



Volume 35 Summer 2021

THE *Kemcolian*

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*160th
Anniversary*

KEMC 1860-2020



Hassan Bukhari
1938-2015



KING EDWARD MEDICAL COLLEGE
ALUMNI ASSOCIATION OF NORTH AMERICA



SCHOOL SPIRIT

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PARADIGM SHIFT



April 13 th 2020 changed my life completely. This was a day of big family loss. All the dreams and the plans came to an abrupt end. There was nothing we could do. Such is life, we do not know what tomorrow will bring. It has been more than a year but it feels like yesterday. All of a sudden, I had to take a back seat from what was my usual routine. My priorities changed, my approach to the way I do things changed. I enjoyed participating in Volunteer activities for my Alumni organization and APPNA but it has been difficult to maintain the previous level of energy and enthusiasm. I could not undertake the responsibility of publishing the KEMCAANA Magazine by accepting to be the Managing Editor. For various reasons however, innately, it fell into my lap.

On the occasion of 160 th anniversary of KEMC, this **Commemorative Special Edition Magazine** highlights the Kemcolians in the US who have made a difference in the lives of people. This publication is dedicated to **Hassan Bukhari**, remembering his life with unmatched commitment to serve. A special section of the magazine, **"Faces and Places"** recognizes KE grads serving in academia. Because of the short time at our disposal, we may have made mistakes and unintentional omissions. I take full responsibility, but considering the circumstances, I hope such omissions will be excused.

I want to thank the editorial Board for their commitment and time. Our special thanks to Mr. Nauman Ahmed's graphic design company, Artaaz, for rendering this magazine a look that makes it a "Keepsake Collectors Edition". Last but not the least, thank you all KE grads who worked with our team under the guidance of Nasim Sheikh.

Warm regards.

M. Haseeb MD
Managing Editor

Kemcaana Cherishes Academic Rigor
Kemcaana Fosters Virtue
Kemcaana Encourages and Praises
Meaningful Individual Achievements



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PERISCOPE



The organizations are supposed to outlive the organizers and the patrons. In order to put the organization to the path of eternity, it is incumbent on all of us to keep on working towards strengthening the building blocks of the organization. This means collaborating with all the stake holders including new members, KE grads in training, KEMCAANA members in academia, KE administration, ECFMG and others. We should also maintain strong networking relations with APNNA leadership and other alumni organizations.

We will have to overcome the bonds of friendship and relationship if we want to put the organization to the next pedestal. It is a path of gradual and obsessive learning punctuated with sincerity and well being of our alma mater.

We should use all the available resources to groom the future leadership of KEMCAANA. Iqbal has rightly pointed out:

عقابی رُوح جب بیدار ہوتی ہے جوانوں میں اُمید مردِ مومن ہے خدا کے رازدانوں میں
نظر آتی ہے ان کو اپنی منزل آسمانوں میں نہیں تیرا نشیمن قصرِ سُلطانی کے گنبد پر
نہ ہو نوا امید، نوا میدی زوالِ علم و عرفاں ہے تو شاہیں ہے، بسیرا کر پہاڑوں کی چٹانوں میں

My utmost thanks to Dr. Mohammed Haseeb for his untiring efforts, suggestions, advice, and his dedication to the publication of this journal.

Editor:
Nasim Sheikh , MD



160th ANNIVERSARY KEMC



SCHOOL SPIRIT



AN ACHIEVABLE GOAL

Amara Rehman MD
SECRETARY KEMCAANA

COVID-19 has provided yet another challenge for the health professionals and demonstrated the fragility of life. It is a reminder that a life worth living is the one lived for others. We appreciate the contributions of the KEMCAANA membership and appeal that we redouble our efforts and improve on our accomplishments from the preceding year. We hope to continue to donate medicines, scholarships, educational grants, training workshops, etc. as we pursue the fulfillment of our organization's goals.



LOOKING FORWARD

Shahzad Khan MD KE 1999
Treasurer KEMCAANA 2021

The future of our organization appears bright and radiant when I ponder, prognosticate and dream about our organization in the coming decades. KEMCAANA is blessed with a galaxy of dedicated and generous individuals who have created an ambience for character building and the edifice that our organization is. It provides support for the budding doctors in the form of guidance and financial help as they labor in their scholarly pursuits.

