

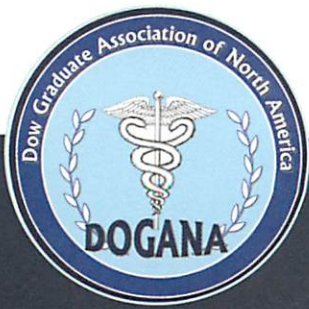
# DOW



*A Journey Through the Years*

Dowlink Special Edition 2008





# Dow Link

Newsletter; Volume 2008, Number 2

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Articles to be submitted by email to rizwan@karatela.com. MS Word document, pdf or plain email format will be acceptable. The Editor reserves the right to edit all the submitted material.

## **The Future of Dow – Role of Alumni Association**

Dear Readers,

It's been more than five years since our beloved alma mater was chartered as a University in December 2003. Since that auspicious occasion, the institute has gone from strength to strength, starting ground breaking programs like IT workshops for physicians, ethics courses, research methodology, didactic sessions, revamping the examination system, establishment of an international medical college. The University currently comprises of three medical schools (Dow, Sindh and Dow International), college of pharmacy, and six postgraduate institutes including nursing. Our relationship as an alumnus organization has also progressed a bit with strengthening of the annual winter meeting's program, collaboration with visiting alumni, and establishment of various class projects.

While a lot has been achieved and progress made, a lot still has to be done. As stated in our last editorial, the relationship between our two organizations need to progress beyond the current sporadic lectures, and projects. A mechanism needs to be established to set up scholarships for travelling to US, financial support to Dowites in need (a step has been taken in this direction with the establishment of Dow Scholarship Fund under the able leadership of Dr. Sohail Khan, D'88).

We urge and pray that the greater Dowite community and the university administration join hands in the betterment of the education, research environment and advancement of the student body. Additionally, it behoves us to establish cutting edge programs in patient care at the hospital for the improvement of the health of our patient population, and in turn, future direction of our native country. We have a lot to offer, but need to step up and deliver when asked to and demonstrate our commitment by action than words.

*Shehzad Saeed, MD*  
*Tanveer Imam, MD*



# President's Message

Nasar A. Qureshi, MD, PhD

## Dow Graduate Association of North America 2008 - Review

The executive council of DOGANA took 2008 head-on with an agenda to consolidate the great leaps DOGANA has made in recent years, and plan, organize and move forward with a renewed enthusiasm. The success of this strategy has been obvious in everything done by DOGANA this year, from the exhilarating Spring Retreat, the picture-perfect Annual Summer Meeting, to one of the most successful Winter Meetings at DOW. Below is a brief summary of the activities of DOGANA during 2008.

**Organizational Strategies:** An organization plan was approved by the Executive Committee during its first meeting in early January. The highlights of the plan include: formation of all committees in January, budgetary planning and approval including hiring an accountant, fiscally responsible investment of funds and hiring professional help for website development and maintenance.

**Communication Revamped:** Membership Communication is one of the feathers in DOGANA's cap this year. The website which served well until now was redone in CMS (Content Management System) under the leadership of Dr. Nasir Shahab. The new website has interactive capabilities including a complete, regularly updatable database, and is open to Dowites around the world. *Dowlink* was revitalized under the magical touch of Dr. Rizwan Karatela. *DowLite International* was revived after 25 years with regular electronic issues distributed to over 2000 Dowites internationally whose information is currently available.

**Constitution and By-Laws:** The need to update the constitution and by-laws of DOGANA was recognized in the first retreat in St. Louis. Three consecutive CABL committees chaired by Dr. Mirza Wajid Baig and Dr. Jamil Farooqui have worked on updating the Constitution. We are proud to report that at this year's annual general body meeting a consensus document was unanimously approved. We hope this document will serve us for many years to come.

**Membership Meetings:** The spring retreat over the last 5 years has become the hallmark of camaraderie of Dowites in North America. It also provides an opportunity for brainstorming and planning for DOGANA. This year's meeting was held in New York under the passionate leadership of Dr. Qadir Sheikh, and, as always was a resounding success. Once again DOGANA was the largest alumnus in attendance at the annual summer meeting in Washington. Dr. Talha Siddiqui, and members of the Summer Meeting Committee have proven that no organization can move forward without infusion of new blood with new ideas and fresh energy. Dr. Teepu Siddique was the keynote speaker. The annual lifetime achievement award was presented to Dr. Shafi Quraishy, ex-principal of DOW Medical College and former Secretary of Health Sind. The Social Forum is the DOGANA benchmark event at the summer meetings. Dr. Tanveer Imams' leadership took this event a step further, when this year DOGANA joined hands with Allama Iqbal Medical College Alumni of North America (AIMCANA) to hold one of the most successful social forum.

**DOGANA and DOW Medical College:** The roots of DOGANA are nourished by DOW Medical College and Civil Hospital. The spirit to give back to DOW has been alive this year as always. The groundwork of DOW Scholarship Fund, brainchild of Dr. Sohail Khan, has been laid and over \$20,000 has been pledged as a startup fund. We hope the fund will grow each year and become a major source of assistance for students of DOW Medical College. Dr. Pervez Alavi and Dr. Shahid Naqvi have spent the year organizing and raising funds for the DOW Class of 1982 and 1983 Silver Jubilee Projects respectively. With the coordinated efforts of the classes in North America, Pakistan, Europe and Middle East, a state-of-the-art medical ICU unit and clinical laboratory are in the final stages of construction.

The most rewarding event, for me personally, was the DOGANA Winter Meeting at DOW, Co-Chaired by Dr. Talha Siddiqui and Dr. Sohail Khan. Besides the traditional meeting with DOW faculty, this year an education of symposium was held. This was highlighted by the introduction of "Meritorious Research Award" for DOW Medical College Students and faculty. On behalf of the "International Foundation from Health Education and Disease Prevention" (HEADSuP Foundation) a grant of US \$20,000 was announced for projects initiated in 2009 at DUHS in keeping with the goals of the foundation. The association of DOGANA with the DUHS visiting faculty program were formalized and a DOW Research forum was established to stimulate and support research projects at DOW.

These are exciting times for DOGANA and only your participation can guarantee continued success and growth of DOGANA. Let's make 2009 even better. THE SPIRIT OF DOW IS ALIVE IN DOGANA!

Nasar Qureshi, MD PhD, FCAP  
President 2008





## Executive Director's Message

Farrukh Hashmi, MD



Dear Friends,

It is an honor for me to serve you as the Executive Director of our esteemed organization, Dow Graduate Association of North America.

DOGANA has come a long way from being comprised of a handful of members living in North America to become the largest alumni association of the largest organization (APPNA) of the Pakistani Diaspora. This is the result of tireless and selfless effort of our past leaders and senior members. As our organization grows by number every year, I believe it is time for all of us to gel together and become a united force under the leadership of President Muslim Jami and Secretary Adnan Nadir. With our united effort, we can take DOGANA to new heights.

We have a long road ahead of us but we must not lower our vision. We have to set higher goals for us. To keep DOGANA vibrant, we have to increase our membership. We have to provide guidance and material help to young Dow graduates in their pursuit of higher medical training and education in North America. We have to rekindle hope in the projects we have already embarked upon. We have to inject enthusiasm into EnDow and restore its deserved status.

This special edition of DOGANA is to remember the golden years of Dow Medical College. I am sure, in future when we look back to our DOGANA years; it will bring back similar fond memories as we have for Dow.

Long Live DOGANA — Long Live Dow Medical College — Long Live Pakistan

*Farrukh Hashmi, M.D.*

*Executive Director, DOGANA*

## Treasury / Secretary's Message

Shazia Malik, MD



Dear Dowites,

I would like to thank all those who have been supporting Dow Alumni activities. With increasing membership and various activities DOGANA has been arranging throughout the year, there has been tremendous interest in alumni interaction. We feel that this renewed interest by the membership will translate into stronger and vibrant DOGANA.

On an organizational level, there has been a concerted effort to put processes in place where DOGANA affairs can run smoothly. The establishment of regular Executive Council meetings, distribution of work, and involvement of many new active Dowites in DOGANA has been very promising. We also felt that having annual budget, annual financial report and well-planned alumni activities throughout the year will be vital. It is our commitment as DOGANA officers to inform the membership about the financial state of the organization and we will be posting regular financial reports for the membership to see.

Please visit the Dow Alumni website for the details. We encourage you to please give us your feedback on anything you might think will be important for the Dow Alumni community.

Sincerely,

Shazia Malik, MD

Treasurer/Secretary



# President-Elect's Message

Muslim Jami, MD



Dear Dowites,

Let me thank you for your confidence bestowed upon me as incoming DOGANA president. I take this responsibility with a great sense of pride and humility. I feel this is the year we can bring everyone together and mend the differences and find the common ground. I am committed to playing a constructive and uniting role. I ask for your support to help us move forward and to steer away from the discord that splits us. I believe the physician's oath we took, *primum non nocere*, should be a prime precept towards our organization as well. Let us focus on pressing challenges and issues facing us and find solutions. We may differ in opinion but can join in fellowship and common interest of DOGANA, and to me that is the Dow spirit we should subscribe to.

Fortunately, with the new constitution in place we have many changes coming this year. Foremost, we will have an election in October-November that allows us an auspicious and friendly summer meeting, rather than most of the meeting being consumed by electoral politics. We have already started work on a retreat to be held in Chicago in the Spring of 2009. I urge you to attend this meeting and encourage other Dowites to join as well. With the EC's approval we will have several committees with new members in place by January. Please lend your expertise and support to make 2009 a successful year for DOGANA.

*Muslim M. Jami*  
President-Elect, DOGANA

## DOGANA Spring Retreat 2009

April 24 — 26 in Chicago

Dear Friends,

The 2009 DOGANA Spring Retreat will be held from April 24 to 26 in Chicago. Registration for the event has started online. Please take time off from your busy life to spend quality fun time with your fellow Dowites in the windy city of Chicago. Bring your families along to have a great time over the weekend. Saturday afternoon family activities are being planned. CME credits will be available as well. Please register early for the event online at [www.DowAlumni.com](http://www.DowAlumni.com) to take advantage of the special dinner rates before March 31, 2009. Hotel information with special room rates will be announced soon.



# Message from Vice Chancellor DUHS

Professor Masood Hameed Khan, MBBS



## OFFICE OF THE VICE CHANCELLOR DOW UNIVERSITY OF HEALTH SCIENCES

Baba-e-Urdu Road, Karachi-74200 Pakistan. Direct No: 92-21-2745824 Fax: 9215763  
Tel: 9215754-57 Ext: 3002 Website: [www.duhs.edu.pk](http://www.duhs.edu.pk), E-mail: [vc@duhs.edu.pk](mailto:vc@duhs.edu.pk).

No. DUHS/VC/2008/

Dated: 22 November 2008.

Message  
from

Professor Masood Hameed Khan, Vice Chancellor,  
Dow University of Health Sciences

My sincerest felicitations to DOGANA on the publication of Dowlite International. Your association is rendering yeoman services in the United States of America and Canada in representing all that is laudable and good about Pakistan and its people. This is the best way by which we will be able to remove the bad impression which has been created in the mind of average North Americans regarding our great country and its people.

You are the real ambassadors of Pakistan, and with your perseverance, hard work and dedicated service to the populace residing in the North American continent you are fostering universal brotherhood of mankind, irrespective of colour or creed.

On this occasion, I would also like to thank your organization for supporting various activities of the Dow University of Health Sciences. By God's grace your Dow University has increased manifold its capacity to train qualified manpower in a range of health fields. Today the university, in addition to training of medical undergraduates and postgraduates, trains both undergraduate and postgraduate dentists, medical technologists, nurses, pharmacists and health management personnel.

The laurels of our popular and highly successful Continuing Medical Education program, lie with so many of your members who spare their valuable time during their visits to Pakistan, and conduct these events.

Dow university of Health Sciences hopes that such co-operation will continue.

With best wishes,

*Masood Hameed*



# From Principal Dow Medical College



## OFFICE OF THE PRINCIPAL DOW MEDICAL COLLEGE CIVIL HOSPITAL & SINDH GOVERNMENT LYARI GENERAL HOSPITAL

Baba-e-Urdu Road, Karachi, Pakistan ☎ 9215732 Facsimile 9216027 E-mail: principal@duhs.edu.pk

Ref No. DMC/PA/2008/- 3479.

20th November, 2008



### MESSAGE BY THE PRINCIPAL Dow Medical College, Karachi

It gives me great pleasure and honour to write this message for Dowlite International. Being a Dow Graduate I have been honoured to head this institution as Pro Vice Chancellor, Dow University of Health Sciences and Principal, Dow Medical College. This institution has achieved phenomenal growth and development in the area of teaching / learning at Postgraduate and undergraduate level with national and international PhD Programmes. Numbers of other institution has been established during the last four years.

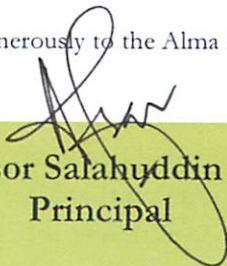
Our main focus has always been academic improvement and almost complete change of examination system has been made. Dow University is the first Medical Institution of this country which has adopted Semester system of examination which will definitely boost the academic standard. The Skill labs for undergraduates in the speciality of Medical & Allied & Surgical & Allied have been developed to give hands on experience for various bed side procedures and skills. Our main emphasis now is developing an integrated medical curriculum. Students of DUHS are involved in research, for this purpose a research clinical skills curriculum has been designed for the students of each year. It is mandatory for student to write proposal and present papers. Dow University is now regularly publishing the Journal of Dow University of Health Sciences. Professional Development Centre has organized more than 500 lectures and 150 highly specialized Hands-on workshops. In this regard active participation of Alumni in arranging highly specialized skills for faculty members and postgraduate students will be appreciated.

We have brought about major changes in our assessment for practical / clinical examinations. Instead of traditional method we have adopted OSCE / OSPE to bring uniformity and standardization.

The new academic block has been beautifully raised in front of old academic block. It comprises facilities for 8 tutorial rooms with all requirements to facilitate students teaching / training . The Digital Library has been established with more than 100 work stations having access to 20,000 medical journals and text books. A new medical college Dow International Medical College with the capacity for 100 students has been established for the Children of Overseas Pakistanis at the Ojha Campus of Dow University with the help of HEC. This Medical College has qualified faculty member, College is also approved by PM & DC.

The first Annual Student Magazine of Dow University of Health Sciences "GREY MATTER" has been published which is presented in a colourful and well composed manner.

It is earnestly hoped that the Dow Alumni will continue to support generously to the Alma Mater for bringing greater glory and academic excellence to Dow Medical College.

  
Professor Salahuddin Afsar  
Principal



# DOGANA Summer Meeting

Talha Siddiqui, MD



Talha Siddiqui, MD  
Chairman,  
Host Committee  
DOGANA Summer  
Meeting 2008

## The Preparation:

"Talha, the EC has finalized your name to be the Chair of the host committee for DOGANA's summer meeting being held in Washington, DC." This was my first interaction with Dr. Nasar Qureshi, President of DOGANA. The Executive Director, Dr. Farrukh Hashmi was an old friend, and he encouraged me to embrace the task. Being out of limelight for more than a decade and busy like hundreds of physicians I had no clue what to expect.

Finally, the day arrived when we had our first host committee meeting. My co-chair was Anwar Masood, and we inducted Mansoor Mohiuddin, Fareeha Khan, Nasar Farid Khan, Rashid Nayyar, Rizwan Ali and Sohail Qarni into the committee as well. Dr. Qureshi highlighted his experience from the previous meetings, and what he anticipated from us. In summary, an initial plan for the meeting was accomplished.

The Host Committee and its members labored tirelessly for the collection of advertisements and the ultimate execution of the plan. I insisted on being part of the APPNA Host Committee as the DMC liaison. This helped me and the DOGANA host committee tremendously. Anwar Masood, Rashid Nayyar, Tariq Shahab and Sohail Qarni were already part of the APPNA committee and this completely transformed the committee into a Dowite Caucus with Dr. Hamid Peracha, an ex-Dowite, as its Chair.

## The Final Days:

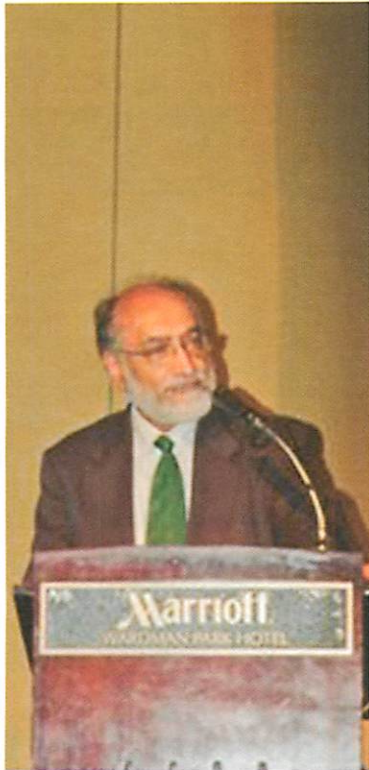
We had several meetings over the course of three months in which the plans were discussed. These were all as teleconferences but Dr. Qureshi physically visited Washington, DC during one of the meetings to inspect the arrangements.

The advertisements were complete, the audio-visual equipment was finalized and the meeting auditorium was vetted by us. I ordered the balloons, red and green in color with DOGANA printed on them in white. Rashid Nayyar, responsible for the food, completed his task. Anwar Masood, in charge of the rooms, helped us procure the finest available auditorium.

The night before the main meeting on Friday, the final itinerary of the program along with the audio-visual sequence was discussed. Drs. Rizwan Karatela, Farukh Hashmi, Nasar Qureshi, Muslim Jami and Shazia Malik were present in the meeting. We deliberated on different issues and ended at 3AM on Friday morning. The most vital aspect of the meeting was the audio-visual and its correct format and sequence. Dr. Rizwan Karatela helped us immensely in accomplishing our objective. I had arranged for three screens. One in the center (10 by 14 feet) and two slightly smaller ones on the sides. We had arranged a special technician who assisted Dr. Karatela for the flowing operation of the audio-visual. We decided to display the projector slides on the Center large screen and live video coverage on the side screens. This was a maiden experience, and it clicked later on.



# Summer 2008



Keynote address by Dr. Tipu Siddique

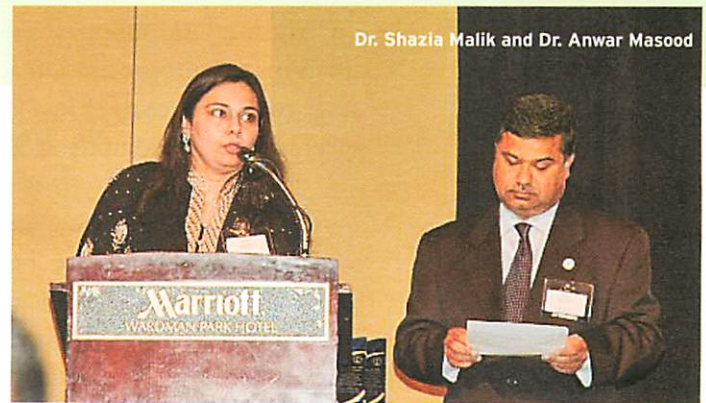
## The Moment:

Although Dowites had started to arrive from Wednesday onwards, the majority appeared on Thursday evening. Some were with families and others alone. Friday afternoon was scheduled for the social forum which DOGANA arranged in collaboration with AIM-CANA. Drs. Tanveer Imam, Anwar Masood, Zafar Iqbal and Babar Cheema (AIM-CANA) worked day and night to arrange for the guest speakers and finalize the program. It was a thumping success and is now considered as one of the most interesting events during summer meetings.

The final DOGANA meeting was in the evening. The decoration was completed by 4PM. We had the entire pathway to the auditorium decorated with balloons. The dining area was also decorated. Audio-visual arrangements were complete by 5PM. I inspected the decoration and the audio-visual at 5:30PM. Everything was in order. The sweatshirts with DOGANA emblem were already placed on the reception desk of DOGANA. The moment had arrived.

At 6PM, Dowites from every corner of the Marriott, Wardman Park started to arrive at the main venue of the meeting. We had partly changed the plan this time. After voting, conducted by Dr. Farid Qazi and Farrukh Hashmi, the attendants were first asked to proceed to the dining area for the palatial and sumptuous Afghan food arranged for them. This was a colossal gamble because it was not the conventional approach. Usually, the meeting preceded the food. A senior member of DOGANA was upset at this arrangement but Rashid Nayyar and I did not alter the plan. It turned out to be a winner. Physicians regarded this approach better than the prevailing order.

