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DOW LINK

DOW GRADUATE ASSOCIATION OF NORTH AMERICA

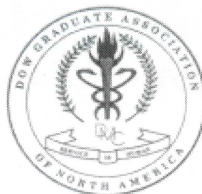
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2nd Annual Northeastern Regional Meeting

May 21, 2005

Souvenir



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The DOW LINK

DOGANA's Gateway to the Past, Present and Future

A Message from the President - Syed Samad, MD

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DOGANA was created in 1981, and in a short span of 24 years, it has emerged as a progressive, effective Alumni Association with a well defined mission and carefully planned strategy to achieve its objectives. It is actively involved in a number of projects both in Pakistan and the U.S. Continuation of these activities is only possible with enhancement of effective membership. Thus, it is crucial that our organization continues to grow with a wide, diverse and all-inclusive base.

Since the last newsletter the main news has been the Dow Alumni Retreat. I am happy to report that this second Dow Alumni Retreat in Irvine, Orange County California (April 15-17) was a success. We had a productive meeting in which we discussed long term strategy for DOGANA, raised money for Dow Endowment fund, and looked at the first draft of ENDOW governing bylaws and recommendations for revision of DOGANA constitution and bylaws. CME lectures were outstanding. There was a banquet and musical program each on the 15th and 16th of April.

There is a detailed description of the meeting in this issue of Dow link. Dr. Ahsan Rashid, Dr. [redacted] Khan, Dr. Yasmin Qasim, Dr. Nadeem Zafar, Dr. Nasar Qureshi and Dr. Farid Qazi deserve special mention as the success of the meeting was largely due to their efforts.

The most notable project and success so far is the set up of an endowment fund for Dow "ENDOW," which is being structured under trusted leadership of Dr. Zia Moiz Ahmed and other members of the board of trustees. Approximately \$700,000 has already been pledged and this year we plan to take our pledges to one million dollars, and put the collection process in high gear. An independent board of trustees has been set up to supervise this fund to ensure complete transparency and absolute guarantee the use of this fund for endowment purposes only. The board, comprised of senior and active DOGANA members, forms the life line of all future projects that we will undertake. Dr. Sultan Ahmed has written a draft proposal for "Bylaws for Governance of ENDOW". It was distributed in Dow Retreat for review and comments. An ENDOW magazine is underway with the untiring efforts of Dr. Naseem Shekhani. The magazine will be reaching to you shortly. It will highlight in greater detail the aspects of this project.

The "Dow Summer Symposium at Dow/CHK" will be held on July 18th, 2005. This program first of its kind, arranged by DOGANA in collaboration with DUHS will have CME lectures and workshops. Symposium arrangements are underway with the efforts of Dr. Shehzad Saeed, University of Alabama at Birmingham and Professor Iqbal Memon department of pediatrics at DUHS. The U.S. delegation comprising of six faculty members is also taking medical equipment like Endoscopes for CHK. They will also have a workshop for guidance of Dowites wishing to pursue post graduate Medical training in USA. More details of this program will be posted on our website, www.dowalumni.com.

Dow Northeast Regional Meeting will be held in Edison, New Jersey on May 21st, 2005. The aim of the meeting is to activate Dowites in NE into some productive service for Dow. We plan to provide a platform to all interested Dowites to plan projects for Dow/CHK and express their thoughts and ideas on issues pertaining to medical education, civil rights and Pakistani-American community. Arrangements are underway with the efforts of Dr. Nasar Qureshi, Dr. Iqbal Jangda, Dr. Abdul Kadir Sheikh and Dr. Mohammad Aslam. It is my earnest request to each one of you to be there.

News of interest is the significant rehabilitation of Khawaja Qayyum Ahmed (Dow 1987), for who funds were raised last year. Through these funds, the family is able to get back considerable normalcy and is able to restart their life in real earnest. I thank all those who contributed to this fund and this noble cause. Dr. Subia Parveen's fund, after her demise, has been given towards treatment of Dr. Anwar Saeed, who is our colleague from SMC undergoing gastric cancer treatment in Boston.

Other projects which executive committee members are working on include: a visiting faculty and mentorship program framework being streamlined by Nasar Qureshi. Kazi Salahuddin and his team are working to enhance DOGANA membership. Nadeem Zafar, Nasar Qureshi, Farid Qazi, and Abdul Kadir Sheikh are working hard to draft a proposal to revise the constitution and bylaws. Dr. Amin Karim and his team will represent Dow in the host committee for the summer meeting. Dr. Nasar Qureshi is chairman for the winter meeting at Dow this year. He has already had preliminary discussions with Dow Vice Chancellor, Dr. Masud Hameed, and his Pakistan counterpart Professor Salahuddin. A task force has been setup to look into the feasibility of an adult oncology unit under the auspices of Dow. The task force has contacted our esteemed colleagues in Karachi to get their feedback and demonstrate our commitment to such a project.

I look forward to continued active participation of Dowites and DOGANA in improving the facility at our Alma matter, involvement in the day to day affairs of main stream America and to, be an active and vibrant part of APPNA in all its activities and missions. I hope to see you all in APPNA summer meeting in Houston! - Syed Samad





Dow University of Health Sciences

Vice Chancellor

*Prof. Masood Hameed Khan
MBBS (Dow), FCPS (Pak), FRCP (Edin)*

**Baba-e-Urdu Road
Karachi -74200
Pakistan
Phone: 021-9215732
Facsimile: 021-9215763**

Ref No. DUHS / 2005 /

I am delighted to know of the upcoming meeting of the Dow Graduate Association of North America (DOGANA), to be held in New Jersey on May 21 2005.

All of you will be happy to know that the Dow University of Health Sciences has during the last seventeen months of its existence, achieved much, despite all hindrances.

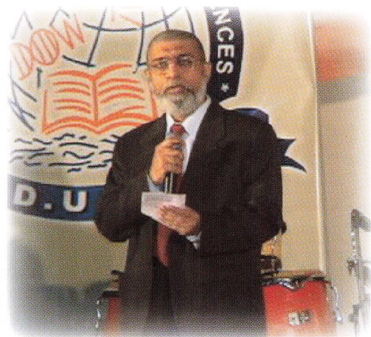
We have conducted the examinations for first professional MBBS, from written paper till announcement of the result in a period of thirty days, which is a first for Pakistan.

We have successfully completed our GRE I and II examinations to induct faculty for our M.Phil / PhD program, and their placement will be completed by the end of May.

We have increased the number of Assistant Professors from one to two per unit. Those awaiting promotions, since long have been invited for interviews as in universities, there are no promotions and all have to be selected for the next higher post. The selection committee is interviewing applicants for faculty positions and this process will be completed, Inshallah by the middle of this month. The names then go up to the Syndicate for appointment.

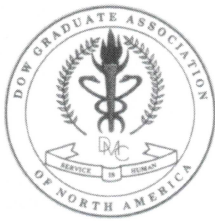
New departments are being established in all faculties of the University at its constituent institutions and the Higher Education Commission has accepted our plans for Institute's of Nursing, Oral Health Sciences and Medical Technologists.

On behalf of the University, I wish your conference all the best and keenly await the result of your deliberations



**Professor Masood Hameed Khan
FCPS (Pak) FRCP (Lon). FRCP (Edin)
Vice – Chancellor
Dow University of Health Sciences.
Karachi**





Dow Graduate Association of North America

11242 Edgewater Circle, Wellington, FL 333414

Tel: 561.714.8656; Fax: 561.422.6018; Web: <http://www.dowalumni.com>

Executive Director Rizwan A. Karatela, MD

Organizing Committee

Mohammad Aslam, MD

Farooq Habib, MD

Muhammad Hamid, MD

Zafar Jamil, MD

Iqbal Jangda, MD

Abdul Qadir Sheikh, MD

M. Nasar Qureshi, MD, PhD

Salman Zafar, MD

2nd Annual North East Regional Meeting

Every success commands an encore. The resounding success of the First DOGANA North Eastern Regional Meeting has led to the inevitable- a repeat meeting and a determination to make it an annual event. Last year we received a lot of compliments and only one misgiving "I wish I knew that is was being held".

Last year the evening was caught right in the middle of a snow storm so the committee decided to hold it in the spring this year, announced it early, mailed out the registration forms two months in advance, e-mailed everyone and followed this up with many calls as possible. We hope the outcome of the tireless efforts of this year's organizing committee (which includes Mohammad Aslam, Farooq Habib, Muhammad Hamid, Zafar Jamil, Iqbal Jangda, Abdul Qadir Sheikh, Nasar Qureshi and Salman Zafar.) will be a resounding success. This will be an evening filled with fond memories, a place to renew old friendships and build new ones. This evening only reconfirms the vibrancy of DOW Alumni in the United States and allows them to bond together as a force to impact and contribute to their communities in a positive manner. As importantly, this evening should allow us to reflect on the wonderful education and a future full of opportunities that DOW Medical College has provided us, and to think of innovative ways to pay back our beloved alma mater. Long live Dow.