Social media is just one facet of means of enhanced communication amongst our fraternity as we strive to carve out solutions to complex issues. We hope to facilitate increased faculty visits from KEMU to the US to enhance transfer of knowledge and skills from the more advanced world.

We have observed that our charitable projects will need to be streamlined further based on our experiences during the pandemic. I think we need to aim higher and visualize bigger goals with the help of consultations and discussions about pragmatic solutions.

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160th
Anniversary

KEMC 1860-2020

Muhammad Aslam MD

KE 1991

President KEMCAANA

As the past year went by, another landmark in the history passed, but this time somewhat unnoticed. It was the 160th anniversary of KEMC. Due to the lockdown and restraints, there was no celebration of the event. The Patiala Block, the Library Hall, the Cricket ground, the Class rooms were all quiet. The place was dead Silent! Sitting here in the US, KEMCAANA membership was wondering what can we do to celebrate the event. We were bound by the restrictions imposed on travel, gatherings and social distancing. There was nothing we could do to break the rules to sit down, chat and share the old memories of our glorious KE. AS a result, we did not have our annual Summer meeting either.

The very least we could do to commemorate the 160th anniversary of our Alma mater was to revive the KEMCAANA Magazine known as **"The Kemcolian"**. We are using the occasion to celebrate and recognize the services of KEMCAANA leaders, in particular the Late Dr. Hassan Bukhari.

The annual Winter meeting was done in collaboration with APPNA and KE as a Virtual meeting. This was mainly a 3-day CME program. It was one of a kind, with high profile speakers who otherwise would have hard time travelling to Pakistan even during normal times but they happily participated via Video link. The attendance on one particular day was more than 430 participants. Excellent Coordination between the local hosts here in the US and KE was the hallmark for the success. The video link and support provided by KE was marvelous. We did not have a glitch at any time during the three days. The US speakers were very pleased to have been part of this high-quality CME which most of them graded it as a world class program. I want to recognize Dr. Naheed Usmani APPNA President 2020, Dr. Mohammed Haseeb Chair Winter meeting and the KE VC Prof. Khalid Masud Gondal for their collaboration with KEMCAANA in holding this meeting.

I want to thank KEMCAANA membership for the generosity shown during the COVID-19 Crises. Your contributions helped families in Pakistan who had no access to necessities of life. You brought hope to many organizations which were striving to collect funds for food and PPEs.



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PHYSICIANS AS ENTREPRENEURS

Mohammad F. Shahzad, MD
KE 1988
President Elect KEMCAANA

As a physician, with a career focused on healthcare entrepreneurship and innovation I have learned a few things I want to share. Over decades, there has been a widely accepted belief that “doctors are NOT good businessmen and that they should depute business to someone who has an MBA degree. The fact is that there are thousands of physicians who are immensely successful businessmen as can be determined from their successful practices. You may need to take some risks and deal with stressful situations along the way, but a career as an entrepreneur can reap rewards and sense of accomplishment.

An entrepreneur is someone who starts his own company or business, seeking to make a profit or a difference in the world, or both. Entrepreneurs often take risks, creating or pouncing on new opportunities as they arise and they rarely restrict themselves to just one industry. In fact, many entrepreneurs own multiple companies across a range of different trades. Entrepreneurship is suited to a specific personality. Many people desire to be their own boss but some people are better suited to this lifestyle than others.

Following personality traits are common among entrepreneurs

- Undertakes a lot of responsibilities – solely responsible for the success or failure of their businesses.
- Enjoys social interaction – important for Customer service.

- Deals with uncertainty and possible failure.
- Solves problem – creative thinker
- Determines to succeed – requires energy and determination
- Adapts – adaptation is vital to survival. You may sabotage a plan if you are overly committed.

It all starts with a great idea – whether it is a service or a product, you need to think about what sets your idea apart from others. After coming up with your great idea, you need to find out whether there is a demand for your service or product. Entrepreneurship is always a game of risk and reward, but often the risk is greater (especially in the beginning).

Your business plan should be living and constantly evolving, as circumstances may well change as you go along.

In meeting challenges, one needs to determine if one intends to fly solo or do a joint venture. The Government website has a great summary on different structures and their impact on taxes. There are a few ways that you can fund your business, either by Debt or Equity. This is a good way to get small amount to fund your business. The major advantage is that you retain the equity of your company; the major disadvantage is a burdensome loan.