The auditorium was full to the gunwales by 7PM. Dr. Shazia Malik and Dr. Anwar Masood introduced the past presidents of DOGANA. Dr. Nasar Qureshi presented the lifetime achievement award to Dr. Shafi Quraishy. A message from Dr. Shafi Quraishy was also beamed on the floor. It was a sublime surprise to watch Dr. Shafi Quraishy after such a long time. His brother, Dr. Saeed Quraishy was present in the audience. He was visiting us from Karachi. Another Dowite, Dr. Samrina Hashmi, the sec-



Dr. Shazia Malik and Dr. Anwar Masood



Election Commission; Dr. Azfar Malik, Dr. Farrukh Hashmi, Dr. Tariq Butt and Dr. Farid Qazi



retary of PMA, also attended the meeting. Our guest speaker was Dr. Tipu Siddique, Professor of Neurology from Chicago.



Dr. Muslim Jami, emphasized in his address the future vision of DOGANA. Dr. Farrukh Hashmi in his extempore oration accented the benefits of unity and organization. I was called on the stage to introduce the Host Committee and help the President distribute the medallions. The meeting ended promptly at 9PM and the partition was removed for the entertainment segment.

Personally, I think it was a unique experience for me and my committee. I especially want to show appreciation for Anwar Masood, Rashid Nayyar and Mansoor Mohiuddin for their unflagging effort in organizing this event. Furthermore, I want to extend thanks to Dr. Farrukh Hashmi and Dr. Nasar Qureshi for entrusting me and the host committee with this significant job for DOGANA. Long live DOGANA and best wishes for the Dowites around the world.

*Talha Siddiqui*

## *Best Compliments*

from

**NASEEM A. SHEKHANI, MD**

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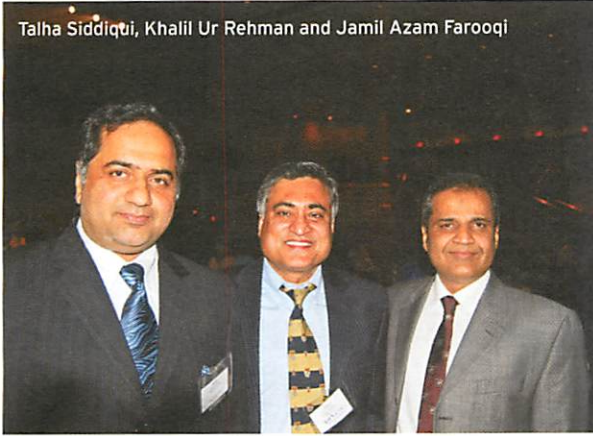
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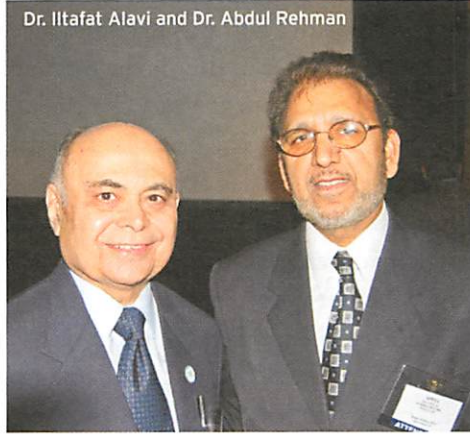


# Summer 2008

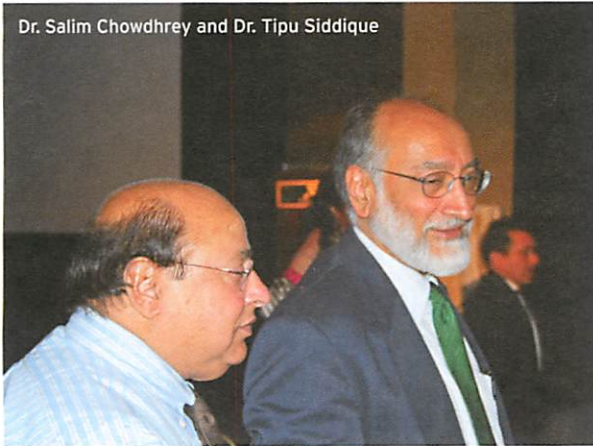
Talha Siddiqui, Khalil Ur Rehman and Jamil Azam Farooqi



Dr. Ilfat Alavi and Dr. Abdul Rehman



Dr. Salim Chowdhrey and Dr. Tipu Siddique



Dr. Rana Imam, Dr. Rakshanda Khan and Dr. Kamran Oureshi



Dr. Nasir Shahab recognized for his invaluable services to DOGANA

Class of 1988 group at the Meeting



Dr. Samrina Hashmi, 1985, from Karachi



# Dow Class 1988 Reunion

Rizwan Ali, MD



Rizwan Ali, MD, graduated from DMC in 1988. He finished his residency in Psychiatry from Medical College of Virginia, VCU, Richmond, Virginia in 1998. Currently faculty at University of Virginia and staff Psychiatrist at Salem VA Medical Center. Living in Roanoke, Virginia.

Energy was positive and was in abundance. It was easy to feel it in the air the moment you walked into the room at Pearl Continental on December 24, 2008. The occasion was the 20 year reunion of the class of 1988.

You could even actually feel the excitement before, when you were getting ready for the occasion. Whether you were traveling from another country (14 families came from the U.S., 3 came from the U.K. and few came from the Middle East) or you came from another city or from within the ever-moving, never-sleeping Karachi. You could feel the elation in your mood and nostalgia heavy in your chest. The class of 1988 reunion was a big success. Thanks to all the organizers for a wonderful job and their priceless effort and time. Understanding that communication is not an easy job when you want to gather classmates spread all over the world.

Tahir Shamsi made initial reservations at the Pearl Continental, Karachi. Later the organizing committee including Tahir Shamsi, Amin Chinoy, Shahid Noor, Syed Tajjmul Hussain, Khuwaja Al- Habibi, Naila Shahid and Sohail Khan, met on December 21 at Shahid Noor's home, to go over some of the details of the reunion and to discuss plans related to the program. Other members of the planning committee were Samina, Uzma, Sonia, Adnan and Ahtaram.

Almost 140 people attended the reunion with smiling faces and 20 years showing in the ages of their growing children

and grey peaking through their black heads and beards. It was amazing to see how quickly we bonded back to our previous circle of friends and how fast was the transition back in time in terms of our attitudes and behaviors. Anxieties, preferences, selection of sentences and jokes, calling our classmates by their nick names, which they have not heard in the last 20 years, all was automatic and seamless, as if nothing has ever changed.

It was indeed a heart warming experience to see our class-fellows doing all those wonderful things they are doing in their professional lives and in their personal lives as well. Some are doing exceptional in academics while others have made names in their clinical practices. Some are Professors, Assistant Professors or head of their departments while others have done some landmark researches and held executive positions in international agencies. Some have excelled in businesses while others are heading towards the top in judiciary and executive branches of government.

On December 24th, 2008 program started promptly at 8 pm. Initial welcome address was from Tahir Shamsi. Tajjumul (Tony) further welcomed every one. In between introduction of families and class fellows continued. Sohail Khan introduced the DOGANA Scholarship Fund and explained that, this year the first US \$20,000 of that fund is donated by our class. Dr. Nasar Qureshi (President, DOGANA) was introduced accompanied by Adnan Nadir (Gen. Secretary, DOGANA 2009) and Shazia Malik (President -elect, DOGANA, 2010).





# Class 1988

He spoke about his vision regarding DOGANA and DUHS.

Amjad Siraj Memon highlighted the fact that there are only 4 boys who made it to the DMC this year and all others are girls. Bilal Sheikh, husband of Fakhra, spoke about developing institutions and about need for charity to be streamlined. Kamran Mehmood introduced himself and his family and talked about future projects. Arshad Hussain from UK spoke about his interests and accomplishments. Amin Chinnoy spoke about his philanthropic work at the Indus Hospital.

Some of the class fellows participated through the phone calls, including Raheela from Dallas, TX. Her father Dr. Mehmood Qureshi, DMC graduate of 1958 also attended the meeting. Among others who were on the phone line, were Amir Omair from Lahore and Wajeeha from Saint Louis.

Among others, who were seen very active chatting around, were Hina, Samina, Ausaf, Tariq Zia, Nausheen Soomro, Amir Jaffrey, Khalid Ishtiaq, Tariq Khaleel, Irum Kher, Farid Akbar Shah, Shareef Niazi, Rakib Tufail, Umer Farooq, Sohail Salat and many more. List goes on and on. (Please accept my sincere apology for not mentioning names of all other

classmates who were present there.)

Spouses had good time as well. My wife was able to make three new friends. Numbers were exchanged and promises were made to stay in touch.

Children were introduced to their parent's old, old friends and they were amazed, excited and puzzled. Organizing committee decided to have Dow class 1988 - Saya for children and Dow class 1988 - Alliance for spouses. The idea was introduced to the group and was well received.

In the end we remembered our old classmates who have since passed away, namely Amin, Safder, Naghma and Saleha. Gifts to all were arranged by Tahir. Food was exceptional. Arrangement was superb. There was a photo session before dinner, which was the star event of the program, only if Sohail Khan's camera had a better flash.

We adjourned with a wish that we could stay longer with each other. We made a promise that we will meet again, hopefully every year but certainly on our 25th year of graduation to celebrate silver jubilee reunion of the class of 88.





# Euphoria Over Obama's Victory

By Dr. Syed Ehtisham



Dr. Ehtisham is a graduate of the class of 1962.

W e as Americans, along with the progeny of those who were driven to the country by starvation and religious bigotry over the last 4-5 centuries, are without doubt, justified in celebrating the Obama victory. From the perspective of the third world, we have, however, to consider the triumph of reason in the land of hope, in a somewhat less optimistic manner.

Let us throw a brief glance at recent history.

From the time Margaret Thatcher took over in the UK, and Ronald Reagan got into the White House on January 21, 1980, the two countries led the West into an era of neo-conservatism. Very briefly, the thrust was on neo-colonization, in abstract space, not physically.

True, they attacked Falklands and Granada, and sabotaged nationalist regimes, created civil unrest as an excuse for staged coups, organized financial crises, sent assassins, financed, armed and trained insurgents, blew up airplanes in mid-air, but shied away from occupation.

They offered loans for projects which the recipient countries had no use for, had no skills to construct or run, bribed rulers to accept them, and went in with an army of consultants, technicians, engineers, administrators and financiers. The material had to be imported from the "donor" country, its ships had to be used even though the managers and the material could be bought cheaply from other countries, and the shipping cost would be a fraction of what the recipient was being charged. Local contractors were carefully excluded, only local labor given menial jobs.

At the end of the day, the bulk of the managers stayed on fat salaries. Spare parts at ten times the market price and obtained from the donor country continued to arrive on donor country ships.

Come the time for payment of the debt, the recipient did not have the money, and was told to tighten its belt, that is stop education, health and welfare subsidies, fire employees, cut budget deficit, sell

national assets, privatize utilities, (even rainwater in Bolivia), get more loan to service the debt—the principal will remain intact and enhanced with further debt.

If the native rulers did not abide by the dicta, all the subversive measures were put into effect.

This is not going to change in an Obama administration.

Under Bill Clinton, the World Trade Organization (WTO) and NAFTA (North Atlantic Free Trade Area) were organized, the first to put the developing countries (I prefer the more honest term, less-developed countries—LDC) into a strait-jacket via Intellectual Property Rights and other such coercive measures, so that they could not even offer generic AIDS drugs to victims. At one point Multi-National Corporations (MNC) had even patented "Haldi" turmeric, "Imlee" tamarind and "Adrak" ginger, so a farmer growing them on his "bigha" (fifth of an acre) could be jailed. Privatization was pushed like a religion, dams built, making millions homeless. Literally hundreds of thousands of landless and destitute farmers in India have committed suicide since mid 1990s.

The second was meant to use cheap labor in Mexico to put the "pampered" American worker into place.

Clinton quickly surrendered his wife's health care plan when the Pharmaceutical Industry told him the facts of life. Having learned the lesson, Hillary offered only an excuse of a plan in her bid for nomination.

Deregulation of the market was legislated (1998) which has culminated in the recent financial meltdown.

Media ownership was consolidated, so that 5 instead of 85 corporations own all the mainstream TV, radio stations, and newspapers. Now the public does not even have access to uncooked information.

Clinton was intelligent enough not to commit the U.S. troops directly. He preferred bombing pharma-



ceutical factories (in Sudan) by air, cutting and running from Somalia, keeping air curfew over Iraq, letting half a million children die from starvation and lack of drugs, letting Serbs and Bosnians kill each other, till the latter with the help of Muslim volunteers, mainly from Iran, were on the verge of defeating the Serbs, and bombing the h... out of both.

This is not going to change in an Obama administration.

The lesser Bush (the term borrowed from Arundhati Roy) was led by the nose by the neo-liberals. This species is further along the line of re-colonization than even the neo-conservatives. They are true fundamentalists, believe in "rapture" when the Messiah will return, save all the good Christians and 150,000 Jews (I have not been able to find how they arrived at the number), take them up, and kill the rest especially the anti-Christ Mohammedans (their preferred term for Muslims). If they can get rid of the last named, that will be that much less work for the Messiah.

The lesser Bush found a credible excuse to attack Afghanistan in 9/11.

Not to dwell for too long on "conspiracy theories" that the intelligence agencies arranged the whole thing themselves, that Mubarak had forewarned them, that the US Air Force was stopped from scrambling its fighters and taking the hijacked planes out, there is virtually no dissent to the idea that it was a colossal failure of intelligence.

The agenda included attacks on Iraq and Iran. An unholy alliance was developed based mainly on the USA, its lap dog Britain and a few minions.

Iraq, being weaker after a decade of sanctions, was chosen and endowed with Weapons of Mass Destruction, via Weapons of Mass Deception.

Though a million have been killed, 4 million internally and externally displaced (that makes 20% of the total population), Iraqis put up a surprisingly tough resistance, and finally the recent "surge" succeeded by the good old method of bribing the insurgent groups with a \$100,000.00 each.

Iran got away as the lesser Bush, even though goaded by the evil force Dick Cheney and other neo-cons, no longer had the guts to go after it, nor was he willing to unleash Israel.

The deregulation of the Clinton era found its full expression under Bush, and together with the fanatical expansion of wars and military bases, has resulted in the current financial holy mess.

Obama will not follow Bush in these misadventures. He will use the Clinton techniques, perhaps even more intelligently. He will offer a measure of health care, restore a degree of welfare and education subsidies. He will try to reduce unemployment and use the clout of the recent one trillion bail-out to get a handle on corporate CEOs, not that he will be able to get far.

He will get out of Iraq, make pious noises about Afghanistan, but end up paying off Taliban whose Islamic Jihadist zeal is tempered by the love of money.

He will use the funds saved from disentanglement from Iraq and Afghanistan to salvage the economy of the USA.

Now we come to subsidiary regimes like Pakistan, Saudi Arabia, Jordan, Egypt and the radical anti-American movements in the countries.

Pakistan can be dealt with rather easily. Get it to become friends with India, reduce the outlay on the army, and release resources for fighting with the extremists. Most of the establishment "religious" is for sale anyway (as an example, the deals Maulana "Diesel" Fazalur Rahman made with Musharraf). The so-called civilian sector is amenable to any and all instructions. In the "celebrated" saying of the U.S. ambassador to Pakistan when BB and NS were jockeying for power, "we don't care if Mickey Mouse is your PM, as long as he/she does what we tell him/her to do".

The Arab rulers depend upon U.S. goodwill to survive and cow down the people.

The nuts to crack are Iran and Palestinians.

Iran is the bigger problem. It is a relatively big country with a credible, dedicated and disciplined, though not enlightened, leadership, rich resources, educated base and a homogenous population. Attacking it directly or even through Israel is not a practical proposition. It can block the straits of Hormuz, thus choking off oil and world economy. It has had twenty years to revamp its forces, has tested missiles which can reach Europe and Israel, and may even have a few nuclear bombs.

Iraq was used to debilitate it for 8 years. That is no longer in the equation. But Taliban, bigots that they are already straining at the leash. They after all killed hundreds of thousands of Afghan Shias (among million or so of other opponents). All they need is the where-withal.

Dozens of Pakistan army officers made millions of dollars out of the Afghan Jihad by siphoning off a good bit of U.S. aid and in gun and drug trade. They would not be averse to another Jihad.

As far Israeli-Palestinian conflict, that is a "no go" territory for any U.S. president. Ike told Britain, France and Israel to get out of Suez in 1956. No president has since survived an untoward gesture towards the country. Nixon fell a victim to "Watergate" because he reportedly delayed coming to the rescue of Israel in 1973 Yom Kippur war (the lesser Bush got away with worse). Carter paid the price of getting the two sides together by losing the re-election, though Iran helped along. Bush senior lost to an unknown in spite of an approval rating in high eighties after the first Gulf war, because he refused to extend a 10 billion loan guarantee to Israel with out a promise to halt new settlement activity. Clinton had started flexing his muscles and got Monica Lewinsky as a reward.

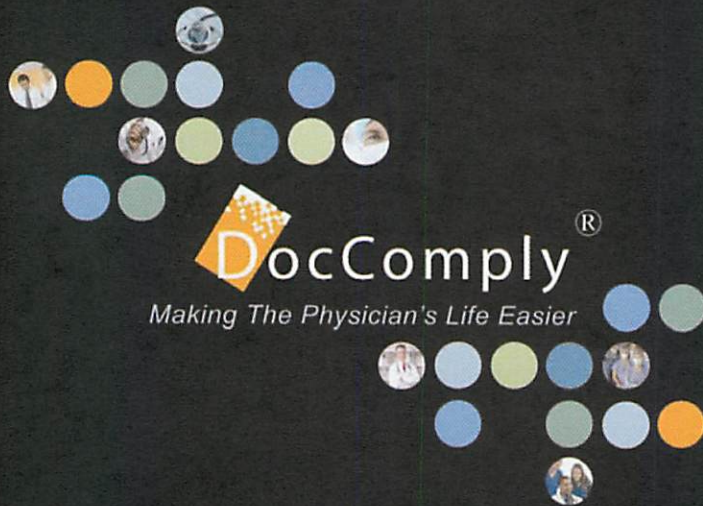
Obama will only make pious noises and offer cosmetic adjustments.

S.M.A. Ehtisham MD.

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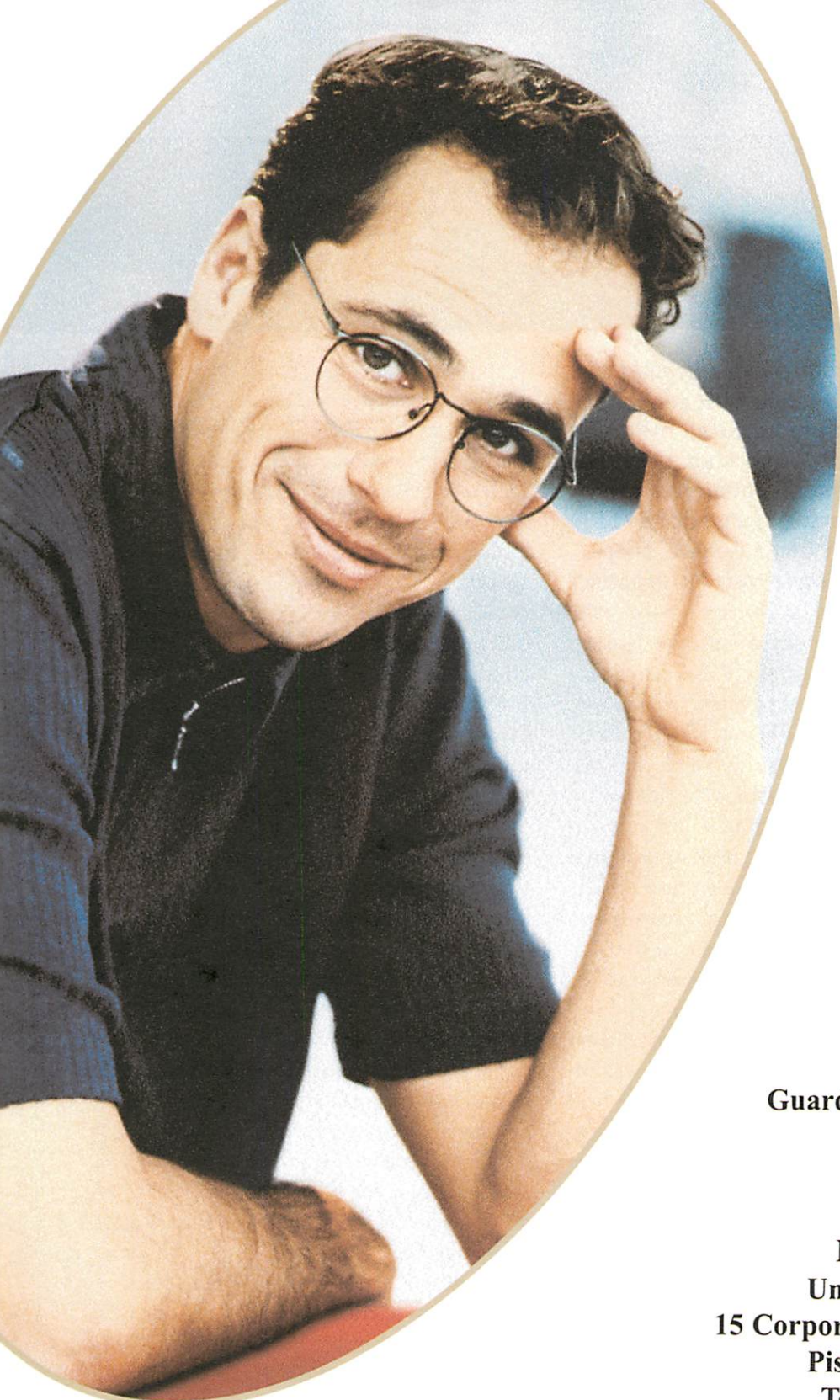
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# Reflection on the US Election 2008

Shahzad Hasan, MD



Mirza Shahzad Hasan, MD  
Graduate of Dow, Class  
of 1986. He is practicing  
General Surgery in Kansas.