Nasar Qureshi (1983)

On behalf of the Organizing Committee.

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Rizwan Karatela, MD

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Iqbal Jangda, MD

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Melissa A. Fell



Dow Medical College...I do acknowledge

Farooq Habib, MD MBA '79

I came to you with a high school diploma
You furnished me with a medical school diploma
You agreed with my belief that I was nothing but a clot
You taught me that I could even die by a clot
Dow Medical College...I do acknowledge

I entered your door with the name Habib
You bade me farewell with the title Dr. Habib
The cells that you showed me under your microscope
Led me to believe there is much to scope
God bless the souls whose bodies we dissected
God bless the souls whose bones we studied
I carried the brain for 18 years not knowing
But only when you revealed to me
What an amazing control unit
A mass of gray and white matter it was
Dow Medical College...I do acknowledge

I heard the music, sounds and the lectures but
You told me how it all got transmitted from the space to the brain
I sensed good smell and the bad; I smelled food and the fresh air
You explained to me how it traveled through the nose and the olfactory cells
Dow Medical College...I do acknowledge

I would see my mother, my father, my brothers and my sisters
But you taught me how their images were created in the occipital lobe
I was a swimmer, a tennis player and a cricketer not knowing how the body works till...
Your anatomy and physiology teachings enlightened the creation of the creator
Dow Medical College...I do acknowledge

All my life I was breathing without any effort not realizing
There was something called bronchospasm
You taught me what is air exchange
You taught me about the lungs and the heart
The pO₂ and the pCO₂
The pink and the blue
Dow Medical College...I do acknowledge

I took for granted the toilet and its significance till I was a part of you
You taught me the kidneys and the bladder, nephrons and the sphincter
Chee... those convoluted tubules and the ions which you made sure I know
I now respect the essential needs and their role
Dow Medical College...I do acknowledge

Not a soul in the town was spared of malaria and guess what
You gave me the secret ... break the life cycle of anopheles and you are done with malaria
I saw many elders screaming holding their chest not lasting long
But a pill under the tongue could make a difference was your pharma lesson that lasted long
Dow Medical College...I do acknowledge

Your histology lab educated me about the normal organs
Your pathology lab opened my eyes seeing the diseased organs
You got me ready for the patient's wards
Medical wards, surgical wards, gynae wards
To tell you the truth
You brought me closer to the Lord
Dow Medical College...I do acknowledge

I did not know how to hold the stethoscope
I did not know how to use an ophthalmoscope
I did not know what an ECG meant
I had no clue what a murmur was
I never saw the yellowness of eyes
I never knew what a hernia was
You taught me History and Physical
You taught me Inspection, Palpation and Auscultation
You trained me to make the right Impression
You tried your best to guide me to do the right treatment
Dow Medical College...I do acknowledge

I experienced the taste of politics within your walls
I witnessed the love affairs of activists within your walls
I cherish the bus rides to the picnics
I enjoyed the lively social evenings
The medical student that I was
Had a cool time no matter what
Dow Medical College...I do acknowledge

You let me in with the knowledge of biology and physics
I exited with the knowledge of life and disease
I came to you with no status
You gave me and gave thousands a respectable status
Dow Medical College...I do acknowledge

Now I may be a leading surgeon or a physician
I may be a successful pediatrician
I may be full of the latest knowledge
I may be a professor at a college
I owe it all to you my Alma Ma'tar
I owe it all to you Dow Medical College
Dow Medical College...I do acknowledge

How can I not be grateful to you?
How can I not be thankful to you?
Without the diploma saying Dow Medical College
No residency, no state will acknowledge
I pray to my creator to keep you alive
My Alma Ma'ter, my teacher, my mentor my Dow Medical College
May the creator prevent you from all the illness and the malice
Your buildings, your labs, your classes and your wards
Your staff, your students, your graduates and your patients
May all be blessed with health, wealth and more

Dow Medical College...I do acknowledge

DOW ENDOWMENT FUND

-Zia Moiz Ahmad, MD

ENDOW UPDATE

"We, the members of Dow Graduates Associate of North America (DOGANA), out of our conviction for our Almar Mater, do hereby proclaim the establishment of an endowment fund to be known as EnDow. We aim through this fund, to provide financial support to the educational programs of Dow Medical College and to the medical care it provides to its affiliated Civil Hospital Karachi." So reads the preamble of the proposed Bylaws for Governance of Endow. And so it captures in two short sentences the essence of what we aim to achieve.

Every notable educational institution has an endowment fund to channel the gratitude of its professionally successful graduates to the institution that provided them with the education and tools for success. This not only helps the institution in continuing to meet the growing demands of changing times but to develop into centers of excellence and higher learning. The idea of establishing an endowment fund for Dow Medical College is not new. For a number of years, some of our senior colleagues have been discussing this. Notable among these are Dr. Sultan Ahmed, Dr. Iltifat Alavi, Dr. Saleem Chaudhry, Dr. Basharat Ahmed, Dr. Hafeez-Ur- Rehman and the late Dr. Mushtaq Ahmad . We are fortunate that now with their guidance, the hard work and efforts of the present team (especially Dr. Naseem Shekhani, Dr. Nadeem Zafar and Dr Tariq Butt) and the enthusiastic support of the general membership EnDow is fast growing from a vision into a reality.

EnDow remains a work in progress with everyday bringing us closer to our goals and objectives. To briefly summarize the journey so far, it started with the 1st Dow Retreat in St. Louis in March 2004. The DOGANA members attending this retreat resolved to establish the Endowment Fund for Dow Medical College. The name EnDow was adopted at the suggestion of Dr. Nadeem Zafar. 5013c tax exempt status for EnDow was applied for and approved by the IRS by the end of 2004. A 9 member Board of Trustees was formed. The names of the members of BOT are Dr. Rizwan Karartela as the Executive Director of DOGANA, Dr. Syed A. Samad as President of DOGANA, Dr. Iltifat Alavi, Dr. Sultan Ahmed , Dr. Saleem Chaudhry, Dr. Tariq Butt, Dr. Naseem Shekhani, Dr. Salma Simjee and Dr. Zia Moiz Ahmad.

The initial draft of proposed Bylaws for Governance of EnDow were prepared by Dr. Sultan Ahmed and presented at the 2nd Dow Retreat in Los Angeles in April 2005. Comments and suggestions to the proposed Bylaws from DOGANA membership are being sought. These will be incorporated into a final draft of proposed Bylaws to be mailed to the general membership before the Annual Summer Meeting of DOGANA on July 1 , 2005 in Houston. The Bylaws will be presented for approval by the DOGANA membership in Houston. Once this is completed, the real work will finally begin.

At this point in time, we have pledges of about \$700,000.00. The goal is to have pledges of \$1,000,000.00 by this summer. We have been mindful to do everything strictly by the book and to avoid, at all cost, the temptation of cutting corners. The collection of funds is being undertaken now that the tax exempt status has been approved, a separate account for the fund opened and the initial draft of Bylaws for Governance presented to the general membership. All the funds collected for the EnDow will be a sacred trust to the members of the EnDow Board (and will be kept separate from the operating funds of DOGANA). We look to the general membership of DOGANA to actively participate in shaping the form Endow will finally take by contributing intellectually in this formative stage and financially once it is up and running. I for one cannot think of a better way to say Thank You to Dow for giving me what I needed to become a successful member of the medical community.

We gratefully acknowledge the help and assistance of Mr. Tariq Malik and Mr. Umair Iqbal in matters related to accounting and tax exemption status.



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| <input type="checkbox"/> 1000.00 | <input type="checkbox"/> 500.00 |
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DOGANA VISITING FACULTY AND MENTORSHIP PROGRAM

Nasar Qureshi, MD (D-83) (nasqdogana@aol.com)

With strengthening of the Dow alumni community in North America, catalyzed by the two recent retreats (Missouri- 04 and California- 05) and programs like Dow Endowment Fund (ENDOW), it was felt that a formal mentorship program be established for helping graduating Dow students seeking training in the United, in conjunction with the administration of Dow University of Health Science's (DUHS) Visiting Faculty Program.

To this end, a committee was formed, comprising of Nasar Qureshi - (Chair), Farid U Qazi, Syed Zia Ahmed, Ayub Mazhar, Rizwan Karatela, M. Wajid Baig, Nadeem Zafar, Mahjabeen Islam, Raza Khan and Syed Samad. The committee, in its meetings, formalized a proposal for establishment of the DOGANA Visiting Faculty and Mentorship Program.

MENTORSHIP PROGRAM:

The aims of the mentorship program are as follows:

Resource Identification:

A list is being prepared for various alumni in the following categories;

- * *Alumni with Academic affiliation* who can help place Dow graduates in residency training programs/internships/clerkships/ research slots in academic institutions in the US.
- * *Alumni associated with community hospitals/medical centers* who can help secure 3-6 month rotations for students/graduates in various departments, facilitating exposure to the US healthcare system in a mentor capacity.
- * *List of active alumni willing to take phone calls/emails* from final year DUHS students and graduates for counseling on residency placement and career development.