- Methods of debt financing:
- Government loans
- Traditional banking loan
- Peer-to-peer lending
- Friends and family





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You can sell a certain percentage of your business to an investor. The major advantage is that you avoid burdensome loan. The major disadvantage is that you are giving away equity in your company.

There are three types of spreadsheets that you will need to become familiar with, if you are going to attempt to do your own finances.

- Profit & Loss Account (P&L) – this provides a record of your business revenue and expenditure
- Statement of Financial Position (SFP) or Balance Sheet – this provides a snapshot in time of your business's assets and liabilities. It must BALANCE.
- Cashflow – perhaps the most important statement of all. Cash is King for a new business. Here you recall all cash movements in your P&L and SFP – essentially it is your bank account movements.
- Manage money and manage cashflow!
- Accept failure as part of business growth, think of it as a learning opportunity.

- Rate of growth should not be too fast or too slow.
- The Runway – always have more cash than you think you will need (and seek out money early whilst you have a good credit rating!).
- Compartmentalize – do not pilfer your concerns into other aspects of your life.
- Determination – it's going to be a hard road
- Learning from their mistakes and failures,
- Understanding his business and wants to learn from others – you have to stay sharp to be successful
- Managing money – the reality is overspending will ruin your business
- Developing relationship – it's all about building valuable, long-term relationships.

If you fit into this contour then sky is the limit for your success in business.

With Best Wishes to all!

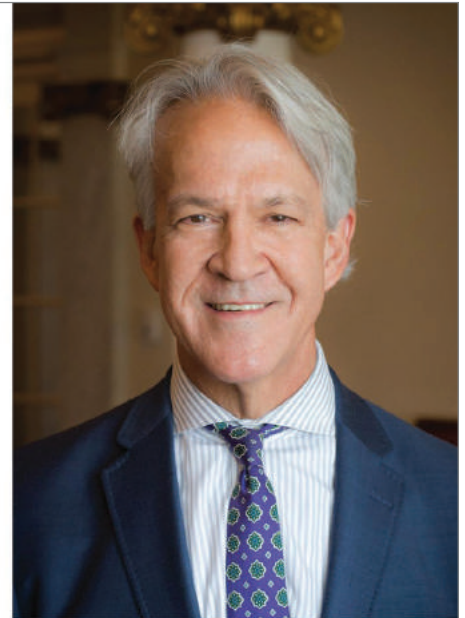


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FROM THE DESK OF KEMU VICE CHANCELLOR

**Prof. Khalid Masud Gondal (T.I)
MBBS, FCPS (PAK), FCPS (BD), DCPS
(HPE), MCPS (HPE), FCS (SL)
FRCS (GLAS), FACS (USA), Ph.D (Med.Edu)**

King Edward Medical University is a premier institution and an enthusiastic collaborative partner with global health initiatives in medical sciences. COVID-19 is only the latest emergency situation of public health concern where doctors, nurses, paramedical staff and researchers from this institution have offered their services. King Edward Medical University has a longstanding tradition of rising to such challenges ever since its founding in 1860. Details are given in the history books of KEMU (<https://kemu.edu.pk/history>) published first in 2018.

KEMU has arranged online education classes, high quality international webinars for discussing latest advancements, sharing experiences and introducing cutting edge technologies to address old and new problems. The journal Annals of King Edward Medical University is a conduit for nationally renowned researchers as well as foreign editorial board members and reviewers who have provided their insight, comments and suggestions to enhance the quality of research publications. More than a

hundred articles were published in the special issues of the Journal, exploring an enhanced understanding of the issues involved to provide better health care to our patients, especially in the local context. Data driven policies and evidence-based guidelines were provided: more than 186 countries visited the website, downloading and citing the latest research. Faculty members from the University have provided input in the Corona Experts Advisory Group to formulate Standard Operating Procedures for containment and effective management of the disease at local and provincial levels. More than 150 research articles, expert opinions and evidence-based practice guidelines addressing different COVID scenarios were published by the institution. On this background I must acknowledge the crucial role played by this alma mater's Alumni Associations in knowledge transfer and training of healthcare workers even during the pandemic.