**"My faith in this country has been restored," I said to a fellow surgeon in the doctor's lounge of my hospital. "Mine too," said this white American. "I voted for Obama," he almost whispered, as if the walls had ears. "You've got to be careful about what you say here, there are a lot of rabid Conservatives around."**

He was right. I work in Kansas, where politically speaking, even the sky is "red." Every time I enter the doctors' lounge the TV is tuned to Fox News. That is what the patients watch too, except the older ones who watch Rev. Pat Robertson's Christian Broadcasting Network. This is the state where Creationism is considered a bona fide scientific subject and Evolution is considered a bogus theory. I once took my children to an exhibition of dinosaur skeletons several million years old on display in a church where some half-wit "Professor" lectured that the world was created about five-thousand years ago.

The incongruous spectacle of poorer and working class Americans who vote against their own interests for a party that favors the wealthy is well-covered in a book titled *"What's the Matter with Kansas?"* by Thomas Frank. He states that by pandering to the cultural conservatives in this country, the Republican Party really works for the fiscal conservatives. It promises to ban abortion and gay rights, and to bring back the school prayer, but does not deliver on these issues. Instead it offers generous tax benefits to the rich and deregulates the financial system to the point that we now have an economic meltdown. Remember the voters who "get bitter, who cling to their guns and religion or antipathy to people who aren't like them" as leaked out by Obama in an unguarded moment? I see them every day. They are the ones driving around with "Nobama" bumper stickers on their cars.

And yet, this country truly redeemed itself in electing its only black Senator to the Presidency. It seemed to wash away the stains of slavery and racial terrorism. I will never forget the sight of grown black men openly weeping in Grant Park, Chicago as Obama delivered his acceptance speech. It is a pity I am not yet a citizen, or I could have participated in this historic vote. I did, however, do my civic duty and made my children watch this momentous event.

When George Bush won re-election in 2004, I was truly disappointed. Here is a man who invades another country that had not attacked it on 9/11, that did not have WMDs, and that posed no mortal threat to the United States. Even before the torture, before the sectarian war that almost destroyed Iraq, and before the \$700 billion (and counting) price tag became known, this country had no business returning this man to power. The rising tide of anti-Americanism is his gift to the world. For a time I came to believe that we were drifting into a state of tribal politics, pitting Christian and Jew against Muslim, white against brown and black, English speakers against all the rest.

The election of Barack Hussein Obama restores hope. He rejected the politics of fear-mongering and divisiveness, running a superb campaign that projected a serene confidence in the ability of the average American to rise above the ugliness of the last eight years. His name alone should dumbfound people from our part of the world who cannot conceive of voting for someone from a different province, let alone a different race or religion. He has been entrusted with the most powerful job on the planet and I for one cannot wait for him to get started.



# My Baby's Left Home 2008

Jamshed Bashir, FRCP



He was born in Jhelum but his family moved to Karachi when he was 12. He went to St. Jude High School, DJ College and then Dow Medical College from where he graduated in 1986. Following the house jobs in the Civil Hospital, he worked for some time in Jam Goth as School Health Officer and then went to the UK for further training but decided to stay there. Currently living in Liverpool and works as a Urologist. He is married with three children.

## *My baby's left home.*

Ruby has gone on a school trip today and will be away from home for five days.

Our home suddenly feels empty, sad and eerily quiet. Her books are all scattered the way she had left them, Jacqueline Wilson in the bathroom, Harry Potter on my bedside table, "Series of unfortunate events" on her bed, her pile of girlie things lying untidily in the corner of the front room and her bed still undone. Her flute is lying in another corner and her tennis racket under the stairs. I am sure Elaine will soon tidy things up, make her bed and put all her books in neat little piles. Before she left, Ruby asked me if I'll miss her, with a mischievous twinkle in her eye and suddenly I felt unable to reciprocate with even a hint of good humour. I blurted out a matter-of-fact "yes", slightly annoyed at her for making fun of my predicament. Although all of us went to her school to see her board the coach with her friends, it still feels she'd walk into my room any minute now, tap at my shoulder and ask if she could use my laptop to send an email to her friend as her computer was out of order. And I will pretend to be a hard Dad totally absorbed in my thesis with a looming deadline and refuse with a categorical NO and she will slide away as quietly as she came in, but confident in the knowledge that her Dad was actually made of dough, moulded effortlessly, who will call her back and relinquish the table for her. I am expecting the sound of slave dance, an old favourite, which she still occasionally plays on her flute to indulge me.

I read her a story before she goes to bed, a practice I wish to carry on forever but alas it will come to an end very soon. The tables are turning. Ruby has realised long ago that it is me who needs the bedtime stories, rather than her. She can finish her book in a few hours of non-stop reading but still pretends not to have read it and let me read a few pages to her in bed. There was a time when she was scared to go to bed on her own and desperately wanted bedtime stories and I used to discipline her with the threat that she would not get a story if she was naughty. Now she warns me that if I do not buy her a book or an Ipod or a CD, she will not listen to my story.

I remember when I left home at the ripe old age of 27 to go to . My mother had been quiet for some months.

The firmly established hierarchy in the house had crumbled by my sudden announcement in the final year that I wanted to travel to the UK for an FRCS. My parents suddenly stopped ordering me around. I assumed far more influence in a short space of time. If I sneezed my mother ran for a hot cup of tea. If I displayed any hint of tiredness, she got my bed ready even before I could blink, but all that did not stop me from leaving her. I was destined to leave her and my father, whose defence against the imminent departure of his son was built around the appearance of looking detached and unworried. When the day finally arrived, she came to the airport to see me off, with my father, three brothers and a sister. We cried but my mother was trying to hold back her tears. She was desperately trying to look brave, like those mothers who fool themselves when their sons go to war never to return home. But when I looked back (I shouldn't have done, I know, but I did) her lips were quivering with no attempt to hide the anguish written all over her crumpled face. She was sobbing uncontrollably. Her defences had crumbled and she was reduced to a gibbering wreck. Her son was leaving her, never to return, to comfort her in her old age. I suspect she knew then, that I will never come back to her, even when I was deluding myself I would never stay away for long and would always be there when she needed me.

I had seen my father cry only once. That was in 1971 when his brother died of a burst stomach ulcer. I remember when Taya was sent back from the hospital as the surgeon decided not to operate, because the peritonitis was widespread. He lived for 5 days in pain and misery waiting for a miracle. On his last day the most well known GP of Jhelum was called in, and we peeked in to see him perform his miracle and bring Taya back to life for his six children, but the good doctor was only gingerly feeding him spoonfuls of water. Then Taya died. I was playing out in the street when Kaka came running to tell me that he had passed away. As I reached the house I could hear the loud wails of women and screams of his children. The small house was full of relatives and strangers. I looked for my father. I was worried about him and wanted to comfort him. I found him in a corner. He appeared to be smiling. As I had never seen him cry, I did not know this

*cont'd on page 57*



# DOGANA Winter Meeting 2008

Sohail Khan, MD



**M. Sohail Khan, MD**  
DMC class of 1988.  
Residency Illinois  
Masonic Medical Center  
and Rush University  
Internal Medicine and  
Geriatric Medicine  
Clinical Asst. Prof. of  
Medicine Univ. of Illinois  
Chicago Geriatric Dept.  
VA Hines and Loyola  
University, Maywood IL

## REPORT-DOGANA WINTER MEETING

Dow University of Health Sciences Dec. 24 to Dec. 26, 2009

It was a beautiful sunny afternoon on Dec. 24, 2009 when more than 40 delegates from the USA and many from Northern Europe arrived at DUHS campus. Many were returning after some 20 years to the good old DOW. It was a nostalgic and emotional moment for all of us. The present DOW Faculty greeted us very warmly. The Vice Chancellor, Dr. Masood Hameed and Principal Dr. Salahuddin Afsar had gone out of their way to make sure we were at home.

Our initial session was arranged at Arag Auditorium and the luncheon was arranged at the gorgeous lawn next to Arag, catered in a typical hospitable Pakistani style, with a lavish, delicious menu. The meeting was opened by DOGANA President Dr. Nasar Qureshi, who also gave the initial welcome address and outlined his vision for DUHS. He introduced individually all visiting delegates. Dr. Salahuddin Afsar, Principal DMC, gave a detailed account of what the DUHS has evolved into and his vision for the alma mater. Faculty had also arranged a tour of the new facility. DUHS has 7 different institutes under the university, namely DMC, SMC, Dow International, Pharmacy School, Nursing School, Dental School, Information Technology School and Ojha Institute of Chest Diseases and a lot more. The curriculum has been revised and there is a semester system now, and the examination style has changed to modern standards, MCQs, etc.

The welcoming committee was comprised of young Dowites, students and faculty members. Dr. Mahmood, who is our DOGANA Liaison at Karachi and a young general surgeon at Surgical Unit 4 with Dr. Qureshi, was seen quite active coordinating events. On the evening of the 24th, there was a 1988 Class Reunion at Pearl Continental Hotel, with 140 attendees.

On the 26th we arrived early at DUHS and at Arag auditorium. We had our Scientific Session Program, which started promptly at 9am, with recitation of the Holy Quran followed by an address by Dr. Nasar Qureshi reaffirming our goals and pledges to DOW.

The first session was coordinated by me (M. Sohail Khan) titled: *Updates In Clinical Medicine*.

Talha Siddiqui and Shazia Malik . with Dow Principal, Dr. Salahuddin Afsar.





# Winter 2008

There were four presentations as follows:

1. *Update in Management of Acute Coronary Syndrome*  
Presenter: Dr. Mirza Wajid Baig MD, FACP, DMC 1983  
Chairman Dept. of Cardiology Charlton Memorial Hospital, USA
2. *Evidence-Based Medicine, Marriage of Science and Practice*  
Presenter: Junaid M. Khan, MD, FAAP, FAAF, DMC 1989. Chief Neonatal and Prenatal Medicine UNBC, Canada
3. *Agitation in Demented Patients*  
Presenter: Mujeeb ur Rehman MD, Diplomate ABPN, FRCP, DMC 1982. Geriatric Psychiatry, Toronto Canada
4. *Advances in Pediatric Epilepsy*  
Presenter: Syed Arif Hosain MD DMC 1985  
Prof. Peads and Neurology, UMDNJ, NJ, USA

Also involved from DUHS were:

Dr. M. Saleem Ilyas, Assoc. Prof. of Neurology,  
Director Medical and Allied DUHS and  
Dr. M. Khalid Siddiqui, Director Surgical and Allied  
DUHS

*con't on page 20*

Nasar Qureshi presenting Award of Recognition to Prof. Masood Hameed at the DOGANA Winter Meeting, December 2008 in Karachi



## MERITORIOUS RESEARCH PRESENTATION BY DMC FACULTY

Research articles presented at the  
Winter DOGANA Meeting Dec. 24–26, 2008

DR. SINA AZIZ

*Celiac Disease In Children With Persistent  
Diarrhea Failure To Thrive*



DR. NAZLI HUSSAIN

*Use Of Recombinant Activated  
Factor VII For Massive PPH*



DR. NASEEM AHMED

*Pediatric Brain Tumors At  
Tertiary Care Hospital In Karachi*

DUHS, after entering the gate and inside under the new building





### Award Presentations:

From DOGANA, Dr. Nasar Qureshi donated cath lab and GI endoscopy equipment worth more than \$250,000, collected and taken to Karachi by DOGANA members. Dr. Shauket Zaidi donated GI supplies. DOGANA members and APCNA officers, Dr. Wajid Baig, Dr. Rizwan Karatela and Dr. Javed Suleman donated cardiology supplies. Plaques were presented to Dr. Masood Hameed and Dr. Salahuddin Afsar in appreciation of their efforts towards this meeting and for their services to DUHS.

From DUHS, plaques and awards were presented to all participants and delegates of DOGANA and DOGANE by Vice Chancellor Dr. Masood Hameed Khan. Also an invitation letter from VC for Visiting Faculty Appointments was handed to the delegates with the plaques.

Dr. Talha Siddiqui, DMC 1989 a prominent DOGANA member and co-chair for the meeting coordinated the second session with the topic: *Pursuing Post Graduate Education in USA and UK— A Systematic Approach*.

Dr. Umna Ashfaq Dr. Shahid Qureshi and Dr. Raheel Rasheed did short presentations, followed by a panel discussion. Panelists were Dr. Umna Ashfaq, Univ. of Florida, USA. Dr. Shahid Qureshi, FRCS, DOGANE, UK. Dr. M. Wajid Baig, Carlton USA; Dr. M. Sohail Khan, UIC and Loyola University USA. Dr. Raheel Rasheed Univ. of West Virginia USA. Dr. M. Nasar Qureshi,

President DOGANA, USA. Further participants were final year MBBS students, House Officers, Post Graduate Trainees, Residents and Doctors.

At the end, we took a group photograph with the faculty on the infamous stairs to the entrance of Moin Auditorium. Many thanks to DOGANA Leadership, VC Dr. Masood Hameed and Principal Dr. Salahuddin Afsar for their efforts to make it happen and a promise to continue the process every year.

Later that afternoon we, Nasar Qureshi, Talha Siddiqui and Shazia Malik along with APCNA members Dr. Wajid Baid, Dr. Rizwan Karatela and Dr. Jawaid Suleman went to visit Indus Hospital. Lunch was provided by Dr. Abdul Bari Khan. We met with the Indus Team, in particular Dr. Amin Chinoy, Dr. Zafar Zaidi and Dr. Bari and saw first-hand what amazing work has been done by a group of eminent Dowites and how a well-structured research process has been started. This is already giving results. The Class of 1989 also had their reunion at a local restaurant. Later during the week, Dow Class of 1983 had their 25th Silver Jubilee reunion on the 28th of Dec. Overall, this was one of the best alumni meetings at Dow and I hope the process will become stronger and the environment of welcome felt by us will continue.

*M. Sohail Khan, MD, DMC88  
Co-Chair, Dow Winter Meeting '09*





# 25 years — A Flash in a Pan

Nasar Qureshi, MD, PhD

# DOW '83



It is hard to believe that 25 years can pass by you in a blink, but they did. The gatherings around the Yum Yum tree, bridge sessions in the dissection hall anteroom, spontaneous midday trips to the beach, debates and elections, the annual gala, hygiene trip, late night soirees to kala pul for tea, club sandwiches and ice cream cones at Spinzer and somewhere mixed in, there were the marathon sessions of dissecting brains, figuring out the origin and insertion of pyramidal muscle, the function of calcaneus, memorizing all the drug interactions, understanding the causes of CHF to writing your first prescription in the OPD. The cries of the first child you assisted in bringing into this world, the first patient you lost, it was yesterday – 25 years passed by in a blink of an eye and the eve of 28th December, 2008 could just have been another evening in March, 1983. The jokes were the same, smiles as bright, the twinkle in the eyes as sharp!

The only difference, if any, the scalps are a bit balder and greyer, the stature just a little healthier resulting in true bear hugs. The ladies all looked the same and I heard someone swearing that the layers of makeup were no thicker than 25 years back.

It all started 3 years back in Saeed Quraishi's home where about 100 of the class of 1983 met in a semi-reunion and started planning the silver jubilee celebration. After little discussion, Nasar Qureshi's idea of donating a laboratory to Civil Hospital was

adopted. The plan really got rocking in early 2008 with Saeed taking over the bull by the horn in Pakistan and Shahid Naqvi holding the fort pushing to raise \$100,000 in USA. In March, a whole team of zealots were in place and the vision of class of '83 started to shape into a reality. Today it is a reality! Approximately nine crore rupees have been donated or pledged. The construction is weeks away from completion and equipment waiting to be installed.

The evening was dedicated to all those we have lost in this Journey. We hope they were smiling looking at us from Jannah. Saeed Quraishi updated us on the status of the project and provided the financial report. Nasar Qureshi was able to motivate class fellows to pledge 50 lakh rupees/year for the maintenance and running of the laboratory. When fully operational the laboratory will provide services from basic chemistry to molecular based infectious disease testing - BRAVO!

The highlight of the reunion was the amazing collection of archived material put together by Tariq Azam. The years at DOW revisited in a perfect dream and oh yes!, what was that – Bhangra Unleashed – the cracking of joints and stir of the uncoordinated lipomovement could be heard and felt miles away.

Saeed and Shadaba's wedding was definitely the icing and a guarantee of another fruitful 25 years. However, some

sage one suggested that let's not wait for 25 years, and all agreed to do this every 5 years, and daily on DOW83.com.





# The Man Who Killed Pakistan

Talha Siddiqui, MD



**Talha Siddiqui, MD** graduated from Dow in March 1989. He completed training in Anesthesiology at St. Louis University Hospital in 1997. Fellowship in Cardiothoracic Anesthesia in 1998 from St. Louis University Hospital. Fellowship in Pain Management from Northwestern University Hospital in 1999. Board certified in Anesthesiology. Board Certified in Pain Management. Currently in private practice in Fairfax County and Prince William County, Virginia.

An unusual topic is not it? How can a single man kill a state? Yes, however, this did happen, and it occurred during the days when I was a student at Dow Medical College.

I remember the days when Zulfiqar Ali Bhutto announced the March 1977 elections. PPP was unaware about the establishment of PNA. From 1973 onwards opposition was split into two major factions. These factions opposed each other tooth and nail and there was no collaboration between the two. Asghar Khan and Mulana Noorani were in UDF (United Democratic Front) while the rest were on the other side, NAP (National Awami Party) and its leadership was behind bars and was not active in day-to-day politics.

As the opposition increased its rhetoric against the government, PPP became more defensive and insecure. During the election process major leaders of the PPP got elected unopposed. Most of the Chief Ministers, Bhutto himself and many others did not let the opposition file their nomination papers from these constituencies. The result was a severe distrust between the government and the opposition.

There was a feeling, especially in urban Sind, that the elections will be rigged by PPP. On the eve of 7th March, 1977 as the election results started to pour in, major opposition leaders had won their seats but in rural Pakistan massive rigging had taken place. PPP again got two thirds majority in the National Assembly and the power to amend the constitution. This created a major mayhem in the opposition ranks, and they boycotted the provincial polls.

Bhutto, confident about his image and popularity, postponed the negotiations with the opposition leaders. The results were strikes,

looting, plunder and state atrocities against the demonstrators. More than one hundred civilians died in Karachi. PPP did not realize that during these demonstrations foreign powers got the chance to charge on Bhutto and his nuclear program. Our own army, capitalizing on the events started to wheedle the opposition leaders, especially Asghar Khan, Mian Tufail Muhammed and Pir of Pagaro. Asghar Khan even wrote a letter requesting the army to intervene.

This was the precise time when an unexceptional and average army officer who was promoted to the post of Chief of Army Staff comes into the limelight. This was Zia-ul-Haq, the dictator who eventually ousted Bhutto, hanged him in a contentious judicial judgment and ruled Pakistan with an iron fist for the next eleven years. This was the time when an entire nation, which opposed Ayub Khan just eight years back, was entranced in the name of Islam, jihad and strategic depth through Afghanistan. This was an era when democracy was mocked, political parties sapped and biradari system promoted. This was the period when Pakistan, an independent nation, surrendered its independence first to the Jihadists and their outfits and later on to the foreign imperial superpower.