Actions taken:

- * Formal placement of request for people (mentors) to volunteer on DOGANA website (<http://www.dowalumni.com/>) and e list
- * Active personal solicitation by the committee members from known alumni capable of providing above.
- * Distribution of forms requesting registration in the program at all DOGANA meetings.
- * Email requests to all DOGANA members - to be done in May/June 2005 in anticipation of the Summer Houston meeting.
- * A data base of those currently registered is being maintained by Nasar Qureshi.
- * Requests from those seeking mentorship are forwarded to Nasar Qureshi who triages these requests to appropriate mentors.

Establishment of Paid Residency Slots

A subcommittee has been formed under the chair of Syed Zia Ahmad to look into the prospect of supporting some residency slots for Dow graduates. This sub-committee is exploring collaboration with APPNA and sister alumni in similar efforts. Also, a mechanism for generating funds to support these residency slots is being evaluated by the sub-committee. Guidelines for graduating residents to help fund this program, on an ongoing basis, is also planned.

Establishment of a Career Development Workshop at DOW

An ongoing project in conjunction with the visiting faculty program is being developed by committee members Farid Qazi and Ayub Mazhar. A basic slide presentation will be developed which can be used by any DOGANA member visiting DOW and wishing to undertake a Career Development workshop.

VISITING FACULTY PROGRAM:

The goal is to establish a visiting faculty program for DOW Medical College, comprising of international Dow Alumni in the following categories:

- 1) Appointment in Dow University of Health Sciences (DUHS) for variable terms
- 2) Short term or day-long teaching and training efforts

Actions Taken:

The criterion for academic appointment at the DUHS for visiting faculty is under consideration with DUHS administration. To this effect a liaison office is being planned at DOW Medical in Karachi to facilitate this effort. A request form is available at the DOGANA web site for interested alumni who wish to participate in teaching/training activities at DOW Medical College/Civil Hospital Karachi. Several requests have been received in 2004 and have been coordinated through Dr. Saeed Qureshi, Medical Superintendent of Civil Hospital Karachi, with excellent results. A notable example was that of Dr. Qudsi, an endocrinologist who visited Pakistan in December and spent 3-4 hrs every day for three weeks teaching medical students and house staff.

On behalf of DOGANA, Thank you Dr. Qudsi.

We hope that the encouraging response we have received so far shall continue making this worthy project of DOGANA a resounding success.

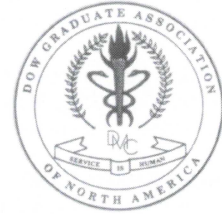


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DOGANA VISITING FACULTY

Please fill out entirely

First Name Middle Initial Last Name

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Home Phone Office Phone Fax e-mail address

Graduation Year Specialty Academic Affiliation

DOGANA MENTORSHIP PROGRAM

**If you would like to sign up and become a Mentor,
please fill out the below form and mail it to:**

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Street Address City State Zip Code

_____/_____/_____
Home Phone Office Phone Fax e-mail address

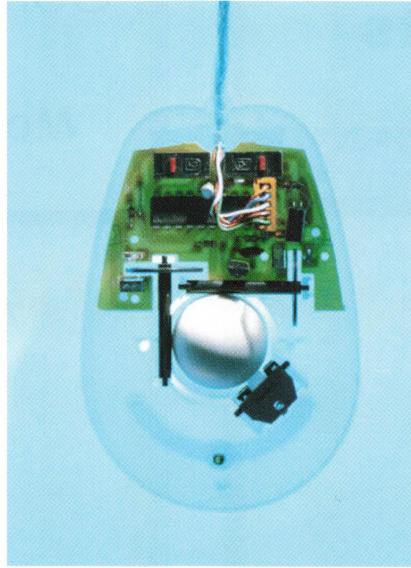
Graduation Year Specialty of Interest

Are you available for phone calls from
DOW Graduates seeking Guidance? **YES** **NO**

Will you be able to help DOW Graduates in seeking:
Residency **YES** **NO**
Clinical Rotations **YES** **NO**

Please Return to:
Nasar Qureshi, MD, PhD
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"DOW" The Way It was: 1962. A Glimpse of Our College (and Hostel) Life. Abdul Rehman, MD

So we decided to keep Basharat as our Mess manager for another year, who wouldn't?... Eighty-two Paisa's per meal, with a total bill of Rs.69.00 for a month's meals. That meant three hefty meals a day, 7 days a week excluding only Sunday evenings, which was the time off for the kitchen staff. That amounted to a total monthly sum of about 7.50 (1.60 in today's money), for the food that was as good as any served in posh Restaurants of Karachi at the time.

Granted, the times were different then but still, that was an accomplishment on the mess manager's part and a bargain for us. You required skills in staff management as well as public relations that were necessary to satisfy everyone and every taste. The month prior to that, under another mess manager, we had to shell out 91 Paisas per meal. No wonder everyone wanted him out. To see that we had an opportunity to be so enterprising at that time amazes me. There was no rent to be paid for this hostel residence. Two students were to share a room that was furnished with a chair, a desk, a reading lamp, and a bed for each student. We had to arrange for our own bedding.

Being an out of town student at DOW had many advantages. Besides all the other amenities, we were given full charge of running all of our affairs. We did have a Hostel Superintendent but quite frankly, he was just there, as a counsel on an as needed basis. On top of the facilities for sports, (Table Tennis, Carom Board, Bad Minton, etc.) available at the site, we got treated royally. Our clothes got ironed, shoes got shined daily and the help was too eager to go hail a Rickshaw for us if we had to go to the movies. We were treated as the Big Doctor saahabs at a time when we only had a few Anatomy lectures by the Late Professor Waheed Saheb to our credit. The entire experience was priceless.

Speaking of the Late Professor Waheed Saheb's lectures, I am reminded of an incident that is worth recounting. As most of us know, we use to take complete notes of all the lectures and use those notes to prepare for exams. Since professor Waheed Saheb loved Urdu Poetry and he had the unusual knack for remembering classic "Ashaar" of renowned poets, every once in awhile he would interrupt his lecture to quote a "She'r", apropos to the subject at hand. One morning, his daughter "Shahnaaz" arrived a bit late in class and had to use the rear entrance to get in to the hall. While making her way down to her usual seat, in the first row as she walked down the center aisle ever so slowly, her pointed high heels made a tapping sound that got Professor Saheb's attention. He paused for awhile and before returning to his lecture said

"Aeri Utha Ke Chalte Hain Kya In Ka Aetbaar - Sabit bey In Ke Qadam Se Sabit Oadam Naheen."

I wrote this down and for years each time I look at my notes, I saw this Sher, I relived that moment with tremendous sense of Joy.

Most of us got pampered, and I meant pampered in a big way. Between lectures, if you wanted to be served a hot cup of tea and some fresh fruit there was always a friend that was admitted to the Students Ward that you could visit. Students Ward had about six to eight beds exclusively for Medical Students. The Ward came with a small kitchen and a 24 hour attendant. Visitors, especially those in white coats, were treated to tea and fresh fruits (mostly oranges) as a custom. There were students who were "patients" at the Student Ward but were attending lectures at the college only to go back to their hospital beds at meal time. We were told of a student (two years my senior) who use to run out of money every month by the third week and had to seek refuge at the Student Ward by getting admitted there due to "ulcerative colitis" till the next month's money order arrived from his parents. Perhaps living within a budget was not his cup of tea. We did have a strong student union. Besides our yearly election kept the aspiring Student Politicians humble and very sensitive to the needs of certain people.

A walk after the evening meal was a must, as was a siesta after lunch especially in the long summer days. I do not know how we could get to sleep so fast, especially right after a big meal and how we were able to quickly get up after only a half hour sleep, but that was the routine. This routine was a bit rough on our help (the servant) who had to iron the second set of clothes for us, for the afternoon. You just did not put the same shirt on after being in your pajamas.

We had three major political parties at the college at that time. YMO dominated the scene at DOW followed by NSF and Jamiat -e-Tulaba. The latter two parties were not limited to DMC but had their followings in other colleges also. The newly built student's cafeteria building at the left of the main college entrance was the hot bed of Politics. Somehow we were able to take sometimes three or four cups of tea in the space of an hour, as new friends kept joining us at the table. We saw the formation of PPP by Mr.Zulfiqar Ali Bhutto, right in front of our eyes. I remember some students smuggling him into DMC one evening when the street curfew was in force and Mr. Bhutto addressing the students and gathering and saying with both of his arms up in the air (as if to declare that he was unarmed), "they call me a dangerous man and yet they are the ones flaunting there guns to scare everyone to silence". Oh Yes. Field Marshall Ayub Khan was the President at the time and Mr. Bhutto was his Foreign Minister and a rising star since his famous U.N. Speech.

