھے تو اسے اپنے آپ پتہ چل جاتا تھا، چنانچہ وہ دفعہ دار سے کہتا اس کی ملاقات آ رہی ہے۔ اس دن وہ اچھی طرح نہاتا، بدن پر خوب صابن گھتا اور سر میں تیل لگا کر نگہا کرتا۔ اپنے کپڑے جو وہ کبھی استعمال نہیں کرتا تھا نکلا کے پہنتا اور یوں بج بن کر ملنے والوں کے پاس جاتا۔ وہ اس سے کچھ پوچھتے تو وہ خاموش رہتا یا کبھی بکھار "او پڑی گڑبڑ دی انکس دی بے دھیانادی منگ دی وال اف دی لائین" کہہ دیتا۔ اس کی ایک لڑکی تھی جو ہر مہینے ایک انگل بڑھتی پندرہ برسوں میں جوان ہو گئی تھی۔ بشن سنگھ اس کو پہچانتا ہی نہیں تھا۔ وہ بچی تھی جب بھی اپنے باپ کو دیکھ کر روتی تھی جو ان تب بھی اس کی آنکھوں سے آنسو بہتے تھے۔

پاکستان اور ہندوستان کا قصہ شروع ہوا تو اس نے دوسرے پاگلوں سے پوچھنا شروع کیا کہ ٹوبہ ٹیک سنگھ کہاں ہے۔ جب اطمینان بخش جواب نہ ملا تو اس کی کریدن بدن بڑھتی گئی۔ اب ملاقات بھی نہیں آتی تھی۔ پہلے تو اسے اپنے آپ پتہ چل جاتا تھا کہ ملنے والے آ رہے ہیں پر اب جیسے اس کے دل کی آواز بھی بند ہو گئی تھی جو اسے ان کی آمد کی خبر دے دیا کرتی تھی۔ اس کی بڑی خواہش تھی کہ وہ لوگ آئیں جو اس سے ہمدردی کیا کرتے تھے اور اس کے لئے پھل، مٹھائیاں اور کپڑے لاتے تھے۔ وہ اگر ان سے پوچھتا کہ ٹوبہ ٹیک سنگھ کہاں ہے تو وہ بھینٹا اسے بتا دیتے کہ پاکستان میں ہے یا ہندوستان میں کیونکہ اس کا خیال تھا کہ وہ ٹوبہ ٹیک سنگھ ہی سے آتے ہیں جہاں اس کی زمینیں ہیں۔ پاگل خانے میں ایک پاگل ایسا بھی تھا جو خود کو خدا کہتا تھا۔ اس سے جب ایک روز بشن سنگھ نے پوچھا کہ ٹوبہ ٹیک سنگھ پاکستان میں ہے یا ہندوستان میں تو اس نے حسبِ عادت تہمت لگایا اور کہا وہ پاکستان میں ہے نہ ہندوستان میں کیونکہ ہم نے ابھی تک حکم نہیں دیا ہے۔ بشن سنگھ نے اس خدا سے کئی مرتبہ بڑی منت ساجت سے کہا کہ وہ حکم دے دے تاکہ جھنجھٹ ختم ہو مگر وہ بہت مصروف تھا اس لئے کہ اسے اور بے شمار حکم دینے تھے۔ ایک دن تنگ آ کر وہ اس پر برس پڑا۔ "او پڑی گڑبڑ دی انکس دی بے دھیانادی منگ دی وال اف دی واسے گورجی داخالہ اینڈ واسے گورجی دی فتح۔۔۔ جو بولے سونہال ست سری اکال۔"