Did Zia kill Pakistan, its ideology and its national pride? This is a very pivotal question.

If an end to the independence of judiciary starts from the day when Justice Munir overturned the high court judgment for the restoration of constituent Assembly of Mohammed Ali Bogra, and an end to the democratic tradition dates back to the controversial decision of the supreme court accepting Ayub Khan's martial law under the "doctrine of necessity," then finally an end to the national sovereignty of Pakistan



started with the Martial Law of Zia.

General Mohammed Zia-ul-Haq adopted policies in the 80s which have lead Pakistan towards a path of destruction, self-annihilation and national disintegration. Whether it was his foreign policy of interfering with the Afghan crisis or his domestic policy of banning political parties and weakening national institutions, the nation has not recovered from his delusions.

From 1947 until 1977, religious political parties were obligated to the principle of democracy and adult franchise. Only a few student wings of the political parties used coercion and force, but it was limited to the college and university campuses. It was only after the Afghan jihad that Zia and his cronies overtly armed and coached new religious and factional groups to harvest aid for the Afghan jihad. They did not realize that this new phenomena would subsequently bleed Pakistan to death after the Afghan jihad was over. Today, the chaos and pandemonium which our nation is enduring is due to these flawed and spotted policies.

During the same period, political process was squashed and the political party as an institution for the training of juvenile and upcoming politicians suffered inadvertently. The non-party elections of 1985 further secluded these political parties, and eventually they resorted to hero worship and personality cults rather than developing into a workforce of collective political wisdom. Political workers suffered immensely and the majority left politics for other careers. Student unions were banned and fresh political breed was guillotined forever.

Next was the advancement of Interservices Intelligence Agency (ISI) and its political wing. Zia-ul-Haq tendered a free hand to army officers and bureaucrats to pry in the affairs of the political parties, judiciary and the media, finally wrecking every institution which can serve as a pillar of democracy and freedom. Whether it was his phony referendum or the split in the national political parties, ISI was involved in every affair. Notwithstanding until recently, ISI played a major role in the establishment or ousting of political governments.

This is 2009, and even today his policies are affecting our

nation. Jihadists have now reached our major urban centers. The superpower is now on the other side of the fence and ordering us to deal with them and throng them. Political parties are still in organizational infancy and are afflicted by personality cults and hero worship. The nation is still embroiled in the ideological battle of Islam and secularism.

What if?

What if PPP and PNA would have signed an accord on 5th July and fair and free elections would have taken place in Pakistan? What if Pakistan would have stayed neutral in the Afghan Jihad and the parliament in Pakistan would have remained supreme, deciding about our foreign policy and national affairs? What if Bhutto was still alive to lead us or to sit on the opposition benches and drizzle punches in his patent style on the PNA government?

These are unanswered assumptions that I think of when I look back at my unfortunate nation. Decisions which are made by a single stroke of pen, be it by Justice Munir, Zia-ul-Haq or Musharraf can have deep, undeniable and cataclysmic results for the future generations.

This is why collective wisdom supersedes individuals. This is why parliament is preferred over dictatorship and this is the reason for strengthening institutions like judiciary, media and the electoral college in Pakistan.

I did not have an arduous task in singling out the man who killed Pakistan. Ayub destroyed democracy and Musharraf destroyed national pride but it was Zia who achieved both with a distinction.

We have a new start now after the ouster of Musharraf and his cronies. We should not waste time in political intrigues and should concentrate on institution building and empowerment of the elected parliament. Maybe this is the last chance!

*Talha Siddiqui, MD*  
*Fairfax, VA, USA*



*Dow Medical College - A brief history of the college, a journey through the years. Students, the teachers and the times at Dow. We are grateful to all the Dowites, seniors and juniors, who have contributed in more than one ways. We are indebted for their research, articles, pictures, memorabilia and more....*

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Special Thanks to Professor Shafi Quraishy for his encouragement and valuable help

1945 - 2009  
Dow Medical College



# **Dow Medical College** *A Journey Through the Years*

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## **What's in the Name we call Dow**

This is a brief account of our alma mater's history. Our alma mater is 62 years old, and finding the historical information can become quite challenging. We have undertaken the task to fill in the gaps in the historical accounts of Dow. Searching the internet, reviewing the archives at the British Library, personal reflections, and other resources has revealed more information. With the series of articles we will embark on this journey and hope to capture the glorious past of our alma mater.

Part I:

**The Biographical Sketch of Sir Hugh Dow**

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# DOW



# Sir Hugh Dow

## *A Short Biography*



*Sir Hugh Dow* 1886 – 1978

### **The Biography of Sir Hugh Dow**

The Dow Medical College is named after Sir Hugh Dow of the British Empire. Not much information is available about Sir Dow, specially the early days of his life. We know that he was knighted by the Queen for his services in the British Army and he held many high positions.

### **The Governor of Sindh (1941 to 1946)**

Sir Hugh Dow rose up the ranks in the British Empire and played a major role in Indian sub-continent and in the Middle East region politics. He became the Governor of Sindh in 1941. On December 10, 1945 he laid the foundation stone of Dow Medical College. Little is known about the actual ceremony, we assume there may have been photographs taken and records must have been kept. So far research has not revealed further details. Interestingly, however, we found a reference of him in the information about early Sindhi history, where he must have enjoyed some local friends. Here is one such information from his friend named Mr. Lokumal:

#### *Background Info: (source from the Internet)*

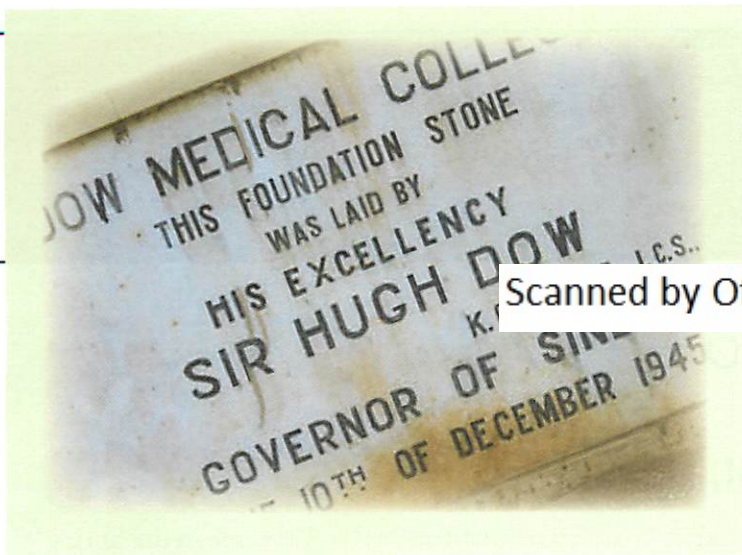
*Mr. Lokumal had good taste and admired beautiful things in life. His collection consisted of Quran Shariff, Holy Bible, and Shrimat Bhagwat Geeta, etc. He had spent over sixty-thousand Rupees towards his collection and in 1946 the collection was worth over rupees three lacs.*

*Mr. Lokumal had a personal relationship with the Chief Minister of Sind, Sir Gulam Hussein Hidayatullah and other VIPs. Sir Hugh Dow succeeded Governor Sir Lancet Graham. He had learnt of the wide collection of curios, antiques and ancient artifacts that Mr. Lokumal had collected, and on Nov. 26, 1944 he called on Mr. Lokumal at his residence to see the same.*

*Accompanying the Governor were Commissioner Mr. Lombard, Hyderabad's Collector Sardar Bahadur Mohammed Bux, Mukhi Gobindram Pritamdas Saghrani and other dignitaries. After viewing Mr. Lokumal's collection, they had a group photograph taken.*

Sir Hugh Dow died on November 20, 1978 at the age of 92





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hopes." The British administration could not digest this dissent of Allah Baksh and he was removed from office by the Governor, Sir Hugh Dow, on October 10, 1942. This great sacrifice of a Muslim leader for the freedom of the country remains unknown even today"

## The Governor of Bihar (1946 to 1947)

With the changing milieu of the British Empire after the World War II. The services of British officers and of the higher rank personals were needed in various parts of the Empire. Sir Dow was needed in the province of Bihar and H.E. Sir Hugh Dow was made Governor of Bihar from 13/5/46 to 14/8/1947. Little is known of his time in Bihar.

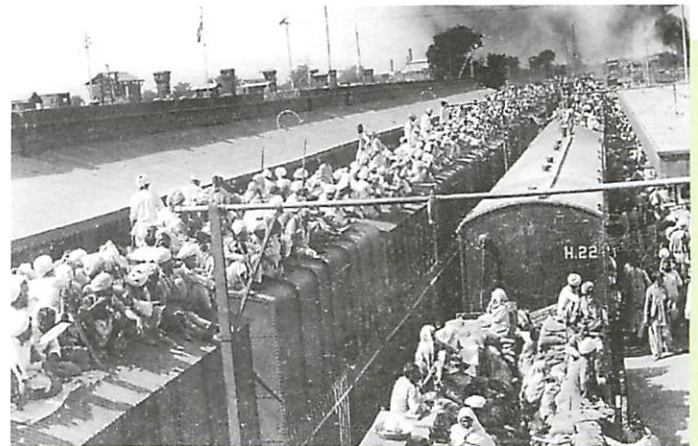
Mr. Lokumal and the Governor Sir Dow became very intimate. The Governor, for the sake of remembrance, sent Mr. Lokumal a photograph of himself and Lady Dow in a silver frame.

Sir Hugh Dow, in June 1946 visited Patna and saw the priceless collection of books in the Library. On June 21, 1946, Sir Hugh Dow, from Ranchi, wrote to Mr. Lokumal about it, asking him to visit Patna and see the collection for himself. Mr. Lokumal had similar rapport with other officials as well, and they corresponded with each other.

Sir Dow is referenced at another times in Sindh Politics as Governor of Sindh in 1942 in an article by Shamsul Islam in *Indian Currents* 1 June 2003. He writes,

"One such example is of Allah Baksh who at the grassroots level among Muslims of India organised an effective and massive opposition to the nefarious designs of Muslim League in pre-Partition days. Allah Baksh was the Premier (those days chief minister was known by this designation) of Sind during the eventful days of 'Quit India' Movement of 1942 as head of the 'Ittehad Party' (Unity Party) which did not allow Muslim League to have any foothold in the Muslim majority province of Sind. Allah Baksh and his Party were not part of the Indian National Congress but when British Prime Minister Winston Churchill made a derogatory reference to the Indian freedom struggle and the 'Quit India' Movement in a speech in the British Parliament, Allah Baksh renounced in protest all titles conferred by the British Government.

While announcing this renouncement he stated: "It is the cumulative result of the feeling that the British Government does not want to part with power. Mr. Churchill's speech shattered all







## Sir Hugh Dow 1886 – 1978

### The Consul-General, Jerusalem

Sir Hugh Dow, after a career in the Indian Civil Service, had arrived in Palestine in the Spring of 1948. Most of us don't know that Sir Hugh Dow played an important role in Middle East politics. This information is obtained from the references of two books, available from the internet.

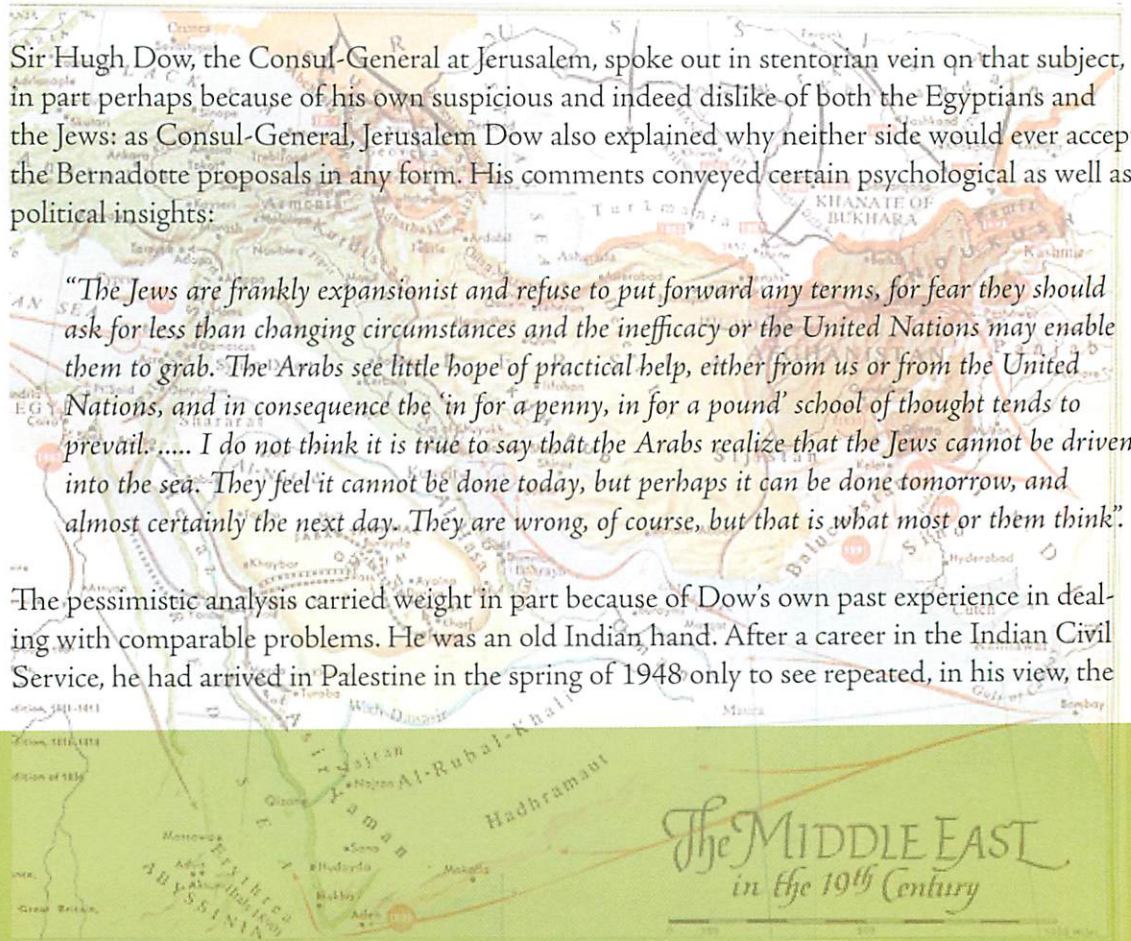
### The Arab-Jewish Conflict

The British feared the establishment of an independent Palestinian Arab state because it would fall into the hands of anti-British extremists led by the Mufti (whose influence the British continued greatly to overestimate, in this case, as an ally of the Egyptians). The weakness of an Arab state, so ran a parallel argument, would also make it prey to Jewish territorial expansion.

Sir Hugh Dow, the Consul-General at Jerusalem, spoke out in stentorian vein on that subject, in part perhaps because of his own suspicious and indeed dislike of both the Egyptians and the Jews: as Consul-General, Jerusalem Dow also explained why neither side would ever accept the Bernadotte proposals in any form. His comments conveyed certain psychological as well as political insights:

*"The Jews are frankly expansionist and refuse to put forward any terms, for fear they should ask for less than changing circumstances and the inefficacy of the United Nations may enable them to grab. The Arabs see little hope of practical help, either from us or from the United Nations, and in consequence the 'in for a penny, in for a pound' school of thought tends to prevail. .... I do not think it is true to say that the Arabs realize that the Jews cannot be driven into the sea. They feel it cannot be done today, but perhaps it can be done tomorrow, and almost certainly the next day. They are wrong, of course, but that is what most of them think."*

The pessimistic analysis carried weight in part because of Dow's own past experience in dealing with comparable problems. He was an old Indian hand. After a career in the Indian Civil Service, he had arrived in Palestine in the spring of 1948 only to see repeated, in his view, the





**DOW, Sir Hugh**

*Knight, Grand Commander Indian Empire 1947; (Commander Indian Empire 1932); Knight Commander of the Star of India 1940; (Commander Star of India 1937); Knight of St. John*

worst of the tragedy of the partition of India. After Bernadotte's assassination he made one particularly revealing remark about the Arab reaction. That was at a time when the newspapers throughout the world had emphasized the abomination of Jewish terrorism. According to Dow's reading of Arab opinion, the Arabs had much better grounds than [the] Jews for desiring elimination of [the] Mediator'—Bernadotte after all had accepted the existence of the Jewish state. The comment served as a reminder that the British were still attempting to reconcile two equally extreme forces."

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Born	8th May 1886, son of Alfred Dow Married Ann, daughter of J. Sheffield in 1913 (Commander of the Order of the British Empire 1947; Companion of the Order of St. John, Kaiser-i-Hind Gold Medal) Educated at Aske's Hatcham School & University College, London.
1909	Entered the Indian Civil Service.
1910	Arrived in India 24th November, 1910
1910	Served in Bombay as an Assistant Collector.
1916	October 1916 - Municipal Commissioner, Surat.
1918	Assist Commissioner in Sind for civil supplies and recruiting.
1919	September to April 1920; Deputy Controller of Prices, Sind.
1921	May - Deputy Secretary to Government, Financial Department.
1923	Passport Officer from January to July 1923
1923	October - Acting Secretary to Government, Financial Dept.
1923	November - Deputy Secretary to the above body (Temporary)
1925	December - Temporary Financial Adviser, Public Works Dept.
1926	May - Officiating Deputy Secretary to Govt, Financial Dept.
1927	January - Revenue Officer., Lloyd (Sukkur) Barrage Project.
1932	Member of the Sind Conference.
1933-34	Chairman of the Sind Administrative Committee.
1934	October - Joint Secretary Commerce Dept, Govt. of India.
1936-39	Secretary to the Govt. of India, Commerce Department.
1939-41	Director- General of Supply.
1939-41	President of the War Supply Board, India.
1941-46	Governor of Sind.
1946-47	Governor of Bihar.
1948-51	Consul-General, Jerusalem.
1952	Chairman, Ordination Funds Commission.
1952-54	Chairman, Royal Commission on East Africa
1957-58	Chairman of the Council, Royal Central Asian Society Address - 16, Pall Mall, London SW1. Club The Athenaeum, London.
Died	20th November 1978

*Tim Thomas, APAC Reference Services  
British Library  
96 Euston Road, London NW1 2DB*





Not marble, nor the gilded monuments  
 Of princes, shall outlive this powerful rhyme;  
 But you shall shine more bright in these contents  
 Than unswept stone besmear'd with sluttish time.  
 When wasteful war shall statues overturn,  
 And broils root out the work of masonry,  
 Nor Mars his sword nor war's quick fire shall burn  
 The living record of your memory.  
 'Gainst death and all-oblivious enmity  
 Shall you pace forth; your praise shall still find room  
 Even in the eyes of all posterity  
 That wear this world out to the ending doom.  
 So, till the judgment that yourself arise,  
 You live in this, and dwell in lover's eyes.

— Shakespeare

Dow Medical College  
 1945 - 2009



**Dow Medical College**  
*A Journey Through the Years*

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**Milestones  
Landmarks  
and Events**

The institution's 62-year old history is marked with many milestones, landmarks and events. This section will highlight the dates important in the history, with brief relevant information. It is kept in chronological order and extra effort has been taken to record the approximate year and date. Still many more events and milestones are not yet included simply because we don't have reliable records available...

Part II:

**The Milestones, Landmarks and Events**

**DOW**



# Dow Milestones and Landmarks

## *Dow Medical College*

Compiled and edited by  
**Professor Shafi Quraishy**

*Every institution is known for its landmarks and events. It may be the gate, the entrance, the building or the department. In Dow we had many, and Dowites going through their years in Dow may remember one landmark more than the other. With time one landmark may be replaced by a new one. Our history is full of such events and here is a brief account of chronological development followed by the principals of Dow and then student union information...*

### 1941 – Establishment of Medical School

Dow was first established in Hyderabad, Pakistan as a small medical school proposed to grant only the LSMF qualification. (Actually in the UK the term school and not college is used for a medical institution.) Before the Independence, in 1941, the Indian Medical Council in order to introduce a uniform standard of medical education either abolished or raised many medical schools to a university degree level.

In 1943, this committee, which consisted of Dr. Hermends R. Wadhvani, Minister of Public Health; Col. J. E. Gray, Inspector General of Civil Hospitals; and Mr. Abhichand, Executive Engineer, developed the plans for the Dow Medical College. Major (Later Lt. Col.) Aziz K. M. Khan continued this project during the absence of Col. Gray. The college was inaugurated by Governor Maudie of Sind in Hyderabad in 1945. The first batch of the admitted students consisted of forty-five students, among which there was a Muslim girl student named Ms. Fahmida Shaikh.