Campus political activity was quite safe and we did have some students at DMC who were there not to get a M.B., B.S. degree but to enjoy the political freedom available to students at college campuses. Elections were a major activity every year with a sizable budget and a tremendous campaign work. Hostels were flooded with candidates and their friends during election seasons and that is where most parties recruited there new members actively. Freshmen were the target every time. But the second and third month of college, you were sure to join a party if you lived in a Hostel. You simple could not stay independent.

Looking back, we see what we received at the time from our college and from our country. No wonder we are always talking about being Pakistani first and everything else afterwards. This sense of indebtedness to our Motherland is ingrained in us. A Pakistan sneezes, we catch a cold here in the United States. This explains our recurrent involvement albeit indirectly, in the affairs of our country of birth.

I guess it is true what they say about us.,

"You can take a Pakistani out of Pakistan but you can not take Pakistan out of a Pakistani". -Dr. Abdul Rehman

DO W RETREAT 2005

-Zafar Iqbal, MD

Irvine, California hosted the second DOGANA Retreat from April 15th -17th 2005. This relaxing and informative 3 day weekend was arranged by Dr. Ahsan Rashid, with the help of Dr Salma Khan, Dr Yasmin Qasim and other committee members. Nearly 75 DOGANA members and some APPNA members attended with their families.

The retreat started on Friday with a visit to Disneyland. Later in the afternoon, a well-organized CME program under the leadership of Nadeem Zafar started. Throughout the 3-day retreat CME lectures were evenly distributed. More than 100 families attended the Friday Banquet. Ahsan Rashid, retreat chairperson welcomed the guests. An interesting musical program by Sareeka and Charanjeet followed a delicious dinner.

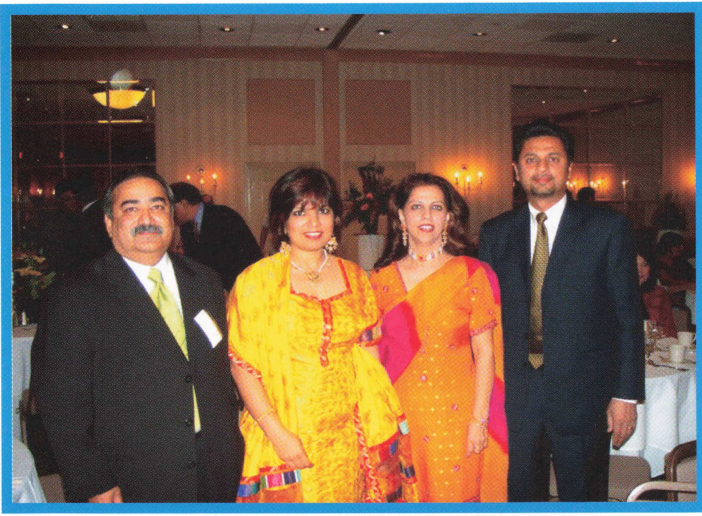
Saturday started with CME lectures. General Body meeting was well attended by DOGANA members. Dow endowment by-laws were discussed and useful suggestions, such as; possible donations by multinational corporations by Zahid Sheikh were presented. DOGANA constitution was also discussed. DOGANA president Abdul Sammad presided over the session. Later in the afternoon a wonderful picnic had been arranged on Newport Beach. "Kabab rolls" and excellent arrangements made an evening on the beach a delight.

Saturday Banquet was the best event of the whole retreat. It was graced by the presence of Dr. Khwaja Qayyum, Dow graduate, who was left quadriplegic after an accident couple of yrs back. DOGANA collected about \$130,000 for him. Among other prominent personalities were Congressman Rohrabacher, the County Sheriff Chris Norve and Safi Qureshey, Pakistani entrepreneur addressed the guests. Dow Endowment under leadership of Zia Moiz Ahmed collected another \$70,000. Our total pledges are now \$700,000. Dow endowment has recently received 501c status and soon pledges are to start materializing. After another delicious dinner, Alamgir entertained more than 200 guests.

Few cricket enthusiasts had arranged the viewing of last India Pakistani cricket match live on a projected screen.

The DOGANA retreat ended with a wonderful breakfast of Puri and Nihari on Sunday Morning. It was a wonderful program and we hope to see more successful retreats in future.





The Organizing Committee



Samad, Zia, Ahsan, and Tara with Guests



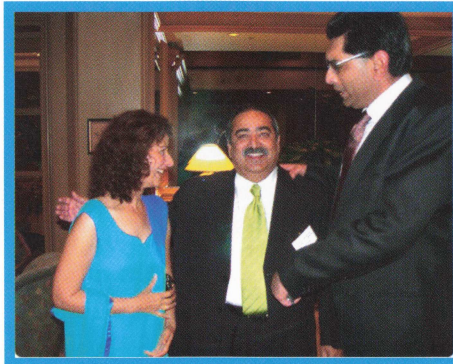
Farid and Yasmin Hosts of Friday Evening Dinner

DOW RETREAT 2005

IRVINE, CALIFORNIA



Iqbal, Quadar, Imdad



Tara, Ahsan and Nasar



"Hold your credit cards!"



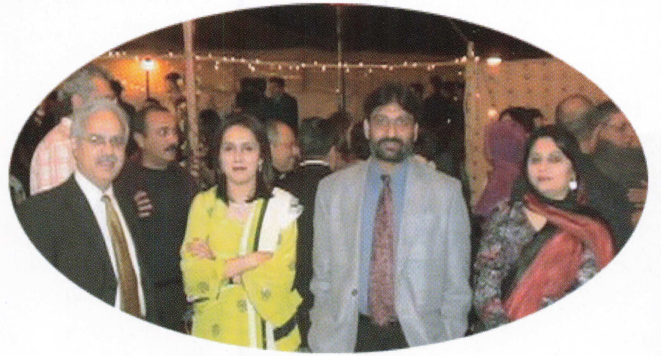
Enjoying mouthwatering kabab rolls and samosas at the picnic

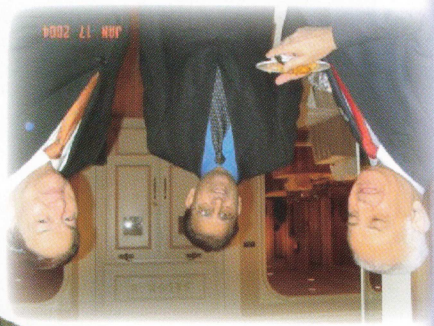


"Lets get this picnic rollin"-Salma

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2004





DOW RETREAT 2005

IRVINE, CALIFORNIA



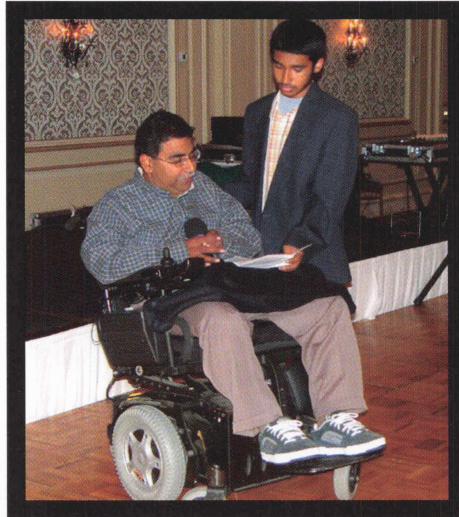
Faroq reciting verses from the holy Quran



Nadeem Zafar-Chairman CME
Committee



Nasar hosting the Saturday Gala
Evening



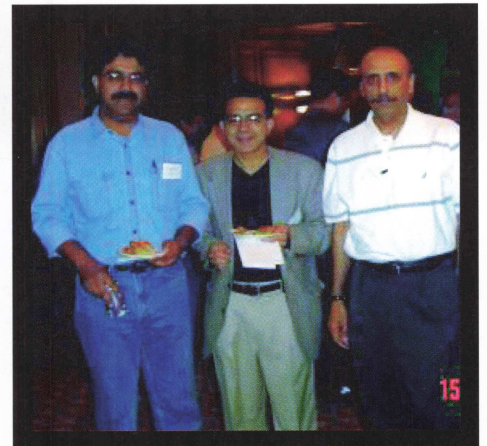
Khawaja Qayyum and his son



Senator Rohrabacher



Faroq, Farid and Qadir



Naseem, Ashok and Moin



Politics Anyone?



Almagir's fan club:
Yasmin and Naheed



DOGANA in Good Hands but wrong order!
Present, Future, Past: Samad, Ahsan and Zia -

☪ DOW RETREAT 2005 ☪

-Nadeem Zafar

Traveling to LA for a weekend retreat was a stress in itself. Moving into the western time zone and returning back to the central (+ 2 hr) or eastern time (+ 3 hr) zones within a matter of two days was always going to be a challenge for the aging minds. I asked my wife Seema about the whole family (of three) going over to LA and she asked me if we are going to achieve something significant for Dow in this meeting and also who would be the featured singers. I told her that since we are still in the formative years, I am not sure about the first of her questions and that the singers would be Charanjeet and Alamgir. I then told her that this would be a perfect opportunity for us to meet her family in San Francisco Bay area and to meet some very dear friends/class mates in LA. I also told her about the now routine D85 meeting that we hold every time we meet at either a DOW or APPNA retreat and she was convinced that the whole family should go, but that I should also take the whole next week off. I heeded her advise.