اس کا شاید مطلب تھا کہ تم مسلمانوں کے خدا ہو۔ سکھوں کے خدا ہو تو ضرور میری سنتے۔

تبادلے سے کچھ دن پہلے ٹوبہ ٹیک سنگھ کا ایک مسلمان جو اس کا دوست تھا، ملاقات کے لئے آیا۔ پہلے وہ کبھی نہیں آیا تھا۔ جب بشن سنگھ نے اسے دیکھا تو ایک طرف ہٹ گیا اور واپس جانے لگا مگر سپاہیوں نے اسے روکا: یتیم سے ملنے آیا ہے۔ تمہارا دوست فضل دین ہے۔ بشن سنگھ نے فضل دین کو ایک نظر دیکھا اور کچھ بڑبڑانے لگا فضل دین نے آگے بڑھ کر اس کے کندھے پر ہاتھ رکھا: میں بہت دنوں سے سوچ رہا تھا کہ تم سے ملوں لیکن فرصت ہی نہیں ملی تمہارے سب آدمی خیریت سے ہندوستان چلے گئے ہیں مجھ سے جتنی مدد ہو سکی میں نے کی۔۔۔ تمہاری بیٹی روپ کور۔۔۔ وہ کچھ کہتے کہتے رک گیا۔

بشن سنگھ کچھ یاد کرنے لگا بیٹی روپ کور؟ فضل دین نے رک رک کر کہا ہاں وہ۔۔۔ وہ بھی ٹھیک ٹھاک ہے ان کے ساتھ ہی چلی گئی بشن سنگھ خاموش رہا۔ فضل دین نے کہنا شروع کیا۔ "انہوں نے مجھ سے کہا تھا کہ تمہاری خیر خیریت پوچھتا رہوں اب میں نے سنا ہے کہ تم ہندوستان جا رہے ہو۔۔۔ بھائی بلیر سنگھ اور بھائی دودھاوا سنگھ سے میرا سلام کہنا اور بہن امرت کور سے بھی۔۔۔ بھائی بلیر سے کہنا فضل دین راضی

خوشی ہے، دو بھوری بھینسیں جو وہ چھوڑ گئے تھے ان میں سے ایک نے کٹا دیا ہے اور دوسری کے کٹی ہوئی تھی پر وہ چھ دن کی ہو کر مر گئی۔۔۔ اور میرے لائق جو خدمت ہو کہنا میں ہر وقت تیار ہوں اور یہ تمہارے لئے تھوڑے سے مروڈ لے لایا ہوں۔" بشن سنگھ نے مروڈوں کی پوٹلی لے کر پاس کھڑے سپاہی کے حوالے کر دی اور فضل دین سے پوچھا ٹوبہ ٹیک سنگھ کہاں ہے؟ فضل دین نے قدرے حیرت سے کہا۔ کہاں ہے؟۔۔۔ وہیں ہے جہاں تھا۔

بشن سنگھ نے پھر پوچھا پاکستان میں یا ہندوستان میں؟۔۔۔ ہندوستان میں۔۔۔ نہیں نہیں پاکستان میں فضل دین بوکھلا سا گیا۔۔۔ بشن سنگھ بڑبڑاتا ہوا چلا گیا "او پڑی گڑبڑ دی انکس دی بے دھیانادی منگ دی وال اف دی پاکستان اینڈ ہندوستان آف دی در فٹ منہ!"