In 1944, the University of Bombay granted a temporary affiliation, which was later withdrawn on the recommendation of a three-member committee consisting of Dr. Molgonkar, Dr. Yodh and Col. Jalal M. Shah. However, this committee recommended moving this institution to Karachi and later the affiliation to University of Bombay was restored for the years 1945 and 1946.

### 1945 – The Foundation Stone

The foundation stone of the new building was laid in Karachi on December 10, 1945 by Sir Hugh Dow, Governor of Sind, after whom this medical college was named. The medical college was transferred from Hyderabad to Karachi on December 31, 1945. It was temporarily housed in the N.J.V. High School building.

### 1946 – The New Building

Dow Medical College started functioning in the new building in November, 1946. In December, 1946, Bombay University's team of inspectors recommended to continue its affiliation for the pre-clinical years and a conditional affiliation for the clinical subjects.

### 1947 – The Pakistan's Independence

When Pakistan gained its independence, Dow Medical College came under University of Sind's jurisdiction. A new committee was appointed by the University of Sind. It visited the institution on December 22, 1947 and recommended full affiliation. It remained under Government of Sind until the central government took over on July 8, 1951.

### 1953 – PMDC Recognition

Pakistan Medical and Dental Council (PMDC) gave its recognition to the college in 1953. On March 7, 1962, it came under the jurisdiction of West Pakistan Government. With the dissolution of "One Unit", Sind Government assumed its control again on June 30, 1970.

### 1950 – The Dow Magazine

The Student Union published its first magazine in 1950 which was later named "DOWLITE" in 1951.

### 1952 – The Lending Library

The Student Union also established a lending library in 1952, initially with only a handful of books which later grew to be a big source of books for the students.

### 1953 – The Students Union

The Student Union was established by the students. Prior to this the student union activities were largely run by the college staff. The college principal acted as the President of the Union and VP was elected from the student body. The Constitution of the Student Union of Dow Medical College was drafted by Mr. Mohammed Sarwer and Mr. Sulaiman Karatela. The elections were held and Mr. Rehman Ali Hashmi was elected the first President of the Student Union. During this tenure, the constitution was approved by the Principal and the General Body of students. The role of Student Union had been vital in shaping of Dow's activities. It provided a venue for cultural, political and creative activities in arts and literature on a national level. The DMC Annual Mushairas and annual functions were keenly awaited by the entire city every year.



Eugene Patrick  
Best Sportsman, Dow 1952





### 1957 – The First Urdu Magazine

The student union started an Urdu magazine named “NAMUD-E-SAHER”.

### 1961 – The College Mosque and Events

The college mosque was built in 1961. Students protested the murder of Patrice Lumumba Prime Minister of the Belgian Congo and the Hindu-Muslim riots in Jabalpur, India, under the leadership of Sher Afzal Malik, former president of the DMC union. About 160 students were arrested, ten held for 3 weeks, ten prosecuted and 8 sentenced to varying jail terms. Later on during Professor Almani's tenure, the wall separating the college and the hospital was built. As a consequence, a separate mosque was built for the students over the water tank. This was vastly improved and proper ablution facilities were provided in 1995 after Prof. Quraishy took over as the principal.

### 1962 – Girls Common Room and Sport Facilities

Under the tenure of Dr. Sultan Ahmed as the Gymkhana Secretary many projects were undertaken and completed. The Girls Common Room was built (main library/auditorium is now), the Boys Common Room was re-modeled (it is now the admin building). A covered practice cricket pitch was constructed (by the outside wall-facing Bunder Road) as was a basketball court (in front of the current auditorium). Both the Girls and the Boys Common Rooms, especially the latter were greatly improved in 1996 as part of the Golden Jubilee Celebrations.

### 1968 – The Arag Auditorium

The modern Arag Auditorium [named after the family donating it] with its unique architecture was built with the efforts of Professor Abdul Rahim.

### 1973 – The Main Auditorium

The Main Auditorium, the new medical library and common room building were established in the Administration Block. The Main Auditorium was later named after Prof. Khawaja Moin Ahmed. It was destroyed by a fire due to a short circuit on the first floor in 1985 and reopened in 1996.

### 1975 – New Medicos Snack Corner

On October 21, 1975, a new snack medicos snack corner was inaugurated by Professor A. Wahid.

### 1979 – PWA was established

The PWA was conceived in February, 1979 by 3 students, Dr. Abdul

Rahman, Dr. Inayat Hussain Thaver and Dr. Iqbal Noor Mohammad. Dr. C.W. Vellani became the Patron and was ably assisted by Dr. Mushtaq Ahmed. After they left for AKU, Dr. Zakiuddin Oonwalla stepped in.

### 1979 – The Sports Arena

The sports arena was built in 1979 and soon became a very important meeting place for many students.

### 1981 – The Hygiene Block

This was one of the major additions to Dow Medical College. It was the “Hygiene Block.”

### 1990 – Quota System Abolished

After the Supreme Court of Pakistan decision to abolish the quota system in medical colleges, the first open merit batch (220 girls and 73 boys) were admitted to Dow Medical College.

### 1991 – Political Parties were Banned

After an incidence on the college premises, ALL political parties were banned and their offices were closed, actually SEALED by the District Magistrate and hence like the DMCSU offices closed in 198 [incl Lending Library] could not be opened by the college without court permission. This permission was ultimately sought in 1996 by Prof. Shafi Quraishy.

### 1992 – All Quaid-e-Azam Scholarship

All Quaid-e-Azam Scholarships; given to first 4 position holders in all medical colleges under University of Karachi) went to Dow Medical College (Hina Shafique, Lubna Noor, Arqam Zia, Kamran Hasni). (Although boys were 30% but shared 50% scholarship).

### 1993 – City Olympics

Dow Medical college took 2nd place in City Olympics with a gold medal in swimming.

### 1995 – A Dowite Recognized

Best Graduate in all medical colleges under University of Karachi was Ismail Khatri of Dow Medical College.

### 1995-1996 – Massive Changes in Dow

After Prof. Quraishy took over as Principal, he went into full swing to improve the situation in DMC. The college mosque was his first undertaking. This has already been mentioned above.

The second improvement was in the Library. Having previously been

Professor Ansari at the Dow Conference circa 1970.





# Dow Milestones and Landmarks

a Library Chairman, he was already aware of the various changes needed. The first thing done was to open up the library area on the top 2 floors into massive open reading rooms for the students. The area was fully carpeted and new tables and chairs placed.

A separate reading area was made for the staff – RMOs upwards. This also had current issues of more than 79 journals. The titles were suggested by the DMC staff and finally approved by the relevant HOD.

The EMRO Region WHO Chief, on his visit to the college in 1999, was so impressed that he immediately shifted the WHO publications being sent to AKU Library to the DMC Library (WHO sent it to only one institute in Pakistan).

For the first time, a separate Audiovisual Centre with CD players and VCRs was commissioned. A large desktop IBM PC was donated by IBM to our institute. It was voice-activated and we also had an internet connection. Simultaneously, we also took 2 e-mail connections for DMC.

The Moin Auditorium was reopened after a lapse of 10 years and the tremendous task of re-commissioning it for the Golden Jubilee was initiated. It was air-conditioned for the first time and a wireless microphone and speakers were installed. For the first time multi-media projectors were installed there and in the Arag Auditorium. Unfortunately these were used by only a few since no one thought we could have these in Pakistan in 1996!

Microscopes in various basic sciences had not been changed since 1945. Hence, after fifty years these were changed everywhere. 4 to 6 teaching microscopes were also obtained.

A large hall lying empty on the top floor of the Admin Block was converted to an Anatomy Museum for artificial bodies and parts. Air-conditioners were obtained for the Anatomy Dissection Hall along with large extractors [in view of formalin used]; these were installed when Prof. Soomro was the Principal.

Improvements in all Basic Sciences Depts continued under Dr. Soomro.

One of the biggest achievements then was the sandblasting of all walls of the buildings of Dow removing all slogans and names of political parties for the GJ.

Instead of a 5-star hotel, the GJ was held in the college. 6 sessions were held simultaneously, still unequalled anywhere in Pakistan. One owes it to late Prof. Manzar Saleem and his team for seeing to it that there were no mix-up of slides, etc. during the sessions. Enough back-up projectors were provided everywhere for this purpose.

## 1997 – Prof. Shafi Quraishy appointed as Secretary Health, Sindh

In view of his widely acclaimed performance at DMC, Prof. Shafi Quraishy was appointed as Secretary Health, Govt of Sindh. He was

succeeded by Prof. I B Soomro, who continued with the process of constantly improving Dow.

## 1998 – The Open Merit System for Admission

The open merit system for admissions was changed and the current system of the entry test designed by a committee set up by Prof. Shafi Quraishy when Secretary Health was applied. In 1997 the batch was the last one who got admission only on open merit in 1997 and their classes started in March 1998. Subsequently open merit was combined with an MCQ test result. This continues even under the DUHS.

## 2004 – Dow University of Health Sciences was Born

At last DUHS was born and Prof. Dr. Masood Hameed Khan became its first Vice Chancellor. Unfortunately, till date no Pro-VC has been appointed.

Prof. Masood Hameed has made full use of the funds given and started numerous institutes in all 3 campuses. Initially a Dentistry institute was started in the SMC campus. A Nursing institute has been started in CHK. Al-Razi Medical College for fee paying students only has been opened at the Ojha site.

## Medicos Snack Corner in DMC

*News item taken from the Dow Gazette, 1975*

“The population explosion in Dow Medical College over the past few years has affected almost all corners of the college and the college canteen is no exception. The small canteen, since it is the most frequented of places, was badly hit by the shortage of space, and the overcrowding was becoming unbearable. The canteen meant to accommodate some 120 students during the peak hour had to withstand a load of around 300 students. The Students Union recently made a bid to reduce the problem of overcrowding in the canteen by opening a “Medico’s Snack Corner,” and it has succeeded in achieving that end. Students who desire a quick snack in between classes find it more inconvenient to visit the corner, and benefit from the deal as the prices are considerably reduced and there is no need for tipping. Managed by a contractor appointed by the Union, the Snack Corner has an added attraction of Polka Ice Cream and Chock Bars, which sell like hot cakes as ice cream was not available previously. Soft drinks, tea, coffee, sandwiches, patties, samosa, etc., are some of the other items on the menu.

The corner was inaugurated on the 21st October, 1975 by College Principal Professor A. Wahid in a simple ceremony. Later he was treated to some snacks at the corner and from what we would gather, he enjoyed the stuff.”



The Medicos  
Snack Corner  
1975



# Patient Welfare Association:

## *A Model of Excellence in Service*

Dr. Abdul Rahman



This organization was conceived while our clinical group was working in the gynecology ward in Feb., 1979. We were deeply disturbed by the mortality rate of the unit, primarily because of lack of blood, among other things. We decided to do something about it.

Three students who were initially involved in this process were myself, Dr. Inayat Hussain

Thaver and Dr. Iqbal Noor Mohammad, all from the same clinical group A3 from final year. We decided to do the following:

1. Discourage use of professional donors' blood and encourage, enroll and take blood from healthy donors. (I must confess, in the beginning this was a challenge and we did end up buying blood from professional donors, who were usually sleeping under the influence of "something" under the big water tank near the sterilizer, beside the hospital blood bank. I remember going to them and waking them up in the middle of the night. Their leader was "Kalay Khan." He was a "nice" man and sometimes gave us major discount when we did not have money to pay for the blood).
2. Create a list of students who will be ready to donate blood at a short notice. For the families we started the principal "give one take one" and we paid for the bag and other expenses.
3. Use the hospital blood bank, which was under care of Dr. Qizli-bash, for blood grouping, cross matching and storage.
4. Start collecting donations for the purpose of purchasing medications for poor patients. Dr. Inayat Hussain Thaver and Dr. Iqbal Noor Mohammad did most of the work. (I was living in hostel and did not have much contact with the outside world. I mostly took the task of doing the runaround after-hours, as I was based in hostel 4, to respond to needs from the units 24 hours)
5. We set up a contract with Sabida Medical Store for them to supply medications where we had signed up a "medication requisition form" after proper assessment of the needs of the patient. We started paying them later on a weekly and monthly basis. This was on the basis of them trusting us.
6. We contacted Dr. C.W. Vellani to discuss the project and requested him to be our patron. We decided to register the organization. He agreed.

7. I designed the logo with "We feel we serve" slogan which you see on the PWA documents.

8. In the initial phase we made a deliberate effort to bring diversity into PWA by bringing in right wing, left wing, neutral and all ethnic groups so that the organization stayed above the divisions.

All of the above happened in short period of time. Thereafter, we found it hard to sustain because we were going into final year exams and the stress was unbearable. However, the work was never interrupted. After a long struggle (more than a year) we were able to find Zafar ul Hasan, Yousef Jan Mohammad, Amin Suleman, Natasha Mirza and Haji Hanif to come and join us. During the first year, I was threatened by political parties to abandon this or face physical damage. I was threatened with stabbing. We refused to fold the project.

9. After first year we got our accounts audited by Chartered Accountants. Farooq Ali and Company did that job free of cost. Much of our success has been due to their selfless support. We even published our magazine. I am forgetting the date of our first publication at this time.

10. We made this an unwritten rule that office bearers will not promote themselves with pictures and display of names or taking part in elections.

Office bearers were prohibited from putting up their pictures in the yearly PWA magazine. I am hoping that the tradition still continues.

11. The actual storage site and office for PWA was first started temporarily in Medical Unit II and then shifted to Surgical I where Dr. Mushtaq Ahmed was located. Blood Bank started many years later. The first site for this was negotiated with Dr. Sajjad, the RMO General I. This was a small area located under the stairs of old Doctor's Library. Dr. Arif Akhai was one of the main forces behind this project with the then Executive and Board of Governors.

### The Story of PWA

PWA's story is the story of love, respect for life, participation and commitment. No one member can claim to be the reason for PWA. Not one class can own it. It has become a great melting pot of selfless, enthusiastic, dedicated and committed workers. All of these people can claim to be owners and lifeline of PWA. The collection of these people have held this organization high above the corruptions and ruins of the society around. Each year brings new life, new zeal and new ideas. All new ideas are unique in their own right.



# Dow Medical College Principals

The compilation of this list of principals with their tenure was a major task. We are thankful to Dr. Shafi Quraishy, Dr. Saeed Quraishy and Dr. Iqbal Memon for their invaluable efforts in acquiring this complete list of Dow principals. We are specially thankful to Prof. Shafi Quraishy for his guidance and input.

Dr. Kewalram Tarasing Ramchandani	June 1, 1945 to December 30, 1945
Lt. Col. Aziz K M Khan	December 31, 1945 to January 25, 1953
Lt. Col. Sher Muhammad Khan Mallick	January 26, 1953 to August 31, 1954
Lt. Col. Aziz K M Khan	September 1, 1954 to May 25, 1955
Prof. Mahmud Ali Shah	May 26, 1955 to September 29, 1969
Prof. Abdul Wahid	September 30, 1969 to July 14, 1978
Prof. Mrs. Zubaida Aziz	July 15, 1978 to July 20, 1979
Prof. M.M. Hasan	July 21, 1979 to August 31, 1983
Prof. A.M. Ansari	September 1, 1983 to March, 13, 1984
Prof. Shamsuddin Rahimtoola	March 14, 1984 to June 20, 1984
Prof. Muhammad Sharif Chaudhry	June 21, 1984 to June 17, 1987
Prof. M.A. Almani	June 18, 1987 to December 18, 1991
Prof. S. Shakir Ali Jaffery	December 19, 1991 to September 7, 1992
Prof. M.A. Almani	September 8, 1992 to December 2, 1992
Prof. Malik Ali Shaikh	December 3, 1992 to March 3, 1993
Prof. S. Shakir Ali Jaffery	May 9, 1993 to August 31, 1993
Prof. Abdul Majeed Memon	September 1, 1993 to June 29, 1995
Prof. Muhammad Shafi Quraishy	August 27, 1995 to April 29, 1997
Prof. Illahi Baksh M Soomro	April 30, 1997 to June 23, 2003
Prof. S. Tipu Sultan	June 24, 2003 to January 13, 2004
Prof. Masood Hameed Khan	January 14, 2004 to May 1, 2005
Prof. Salahuddin Afsar	May 2, 2005 to present



While every principal of Dow contributed in the development of Dow through the years, brief information on some of them is provided here. Dr. Col. Aziz, usually referred to as "First Principal" died on the day of the inauguration of the first DMC Symposium in 1984. Prof. M. Ali Shah set up the Anatomy Museum. The Silver Jubilee of Dow was organized during Prof. Wahid's tenure by the popular Prof. K. Muin Ahmed.

**Scanned by Office of Amin H. Karim MD**

Prof. Almani was a graduate of the first batch of L.M.C. in 1956. He was an ex-Brigadier of AMC, Sindh. Prof. Shafi Quraishy, who served as Secretary Health, organized the Golden Jubilee in 1996. Six sessions ran simultaneously, the first and only time in Pakistan. Prof. Shafi Quraishy tragically suffered a high cervical spinal injury in August 1997 as a result of an attempt on his life.

Prof. Tipu Sultan set up the Surgical ICU during his tenure. Prof. Masood Hameed went on to become the first Vice Chancellor of Dow University of Health Sciences. Prof. M. M. Hasan graduated MBBS at the age of 18 years, the youngest ever to become a doctor in India in 1944.

More milestones in each principal's tenure are presented in other sections.

## Dow Medical College Principals



Top to Bottom & Left to Right

Professor Salahuddin Afsar  
 Professor Zubeda Aziz  
 Professor Sharif Chowdhry  
 Professor Ilahi B. Soomro

Lt. Col Sher M Khan Malik  
 Lt. Col Aziz K. M. Khan  
 Professor Mahmud Ali Shah  
 Professor Majeed Memon  
 Professor Malik Ali Shaikh  
 Professor Shakir Ali Jafri

Professor A. Wahid  
 Professor S. Rahimtoola  
 Professor M. M. Hasa  
 Professor A. M. Ansari  
 Professor Tipu Sultan  
 Professor M. Shafi Quraishy  
 Professor Almani  
 Professor Masood Hameed



Photographs courtesy of Dr. Zahida Bhutto, class of 1980



Professor Khwaja Moin, popular with students, is seen at the class picnic with his students. Top: Naushi, Prof. Khwaja Moin and Dr. Ambu. On left: Dr. Zahida Bhutto with Prof. Khwaja Moin.



*"When to the sessions of sweet  
silent thought I summon up  
remembrance of things past, I  
sigh the lack of many a thing I  
sought,..."*

— Shakespeare





**Dow Medical College**  
*A Journey Through the Years*

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**Those were  
the best days  
of my life**

The days spent in Dow are some of the most memorable days of our lives. Everyone agrees on that and people have shared their thoughts in many articles we received. Putting together articles written by the Dowites reflecting on the Dow days has given us an approximation of narratives of Dow days throughout the history of Dow. By no means it is a complete account of all those years but a glimpse into how the Dow days were...

Part III:  
**The Dow Days**

**DOW**



# Dow Days

## Early Years and Student Life

By Dr. Syed Ehtisham



Dr. Ehtisham is a graduate of the class of 1962. He had been very active in Dow days and we are fortunate that he finds time to write about his Dow days. With his article we can get a glimpse of what was it like in 1950s and 60s. This article is a reflection of his personal account of the days he joyfully spent in Dow...

### The Dow Faculty, Teachers and Student Life of Dow Medical College in the 1950s

I had known the activist cadre of the college since 1955 and had been introduced to Sher Afzal Malik and other leading NSF workers. Sher Afzal, then President of DMC student's union (DMCSU) with a dozen other boys and girls had gone on a hunger strike to force acceptance of demands for lower fees and books, among other issues. We were witness to the ceremony when PM Suhrawardy announced acceptance of all demands and offered a glass of orange juice to Sher Afzal.

In 1957 Dr. Mahmood Ali Shah, Professor of Ophthalmology, was the principal. Prof. Wahid of Anatomy was away for a year's sabbatical in the USA and Dr. Lateef, Assistant Professor, was in charge of the department. He was an excellent teacher. Dr. Afaq was acting professor in the department of Physiology and Biochemistry and Dr. Wali was section head of Biochemistry.

Later on we came across Dr. Mazharul Haque, Professor of Pharmacology, Dr. Ilyas, Professor of Hygiene and Public Health, Dr. Hasan of Jurisprudence, Dr. Tafazzul Husain, Professor of Pathology, Professors Hasan and Piracha in Medicine, Professors Siddiqi, Chaudhury and Zubaida Aziz, MD in Obstetrics and Gynecology, Professors Siddiqi and Col. Said Ahmad in Surgery and Prof. Shafi in ENT. Among assistant professors Dr. Fazal Ilahi was the

most known.