Another revolutionary step to fight the epidemic has been the establishment of the Department of Telemedicine. It has been declared a game changer in medicine by the Honorable Chancellor, the Governor of Punjab under whose direction this department as well as the Corona Help Desk have been created. Tele-outdoor comprises different desks from various departments including General Medicine, Pulmonology, Critical Care, Psychiatry, Obstetrics and Gynecology, Nutrition, Ophthalmology, Dermatology, Surgery, etc. The Corona Help Desk works daily providing accurate and reliable information about COVID prevention, hand washing and mask etiquette, social/physical distancing, diagnosis, treatment, quarantine monitoring, pregnancy and related unique issues such as breast feeding/weaning, referral to higher acuity centers and when needed, burial practices, etc. kemu.edu.pk/telemedicine Over 12,000 patients have availed of this facility so far from all districts of Pakistan and over 45 countries. During this difficult time, KEMU attached hospitals have provided services to the ailing humanity and not a single patient has been refused admission.

The Policy Manual of all academic programs with roadmaps and proformas for continuous internal assessment with stringent quality assurance mechanisms at KEMU has been published. This has paved the way for recognition of our post-graduate programs outside the country especially Gulf countries. New academic programs have been launched including Medical Education, Medical Editing, Family Medicine, Primary Healthcare Practice



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along with new Fellowship programs including Emergency Medicine, Infectious Diseases and Intensive Care medicine. New building for Girls Hostel has been completed and New Campus at Kala Shah Kaakoo over 230 acres has been planned. The Department of Infectious Diseases and Institute of Preventive Medicine are envisioned. KEMU with support from the Higher Education Commission and collaborative partnership with international sister institutions will launch a program for faculty development and exchange. Foreign students from 43 countries are already registered in the University. This year over 50 graduates from our institution matched in USA residency programs, larger than any other medical

institution in Pakistan, reflective of the quality of education at the University.

With future expansion and research perspectives we hope to provide the government with the means and resources in providing prompt, accessible and reliable health services and cost effective solutions to a vast population. The excellence in medical education and training has been achieved by the dedication, commitment and altruistic passion of our faculty members and students. This journey will continue to produce the necessary human resource to serve patients inside and outside our beloved country.





HASSAN BUKHARI REMEMBERED



HASSAN BUKHARI MD FACS

June 12, 1938 – September 16, 2015

By

Mohammed Haseeb, MD KE 1980

Fondness, admiration and respect for the legendary Kemcolian Hassan Bukhari has been penned down by several since he passed away. Those recollections have been included in this magazine in a subsequent section. This writing summarizes a brief sketch of his life history and some of his contributions to humanity in general and medical education in particular.

FAMILY BACKGROUND

Dr. Bukhari was born in Gujranwala. His father was a GP physician. He was one of the six children, five brothers and one sister.

EDUCATION

After completing his high school, he moved to Lahore and joined F.C. College. He was admitted to King Edward Medical College in 1958. Throughout his school years he was among the top 10% of his class and was also involved in several extracurricular activities. His

unique studying style is described by one of his classmates Dr. Ejaz Qureshi in the section of EXCERPTS. He graduated from KE in 1963.

COMING TO US

Hassan and Talat Bukhari came to the US in 1964. They became US citizens in 1976.

TRAINING

After one year of training in general surgery at Toledo General Hospital, Dr Bukhari then completed four more years of general surgery training at Tucson Medical Center. This was followed by Vascular Surgery fellowship at Baylor. Additionally, he completed a Fellowship in Hematology also from The Wadley Institute.

PROFESSIONAL LIFE

Dr Bukhari served as a vascular surgeon at the Baylor University, Texas Regional Medical Center and other hospitals in Dallas Texas. He relished his role as a mentor to general and vascular fellowship trainees. Additionally, whenever he would go to Pakistan, he would do courses at the APPNA and KEMCAANA winter meetings for Vascular Surgery training.

SERVICES TO KEMCAANA & APPNA

Dr. Bukhari was actively involved with KEMCAANA since its inception in 1975 and also APPNA from its beginning in 1976. He was one of the founding members of both organizations. He served as President of KEMCAANA in 1984 and President of APPNA in 1986. He was "THE GO TO PERSON" for organizing most of the winter meetings of KEMCAANA and APPNA in Pakistan. He used to reach Pakistan days ahead of the meeting dates to help with planning and organizing. He along with Arif Toor and Arif Muslim became the main resource for those holding leadership positions in both organizations. He would selflessly volunteer for any issues within both KEMCAANA and APPNA. His calm and collegial approach was the cornerstone of his success in helping leaders in both organizations meet the day-to-day challenges. Apart from serving in different Committees of APPNA, he was very helpful in providing meaningful guidance in its financial affairs as well. In recognition of his meritorious services, he was the recipient of highest service award, Gold Medal from both KEMCAANA and APPNA.