تبادلے کی تیاریاں مکمل ہو چکی تھیں ادھر سے ادھر اور ادھر سے ادھر آنے والے پاگلوں کی فہرست پہنچ گئی تھیں اور تبادلے کا دن بھی مقرر ہو چکا تھا۔ سخت سردیاں تھیں اب لاہور کے پاگل خانے سے ہندو سنگھ پاگلوں سے بھری ہوئی لاریاں پولیس کے محافظ دستے کے ساتھ روانہ ہوئیں۔ متعلقہ افسر بھی ہمراہ تھے۔ واہگہ کے بارڈر پر طرفین کے سپرنٹنڈنٹ ایک دوسرے سے ملے۔ اور ابتدائی کارروائی ختم ہونے کے بعد تبادلہ شروع ہو گیا جو رات بھر جاری رہا۔ پاگلوں کو لاریوں سے نکالنا اور ان کو دوسرے افسروں کے حوالے کرنا برا کٹھن کام تھا۔ بعض تو باہر نکلتے ہی نہیں تھے جو نکلنے پر رضامند ہوتے تھے ان کو سنبھالنا مشکل ہو جاتا تھا کیونکہ ادھر ادھر بھاگ اٹھتے تھے جو ننگے تھے ان کو کپڑے پہنائے جاتے، تو وہ پھاڑ کر اپنے تن سے جدا کر دیتے۔ کوئی گالیاں بک رہا ہے، کوئی گارہا ہے، آپس میں لڑ جھگڑ رہے ہیں، رو رہے ہیں، بلک رہے ہیں۔ کان پڑی آواز سنائی نہیں دیتی تھی پاگل عورتوں کا شور و غوغا الگ تھا اور سردی اتنی کڑا کہ کی کہ دانت سے دانت بج رہے تھے۔ پاگلوں کی اکثریت اس تبادلے کے حق میں نہیں تھی۔ اس لئے کہ ان کی سمجھ میں نہیں آتا تھا کہ انھیں اپنی جگہ سے اکھاڑ کر کہاں بھیجا جا رہا ہے۔ وہ چند جو کچھ سوچ سکتے تھے۔ "پاکستان زندہ باد" اور "پاکستان مردہ باد" کے نعرے لگا رہے تھے۔ دو تین مرتبہ فساد ہوتے ہوتے بچا کیونکہ بعض مسلمانوں اور سکھوں کو یہ نعرے سن کر طیش آ گیا تھا۔ جب بشن سنگھ کی باری آئی اور واہگہ کے اس پار متعلقہ افسر اس کا نام رجسٹر میں درج کرنے لگا تو اس نے پوچھا۔ "ٹوبہ ٹیک سنگھ کہاں ہے۔۔۔ پاکستان میں یا ہندوستان میں؟۔۔۔" متعلقہ افسر ہنسا۔ "پاکستان میں۔۔۔" یہ سن کر بشن سنگھ اچھل کر ایک طرف ہٹا اور دوڑ کر اپنے باقی ماندہ ساتھیوں کے پاس پہنچ گیا پاکستانی سپاہیوں نے اسے پکڑ لیا اور دوسری طرف لے جانے لگے مگر اس نے چلنے سے انکار کر دیا۔ "ٹوبہ ٹیک سنگھ کہاں ہے؟۔۔۔ اور زور زور سے چلانے لگا۔ "او پڑی گڑبڑ دی انکس دی بے دھیانادی منگ دی وال اف ٹوبہ ٹیک سنگھ اینڈ پاکستان۔۔۔" اسے بہت سمجھایا گیا کہ دیکھو اب ٹوبہ ٹیک سنگھ ہندوستان میں چلا گیا ہے اگر نہیں گیا تو اسے فوراً وہاں بھیج دیا جائے گا مگر وہ نہ مانا۔ جب اس کو زبردستی دوسری طرف لے جانے کی کوشش کی گئی تو وہ درمیان میں ایک جگہ اس انداز میں اپنی سوچی ہوئی ناگوں پر کھڑا ہو گیا جیسے اب اسے کوئی طاقت وہاں سے نہیں ہلا سکے گی۔ آدمی چونکہ بے ضرر تھا اس لئے اس سے زبردستی نہ کی گئی۔ اس کو وہیں کھڑا رہنے دیا گیا اور تبادلے کا باقی کام ہوتا رہا۔