Jinnah Hospital was at the time affiliated to DMC and we had Dr. Nizam ul Hasan, Dr. Amanullah and surgeon Hameed taught us. Dr. Asif Hameedi was the first DOW graduate to be appointed Assistant Professor and Dr. Khwaja Moin followed him soon afterwards. Dr. Naseer Sheikh was appointed Assistant Professor in LMC but transferred to DMC in 1962-3.

There were many lab assistants in various departments, but Shahabuddin, popularly known as Shaboo, had an almost iconic status even then. He guided us through the early days and was helpful in many other ways.

#### Student Union Elections

Dow Medical had been in the vanguard of the progressive movement in Pakistan. It stood out among the colleges, even in the politically vibrant city of Karachi and provided key leaders, who became legends in their time. The college had retained a well-organized radical leftist student organization, National Students Federation (NSF) which dominated student politics of the city. The student wing of fundamentalist Jamaat Islami (party of Islam) played very much a second fiddle as it did in all college and university campuses in Karachi.

Sher Afzal grew from strength to strength. He became the undisputed leader of left wing







## Scanned by Office of Amin H. Karim MD

students of West Pakistan and had a degree of acceptability among East Pakistani students, rare even for leaders of national stature. He chose a close friend and political understudy, Mahboob Ali, as the party nominee to contest the office of the union. Mahboob's opponent, nominated by a right wing group, was a political nobody. Come to think of it, he spoke and even looked like Gov. Schwarzenegger of California.

We all thought that Mahboob would certainly be elected but we had reckoned without inner-party conflicts. He lost by one vote. However, Abdullah Siddiqi, Mahboob's running mate as General Secretary, won the office. Abdullah had been a top-ranked student and had a brilliant and incisive political mind. He became a doctor in 1958. The political bug had bitten him and he wanted to pursue a career in politics.

Martial law of 1958 intervened and changed the ground rules. Student's union and college elections were proscribed. After a year of two years, our military administrator (the regime especially apprehensive of the medical students had imposed military doctors on medical colleges), Dr Naqi, a Lt. Colonel in rank, enlightened as army men go, allowed elections in 1959.

NSF had lost the election in 1957, the year I joined the medical college. We won this one hands down. Ali Ahmad, an amiable gentleman, ideologically well-grounded though a bit of a practical joker, won the President's office. Ali Ahmed's running mate was a Punjabi/Pathan fellow traveler whose sole merit was his ethnicity. We liked to balance the ticket by having one Urdu speaker teamed with a son of the soil candidate. Ali Ahmed's term was comparatively uneventful. About the only agitation we indulged in was the comparatively tame affair of getting the examination date postponed. We were still uncertain about the implications of martial law and apprehensive of its prowess.

I had risen steadily in ranks of NSF. The students union or-

ganized a tete in aid of the lending library. The official college library was fairly well stocked but would not let students borrow textbooks. I was assigned the task of publishing the souvenir of the event. It would give me an opportunity to present myself as an effective worker, organizer and a leader. Hasan Rizvi was selected to contest for the Presidency and I was nominated to be his running mate as General Secretary. The election was hotly contested. Rizvi won, I lost to a friend who was a good debater and a likeable person, too. Our nominees for other union offices lost, too.

### Students and Politics

We were depressed and found ourselves at a loose end. Sher Afzal was looking for an opportunity to retrieve lost ground. Patrice Lumumba, a firebrand, left-leaning nationalist PM of the Belgian Congo had been assassinated by imperialist agents. Sher Afzal decided to pin his hopes on a successful show of strength in a student-led protest march.

NSF gave a call for a day of protest marches and meetings. The call was heeded in Dhaka, Lahore, Peshawar and many other cities in the country. We went out on the streets in Karachi. In the event the public hardly took any notice of us. About the same time, terrible communal riots broke out in Jabalpur, India. There were persistent demands that we organize a protest march on the issue. Sher Afzal was under tremendous pressure. The next day the premier English language daily *Dawn* editorialized that our progressives felt more for the cannibals of Africa than for their brethren in faith in India. Left with no choice Sher Afzal announced a protest march.

On the appointed day and time students in their thousands gathered near Pakistan Chowk which had several college campuses within walking distance. Speeches were made pledging support to Indian Muslims. Police had taken up



## Dow Elections *DMCSU*

positions in the broad avenue flanking the meeting. The district magistrate announced that the government sympathized with Indian Muslims and asked us to disperse peacefully.

Sher Afzal agreed and gave a call to disperse. But he and the rest of us had reckoned without an agent provocateur. He snatched the microphone and screamed that our mothers and sisters were being raped in India and we were being asked to disperse peacefully. Shame on our leaders and us. Flags and banners hoisted on long bamboo polls were grabbed and scores rushed at the police. They responded with tear gas and lathi (baton) charge.

### **The Political Arrest of Students**

Scores of students were arrested on the spot, Sher Afzal, Fatehyab, Mairaj, Amir Hyder Kazmi and Hasan Rizvi prominent among them. Many with head and other serious injuries were brought to a large hospital in the vicinity later in the day.

I returned to my hostel room about midnight and had just gotten into bed when there was a loud knock at the door. Annoyed at the late callers, I opened the door and found a criminal investigation department (CID) Sub Inspector Shah with another two policemen wearing plain clothes. I had been sure that I was not high enough in student leadership to be apprehended; otherwise I would have found a safe house.

I was taken to a van, where I found my friend Anwar Saleem, former General Secretary of Dow Medical College Students Union during Ali Ahmed's tenure. Anwar was nattily dressed

in a dark blue suit with a maroon tie. I quizzed him on the fancy dress. He scolded me that I should be better attired for a meeting with the DM. I told him not to be a fool, we were being arrested.

We arrived at a police station about 2am. Anwar Saleem expecting to be greeted by a magistrate, got out first. A policeman, sighting a handsome well-dressed man mistook him for a high official and saluted him. Anwar grinning, nudged me. A moment later, a police inspector asked the same policeman to lock us up. I couldn't tell you who was shocked more, the policeman or Anwar.

We spent two days in a police lockup. Our sojourn in the lockup was not without its lighter side. We had settled down to fitful sleep when we were awoken by a commotion some distance away from our cell door. Hasan Rizvi asked a policeman about it, and was told that a man in a suit had been brought in. Mahboob was the only other amongst us besides Anwar who habitually wore suits. Surmising correctly that it must be Mahboob, Rizvi asked his cellmates to adopt a "Murgha" pose. Entering the cell Mahboob was stunned. Rizvi told him that they had been ordered to adopt the pose; otherwise we would be severely beaten. Everybody burst out laughing. The policeman, panicked at the sight of what he thought was collective obeisance by touching the feet of the newcomer, rushed to his inspector claiming that the new one must be the big boss, as everyone was prostrating before him.

We were eventually transferred to Karachi central jail, and arrived around noon. There were





Hunger strike by the DMC students in 1956.

about one hundred and sixty of us. The jail superintendent told us that per jail regulations a prisoner arriving about midday doesn't get lunch or the evening

meal, so we would get breakfast the next day. An elderly man, who had joined us, told the superintendent not to be a damned fool. We were not ordinary criminals. The white-haired "angel" ordered a guard to go out and get lunch for us.

From the next day food, drinks and cigarettes started arriving for us. It seemed the whole city was bent on bringing us and comfort to us. Eid fell during our incarceration. R..... were relaxed for the day. The day started with prayers. The jail Imam (prayer leader) had been commanded to lead the official congregation in the city as Maulana Ehtisham Thanvi, the official Moulvi, had a dispute with the government and had boycotted the main congregation. We were left with the deputy jail Imam. He was a "lifet," convicted for murder and sentenced to a twenty-one year jail sentence. The man couldn't



pronounce Urdu words properly, much less Arabic. We could not help giggling during the prayers. During the "Dua" we lost all sense of sanctity of the occasion and implored "God" to mete out severe punishment to our fellow prisoners.

After the prayers we proceeded to other barracks and were



**Sitting L-R:** Vajid H.A. (General Secretary), Nizam Ul Hasan (Gymkhana Secretary), Dr. A. Wahid (President Ed. Board), Dr. Mazhar ul Haque (Ex Officio Union), Dr. M.A. Malik (Minister of Health), Lt. Col. A.K.M. Khan (Principal and President), Dr. A.H. Jafferey (Vice President), Azmatullah Khan (Editor & Magazine Secretary)

**Standing L-R:** Saeed uz Zaman (Social Secretary), S.U. Chopra (Clinical Secretary), A. Bismillah (Debating Secretary), Nasir Shaikh (1st yr CR), Noorali Deoji Dhanji (4th year CR), M.A. Jalil (3rd Year CR), A. Beg (2nd Year CR)

## Scanned by Office of Amin H. Karim MD

entertained with sweets and drinks, some spiked with Bhang (Marijuana). Raw and refined opium were also offered. The prisoners put up a stage show in our honor, with songs, dance and drama. It was pretty high standard; the performers had been actors and entertainers in their pre-prison life.

### Students on Trial

Ten students were put on trial and given prison sentences from three months to a year. Others, myself included, were eventually hauled up before an army brigadier who reprimanded us severely but let us go, though he confined us to Karachi. On my first day back in college I was expecting an expression of goodwill and solitude, but the hero's welcome took me by a pleasant surprise.

Student's movement went into low gear. All the bosses were in jail. Sher Afzal finally decided to cut loose his ties to Karachi and returned to Peshawar. He had managed to pass all but the final examinations and had actually taken a few tests while still in jail. He had often been exhorted by teachers just to put in an appearance and they will take care of the rest. He was finally persuaded to come back and take the examination.

With his Punjabi/Pathan credentials, his work among Karachi students, his abounding enthusiasm, good mind, inexhaustible energy and patent ideological integrity, he should have gone far. He would have been catapulted into national politics, but martial law allowed only sycophants to rise. It was a great national loss.





Dow Medical College Silver Jubilee Celebration, Class of 1972

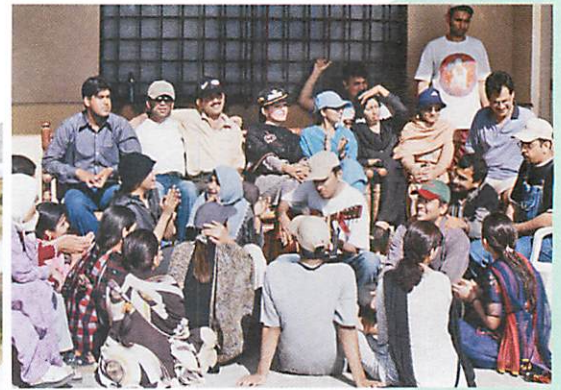
## Scanned by Office of Amin H. Karim MD



The Hygiene Tour, Class of 1984



Election Fever!



Good times with guitar; a group of Class of 1990 in sports arena.



## *Remembering Our Teachers at Dow*

L-R: Prof. Razia Latif Ansari,  
Prof. Ali M. Ansari and  
Prof. Khwaja Moin Ahmed  
and Dr. Moin Qureshi.





## DMCSU PRESIDENTS

Dow Medical College Student Unions Elections were part of the great tradition that Dow students enjoyed during their college years.

1951-52

Mohammed Sarwar (V.P.) ((DSF))

1952-53

Rehman Ali Hashmi (DSF)

1954-55

Abbas Dosl (DSF)

1955-56

Moin Qureshi (NSF)

1956-57

Sher Afzal Malik (NSF)

1957-58

Khan Haider (YMO)

1958

Elections Delayed

1959-60

Ali Ahmed (NSF)

1961-62

Hasan Raza Rizvi (NSF)

1962-63

Abdul Razzak (YMO)

1964-65

Baqar Askari (NSF)

1965-66

Jaseem Pasha (NSF)

1966-67

Zakiuddin Oonwala (YMO)

1967-68

Mohammed Khursheed

1968-69

Dost Mohammed (YMO)

1969-70

Mujeeb Ahmed (YMO)

1970-71

Asif Ali Mansuri (YMO)

1971

Late Elections

1972-1973

Aftab Ahmad (NSF)

1973-74

Aftab Qazi (Jamiat)

1974-75

Misbah Ul Aziz (Jamiat)

1975-76

Hamid Zaki (Jamiat)

1976-77

Aziz Ur Rehman (Jamiat)

1977-78

Aziz Ur Rehman (Jamiat)

1978-79

Rana Mahmood Akhtar (Jamiat)

1979-80

Naseem Azeez Shekhani (NSF)

1980-81

Raheel Rasheed Khan (NSF)

1981-82

Kazi Tanveer Uzair (Jamiat)

1982-83

Khalid Anwar (NSF)



# Dow Days

by Dr. Naveed Kamal Shams



Naveed Kamal Shams, MD. Dow Graduate, Class of 1982. Currently, Senior Vice President Research & Development & Chief Medical Officer, OPKO Health, Inc. Miami, Florida

## Student Activism and Politics in a Third-World Medical School: A Truncated Recollection of Events Between 1975 and 1985

Since the creation of Pakistan, student unions have played a pivotal role in defining the historic character of academic institutions. Student unions typically concerned themselves with three main issues: a) academic; b) communal; and c) political issues (local, regional and national). This was certainly true for the Dow Medical College (DMC) students union. At the academic level, for example, the DMC student union made sure that textbooks were available at an affordable price, even if it meant pirating the text; it made sure that there were cadavers available for dissection, that the library was funded; that the sound systems and electricity in lecture halls were working; that new buildings were actually being built and money was available for the basic maintenance of the infrastructure, etc. At the communal level, the DMC student union made sure that extracurricular activities were being organized (from social gatherings and picnics to annual sports events); it made sure that transportation was available to students; that the cafeterias were functional. On the political level, the union made certain that local, provincial and national political as well as professional leadership were aware of the needs of the medical college; that funding and staff was available to the institution. In a country of landlords, patriarchs, and corrupt government officials, the union worked tirelessly for justice for the various constituents of the college community. This included the struggle to preserve seats for minorities, and uphold fairness in the admission policy.

While academic achievement was the stated vision of the institution, as a medical school in a third world setting, with literacy rates in the low double digits and a middle class no larger than 2% of the population, it was imperative that the lucky few with education and a stake in the continued success of the nation get involved in more than the pursuit of educational achievement. Indeed, all major educational institutions in the country were bastions of student activism. Therefore, to understand the life of a medical student in a premier institution, particularly the seventies and eighties, one has to recognize and appreciate the role of the student union. For better or for worse the student union, with its motivated and selfless student leaders as well as rank and file supporters were an integral part of the historic fabric of the institution.

In the summer of 1975 I walked through the gates of then Dow Medical College, Karachi (Dow University of Health Sciences, Karachi) and experienced student activism at its zenith and at its best. Like many others I entered the medical profession because of a very deliberate set of parents not because I really wanted to be a physician. I will admit though, that the options were few to none. You either studied to become some sort of an engineer or a "tooti-walla doctor," as my late mother





**Rotations in Surgical Wards**

The faculty seen sitting from L-R; Dr. Ovais Shafqat, Dr. Samad, Prof. Fazle Ilahi, Prof. Mushtaq Ahmed and Dr. Rizwan. Left corner Zia Moiz and right corner Ahsan Rashid seen standing.

used to say. However, having grown up in a Military Public School, or a Cadet College, as some would say, I was not prepared for what lay ahead.

So here I was, with 450+ other first-year students, yes, 450+ students in one class, approximately 200 females and the rest males from all over Pakistan. That fateful day students were greeted at the entrance of the college by truly enthusiastic young men and women in white coats from a wide variety of student organizations. Yes, student organizations, that claimed to have a stake in the running of business at the Dow Medical College. The prominent ones were from Islami Jamiat-e-Tulaba or Jamiat for short and National Students Federation or NSF for short. Regional, nationalist and social networking organizations such as Punjab Medicos, Sind Medicos, Mohajir Student Federation and Dow Medico's were well represented as well. In short order it became very clear that indeed these organizations played a vital role in the day-to-day operations of the school and that to survive for 5 years, it would be necessary to declare your allegiance as expeditiously as possible. The student union and the party in-charge played a key role in the life of all medical students, whether one appreciated it or not.

In 1975, Jamiat controlled the DMC student union (Dr. Misbah-ul-Aziz, President). In short, it meant, they were in charge of setting the agenda for the school and as they were a national organization supported by the Jamat-e-Islami, the agenda was in line with the national ambitions of the mother party. To the contrary, the major opposition party, NSF, claimed to be a party of progressives who although had a national presence, lacked a national level mother organization. They had experienced a glorious past at DMC and were working hard to reclaim the glory days.

Between 1975 and 1984 when it all ended by a government decree, DMC unlike any other medical school of the time, had a unique mixture of high level student activism, and educational achievement. As a human being today, I am a product of a great medical institution that allowed many of us to

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From the Archives:

Source; Dow Graduate Association Foundation Day Souvenir, 5th February 1967

**Major S. A. Hasan I. M. S.,**

M. R. C. P., F. R. C. P. (Lond) F. C. P. S.



Professor Major Hasan joined the Dow Medical College in May 1947 just before the establishment of Pakistan. He had the opportunity of teaching the first clinical batch. He has been examiner in medicine to the various universities in Pakistan since 1947. Professor Hasan is a founding member of the College of Physicians and Surgeons of Pakistan. He was delegate from Pakistan in the Second Antibiotic Symposium at Washington in 1950. Maj. Hasan was liked by all his ex-students for his modesty and simplicity.

From the Archives:

Source; Dow Graduate Association Foundation Day Souvenir, 5th February 1967

**Professor Miss S. A. Siddiki**

M.B.B. S., D.G.O. (Bombay), M.R.C.O. G. (Lond) F.R.C.O.G. (Lond)



February 1967:

Professor Miss S.A. Siddiki has retired recently from the chair of Obstetrics and Gynecology, Dow Medical College Karachi. She joined the Civil Hospital before partition in 1945. In 1946 when Dow Medical College was established, she was appointed as Assistant Professor of Obstetrics & Gynecology. The Obstetrics Department was created for the first time under her, and it was under her able guidance that the department has obtained present status. She was made Professor of Obstetrics & Gynecology in 1952. She was member of Academic Council of University of Karachi until her retirement. She was very popular amongst her students.



do more than just get a good education and a career. What it lacked then and continues to lack now, with a few exceptions, is academic excellence as noted by the lack of intellectual prowess of its students and faculty.

While 1975 & 1976 were nondescript years in the history of Pakistan and DMC (Dr. Misbah ul Aziz, President 1975 and Dr. Hamid Zaki, President 1976), things were about to change. In 1977, as the country experienced the end of an era of so-called democracy by General Zia-ul-Huq, the student unions, including the student union at DMC were forced to mobilize student activists into action. The transition from a land owner to a dictator not only adversely impacted the student unions of the day, it ruined the educational calendar at DMC. Prolonged school closings, 6 months at a time, resulted in postponement of professional exams. In some cases the exams were delayed for two years. As national politics transformed the national scene, it impacted the various student led organizations in the college as well. This was indeed the beginning of a growing chasm between the two major political parties in the college. The chasm began to truly take hold between 1976 & 1978 (Dr. Aziz-ur-Rehman, President 1976-1978; the only DMC Union President whose tenure actually lasted 2 years).

Soon thereafter, in 1979 (Dr. Rana Mehmood Akhtar, President), things would turn from bad to worse. The entire region would plummet into chaos as Mr. Bhutto was hanged in Pakistan, and the Shah of Iran was deposed in a violent revolution. The differences between progressive and conservative thought, the chasm, grew even bigger. A year later, as the tide changed in DMC politics and National Students Federation took control of the student union (Dr. Naseem Azeem Shekhani, President), the Soviet Union invaded Afghanistan. As the Russians tried to consolidate, and Americans with the help of General Zia tried to dislodge them at any cost, the chasm between the progressive left and the right wing con-

servatives continued to widen. However, the students of Dow Medical College, led by the student union and the leadership of various student organizations on campus would be at the forefront of the struggle for national identity as well as peace and self determination in the broader South Asian region. Unfortunately, however, the schism between progressive and conservative thought on campus reached a point of no return during these tumultuous years. Between 1980 (Dr. Raheel Rasheed Khan, President) and 1982 (Late Dr. Kazi Tanveer Uzair, President) violent, physical altercations threatened to destroy the fabric of student activism and politics not only in DMC but at every other major academic institution in the country. Continued violence and the inability of the state to control it, finally led to the demise of student politics in DMC and other academic institutions in the country.