TEACHING and EDUCATION

Dr Bukhari had a major contribution in the transfer of knowledge and expertise to the Medical Institutions in



HASSAN BUKHARI REMEMBERED

in Pakistan. He was one of the pioneers of establishing CME activities for the Pakistani Physicians and Medical students. He was successful in engaging the local Pakistani faculty in the learning process by designing workshops with hands-on training in most major specialties. He did that every single year for KEMCAANA starting 1980 and continued onwards. He worked closely with every APPNA President wherever the Winter meetings were in Pakistan. In addition, Dr Bukhari arranged a three day Medical symposium for many years (Mostly at Hotel Avari) in Lahore for the **Pakistan Society of Family Physicians**. This program used to bring updates for the family physicians in general Subjects of Hypertension, Diabetes mellitus, Bronchial asthma, early diagnosis of Cancer, importance of routine screening, ENT ailments, heart disease etc. The attendance in this program included both the young and old practicing physicians who always took home something new to incorporate in their practice to improve patient care. In recognition of his decades of service, the Pakistan Society of Family Physicians **Gold Medal** in his name to honor the winner of Best research Paper in Primary care at the Annual International Conference.

He did a one-day CME program at the **Armed Forces Post Graduate Medical Institute**, Rawalpindi for many years. Only a person like Dr. Bukhari could pull together several educational programs in December every year, where his involvement was integral to the success of delivering a rewarding experience for the local physicians. One can only imagine how much of hard work he was putting in months before those meetings took place.

SERVICES TO PAKISTAN

Besides the above, Dr Bukhari was a pivotal person in working with the government of Pakistan to create **National Talent Pool** for visits by expert Pakistani Physicians to deliver their expertise before a specified period of time in different areas of the country. As a counterpart, he also helped develop an **Exchange Visitor program** for Pakistani physicians to visit the US and do mini fellowships at various teaching institutions and in private practice settings as well.

The flagship APPNA SEHAT program initiated by Dr. Nasim Ashraf, managed subsequently by Dr. Omar Attiq is known to everyone. When this program was released from the Umbrella of APPNA due to lack of funding, Dr. Bukhari gladly took over all the responsibilities of running this as a voluntary organization and brought it under the management of Hassan and Talat Bukhari Foundation.

This transition occurred in 2010 with a new name, AAP KI SEHAT. His friends in KEMCAANA and APPNA trusted him with their money and this resulted in creation of a self-described CLUB that would regularly contribute to his calls. The goal of this organization was to empower the people in rural area of Pakistan to take proactive role in their healthcare. This would involve the recruitment of the NUMBARDAR of the village and several others. **AAP KI SEHAT** helped develop Preventive Care, Maternal and Child health care, immunization, health education, sanitation and water purification projects in several areas of Pakistan including Mardan, Sahiwal, Murree, Badin and several more. Physician supervision was a key to the ongoing support.

Dr Bukhari along with his daughter Nighat, and other volunteers, took an active role in working with WHO in an effort to eradicate polio from Pakistan.

Hassan and Talat Bukhari Foundation established in 2005, supports organizations in the field of health care, disaster relief and recovery operations. The foundation is focused on economically disadvantaged or at-risk populations.

COMMUNITY SERVICE

Dr. Bukhari was one of the founding members of Pak-Pac, the only Pakistani American organization registered with the federal election commission of United States. It is not affiliated with any political party in Washington DC or Islamabad. The mission of this organization is to support candidates who promote good governance, education and security in Pakistan and civil liberties in the United States.

He was a founding member of the first mosque in North Texas, now known as Islamic Association of North Texas (IANT), Central Mosque in Richardson, Texas. He was a proud founding Fellow of Thanks- Giving Foundation.





HASSAN BUKHARI REMEMBERED

Established in 1976, the organization promotes thanks to a higher power as a fundamental belief of all religions.

HOBBIES

Photography, stamp collection, gardening, international travel, art and literature. He had a rare collection of stamps from British India, Pakistan, United States, UK and many other European countries. He attended many international stamp Collection Display Events in the USA and London. He organized the first art and literature exhibit by any Alumni organization at the KEMCAANA retreat held in St. Louis in 2009. He used to grow Hybrid roses, vegetables and fruit trees at his home. Summer always brought him a bounty of homegrown peaches, plums, figs, pears and much more. He played Tennis and Field Hockey as well.