We arrived into LAX on Friday the 15th at 11 am. Judging by the traffic around LAX area on Interstate 405, it felt more like Friday the 13th and the apprehensions went up some and so was the feeling if we indeed would be able to get to the hotel in the next couple of hours! The venue of the meeting was Hilton Hotel in Irvine (Orange County), about 45 miles from LAX. It was nice to see some familiar faces there and Syed Samad was seen hectically moving from room to room, ensuring that the afternoon session could begin on time. Soon Ahsan Rasheed, the local host committee President, also joined him to ensure that the final arrangements for the Friday afternoon session were in place. We began promptly at 3 PM, with the CME session. The afternoon CME was moderated by Nadeem Zafar and the speakers included Salma Khan (PET- What is It?), Farrukh Hashmi (Social and Anxiety Disorders) and Naseem Shekhani (Low Back Pain). Despite very few people in the audience, the presentations were well received and there were many follow-up questions. The afternoon session concluded at 5 PM. Friday evening session included a CME session by Syed Samad (Colorectal Cancer) followed by a dinner session, comprising of tasty Pakistani cuisine. The dinner was followed by a musical evening with bhanGra singer Charanjeet, with many of the Dowites and their spouses seen on the dance floor. Most noticeable were members of class of 1985 and 1986, who seemed hell-bent to make most of the night.

The Saturday morning session began promptly at 8:30 AM, with CME lectures offered by Pervez Rahman (Molecular Era and Leukemia), Nadeem Zafar (Pathology of Gastroesophageal Reflux Disease) and Nasar Qureshi (HPV for the non-Gynecologist). Again there were many questions after each presentation and much debate was generated about eastern dietary habits and gastroesophageal reflux. The CME session was followed by a DOGANA general body meeting, where frank and candid discussions took place about ENDOW and the administrative structure of DOGANA. The members were pleased that an open forum was available for the first time to members to vent their opinions about DOGANA and the current and previous administrations. There was a very strong sentiment for regular elections in DOGANA and for the leadership to be circulated across a much wider base. There were questions about the current status of ENDOW collections and what the fiscal collection targets for 2005 are. The oft-heated session was moderated by Syed Samad, who was instrumental in setting up the general body meeting. A preliminary draft of the DOGANA constitution and bylaws was circulated to the members for their review and input. The meeting was conspicuous for the missing faces of many of the active Dowites, who reside on APPNA and DOGANA listserv and the seniors who have kept DOGANA going since its inception. Their presence would have made this session even more meaningful. The morning session concluded at 12:30pm. Many of the attendees then went to spend the afternoon at the beach in a coach arranged by the local hosts, where they were provided with a tasty boxed lunch. This was a very pleasurable outing for Dowites. Some of the classes, such as the class of 1985, held their own class retreat in the afternoon where they were provided with a very wholesome lunch by the gracious hosts, Shujaat and Tasneem Naqvi. Personally, it was great to see this couple after 20 years.

Nearly 200 people attended the evening meeting, the highlight of the DOGANA retreat. The meeting started about 45 minutes late since the people kept trickling in. Nasar Qureshi moderated the meeting. After Syed Samad's and Ahsan's welcome of the guests, Nadeem Zafar introduced Khawaja Qayyum, the Dowite from the class of 1987, who was paralyzed by a drunk driver in December 2003. The Dow and APPNA community rose to the occasion to help Qayyum through some very difficult times and it was a sheer delight to see Qayyum in our midst, mobile on an electrical wheel chair. Qayyum received a standing ovation from the audience and spoke to them for a short time. He thanked all those who stood by him in his hour of trial. The family still needs our prayers and goodwill. After Qayyum, Nasar introduced the guests of the local host committee, including Safi Qureshey, Congressman Dana Rohrabacher (US Congress- District 46), Supervisor of Orange County Chris Norve and Consul General of Pakistan at Los Angeles, Noor Muhammad Jadmani. Next, Nadeem Zafar introduced candidates for the forthcoming APPNA elections to the members of the audience and invited each candidate to do a short 5-minute presentation to the audience. This again was a new tradition started at the LA retreat and reaffirmed our commitment to democracy and our affiliation with our mother organization, APPNA. Following this and closing remarks by Ahsan, a sumptuous dinner was served, comprising of very delicious Pakistani cuisine. By now everyone was ready for Alamgir, but one more business had to be attended to. Zia and Ahsan then energized the present crowd to donate for ENDOW and within 10 minutes, they were able to get pledges of approximately \$72,000. The stage was then handed over to Alamgir to mesmerize people with his melancholic voice, reminding everyone of the good old Dow days. The brief and informal Sunday morning session was a breakfast meeting for everyone, where Puri, Nahari and Tarkari were served.

On a more personal note, I came off this meeting with mixed emotions. It was very heartening to meet the Dow friends again and to see the vibrant Dow spirit in action. On this occasion, we had a general body meeting where frank and sometimes heated discussions took place. It was also the first time, when candidates for APPNA posts were offered a podium and hopefully next year, we would have a question and answer session to follow their presentation. The food was good, the music was enjoyable and the CME informative. Hotel facilities were adequate. On the other hand, many of the vibrant DOGANA voices were absent. Most of the seniors did not attend and we were not able to move forward on the ENDOW front despite having some of the trustees in attendance. Rizwan Karatela and his cool temperament were dearly missed. We did not talk much about the present and future of Dow or DOGANA. Even the DOGANA meeting seemed affected by the ongoing misadventures in APPNA and a lot of time was spent by some of the colleagues to develop consensus for future APPNA meetings.

It is my earnest hope that the summer meeting of DOGANA in Houston would be a more effective business meeting and would achieve much for the alma mater and the people that Dow and Civil Hospital serves. There is no harm in having fun or in politicking. The perspective or the real goals should however never get blurred.



Second Annual DOGANA lecture Series in Dow

In an effort to get the Dowites involved in strengthening Dow and medical education last year with the help of visiting Dowites, DOGANA established a lecture series program. It was not only a big success but also an impetus for this year's program. The second annual DOGANA lecture series was held in Arag auditorium on December 24th 2004. The lectures were attended by final year students, house staff and local faculty.

The session was inaugurated by President DOGANA Zia Moiz Ahmad and incoming DOGANA President Syed Abdus Samad. They highlighted the various aspects of the prospects of post graduation in USA. Many students and house staff had variety of questions concerning the current status of the post graduation opportunities in USA. The session was very informative for the students and house staff. The students and house staff were encouraged to stay in touch with Dowites in USA, DOGANA list serve and email contacts.

The lectures series were given by visiting Dowites from USA and other countries. The lectures were followed by interactive sessions of questions and answers. The class of 1978 presented an update on their Silver Jubilee project of Operation Theaters at CHK under progress.

DOGANA meeting with Dow administration.

Documents Verification Service

DOGANA members had a meeting with the Dow Administration to discuss various issues concerning Dowites living abroad. One of the issues discussed was Documents Verification Service which are desperately needed by Dowites around the world. Dow Administration reassured that they are looking into it seriously. They pointed out two different kinds of requests the Dow Administration receives. One is the verification from various state licensing authorities. The college has to send the documents directly to the state agencies usually by DHL /FedEx type services. This cost about \$100 dollars and obviously the college can not afford to take this expense as there may be many requests by one Dowite who may be applying for two or three different state licenses. The second type of verification comes, as Dr. Saeed Quraishy pointed out, was the letters from Hospital credentialing offices for privileges. This usually is one letter that they send back on their own and do not ask the applicant to pay any money to Dow administration. They acknowledge that the service needs to be reliable. The mechanisms for Dowites from USA or UK needs to be clearly defined and outlined clearly how they must proceed, whom they should write or contact. There must be a mechanism where the payment can be done expediently and the follow-up must be assured. The administration understood our concerns and plan to have things up and running on the official website of DUHS including credit card options. Until such time DOGANA will try to get updated information on the website for exact contact person, fee and email addresses in DUHS. DOGANA will work to coordinate this process through its website and information dissemination.

Visiting Faculty development.