*We thank*

**Dr. Muslim Jami**

*and*

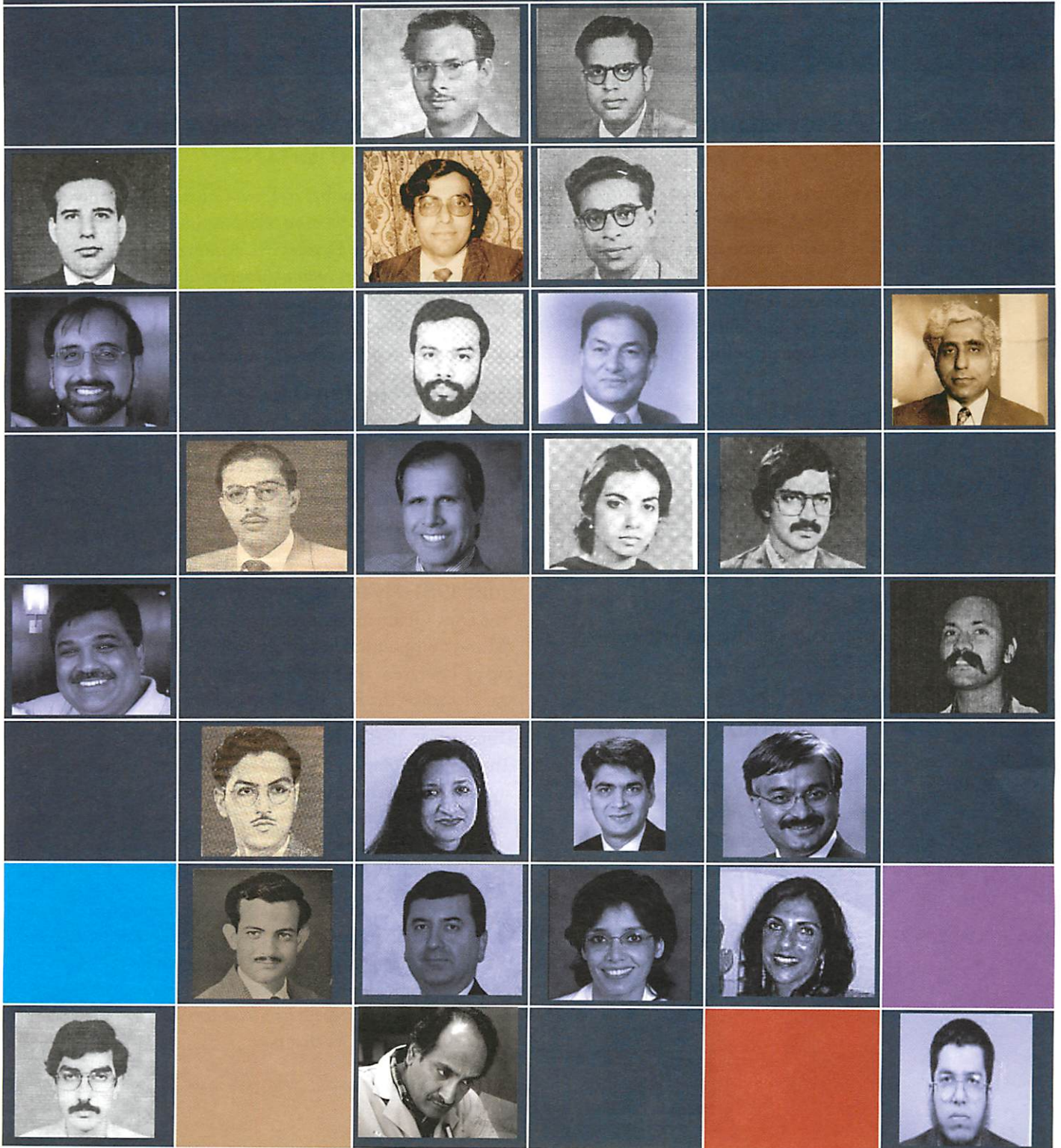
**Dr. Younus Rakla**

*for their generous support*



# The Accolades ...

The Distinctions, Roll of Honor, and Distinguished Careers. This is just a small list of Dowites excelling in their careers. The glimpse of our stars in academia ...



Asif Ali Hameedi '54  
Yawer Nancy '84  
Iftikhar Hanif '84  
Saeed Quraishy '83

Shabuddin Rahimtoola '54  
Raja Ghulam Asghar '53  
S. Sultan Ahmed '63

Ali M. Ansari '53  
Shafi Quraishy '72  
Amir Hoda '83  
Amin Haji Karim '77  
Aziza Shad '77  
Mirza Shahzad Hasan '86  
Teepu Siddique '72

Sami Ashraf '52  
A. H. Jaffrey '52  
Busharat Ahmed '56  
Natasha Mirza '83  
Muzaffar Qazilbash '87  
Tasneem Zehra Zaidi '84

Feroz Padela '83  
Arshad Jehangir '86  
Nur Jehan Quraishy '75

Adib Hasan Rizvi '59  
Mushataq Ahmed '72  
Ismail Khatri '95



# Dow Graduate Association

## Dow Graduate Association

Karachi - Pakistan (DGA)

While most of the Dowites living in the USA know DOGANA as the most organized Dow alumni association, it should be noted there has been a Dow Graduate Association in Karachi for many years. It had been active from the early 1960s. It published its annual *Foundation Day* magazine regularly. We were able to find a copy of their 42 year-old magazine and found some historical items. Noted below is the DGA, Executive Board 1966-67.

## Dow Graduate Association

Karachi, Pakistan

### Executive Board (1966-67)

*President;* Dr. S. H. Manzoor Zaidi, M.B., B.S., D.M.R.T., F.I.C.S.

*Vice President;* Dr. Safia Muin, Ahmed, M.B., B.S., D.C.H.

*Gen. Secretary;* Dr. Inayat Husain, M.R.C.P. (Lond.), M.R.C.P. (Glas.)

*Joint Secretary;* Dr. M. Rafiq Khan, M.B., B.S., M.C.P.S.

*Treasurer;* Dr. Jamshed H. Wania, M.B., B.S., D.O.

### MEMBERS OF EXECUTIVE BOARD

Dr. K. Muin Ahmed, Dr. Asif A. Hameedi  
Dr. Sami Ashraf, Dr. Nasir B. Sheikh, Dr. Nizamul Hasan,  
Dr. S. Iqbal, Dr. Salim Dina, Dr. M. A. Chippa  
Dr. Sulaiman Karatela, Dr. G. Hyder Alidina  
Dr. Zafar Malik, Dr. Yaqoob Khan, Dr. Misba-ur-Rahim,  
Dr. Moin Qureshi, Dr. Safia Muzaffar



Dr. Manzoor Zaidi



Dr. Safia Muin



Dr. Inayat Hussain

## Dow Graduate Association

of North America (DOGANA)

In 1979, a small number of Dow Graduates attended the annual meeting of Association of Pakistani Physicians (APP) at the Renaissance Center, Detroit MI. Among those who attended the meeting were *Doctors Sultan Ahmed, Iltifat Alavi, Aziz Arian, Inayat Husain, Mujtaba Hussain, Rashid -Ul-Khari, Ikram Ullah Khan, Iftekhhar Salauddin and Tariq Zafar*. At that meeting the idea of the Dow Graduates Association was conceived.

### 1980–Washington D.C.

The general body appointed an Ad Hoc committee consisting of Doctors Sultan Ahmed, Iltifat Alavi, Salim Chowdhry, Inayat Husain and Pervez Ilyas Shah; with a charge that this committee come up with aims and objectives, to write a simple constitution and to collect demographic data of Dow Graduates in North America.

### June 1981–Hyatt Regency Hotel, Chicago, IL.

The Dow Graduates Association was established as a social, fraternal and non-political organization. A four page constitution including by-laws were approved by the general body. Dr. Inayat Husain was elected as the first President of Dow Graduates Association

### December 1983–Karachi, Pakistan.

The Annual Symposium of Dow Graduates Association was held at the Hotel Intercontinental. A large number of Dow Graduates Association's members presented their scientific and research papers along with the faculty of Dow Medical College (DMC). The symposium was well-attended and was a resounding success.

In 1985 the constitutions and by-laws were amended. The name of the organization was changed from Dow Graduates Association to Dow Graduate Association of North America (DOGANA). A post of Executive Director was created, who was to be nominated by the executive committee for a term of five years. Dr. Iltifat Alavi was unanimously elected for that post.





### Dow Graduates Association of Northern Europe

The Dow Graduates Association of Northern Europe (DOGANE) was formed 5 years ago. The founding past president, Dr. Umar Daraz Khan, class of 1986 was instrumental in organizing the Dow Alumni in the UK. The achievements of the last 5 years are many, the website being the focal point of all colleagues and a platform for news and views. The historic role played by DOWITES during the earthquake in Pakistan was indeed the finest hour. The efforts continue and Ifrikhar Yusuf, an executive member, as head of Midland Doctors Association is setting up a multi-million Pound hospital in Azad Kashmir. Dowites constitute the largest single group of overseas medical school graduates in UK. For more details visit <http://www.dogane.net>

In 1985 two other events took place: The Sixth International Congress on Health sponsored by APP and DOGANA was held at the Pearl Continental Hotel in Karachi, Pakistan. It was attended by a large number of overseas delegates and physicians from Pakistan. The meeting was inaugurated by the President Zia Ul Haq of Pakistan. Audio visual equipment were donated by DOGANA along with several educational video tapes for the students and staff of DMC.

In 1989 Professor Sultan Ahmed wrote a handbook of Cardiology for the students and junior staff. DOGANA sponsored its publication and 1,000 copies were distributed at the medical school. In 1990, President Bushart Ahmed instituted the Youth Excellence Award Program. Commemorative plaques and cash awards were distributed to six meritorious high school graduates. In 1992, the late Professor Mahmud Ali Shah was guest of honor at our annual meeting. He sought donations for the Layton Rahimtoola Eye Hospital in Karachi and a sum of \$ 5,000 was collected and donated to the hospital.

For further details visit [www.DowAlumni.com](http://www.DowAlumni.com)

## Dow Graduate Association of North America (DOGANA)

### Presidents:

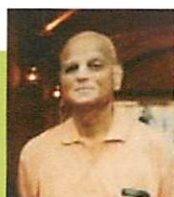
1982-1983	Inayat S Husain, MD	Arlington Heights, IL
1983-1984	Ikram Ullah Khan, MD	Las Vegas, NE
1984-1985	Tariq Zafar, MD	Monroe, MI
1985-1986	Hafeezur Rehman, MD	St Louis, MO
1986-1987	Farooq I. Selod, MD	Fort Worth, TX
1987-1988	Mushtaq A Khan, MD	Joliet, IL
1988-1989	Parvez Ilyas Shah, MD	Laurel, MD
1989-1990	Bushrat Ahmad, MD	Marquette, MI
1990-1991	Salim Chowdhrey, MD	Livingston, NJ
1991-1992	Aziz R Arain, MD	Downers Grove, IL
1992-1993	Mohammed H. Peracha, MD	Monroe, MI
1993-1994	Asif M Sheikh, MD	W. Columbia, SC
1994-1995	Pervaiz Rahman, MD	Gainsville, TX
1995-1996	Iltifat Alvi, MD	LaGrange, IL
1996-1997	Manzoor Husain, MD	Oak Brook, IL
1997-1998	Abdul Rehman, MD	Staten Island, NY
1998-1999	Arif Azam, MD	Oak Brook, IL
1999-2000	Kaleem Arshad, MD	LA
2000-2001	Zeelaf Munir, MD	Rehoboth Beach, DE
2001-2002	Rizwan A. Karatela, MD	Palm Beach, FL
2002-2003	Sadeem Mahmood, MD	Little Rock, AR
2003-2004	Zia Moiz Ahmad, MD	St. Louis, MO
2005	Syed A. Samad, MD	Pine Bluff, AR
2006	Ahsan Rashid, MD	Newport Beach, CA
2007	Farid Qazi, MD	Macon, GA
2008	Nasar Qureshi MD PhD	Englewood Cliffs, NJ
2009	Muslim Jami, MD	Fresno, CA

Special Thanks to Dr. Iltifat Alvi for providing this list

### DOGANA Seniors and Mentors



**Dr. Iltifat Alvi**  
Class of 1959; founding member of DOGANA



**Dr. Mushtaq Khan**  
The late Dr. Mushtaq, Former Executive Director of DOGANA



**Dr. Sultan Ahmed**  
A mentor for many; continues to guide in all constitutional matters



**Dr. Salim Chowdhrey**  
Past President DOGANA



**Dr. Pervez Ilyas Shah**  
Past President DOGANA and APPNA

More pictures on the website and in the next Dow history publication...



## Dow Days

Mahjabeen Islam, MD

*Those Were the Best Days of My Life*

**Mahjabeen Islam, M.D.** is a family physician and addictionist as well as a free-lance columnist. Her email is mahjabeenislam@sbcglobal.net

**B**ryan Adams sang about the summer of '69 and called them "the best days of my life." For me, my Dow days were the best days of my life.

Even though there were 500 of us and a lot of medicine, it seemed then and more so now, we learned on our own. I cherish my Dow days as major fun.

We entered Dow in 1976, when Zulfikar Ali Bhutto was prime minister, and graduated in 1982 when Zia-ul-Haq was president. So the backdrop to the best days of my life was intense political turmoil. I have not been able to get over the disbelief that Pakistan's most brilliant politician was actually hanged and no country on this earth stepped forward to prevent this travesty. I remember how the air of Karachi hung heavy that August day in 1978 when the news of his death was revealed.

The first three years of my Dow days saw a good amount of exam delays, and after a time we became entrenched Dowites and Karachites, for delays and postponements were more a routine than the converse.

I remember well the odor of the Dissection Hall; it would hit you like a wall at a particular point as you walked toward it. And how Shahabuddin the anatomy assistant was an entity that everyone knew, and even more interestingly how he kept tabs on the 1000+ anatomy students at one time.

Some professors were scintillating and some sporific. For some reason I remember the

"simple muscle twitch" experiment and teacher as though I had laughed about it just yesterday. How professors kept together 500+ students during a lecture was lost on me. Especially when some of the boys decided to be hilariously disruptive by making a single comment at the most profound and most quiet time of the lecture. The camaraderie was amazing: no one turned the offender in.

Every year we were entertained with the "title list." The titles given to the prominent of our class are used till today rather than the real name of the particular individual. And they fit the individual to perfection!

I remember hating elementary school and high school, maybe because my father joined the Foreign Service and I moved from country to country and was thus a clean and clear victim of PTSD. Despite the 500+ students I loved each and every day of my Dow days. Going to the cafeteria between lectures and enjoying tea and patties I really do miss, possibly the most. The cafeteria guy's "Aik chai karak laana, aur aik pay-tuss!" reverberates in my mind even now.

Who was wearing what and which girl was "linked" to which guy provided hours of inquiring and ceaseless gossip.

Dow's humor is, in my mind, incomparable. One phrase brilliantly described the situation and left you stunned or in stitches. The humor described: it was the fashion those days to have your name written in cursive and get it crafted as a gold locket. My friend and I, smugly adorned with our respective name-lockets, sat

**Dr. Busharat Ahmed, Dow Class of 1956**

Busharat Ahmad, MD, known as "Bush" by many of his colleagues, is one of the most well-known and respected IMGs in the United States. He is a strong advocate for IMGs, and continues to be a leader working on behalf of IMGs.

**AMA Leadership Involvement:** Busharat Ahmad, MD was on the first and second AMA ad hoc committees to study FMG (IMG) issues and was the chair of the first and second IMG Advisory Committees. He also served as the first chair of the AMA IMG Section Governing Council in 1997. He is a delegate to the AMA House of Delegates from Michigan and has served on the AMA Council on Long Range Planning and Development (CLRPD). Dr. Ahmad is a trustee and secretary of the Education Council for Foreign Medical Graduates Board (ECFMG).





## Scanned by Office of Amin H. Karim MD

on the steps of the Administrative building. Two male students walked by and one said to another: “dekh yaar lasanns (license) plate lagi hui hai!” I have not worn that locket since.

Load shedding, nothing as severe as what it is today, provided a forced break from studying. And when it got cloudy, entire buses, loaded with truant medical students, would leave for the beach!

Dow also robbed me of my idealism. Some students cheated during the exams and were enabled by the invigilator. And when the cheating types became position holders, I remember feeling shaken and disillusioned.

The last three clinical years were even more fun than the basic sciences, marred of course by the stench of the gynecology ward, which also hit your olfactory epithelium way before your retina awoke.

And the hours upon hours of history taking and the stress on the nuances of physical exam. When I percuss the abdomen of patients in my practice today or elicit egophony, frequently to the surprise and amusement of my patients, I miss my Dow days intensely. And bless Dow and Pakistan for making me all that I am today: a physician who can enjoy and savor the practice of medicine, rather than throwing CAT scans and MRI's at every patient complaint.

Civil Hospital robbed me of more of my idealism: the head nurse, a.k.a. “shishter” had swiped all the medications dedicated to the unit and sold them later on the black market. No wonder the incidence of hepatitis B was so high and patients presented in fulminant hepatic encephalopathy: even in a medical unit, syringes were used after having laid in a metal sort-of-sterilizer in slightly simmering water.

I don't believe American graduates are taught or

tested on “spot diagnosis”. But we were and how stressful and yet enjoyable that was! And how much it has stood us in good stead. And the wholly eccentric gynecology professors who made me vow that I would never become a gynecologist. The unforgettable exams, especially the vivas, which were held on the whim and fancy of the examiner. If they liked you, you were in good shape, if not, sorry...

“You have a distinction in the theory paper, answer this question and you will get a distinction in ophthalmology.” I leaned forward, all ears, and the cruel question was not one from the prescribed textbook. So the exams were like a roller coaster ride...

And just as I graduated, Dow's parting gift was a peek into the corruption known as Pakistan's bureaucracy. All I requested from the clerk in the administrative office was a copy of my mark sheet. His answer was that he had six children and changed two buses to get to work. It was clear that I would not be getting anywhere if I did not comply with his indirect, and yet quite succinct demand for money.

My mother kept exhorting me to enjoy “these days”, referring to my Dow days at the time. Despite the exams, the smells and my shattered idealism, I did as she said: I enjoyed Dow to the hilt. And today in my mind and heart my Dow days sit as a gilded memory—a hallowed hall of wonderment and joy.



Gleeful moments – Class of 1983



# Dow Days

## *The Planet Dow*

**Syed Arif Hosain, MD**



**Syed Arif Hosain, M.D.**  
Clinical Professor of  
Pediatrics, Head of  
Pediatric Epilepsy and  
Clinical Neurophysiology  
Bristol-Myers Squibb  
Children Hospital  
Robert Wood Johnson  
University Hospital-  
UMDNJ

### **Dow Medical College 1978-1985**

This past spring two of my best friends from Dow visited me in NYC. Some unusual joyous moments filled with silly giggles and high-fives were witnessed by my children. They could not understand these gestures and frankly I had no words to explain. I resorted to a more abstract answer and said to them that we were enjoying our days from Planet Dow (fellow Dowites could relate to this).

More recently I had the privilege of visiting my alma mater during the DOGANA winter meeting in Karachi. We had the customary group photograph of the delegates with the Dean of DUHS on the footsteps of Moin Auditorium. This was no ordinary moment for me. In a flash, my entire young adult life spent at Dow was in front of me. This was no "deja vu." It was all real. Many moments of joy and some of despair went through my mind. It appeared as all had happened yesterday.

I vaguely remember my boyhood pre-clinical years. Most of the time it was about attending lectures, practicals and having some good fun. It just seemed like the extension of the undergraduate college years. I must admit we got some great education in those years.

The clinical years (1982-1985) are another story. All of a sudden, through divine intervention, my boyhood was over—just like that. I found this quite intriguing; I guess you could call it the "planet effect." Life just seemed perfect.

My clinical group (G1) spent quiet a number of hours during that time on the footsteps of Arag discussing social issues, politics and sometimes studies. The fascination with partisan and non-partisan politics grew; alliances and long-lasting friendships began to develop.