سورج نکلنے سے پہلے ساکت وسامت بشن سنگھ کے حلق سے ایک فلک شکاف چیخ نکلی ادھر ادھر سے کئی افسر دوڑے آئے اور دیکھا کہ وہ آدمی جو پندرہ برس تک دن رات اپنی ناگوں پر کھڑا رہتا تھا اوندھے منہ لیٹا ہے۔ ادھر خاں تاروں کے پیچھے ہندوستان تھا ادھر ویسے ہی تاروں کے پیچھے پاکستان۔ درمیان میں زمین کے اس ٹکڑے پر جس کا کوئی نام نہیں تھا ٹوبہ ٹیک سنگھ پڑا تھا۔

انتظار حسین کی خودنوشت "چراغوں کا دھواں" سے ایک اقتباس

اب ایک بالکل مختلف قسم کی صبح یاد آرہی ہے۔ صبح ہی صبح گھر سے نکلا اور جہاز میں جا بیٹھا۔ کشورناہید ہم سفر ہیں۔ جرنیل ضیاء الحق کے دربار میں ہماری طلبی ہے۔ کس جرم میں۔ ابھی بتاتا ہوں۔ ادب سے اس پیشی کا تعلق نہیں ہے۔ یہ فلموں کا چکر ہے۔ اس زمانے میں کشورناہید اور میں دونوں ہی فلم سنسر بورڈ کے رکن تھے۔ اس واسطے سے مجھے بس ایک ہی شخصیت اس وقت یاد آرہی ہے سنتوش کمار کہ وہ بھی ان دنوں اس بورڈ کے رکن تھے۔ اور جو گاڑی انہیں لینے جاتی تھی وہ رستے میں سے مجھے بھی بٹھا لیتی تھی۔ میں گاڑی میں بیٹھا اور سنتوش کمار نے پانوں کی ڈبیا کھولی۔ کس سلیقے اور محبت سے پان پیش کرتے تھے۔ میں نے پان ناصر کے ساتھ بہت کھائے تھے۔ وہ زمانہ گزر گیا تو پان کھانا ہی چھوڑ دیا۔ اب سنتوش کمار کی صحبت میں پھر پان کھانے شروع کر دیئے تھے۔ بلکہ بہت سی فلمیں تو ایسی ہوتی تھیں کہ اگر سنتوش کمار کی پانوں کی ڈبیا اور چھالی الاچی کے بوے کا سہارا نہ ہوتا تو پتہ نہیں ہمارا کیا حال ہوتا۔ کیا باغ و بہار آدمی تھے اور کیسے بالکل سچیلے۔ میں نے شروع میں انہیں اس وقت دیکھا تھا جب 1948ء کے اوائل میں مسعود پرویز کی فلم میں جس کی کہانی منٹو صاحب نے لکھی تھی ہیر و کارول ادا کر رہے تھے۔ اور منٹو صاحب کہتے تھے کہ یہ یو جوان پاکستان کا دلپ کمار بنے گا۔ یا اب دیکھ رہا تھا جب وہ اداکاری کے کاروبار سے فارغ ہو چکے تھے۔ مگر اسی طرح سرخ و سفید وہی سفید براق کرتا پا جامہ مگر قریب سے اب دیکھا احساس ہوا کہ بہت باغ و بہار شخصیت ہیں۔ فلم کے بارے میں وہ کہہ دیتے کہ ہاں تو پھر میں بھی ان کی ہاں میں ہاں ملا دیتا۔ جب ہی تو فلم کے پاس فیل کے سلسلے میں سفارش میرے پاس کم کم پہنچتی تھی۔ انہیں پتہ تھا کہ جو دو پنچوں، سنتوش کمار اور کشورناہید کی رائے ہوگی وہی اس شخص کی بھی رائے ہوگی۔ میں اس کے سوا اور کبھی کیا سکتا تھا۔ اصل رائے کے اظہار کی وہاں گنجائش بھی کہاں تھی اس حساب سے تو مشکل ہی سے کوئی فلم اس لائق نکلتی کہ اسے پاس کیا جاسکے۔ مگر جس حوالے سے اس بورڈ کی منظور یوں کے خلاف شور مچا وہ تھاعریانی کا مسئلہ۔ شور مچا کہ فلموں میں عریانی بہت بڑھ گئی ہے اور بورڈ ہے کہ ان فلموں کو پاس کئے چلا جا رہا ہے اور ایسے زمانے میں جب جرنیل صاحب اسلامی اخلاق پر زور دے رہے ہیں۔ سو ایک دن جرنیل صاحب نے پورے بورڈ کو طلب کر لیا۔۔۔ عریانی کے باب میں میرا معاملہ یہ تھا کہ ادب کے حوالے سے جو میرا نقطہ نظر بنا تھا اس سے الگ تو میں یہاں موقف اختیار نہیں کر سکتا تھا۔ مجھے تو اعتراض ہی اور تھا کہ پاکستانی فلم ساز اب نڈال پر اتر آتا ہے وہ جو جسم کو دکھانے کے لئے ایک جمالیاتی شعور اور نزاکت احساس کی ضرورت ہے اس سے محروم ہے۔ ایک فلم میں مجھے ایک ایسا منظر نظر آیا جو کسی حد تک اس شرط کو پورا کرتا تھا۔ تو اس کے حق میں البتہ میں نے شد و مد سے اپنی رائے پیش کی تھی۔ اور وہی رائے میرے لئے اب مصیبت بننے لگی تھی۔ وہ منظر یہ تھا کہ ہیر و کارول جو روجی بانو تھی ایک سفید باریک لمبل کی ساڑھی پہنے ہوئے ہے اور نہارہی ہے اب روجی بانو دوسری فلمی اداکاراؤں کی قسم کی اداکارہ تو نہیں تھی۔ اس کی حرکات و سکنات میں ایک تہذیب ہوتی تھی میں نے اس فلم کی کہانی کے سیاق و سباق میں اس منظر کو با معنی جانا اور اس کی وکالت کی۔ سنتوش کمار اور کشور نے بھی تائید کر دی اور لیجے فلم اس منظر کے ساتھ پاس ہو گئی۔۔۔