PERSONAL

Dr. Hassan Bukhari is survived by his wife Dr. Talat Bukhari, daughter Nighat Bukhari, son Dr. Rizwan Bukhari and two granddaughters. Dr. Rizwan Bukhari, a Vascular/Endovascular Surgeon, while living under the shadow of his loving father inherited many of his attributes. He has been actively promoting preventive aspects of Vascular and Heart Disease.

Additionally, he also teaches how to prevent and possibly reverse Diabetes as a part of his voluntary work. Nighat Bukhari, mentored by her father, is now carrying his torch managing the affairs as Foundation chair.

Achievements and contributions of Dr. Bukhari will be hard to match. He will be remembered as a role model for the future generations of KEMCAANA and APPNA as a physician par excellence, a devout teacher, soft spoken humble community leader and a Philanthropist who believed the happiest people were not those getting more but, those giving more!

May his services serve as a source of energy for others and May his soul Rest in Peace.

DR. BUKHARI'S MEMORIES



<https://youtu.be/On7AKdekJ4c>

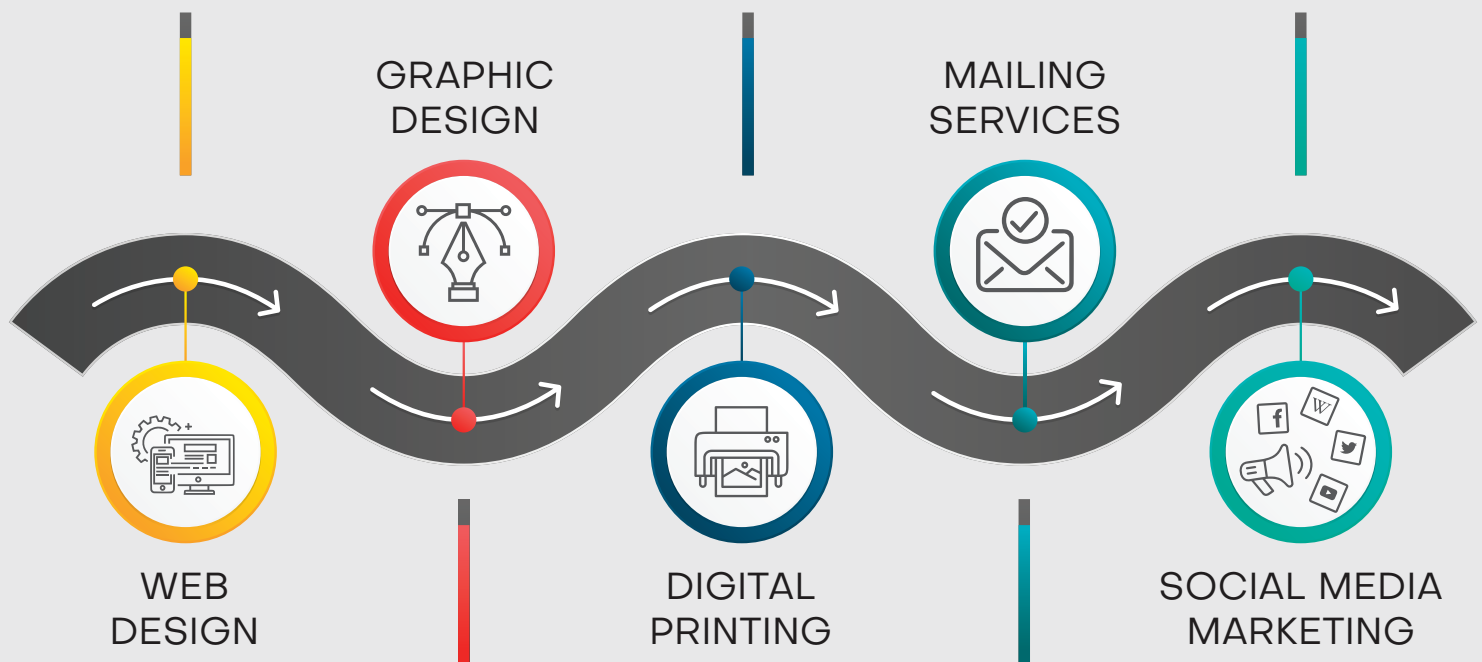
Dr. Bukhari was the perfect Kemcolian who lived the mission statement of KEMCAANA