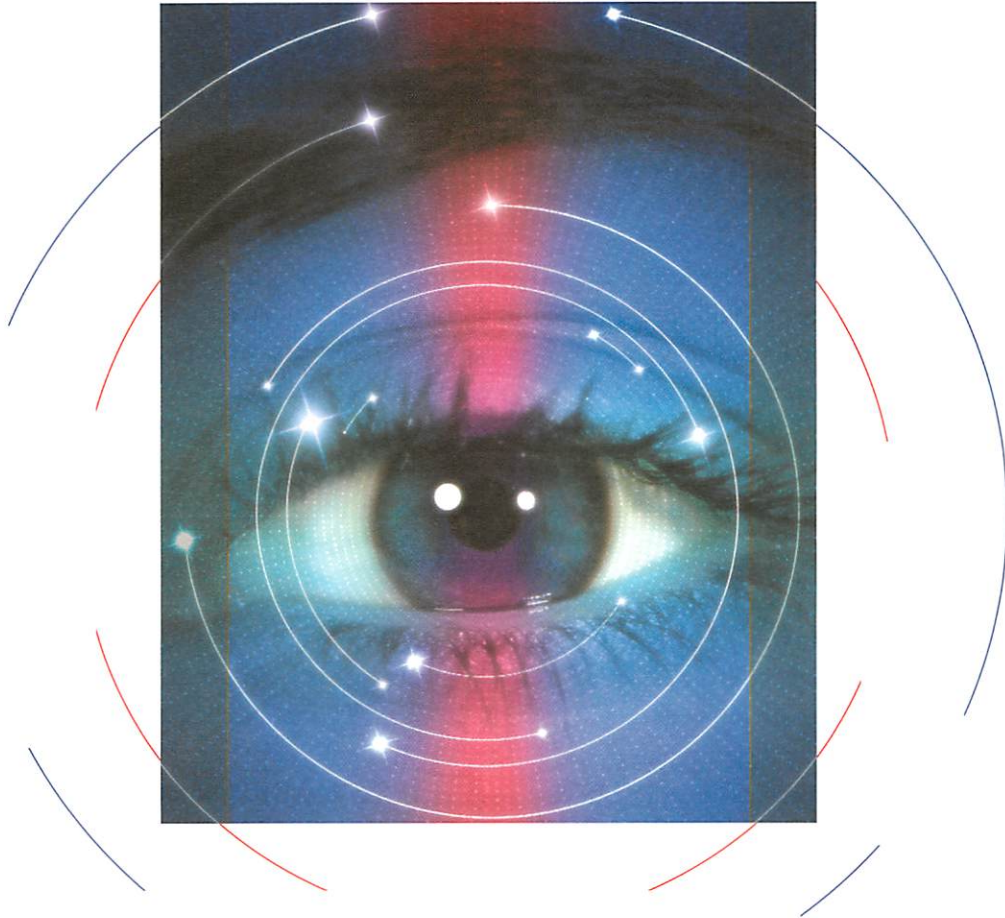
Studies and scholarly pursuits at times took a backstage but were never forgotten. I distinctly remember one such scholarly event; the annual symposium of Dow Graduates Association held in December 1983 at the Intercontinental Hotel. I was fortunate to have attended it. Indeed, this experience left an indelible mark on me.

Sadly not all was perfect in those days. We did witness a dark cloud of political warfare in our college. Thanks to the perseverance and dedication of our great teachers who, despite dire circumstances, taught us the noble art of medicine gallantly. Without them we will not be where we are today.

As I reflected on those yesteryears, memories of a few long-gone friends also emerged. Afaq Butt's dance at the bonfire during the hygiene tour in Abbotabad, Ishaq Bawa's tutoring lessons, and Shoab Tauheed's political canvassing. Their memories bring tears to my eyes; they were such good men.

On that note I will end, and best of goodbyes for now.





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*Comprehensive pathology services by dedicated pathologists with a passion for quality*



# Dow Days

## *My Dow Days and Friends...*

**Tanvir Sattar, MD**



**Tanvir Sattar, MD**  
Dow Graduate, Class of 1991. He completed his residency in Internal Medicine from The Miriam Hospital, Brown University School of Medicine and then practiced internal medicine in northern Louisiana for 4 years. He joined fellowship training in Hematology/Oncology at Louisiana State University at Shreveport, Louisiana in 2000. After completing fellowship training he settled in the Bay Area in California and works at Kaiser Permanente in Walnut Creek, CA. He is married and has 3 boys.

### **Dow Medical College 1985-1991**

I joined Dow Medical College (DMC) in the spring of 1985, after graduating from DJ Government Science. It was a new experience for me and the rest of the class of about 440 students. Most of us came from Karachi, some from other areas of Sindh and other parts of the country and some even came from overseas.

DMC gave us a forum where we learned from each other academically, culturally and socially. Initially it was a little chaotic in the large auditorium next to the basketball court. We were initially more interested to stay in the basketball court and cafeteria than in the auditorium listening to our professors, but that soon changed after taking our first few tests. The class was divided into sections that were given separate tutorials and soon the smarter students started to coach other students, which I initially thought was very gracious of them but soon realized it was just a ploy of the socially-challenged to hang out with the other gender.

Studying anatomy, bio-chemistry and physiology was challenging but it lacked the spice of clinical medicine. It took a lot of focus to realize that these were the building blocks on which we could cement our clinical learning.

Initially there was lot of excitement about joining political student groups/parties as this was our first exposure to student politics for most of us. After the first major battle (which included firearms) between the political groups many of us drifted away from it, while some became hardened political student activists.

The first professional examination was our first major test and it was a major disaster for the whole class. The entire class objected to the examination method and stayed away from one of the examinations; I think it was biochemistry. Our new principal, Dr Almani, failed the entire class and we subsequently appeared in supplementary examination, and thank God we passed. It was surreal and till this day I still wonder how the entire class stayed away from that examination, but some things are better left alone.

After the first professional examination the next excitement was going to clinical rotations in smaller groups, wearing a white coat and the task of making our own clinical groups. Some friendships were cemented and some hearts broken in this process. Life went on after some initial jitters. We enjoyed the clinical rotations and finally with white coats on felt we like doctors in the making. The abundance of the pathology







in Civil Hospital Karachi was amazing and much was needed to be learned from it. In the process we felt gratification when we were able to assist the poor and ailing.

Dr. Almani was the principal at this time and he brought discipline to the system. Once the clinical rotations started in 3rd year we became more involved in medical managements and clinical decision-making. Some rotations were more interesting than others. Our first rotation in inpatient psychiatry was an eye-opener and also made us realize the challenges faced by the physicians. We appreciated the time that they gave us. During clinical rotations we mostly stayed with our nuclear group and became closer to each other and till this day are in contact with most in this group. 3rd and 4th year went fast and before we knew it we were in the 5th and final year. We worked hard to become astute physicians and there was seriousness in our attitudes. Many of us were planning for our professional life after the graduation from medical school. Some were planning on appearing in FMGEMS, some planning for specialty training within the country and some were looking to set up practices and start working after our house jobs. Everyone had a dream and was working for it.

During our years in DMC we became very close to our colleagues, we studied together, played together and hung out together. Some friendships transformed into lifelong relationships and some were not meant to go through the long journey of life together.

Final professional examinations was challenging, especially the oral examinations, but we did well and most of us who started in 1985 did graduate in 1991. There were some who left medicine for the lure of business schools, which were be-

coming very fashionable to join, and some did not find medicine their calling, but I am glad that I graduated from Dow Medical College. The school has instilled in me strong work ethics, taught me the basics of medicine to build my medical career upon and to never stop in the pursuit of my dreams. I feel that the school that has given me all that I know and its time that I start giving some back to this amazing medical school.

*Tanvir Sattar, Class of 1991*

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### **My Baby's Left Home** *cont'd from page 17*

was the way he cried. I soon found out when he turned his face to the wall and started sobbing. Maybe he didn't want me to see him cry like a baby, but he could not hide it even if he was trying to muffle his sobs with a cloth in his hand. I never saw him cry again until that day at the airport. He had appeared cheerful and kept on advising me until the last minute, as Pakistani parents do for as long as they live, about things they know and things they don't know anything about. When I turned to leave he looked the other way but I caught a glimpse of his face. He was smiling, or maybe not. He could have been crying.

I remember the leaving song girls sing on weddings:

*Asaan chiryaan da chamba ay, Babul asaan udd janaa*  
*Saadi lummi uddari ay, Babul asaan murr nahin aanaa*  
 (We are a bunch of birds, O father we will fly away  
 (Our flight is long, O father, we won't come back)

I must end this mail on an uplifting note, otherwise Zimmi will be annoyed. I must announce that Ruby will be back on Friday when normal services will resume. She will annoy the boys and make them cry. She will play her flute and read her books, she will avoid Maths and her course books, create mayhem and disorder and noise in the house, and I'll be a happy man.



# Dow Years 2005 to Current



**Professor Dr. Masood Hameed Khan, FCPS, PhD, FRCP**

Vice Chancellor,  
Dow University of  
Health Sciences,  
Karachi

## Five Successful Years of Dow University of Health Sciences

Dow University of Health Sciences has acquired international standard within a short span of five years by virtue of the team efforts of the faculty members and staff. Thirty new departments and institutes have been added to the initial three departments of Dow University, namely Dow Medical College (DMC), Sindh Medical College (SMC) and Ojha Institute of Chest Diseases (OICD), since I took charge as First Vice Chancellor on 14th Jan. 2004. The vision and mission planned and executed during five years included:

### I: ACADEMIC EXCELLENCE

#### Department of Information Technology (IT)

The computer network, systems and website are part of the IT department. This computer network is stretched over 4 campuses of DUHS at 4 different locations, which are connected to each other via high-tech radio frequency bridges, to provide resource-sharing capabilities as well as facility of internet to the students and employees. Each campus runs its own Digital Library, which is one of the largest and High-Tech Digital Libraries in Pakistan. A high-speed 8Mb wireless radio frequency link through PTCL via 4 E1 Lines is being provided for speedy internet surfing, email, worldwide video conferencing and access to the National Digital Library of HEC and the Pakistan Educational Research Network (PERN).

The **INTERNET DIGITAL LIBRARY** has been established at five different campuses of Dow University, having more than 300 computer stations connected to the main high standard server to have HEC connectivity for access to more than 22,000 journals and textbooks. It has been sponsored by HEC for the benefit of the students and the faculty to help in updating knowledge and acquire information for research. All four campuses have a digital library, interconnected by satellite. Video conferences can also be conducted in Internet Digital Library.

#### WEBSITE OF DOW UNIVERSITY HAS ALSO BEEN DESIGNED AND DEVELOPED

The Dow University official website is being updated

from time to time, (<http://www.duhs.edu.pk>) by using advanced technologies and tools. Separate websites for Professional Development Centre (PDC) (<http://pdc.duhs.edu.pk>) & Quality Enhancement Cell (QEC) (<http://qec.duhs.edu.pk>) have also been developed. Special software has also been adopted by Dow University, known as "ORACLE PEOPLE SOFT CAMPUS SOLUTION RELEASE 9.0, introduced at Dow University with the help of HEC (Higher Educational Commission).

#### TRANSFORMATION FROM ANNUAL TO SEMESTER SYSTEM

Dow University is the first medical institute of Pakistan to introduce semester system. It has been specially designed to complete all the required credit hours in each subject, besides giving time for cover up semester and sufficient vacations. The faculty and the logistics have also been enhanced to meet the requirements.

Objective Structured Practical Examination (OSPE) has also been introduced to replace old subjective examination, so as to have transparency and make the atmosphere student friendly. Similarly clinical examinations are also structured and OSCE is conducted.

**PROFESSIONAL DEVELOPMENT CENTRE** has been established for continuous medical education programs and training workshops. During the last three years more than 500 lectures have been delivered by highly competent national and international speakers on various topics in the medical field for update of knowledge. More than 200 highly specialized hands-on workshops were conducted by this centre, which included six on Primary Trauma Care (PTC), twenty-six on Advanced Cardiac Life Support (ACLS), twenty-six on Basic Life Support (BLS), six on Obstetric Life Support (ALSO), six on Pediatric Advanced Life Support (PALS), six on Primary Surgical Skills and two on Orthopedic Skills. All these hands-on workshops are being carried on the most modern, specially-designed mannequin simulators, mod-



ules simulated intensive care unit and simulated operation theatre in the professional development centre of the university where internationally recognized facilitators train master trainers.

**THE QUALITY ENHANCEMENT CELL (QEC)** at Dow University of Health Sciences was established in the last quarter of 2006. The prime objective of these cells is to practice evaluative measures to achieve excellence in performance in all areas of quality education through the following measures: 1) Mentor System, 2) Self Assessment Report, 3) Teacher's Portfolio, and 4) Faculty Development Programs.

The **COMPUTER LEARNING CENTRE** was established four years back where a full-time trainer is imparting computer skills, for the faculty, staff and students to keep pace with advancement and to update their knowledge

**STAFF DEVELOPMENT COURSES** were conducted by Dow University on regular basis for two years with the sponsorship of NAHE, HEC. These were twenty-four day courses, based on modules of educational psychology, advanced teaching skills, administrative planning, communication skills, curriculum development, research skills, assessment and evaluation, along with micro-teaching and computer skills.

**RESEARCH** is one of the most important components of any university for academic excellence. The faculty members of the basic and clinical departments are actively involved in research, besides teaching and routine work. Although Dow Medical College was established in 1945, the scientific periodical was just recently started. It is a peer-reviewed journal, having an editorial board which makes final decisions about the publications. Until now, three issues of *JOURNAL OF DOW UNIVERSITY OF HEALTH SCIENCES (JDUHS)* have been published.

## II: HUMAN RESOURCE DEVELOPMENT

The second main focus of the Dow University is to develop human resources in medical and allied health sciences, much needed not only in Pakistan but the world over.

**DOW INTERNATIONAL MEDICAL COLLEGE (DIMC)**, a new medical college, has been established mainly for children of overseas Pakistanis at the Ojha Campus of Dow University, with the help of HEC. This college was inaugurated by Governor Sindh Dr. Ishrat-Ul-Ebad Khan. The construction of a new building is about to be completed and with in few months it will be shifted in the new campus, which has a cov-

ered area of 1 lac 75000 sq-ft. Presently, three batches are studying. The first and second batches have already been given their two semester examinations. The students are mainly from the USA, Canada, UK and the Middle East. The Dow International Medical College (DIMC) has been added to International Medical Education Directory (IMED), while Dow Medical and Sindh Medical Colleges are already included in the database. DIMC is affiliated with the Dow University Ojha Hospital, which is presently a 300 bed hospital and it is being renovated and upgraded to a 500 bed general hospital, not only for the clinical training of the medical students but also to provide healthcare facilities to the general public.

**DR. ISHRAT-UL-EBAD KHAN INSTITUTE OF ORAL HEALTH SCIENCES (DIKIOHS)** was established three years back at the SMC campus of Dow University in a 150 year old colonial building, after complete renovation from inside, according to modern standards, whereas the external heritage look has been preserved and strengthened. **SCHOOL DENTAL CARE PROFESSIONALS (SDCP)** has also been established by Dow University at DIKIOHS so as to develop human resources in the field of dental technology which is lacking in Pakistan.

The **COLLEGE OF PHARMACY (COP)** was also established last year at the Ojha campus of DUHS, where about 130 pre-medical students have been selected on merit after the entrance test, to provide a five-year degree of doctorate in Pharmacy. They will be obtaining 'Pharm D' degrees, which have great demand within and outside Pakistan.

The **INSTITUTE OF MEDICAL TECHNOLOGY (IMT)** was also established three years ago by Dow University to provide a four-year bachelor's degree, besides two-year diploma courses in four disciplines, namely clinical pathology, operation theatre, critical care and ophthalmology. Presently about four hundred students are studying in these disciplines. Previously this institute was located at Ojha campus but now it has been shifted to the renovated old boys' hostel of Dow Medical College. This new campus for medical technology students also has a digital library and modern laboratories for practical training.







The **INSTITUTE OF PHYSICAL MEDICINE AND REHABILITATION (IPM&R)** was also established one year ago to provide four-year bachelor courses in occupational therapy, orthosis & prosthesis. The Dow University is the first institute in Pakistan to establish a separate institute to impart highly-specialized training for rehabilitative care to disabled persons who need to be independent at home and in the society, within their limitations. Presently, about seventy-five students are undertaking bachelor courses of international standard. In Pakistan there are about 8 lac disabled persons.

**INSTITUTE OF NURSING (ION)**, which is funded by HEC was established 3 years ago. Two batches of fifty nurses each with bachelor's degree have already passed out, while another hundred nurses are undergoing two-year training for Post RN BSc degree.

18-month midwifery courses have also started from 2008. Post-graduate programs leading to Masters and PhD will also be offered soon.

The **INSTITUTE OF BASIC MEDICAL SCIENCES (IBMS)** was also established early this year for MPhil program leading to PhD in basic medical sciences. Forty postgraduate students have been admitted for courses in anatomy, physiology, biochemistry, pharmacology, hematology, histopathology and microbiology on the basis of merit after the entrance test. This institute will help in bridging the deficiency gap of human resources in basic medical sciences. Highly qualified faculty members will train these participants with the help of a well-equipped laboratory and other high standard facilities, including animal house of international standard.

**INSTITUTE OF HEALTH MANAGEMENT (IHM)** has offered MBA courses for three years in healthcare, hospital administration and pharmaceutical sciences. First and second batch have thirty students each, in batch admitted after the entrance test on the basis of merit, to study in semester system.

**FOREIGN SCHOLARSHIPS PHD PROGRAM** was initiated about two and half years ago for faculty development of DUHS, funded by HEC. The selection of these scholars is based purely on merit. Candidates apply from all over Pakistan, including AJK. They have to pass a written test, GAT (NTS) and protocol writing test after which they go through interviews on subject knowledge and of DUHS selection board. Nineteen scholars from a total of 510 applicants have been selected. Six of them have already gone to UK, Australian and German Universities for PhD in Molecular Biology, Biochemistry, Medical Education and Biotechnology.

### III: COMMUNITY HEALTH CARE

The third main focus of Dow University is to provide Community Health Care and fulfill social responsibilities.

**NATIONAL INSTITUTE OF DIABETES AND ENDOCRINOLOGY (NIDE)** was established 2 years ago at the Ojha Campus of DUHS to provide maximum healthcare services to diabetic patients. Facilities for specialized diagnostic and treatment options, including laser therapy has also been provided at this institute, in collaboration with 1980 Dowite batch.

**SARWAR ZUBERI LIVER CENTRE (SZLC)** was established four years ago by the Dow University for the benefit of patients of chronic liver diseases, the third-most common problem in Pakistan. Until now more than 10,000 patients have been registered and about 100 patients attend the OPD daily.

**NATIONAL INSTITUTE OF LIVER & GI DISEASES (NILGID)** has recently been established at Shah Lateef Campus (part of old Sindh Medical College Boys Hostel), considering the patient load at Sarwar Zuberi Liver Centre, so as to provide all possible diagnostic and treatment facilities under one roof. In the first phase all the facilities just short of liver transplant will be provided, while in the second phase INSHAL-LAH liver transplant facility will also be provided at NILGID.

**DOW DIAGNOSTIC RESEARCH AND REFERENCE LABORATORY (DDRRL)** has also been established at the Ojha campus of DUHS for advanced basic and clinical research in medical sciences and critical evaluation of current researches in different disciplines.

**JINNAH GENOME CENTRE** has also been established to keep pace with the latest trends, needs and future requirements of medical education. It will produce doctors meeting the future requirements which will be mainly based on genetic studies for the diagnosis and therapy of genetic diseases.

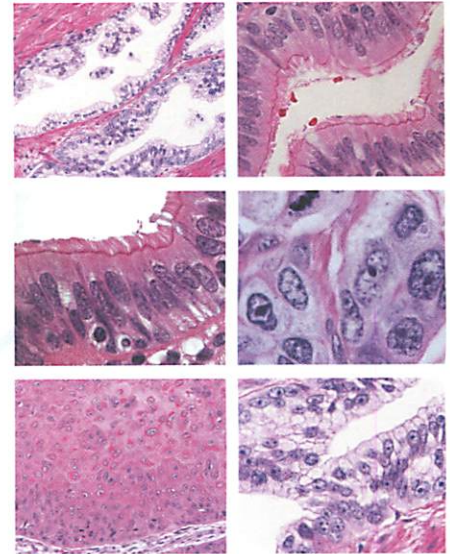
**MEDICAL RESEARCH CITY (MRC)** is established at Ojha campus, which has 130 acres of land to lodge most of the DUHS departments, newly established as well as renovated ones, related to academics, human resource development, provision of health related diagnostic and management services, research and postgraduate studies. It will be a regional educational hub of international standard not only for students of Pakistan but of South East Asia.



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– Dow History Project –

Dear Dowites – this has been a brief account of our alma mater's history. We all have many fond memories of our college and friends. Dow alumni community continues to be united in more than one way across the globe. Hundreds of emails from numerous Dowites across the globe resulted in the publication of this brief account. The Dow History Project continues and we encourage all Dowites to share any item related to Dow such as a historic fact, a memorable picture or a story. Just email to [rizwan@karatela.com](mailto:rizwan@karatela.com) and be a part of this project.