تو اب سنئے کہ جب ہمارا جہاز جہلم کے نزدیک پہنچا تو اعلان ہوا کہ اسلام آباد کا موسم خراب ہے ہم واپس لاہور چلتے ہیں۔ لیجئے ہم جاتے جاتے واپس آ گئے۔ ایئر پورٹ پہ گھنٹے دو گھنٹے انتظار کیا پھر جہاز چلا لیکن ابھی رن وے ہی پر تھا کہ اعلان ہوا کہ موسم اچھا ہو کر پھر خراب ہو گیا ہے۔ مسافر لاؤنچ میں جائیں اور مزید انتظار کریں۔ میں نے کشور سے کہا کہ یہ اچھا شگون نہیں ہے۔ قدرت کو یہ منظور نہیں کہ ہم جرنیل صاحب کے حضور پیش ہوں۔ اب ہم تیسری بار بھی جہاز میں بیٹھے اور وہاں جانے پر مصر ہوئے تو قدرت ہم سے خفا بھی ہو سکتی ہے۔ تو آؤ واپس گھر چلتے ہیں۔ سو ہم گھر چلے آئے۔ دوسرے دن وہاں پیشی بھگتنے والوں نے بتایا کہ اچھا ہی ہوا تم نہیں پہنچے۔ وہاں روجی بانو والا ٹوٹا بطور خاص دکھایا گیا تھا۔ جرنیل صاحب نے پوچھا "اس سین کی منظوری کس نے دی تھی؟" بورڈ کے افسروں نے اپنی صفائی پیش کرتے ہوئے کہا "بورڈ میں دوا دیب ہیں انہوں نے اسے پاس کرنے پر زور دیا تھا" وہ کون ادیب تھے؟" جرنیل صاحب نے غصے سے پوچھا؟۔۔۔۔۔ "کشورناہید اور انتظار حسین"