References/ Acknowledgment

- . Personal in-depth interview with Dr. Talat Bukhari and daughter Nighat Bukhari
- . Written submission by Bukhari Family
- . Author's knowledge of facts through interaction with Dr. Bukhari from 1988 onwards
- . APPNA Qissa Vol. I

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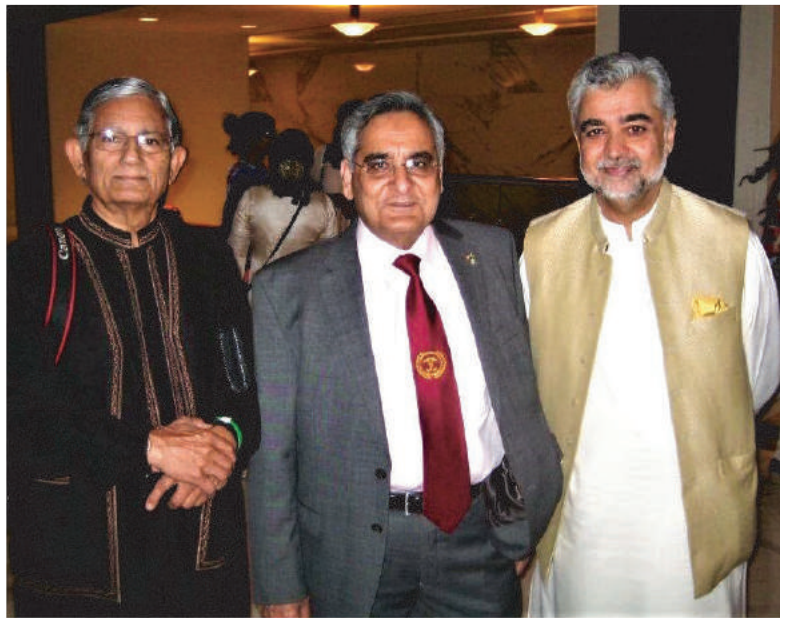
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HASSAN BUKHARI PHOTO LIBRARY





TRIBUTES TO HASSAN BUKHARI: EXCERPTS



Nasim Ashraf MD

President APPNA 1987–88

Hassan Imam Bukhari was a man of sterling qualities and unimpeachable integrity. He was a Founding Member of APPNA as well as PakPac and served as President of both organizations with great distinction.

Hassan Bukhari played a seminal role in the establishment of the Muslim community in North America but more specifically in the greater Dallas Area which was home to the Bukharis. An eminent Surgeon, he was highly respected amongst his peers at Baylor University where he spent his own entire career. Forever generous with his time and treasury, he also contributed tremendously to post graduate medical education in Pakistan.

When APPNA stopped funding the APPNA SEHAT HEALTH and POVERTY ALLEVIATION PROJECT due to lack of funds, Hassan single handedly took it upon himself to continue the much needed program in four hundred villages of Pakistan.

Above all, his biggest quality was his concern and love for his fellow human beings irrespective of their faith, caste or creed. He would literally give the shirt off his back to anyone in need! It was my great fortune to have served under him when he was President of APPNA in 1986–87 and to have the honor to call him a friend!

Hassan Bukhari was a remarkable human being who left an indelible mark on the community here in America! He continues to be missed.

RIP Hassan and May Allah elevate your station in Janat!

Omar Atiq MD

APPNA President 2004

Dr. Hassan Imam Bukhari was one of the most consequential founding leaders of APPNA. My first recollection is him purposefully walking around in the annual summer meeting of APPNA in Detroit in 1984, along with Dr. Arif Toor, another giant of APPNA, with a credit card machine in his hand, soliciting donations for the proposed KEMCAANA residency fund to help King Edward graduates secure residency slots in the United States. That successful program, later open to all Pakistani graduates, provided residency training to scores of notable physicians. Dr. Bukhari was passionate, persuasive, kind and generous – qualities that defined him forever. APPNA would not be the largest, democratic professional organization of the Pakistani diaspora in the world, were it not for the untiring commitment of Dr. Bukhari and a handful of colleagues, in its early years, followed by their unfaltering support to the organization through thick and thin.