The need for bringing expertise to train and educate students, house staff and Junior faculty was discussed. The University is in the process of developing policy and procedures to encourage visiting Dowites in academia and research to help the local Dowites improve standards of medical education and training at Dow and CHK. DOGANA informed the Dow Administration that there are many Dowites who have interest in mentoring, teaching and conducting workshops for Dow house staff and students. The very productive and fruitful experience of Dr. Shaista Quddusi was one such example which we must follow and offer as many such dedicated Dowites who are willing to give their time for such activities. We are informed that information is being collected for potential Dowites who would be very interested in development of faculty program and DUHS. Zia Moiz Ahmad informed us that two DOGANA scholarships for two top students will be available on behalf of Two US senators which were first announced at the DOGANA Annual Meeting 2004. The Dow Administration is in consultation with DOGANA and will give the names of the selected students. DOGANA's Annual Best Teacher Award, given to the best teachers selected by students would be an annual event to encourage the faculty. (continued on next page)

Creation of Alumni affairs office at Dow

Dogana proposed the creation of an "Office of Alumni Affairs" at Dow to address the needs of Dow Alumni who visit the institution. It was stressed, that with the new status of the university, its alumni can provide a big source of support and provide a reliable and functioning office at Dow which will attract future alumni towards the institution and will encourage more Dowites to get involved in alumni affairs. While the decision was not made, the recognition of the need for such an office was generally accepted.

DOGANA honoring Dow Faculty

On December 25th 2004 DOGANA hosted a Brunch at DHA Golf Club honoring the Dow faculty. It was attended by senior Dow faculty members, current Dow faculty, Dowites living in Karachi and all the Dowites visiting from USA, UK, Saudi Arabia and around the world.

Syed Samad, as the incoming President of DOGANA for 2005, in his address presented his vision of Dow alumni activities under DOGANA for the next year. Keeping with the enthusiasm of the past few years and the renewed interest in involving Dow alumni in various activities for Dowites here in USA and in Karachi, he pledged to organize a second Dow retreat in April, the details will soon be announced. He urged all the Dowites to stay in touch and take active roles in organizing such activities.

Zia Moiz Ahmad as outgoing President of DOGANA thanked all the Dowites who have been extremely helpful in organizing various events for Dowites. He congratulated the class of 1976 for setting up an example of class projects on their Silver Jubilee year celebration when they rebuilt the Casualty Department in CHK. The subsequent class projects then followed with class of 1977's OBGYN project, class of 1978 Operation Theaters and class of 1979's Upgrading Radiology Departments. He also encouraged the future classes to plan well in advance to make their project as part of more comprehensive improvements as whole in Dow and CHK. He recognized efforts of Dowites, namely Dr. Shafeeq Ur Rahman, Dr. Javed Yusuf, and Dr. Arshad Saeed present at the meeting.

The fund raising efforts for Khwaja Qayyum, a Dowite who had an unfortunate accident which left him wheel chair bound, praised Dowites who responded by donating generously and raised a substantial amount of financial help for him. In this regard he specially thanked and commended Nadeem Zafar's tireless efforts in organizing this fundraiser.

The first Dow retreat in St. Louis was a big success. He thanked the team of Dowites who organized the retreat and thanked Naseem Shekhani, Nasar Qureshi, and others. The establishment of "EnDow" (Dow Endowment Fund) and pledges for over half a million dollars was indeed a high point of the meeting. In coming weeks, a full report of the collection of money will be circulated to the donors and the membership of DOGANA.

Dr. Masood Hameed, Vice Chancellor and Principal of Dow University of Health Sciences spoke about the vision of making Dow an excellent institution in medical education and the plans of future development underway at the institution. He stressed on how Dowites abroad can get involved in this process and he assured representation of Dowites in various aspects of development at Dow. He congratulated all the classes for their successful projects. He also urged Dowites to actively participate in the development of visiting faculty at Dow for transfer of knowledge and technology.

As a part of ongoing support in basic science department at Dow, DOGANA's support and donation of computers to the department of physiology was presented to Dr. Shoaib Tauheed, Head of Physiology Department and commended his commitment for improving the department. DOGANA's Best Teachers Awards were presented at the meeting. Dr. Shoaib Tauheed and Dr. Khalid Mahmood was recognized as the Best Teachers for Final Year.

DOGANA's Lifetime Achievement Award 2004 was presented to Dr. Adibul Hasan Rizvi. Professor Adibul Hasan Rizvi needs no introduction; he received a standing ovation when he received the award presented to him by Dr. Masood Hameed, VC and Principal of DUHS. His award read: "Lifetime Achievement Award is presented to Professor Adibul Hasan Rizvi in recognition of his lifelong commitment to the patients of Civil Hospital Karachi...

It was indeed a moment of great pride when Dr. Shafi Quraishy was invited to say few words to Dowites gathered at the meeting. He graciously drove his motorized wheel chair and addressed the meeting highlighting out some of the positive work of the past few years and congratulated many Dowites.

The food was excellent; the idea of Brunch on a sunny bright day was well appreciated. Children were also invited who played in the adjacent golf course and playground area. Many email and telephone numbers were exchanged among Dowites who met their friends, class mates after many years and everyone appreciated the idea of now established tradition of annual winter Dow alumni meeting in Karachi every year. Everyone present at the meeting pledged to attend the next Dow alumni winter meeting in December 2005. (contined on page 21)



LIBELOUS LABELS

Mahjabeen Islam, MD

After a while one gets inured to the defamation of Muslims in western media. Whilst it is invariably an "Islamic" terrorist, fundamentalist or extremist, any non-Islamic semi-violent person or group is always secular or agnostic enough to never need religious qualification.

One cannot entirely blame the West for these labels, for the perpetrators of 9/11 permanently damaged all things Islamic. It is when Muslims themselves echo these slurs and invent new ones to boot that it hurts. And it hurts not just the insulted but the Muslim community as a whole.

Fundamentally speaking Fundamentalism was an organized militant Evangelical movement originating in the late 19-early 20th centuries in opposition to Protestant liberalism and its thrust was inerrancy of the Scripture. In common parlance it had acquired the connotation of rigid adherence to fundamental principles, opposition to secularism and most importantly intolerance. And then Islam came along radar screens and even though "fundamentalist" was born a Christian it is now any devout Muslim, man or woman, violent or peaceful, bearded or clean-shaven, fashionable or head-covered.

To be Muslim one must believe in the fundamentals of faith that is belief in God, the angels, the prophets, the Books, the Day of Judgment and fate and predestination. This iman-e-mufassil causes entry to the fold of Islam and by definition a billion of the world's people are fundamentalists, excuse me, I mean "Islamic fundamentalists".

Not only have we accepted this slur without protest we propagate and add to it. An objection to the denigration of Islam in social conversation can earn you that title and the Pakistani accent already hard on the ears, in this emphasizes the D, and you are suddenly a fundo. A hapless email correspondent abbreviated it to fundu. At least get the colloquial right thought I. But then perhaps he does know it is fundo, and that fundu carries more punch. It does indeed and actually verbalized by him would definitely send my heart into fibrillation.

Reeling under this fundo-funda onslaught, I felt balmed by Khusro Mumtaz's article "Attack of the Liberal Fundos" that appeared in The News in January. That the ultra-liberal set in Pakistan has its own deep-rooted prejudices and mindsets is a point very well taken. And yet here the word "liberal" is a misnomer for the word "liberal" carries connotations of open-mindedness, progress and freedom from prejudice. Mumtaz illustrates well the blinders of bigotry that these pseudo-liberals carry, making them as much the fundos they denigrate albeit at the other end of the moral/social spectrum.

Until 9/11 all things relating to Islam were Islamic. Since that had no oomph the word Islamist has been coined and though dictionary definitions are gentle and relate Islamism to the faith and practice of Islam, in my mind it is a hybrid of the words "Islam" and "extremism". If you are shy and retiring you get to being called a Muslim, if you get hot and bothered by the assaults on your religion and speak up, you are an Islamist. Actually the air headed socialite of Pakistan calls the religiously inclined Muslim a fundo, the Western media and brown-sahib sycophants call them Islamists. Like the Americans say: same difference.

As though fundo and Islamist were not slurs enough, Muslims and, I believe, Pakistanis have coined the word "jihadi". Contrary to popular thought Jihad-e-Akbar or the major jihad is the constant, daily struggle against our base instincts (nafs-e-ammara) so that nearness to God is achieved through observance of the five pillars of Islam as well as constant zikr or remembrance of Him.

After returning from battle of Khyber the Prophet (pbuh) said that he had returned from Jihad-e-Asghar, the minor jihad to now Jihad-e-Akbar. Jihad-e-Asghar is harb or war with the enemies of Islam. Interestingly by scholarly tradition Jihad-e-Akbar is to be far more brutal than Jihad-e-Asghar, and with the continual onslaught of our inner desires coupled with the magnetism of the material world it is indeed the greater battle.

Pronouncing the name Mahjabeen has been a challenge for most non-Pakistanis. An Arab gentleman introducing me for a presentation stumbled all over it and called me "mujahideen". Evoked laughter and was affectionate. Labeling another a "jihadi" however is not funny, and actually in this day and age of The Patriot Act a potential ticket to deportation or Guantanamo Bay for the one thus labeled. Hapless Muslims use these slurs to avenge themselves and sadly their purpose is not achieved and in the larger analysis they have only contributed to the steady disenfranchisement of Muslims in America.