۔۔ کہاں ہیں وہ؟

"موسم کی خرابی کی وجہ سے جہاز لیٹ ہو گیا اس لئے وہ یہاں نہیں پہنچ سکے۔"

فلم سنسر بورڈ کی ایک سے زیادہ باریاں میں نے بھگتائیں۔ مگر اب دھیان کرتا ہوں تو احساس ہوتا ہے کہ مسلسل ایک ہی فلم دیکھتا رہا ہوں۔ ایک اردو کی فلم ایک پنجابی کی فلم۔ وہی ایک کہانی وہی یکساں کردار، یکساں سچوایشنز، اور اداکار بھی ہر پھر کروہی۔ اردو فلم میں یہ لازم ٹھہرا تھا کہ ہیر و کارول کسی نہ کسی مرحلے میں کوٹھے پر ضرور پہنچے گی اور بحالت مجبوری پیروں میں گھٹکھڑ باندھ کر ناچے گی بھی۔ اور پنجابی فلموں میں ہیر و کارول کے لئے لازم تھا کہ آٹھ دس دشمنوں کو موت کے گھاٹ اتار دے۔ ان فلموں کو دیکھ کر جی اتنا بھر گیا کہ اب کسی پاکستانی فلم کو دیکھنے کی خواہش ہی نہیں رہی۔

ملالہ اگر مسکراتی

توان کا بھلا کیا بگڑتا تھا اس میں
کہ جو گھات میں تھے

وہ ہم جولیوں میں

ترانہ جو اقبال کا گنگناتی

اسے کیا پتہ تھا۔۔۔

وہ آنکھیں جنہیں بچیوں کا کوئی روپ بھاتا نہیں
جنہیں بچپنا ہی نظر ان میں آتا نہیں
وہ شہوت زدہ ذہن

جو بچپن کی بلوغت سے سہمے ہوئے ہیں
کہیں تاک میں ہیں

۔۔۔۔۔ تو دنیا نے دیکھا

کہ اقراء کا رستہ لہو ہو گیا ہے

وہ اوراق جن پر یہ الفاظ لکھے ہوئے تھے

"شروع پاک اللہ کے نام سے"

وہ اوراق سب خاک اور خوں میں لتھڑے ہوئے تھے

سبھی دھجیاں بن کے بکھرے ہوئے تھے

کہ وادی کے سب مہر و انجم مہمہ دلالہ سہمے ہوئے تھے

(اور اقراء کے قزاق تو بس یہی چاہتے تھے)

کہ بستی کو وہ بے اماں کر کے چھوڑیں

یہی ان کا محبوب تر مشغلہ تھا

ملالہ کوئی جو کہیں سراٹھائے

کبھی لب ہلائے

اسے در بدر نیم جاں کر کے چھوڑیں

مگر شاید ان کو خبر ہی نہیں ہے

ملالہ تو اب بھی وہیں ہے

انہی وادیوں اور انہی بستیوں میں

کہانی بہادر ملالہ کی، بچوں کو اپنے سناتی ہیں مائیں

اسی نام کے گیت گاتی ہیں مائیں

۔۔۔ کہ اب لوریوں میں اسے گنگناتی ہیں مائیں

یہ چھوٹی سی بستی کی باسی

اگر علم کی شمع گھر گھر جلاتی

ملالہ اگر اپنی منزل کو پاتی

توان کا بھلا کیا بگڑتا تھا اس میں

کہ جو گھات میں تھے

یہ کمسن سواتی

کہ جس کا جہاں اس کی چھوٹی سی بستی تھی

یا ایک رنگین بستہ۔۔۔۔۔

وہ اقراء کا رستہ۔۔۔۔۔

کہ جو اس کے آقائے امی لقب کی عطا تھا

ملالہ کو لیکن کہاں یہ پتہ تھا

کہ اقراء کے رستے میں قزاق بھی ہیں

ملالہ تو بس اپنی دھن میں مگن

اپنے رستے پہ چلتی چلی جا رہی تھی۔۔۔

اسے کیا خبر تھی

کہ اقراء کے رستے میں کانٹے بچھے ہیں



MUBASHER RANA FOR PRESIDENT ELECT APPNA 2014

Unwavering Commitment • Credible Leadership • Proven Results

My services to APPNA:

- Chair APPNA Social Welfare and Disaster Relief Committee 2012
- Chair APPNA Winter Meeting 2012
- APPNA Secretary 2011
- APPNA Treasurer 2010
- Chair APPNA Finance Committee 2010
- Chair APPNA Summer Meeting 2009
- Co-Chair APPNA Winter Meeting 2010
- APPNA Councilor Region 8 2002 & 2003
- Co-Chair of the APPNA Fall meeting, San Francisco 2000
- Member APPNA MERIT 2008 & 2009
- Member & Co-Chair APPNA Sehat committee 2005, 2006 & 2008
- Member Elections and Nominations committee 2008
- Member of the Membership committee 2007 & 2008
- Member Project Evaluations committee 2004

My Services to Alumnus:

- President KEMCAANA 2008
- KEMCAANA President-Elect 2007, Secretary 2006, Treasurer 2005. Served in several committees

My Services to Chapter:

- Founding President of APPNA Northern California Chapter 1999 & 2000

Vision for APPNA:

- **Comprehensive Election Reform:** Require 2 consecutive year membership to vote. Have strict enforcement of Code of Conduct to stop unethical practices such as vote buying, negativity and exploitation of residents.
- **Accountability:** President, officers and each committee to outline their goals during the first month of their term and present an "Outcome Report" at the end of each year. Properly documented sign out to the incoming officers and committees with a copy sent to APPNA Council.
- **Social Welfare:** Adopt one major Project per year. Increase number of APPNA free clinics in North America and more volunteering in local communities such as Food Banks.
- **Finances:** Budget needs to be presented before start of the year and there needs to be strict enforcement of Budget during the year. Update Financial Policy every 2 years.
- **Helping Young Physicians:** Advocacy with lawmakers for Fast Track visa process for physicians from Pakistan. Increase membership of young physicians, especially North American graduates and include them in committees.
- **Communication:** Regular and effective communication with membership. Need to listen, understand and get ideas for APPNA's future growth.
- **Empower Women Physicians:** More inclusive in all APPNA activities, especially in committees.
- **Component Societies:** Greater empowerment of APPNA Council to ensure checks and balance over APPNA EC. Separate 501c3 status for societies with >50 members.
- **Specialty Networks:** Linking physicians and develop resources for easier communication and information for each specialty

GONE, BUT NEVER FORGOTTEN. CLASS OF 1992



Moin



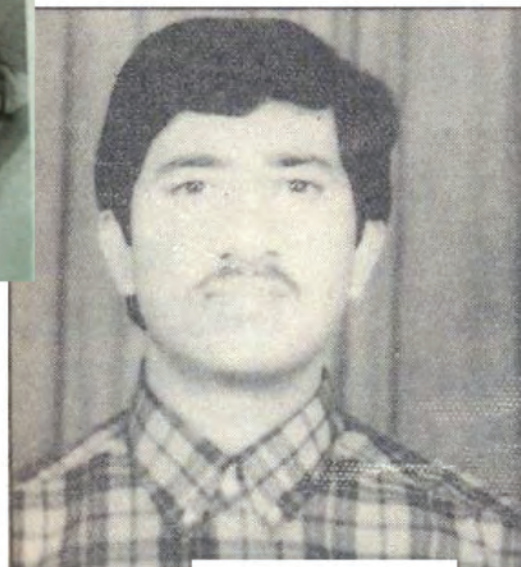
Pervaiz



Huma



M. Imran



M. Salhuddin

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اب دیکھنے کو جن کے آنکھیں ترستیاں ہیں

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