Whilst the world was busy in 2004 with the fallout of the Iraq war and the War on Terror, legislation was passed in the US Congress making anti-Semitism a punishable offense. After 9/11 hate crimes, at times homicidal, against Muslims and those resembling Muslims have risen exponentially. Muslims outnumber Jews in the United States but in terms of political maturity they are in virtual infancy. Whereas a backlash against Muslims for the crime of one group is understandable it should by no means be condoned. The irony is that instead of mobilizing a political voice for representation of Muslims targeted by the ignorant as well as the government, Pakistani-Americans are busy hurling insults and pursuing petty personal vendettas.

The Quran advises against judging others and specifically against mocking them: "O you who believe let not one group mock another for it may be that the latter are better than the former" (Hujarat 49:11). Additionally unity is enjoined on us by the Quran "and hold fast together to the rope of Allah and be not divided" (Imran 3:103) just as it was urged by Quaid-e-Azam Muhammad Ali Jinnah and became part of the motto of Pakistan. Ironically one sees historically that Muslims are typified by their difference of opinion with another Muslim, the "deyrh eent ki masjid" syndrome.

Throwing around fundo, Islamist, jihadi and other variations of the same are irresponsible at the minimum and endangering at the extreme. The day should dawn that Muslims should protest Islamophobic slurs the way that our Jewish friends have objected to anti-Semitism and legislation protecting them has been passed. Infighting typifies Muslims but its time that we graduate beyond petty domestic politics and work together toward protecting and enhancing our community. Not just in America but the world over.

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(DOGAN AT DOW 2004 Continued)

DOGAN Cardiology Workshop at CHK

On December 30th 2004 one day workshop in Cardiology was held by the Department of Cardiology at CHK. Professor Khalida Soomro organized the team of house staff and student in the department to present cases for discussion on diagnostic and management issues. Dr. Zia Moiz Ahmed present a talk on CHF followed by interactive question and answer session. Then Dr Sameer, House staff in Cardiology presented a case of Cardiomyopathy and CHF with excellent slide presentation, EKG display and Echo clips during his presentation. Dr. Rizwan Karatela then presented a talk on Acute Coronary Syndrome, following which current case present in the ward was presented and EKGs were discussed. Dr. Zia Moiz Ahmad second talk was on Atrial Fibrillation with Slides discussion the latest strategies in the management of of Atrial Fibrillation. House staff then presented a case of a patient with new onset atrial fibrillation and severe Cardiomyopathy. The discussion followed afterwards was lively and very informative as concerns about long term anticoagulation with lack of monitoring and education was highlighted. Refreshment break consist of well known Samosa from Doctors Cafeteria and Mango Cake with Tea was served. Professor Khalida Soomro and Associate Professor Riaz took us for a tour of the department and showed us the area now established for a library and computers in the ward.

DOGAN visited Islamic Mission Hospital.

The reception luncheon was held at the site of newly acquired Islamic Mission Hospital to establish a tertiary care facility in Karachi to help poor and needy patient of the city who are in desperate need of such a facility and health care. Dr. Hamid Zaki presented the overview and vision of the Poor Patient Society and its various projects in the city. Specially he pointed out how many Dowites involved in many such projects for the patient care both in CHK and through out the city. Dr. Abdul Bari Khan then presented his vision of the development of this facility. The land is 20 acres and it is hoped that a state of the art facility could be built with various specialties and tertiary care. While financial help would be needed for creation of such a project, the main emphasis was on the transfer of knowledge and technical skills badly needed by the local doctors. Dr. Bari urged all the visiting Dowites to seriously help in organizing "hand-On" workshops on a regular basis in addition to their financial support. At this moment he pointed out the pledge by visiting Dowite from US, Dr. Adil Jamal Akhtar who will take the responsibility for establishing an Oncology Unit at the facility, with full technical, training, hands-on" and financial support. Many Dowites from USA, UK and elsewhere were gathered there and pledged to support in various aspects of this project.

DOGAN visits to CAA and Children Cancer Foundation was also very productive. It allowed many members to actually see how many Dowites working hard to make a substantial difference in the health care delivery system in Karachi. The full detail will be presented in the second half of this report in the next issue of Dow link. - Rizwan Karatela, MD



Nadeem A Kazi, MD candidate for President-elect APPNA

NAKAZI@POL.NET

Nadeemkazi.com



Services to APPNA

Secretary, APPNA 2005

Treasurer, APPNA 2004

**First ever budget was prepared and approved.
The entire loan for APPNA Sehat was paid off.**

Chairperson of Finance Committee 2004

Lifetime due fund did better than the market.

Chairperson Winter Meeting in Karachi 2003

Founder and Past President of Arizona Chapter of APPNA

Chairperson of Membership Committee – 2003.

Largest ever increase in APPNA history

Member Constitution & Bylaws Committee – 2003 & 04

Chair Host Committee APPNA fall EC meeting 2002

Co chair Finance Committee – 2003, 2002

Co chair Membership Committee – 2002

Member Finance Committee – 2000

Member Membership Committee – 2000, 1999

Member Executive Council – 2000 and 2003

Services to Sindh Medical College Alumni

President – 2000

-Increase membership from 45 to 230 in one year

-Started an ongoing ACLS training program in Pakistan during my presidency. So far more than 3,500 physicians were trained.

-Publish the first ever SMC Membership Directory.

Vice President - 1998 & 1999

Member, Board of Trustee – current

Professional

President, House staff,

Illinois Masonic Med Center 1992-93

Chief of Internal Medicine

Casa Grande Regional Med Center 1999 – Present

Director of Division of Gastroenterology

Casa Grande Regional Med Center 1997 – Present

Associate Assistant Professor,

Midwestern Univ, Glendale, AZ, 1998-present

Pvt practice: Gastroenterology in AZ, since 1997

Community Services

President, Pinal County Medical Society 2001- now

Received congressional award for the “leadership in Tort reform”

Chairperson of Arizona Business bureau, 2002

Member Board of Director: “Pakistan Kidney Foundation”. **Providing free service to needy**

Urological patient in Pakistan.

Stared free clinic in Phoenix, AZ

Member Executive Committee, Arizona Medical Association 2001- Present

If you want APPNA to be independent of out side forces and focus on the issues concerning membership than I am your candidate for APPNA President-elect. I have already been elected twice by APPNA membership and served as a **Treasurer** and currently I am serving as the **Secretary**. This year, I am running for **President Elect**. I am requesting your support for my candidacy. **Please vote base on candidates past efforts and record** not on the basis of alumni or who they know. I will spend all my energy to bring every one on one platform to work as team. I believe in **team work** as this is the only way to deliver. We will move forward with your support and achieve what is rightfully ours. I request your vote. 2005 will not be a year of politics as usual for APPNA; rather it will be a year of hope and inspiration. Together we can make it happen.

Please visit my website Nadeemkazi.com or you can contact me at nakazi@pol.net. Thanks in advance for your support.

WITH BEST COMPLIMENTS

Abdul Qader Sheikh, M.D.
Syosset, New York
Dow 1984



Mohammad Aslam, M.D.
East Meadow, New York
Dow 1984



Muhammad Hamid, M.D.
East Meadow, New York
Dow 1984



Iqbal S. Jangda, M.D.
Long Beach, New York
Dow 1984



Shahid N. Haque, M.D. F.A.C.S

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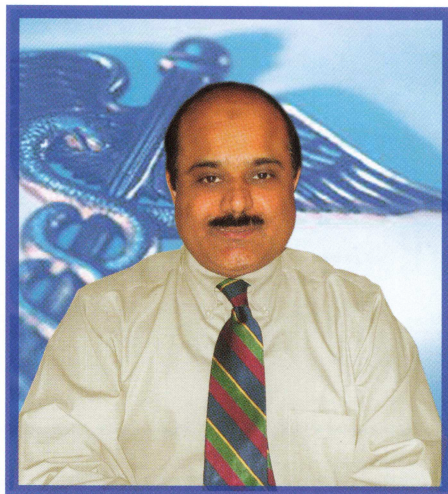


Recognizing DOGANA
As a Great Success!
With Best Wishes,

Zafar Jamil M.D.

F.A.C.S.

APPNA Secretary -2006 Candidate



Mahmood Alam, MD, FACP, FACC

Diplomate American Board of Interventional Cardiology

My Vision for APPNA . . .

To make APPNA a more **representative, vibrant, and effective** organization of Pakistani-Americans that can stand up to **present day challenges**. I would strive for a fiscally stable **APPNA** by building an **endowment** that caters for our present & future needs.

A brief record of accomplishments in APPNA

Organized APPNA at grass root level, founding secretary NY Chapter 1997-98, **President NYC-APPNA**, 2000; **Founded** NJ-APPNA chapter 2003, **Founding Member AIMCAANA** 1998, **President AIMC** 2002, **Member Central EC, 2000-02, Councilor** Region II, 2001

Organized & Directed Three Seminars for Young Doctors in NY, 2000, 2003, 2004

Took pride by working actively with **Young Physicians Taskforce**, 2003-04, **pleaded** the cases of visa rejections by making **three visits** to US Embassy in Pakistan, 2003-04

Participated & helped organizing two **Days on the Hill**, September 2003, June, 2004

Co-Chaired Membership Committee 2003-05, Member host Co Annual Meeting 2002

Chaired host Co of rated **most successful Spring Meeting at NYC 2004**

National Treasurer APPNA, 2005, Chair, Finance Committee, 2005

*Dear Friends, Lets' do not divide us based on Alumni affiliations or regionalism. Your support for those who are **committed** and have a record of accomplishment will make a difference. I request you to **vote for me as Secretary APPNA 2006.***

ALAMMD@AOL.COM

THE RIGHT CHOICE

ZAHID ASGHER, MD
Candidate for Secretary
APPNA – 2005



I am a strong believer in APPNA's mission and have served the cause for many years, to the best of my capacity. I am presenting myself as a candidate for the office of Secretary APPNA, and, if I have favor with you, will be able to serve APPNA and its projects in the USA and Pakistan more effectively.

I have a passion for organization and believe in listening to all shades of opinion, in accommodation, without compromise on principles. I do not think confrontational politics is very productive. A colleague, not in full agreement with me, but entitled to his/her viewpoint, may be an asset and may be able to make a worthwhile contribution to our collective efforts.

We have opted to live in the USA with our free will. Our children, while cognizant of our national and religious values, are in tune with American norms, morals, and culture. It is my firm conviction that we have a very valuable role to play in promoting good relations and understanding between the society we were in born in and the one we have adopted.

My level of participation is indicated by the following:

APPNA Activities:

APPNA life member
Secretary, President of APPNA Upstate NY-PA
Co-chair APPNA Ethics & Grievance Committee.
Coordinator APPNA alliance entertainment program
Worked at fund raisers and various APPNA projects

Local Community / Civic Activities:

Secretary, Treasurer, and President of Islamic Association of the Finger Lakes (IAFL)
Fund raising for IAFL projects
Fund raising for Red Cross in National Calamities
Charter Member Lions Club at Corning Hospital
Cofounder and General Secretary of Finger Lakes Chapter, Regional Community Alliance (RCA), a regional community political and social awareness organization, upstate New York
Campaign and fund raising co-coordinator for US congressional candidate for elections 2004
Participant in "Walking Together", an inter-faith project involving Jews, Christians, and Muslims
Participant in "Adopt a Highway" project for community clean up
Regular participant in "Carrier Development Project" for high school students
Speaker at various community programs, including Rotary Club, educational institutions, and businesses, regarding Islam
Coordinated cultural programs in collaboration with local South Asian community

Professional:

Graduate of DMC 1985; Board Certified Pathologist
Founder of Regional Pathology Associates (RPA), a group of pathologists in five hospitals in upstate NY
Secretary, Treasurer, and President of Medical Staff, Corning Hospital, Corning, New York
Member, Board of Trustees, Guthrie CI, Sayre, PA
Member, Board of Directors, Schuyler Hospital, Montour Falls, New York
Chairman, Infection Control Committee, Blood Usage and Tissue Review Committee, Executive Committee, and Building Committee

Activities in Pakistan:

Visiting consultant with the Department of Pathology at Lahore Medical and Dental College
Honorary consultant to Shauket Khanum Memorial Hospital, Lahore
Organizer of release movement of innocent female inmates in Pakistani prisons
Patron of Scholarship Fund for needy medical undergraduate students
Actively participated in placement of fresh graduates in US residencies
Assisted residency graduates in job search and relocation

WINTER MEETING

**DOGANA AND DUHS
AT
DOW MEDICAL COLLEGE
in KARACHI**

Save the Date!

DECEMBER 27th - 29th

Those interested in participating in the lecture series/workshops contact:
Nasar Qureshi, MD. PhD.
nasqdogona@aol.com

*Detailed information to be posted soon at
Dowalumni.com*

Shahida Abbas, MD

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**BEST WISHES FOR
ALL OF DOGANA'S
ENDEAVOURS**

Syed A. Samad, MD, FACP, FACG For Treasurer APPNA 2006

Dear APPNA Member:

Assalamo-Alaikum. APPNA is well on its way to being a progressive and effective organization. Yet, challenges remain. We need hardworking, dedicated and judicious leadership at the helm of APPNA to transform these challenges into opportunities. We ought to continue our advocacy and consensus building endeavors. We must also augment the financial stability and the organizational strength of APPNA.

I pledge my continued, sincere and untiring efforts towards achieving that goal. I request your vote and support for Treasurer APPNA 2006.

Goals:

- Improve fiscal management and enhance financial strength.
- Streamline the preparation of budget.
- Introduce systems for transparency and accountability.
- Ensure implementation of standard operating procedures.
- Develop a long term plan to financially strengthen APPNA.
- Enhance central office systems for better communication between treasurer, finance committee, accountant and auditors.

Personal

- Graduate of Dow Medical College, 1983.
- Associate Clinical Professor of Medicine, University of Arkansas for Medical Sciences.
- Diplomat American Board of Internal Medicine and Gastroenterology.
- Fellow of the American College of Physicians.
- Fellow of the American College of Gastroenterology.

Services to APPNA

- Chairman, Membership Committee 2005. Targeting record increase in membership in collaboration with Alumni and Regional Chapters. Working to have an informative, member friendly and interactive website. Preparing membership benefit brochure outlining recent achievements, ongoing projects and future goals.
- President-Elect, Mid-South Chapter, 2005. Organized Mid-South chapter meetings with CME in 2002 and 2004.
- Member, Constitution and Bylaws Committee, 2005.
- Chairman, Resource Development Committee 2004. Helped to raise well over \$500,000 for various projects including APPNA SEHAT.
- Member, Research, Education and Scientific Affairs Committee, 2004.
- Organized alumni sponsored symposia during APPNA summer meeting on "Nuclear Proliferation in SE Asia", Women prisoners in Pakistan - 2003 and Hudood Ordinance in 2004.
- Actively working with key government agencies and ECFMG promoting young physicians visa and licensing issues.
- Active participation in all six APPNA meetings in 2004.
- Life member of APPNA.



Services to Dow Medical College Alumni Association

- President, Dow Medical College Alumni 2005.
- President-elect 2003-2004.
- Mid-South Councilor 2002.
- As President, currently revising constitution and bylaws, structuring Dow endowment fund, enhancing membership and financially strengthening DOGANA. Propose to create an adult Oncology ward at DUHS. Attempting to streamline credential verification service. Arranging Second Dow retreat and regional meetings. Raising funds for various civil hospital projects in Karachi, Pakistan.
- As President-elect, supported creation of endowment fund, visiting faculty and mentorship program. First Dow retreat, and formation of World Association of Dow Alumni.

Services to Pakistani and Muslim American Community

- Past President, Muslim Association of Arkansas.
- Past President, Islamic Center of Pine Bluff.
- Actively involved in advocacy on behalf of Pakistan and Muslim causes.
- Member of a delegation of Muslim leaders in Arkansas to meet the Governor and Senators in the immediate aftermath of September 11, 2001.
- Member of Arkansas delegation "Day on the Hill" meeting both Arkansas Senators and Congressmen in Washington DC, 2004.
- Member of Islamic Society of North America.
- Member of Council on American Islamic Relations (CAIR).
- Member of Human Development Foundation.
- Member of PAK-PAC.
- Member of American Civil Liberties Union (ACLU)

Services to Local Community

- "National Leadership Award" by National Congressional Committee for leadership in area of health care reform.
- Honorary Co-Chairman Arkansas Physicians Advisory Board.
- Recognized as "One of the top Gastroenterologists in Arkansas", by Consumers Research Council of America.
- "National Scientific Speaker" for Wyeth, Astra-Zeneca and Tap Pharmaceuticals.
- "Teacher of the Year" University of Arkansas, family medicine residency program.





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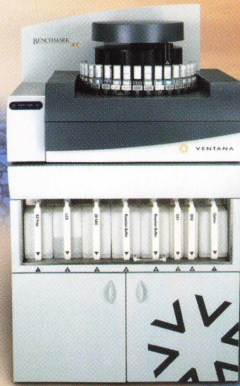
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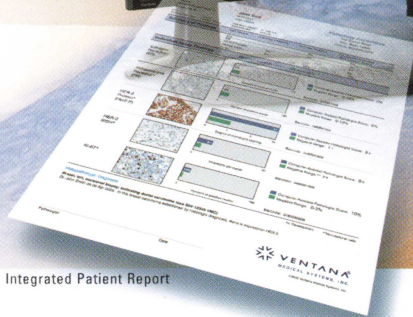
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