When APPNA SEHAT, the internationally recognized crown jewel of APPNA, needed astute and committed leadership, Dr. Bukhari assumed the mantle and opened his heart and indeed his wallet in an unprecedented way for it. Later, when the organizational leadership of the time gave up on its singular social service program, he single-handedly carried the water. That was his distinguishing dedication and loyalty to APPNA. Dr. Bukhari was one of the most organized people I knew; the history of KEMCAANA and APPNA, from their inception is nicely catalogued in his home library, including badges, buttons and souvenirs distributed at various meetings.

Dr. Bukhari was the most sought-after person for sage advice and unreserved assistance in the APPNA circle of friends. He was a dependable friend, a charitable host, and a pleasant presence. It was my privilege to call him a friend – one who will always be fondly remembered and sorely missed.





TRIBUTES TO HASSAN BUKHARI: EXCERPTS



Muhammad Zeshan, MD

Graduate Nishtar 2007
Clinical Assistant Professor of Psychiatry
Rutgers New Jersey Medical School, Newark, NJ

I spent around 2 months with Dr. Bukhari during my electives at UT Southwestern Dallas in 2007. I was in the Final year of medical school at Nishtar at that time. I had never travelled outside the country. I was shy, reserved, and worried about not knowing anyone in the US. Someone mentioned about APPNA Dallas list. I tried contacting physicians on the list. After desperate attempts (no answer at all, or brief comment like congratulations), I was losing hope to find a genuine person who can advise me about safe areas to go, places to eat, how to excel in electives, etc. Finally one day, my phone was answered by a calming voice. This was Dr. Bukhari. He realized that I was feeling homesick, missing desi food, and simply wanted to talk to someone. I was not sure what he will think that about me, a non kemcolian, not well-versed in communication, not too sure what to wear etc. Dr. Bukhari may have picked my lack of confidence and low self-esteem during the call and perhaps this was the reason he didn't ask much about my background. He immediately invited me for a brunch. He picked me from the hotel and took me to his home. He introduced me to his wife Dr. Talat Bukhari, son, daughter-in-law, grandchildren, as if I was someone special. He then met with me every weekend for the next two months

I feel fortunate and honored having been mentored by an empathic, non-judgemental, caring, passionate, and humble person. I would like to follow the footsteps of this legendary Kemcolian. May his soul Rest In Peace.

Rizwan Bukhari MD

Vascular Surgeon, Dallas

Dad was great father and man of unquestionable moral and ethical integrity. He had a clear line between right and wrong and always chose to do the right thing. His work ethic was unequaled. For me he was a great role model growing up and he was my hero.

I joined my father in Vascular surgery practice in 1998, after having learned newer advanced minimally invasive vascular techniques. We complemented each other well. He was an old school surgeon and his technique was meticulous and unparalleled. To this date he remains one of the most technically proficient surgeons I have ever worked with. In this area, he was a great mentor to me. I brought the newer techniques to the table and together we made a great team. During the nearly 2 decades that we worked closely together, not only were we colleagues but we became best friends.

As surgeons, we pride ourselves on our knowledge of anatomy, and in this area, Dad was no slacker. A KE classmate of my Dad once told me that Dad was the number one student in anatomy in medical school. This was very clear in his command of surgical anatomy. Quite simply put, he was a technical genius in the operating room.



JAVED AKHTAR MD

APPNA President 2000

Dr. Bukhari was an emblem of dedication and selfless sacrifice. He contributed tremendously to APPNA and KEMCAANA. Dr. Bokhari worked in unison with Dr. Toor for the uplift of KEMCAANA. He worked incessantly and undoubtedly, I consider him as the pillar of the association.





TRIBUTES TO HASSAN BUKHARI: EXCERPTS



EJAZ QURESHI KE 1963

Hassan Bukhari classmate

Hassan came to KE after graduating from F.C. College. A full-baked Lahori, well immersed in its social and cultural life.

During the first three months of the first year of hostel life, Bukhari shared the room with ten other students. One of them Iqbal happens to be my dissection partner. He, was amazed and bewildered and somewhat frustrated with Bukhari's lifestyle. Bukhari would go to the room from college in the afternoon, nap a little, get up, shave, shower, dress up and go out. He would come back very late in the evening, study for an hour or so, and then go to sleep. While all the other roommates were slaving away.

Where does he go? What does he do? He is not going to survive in this college, Iqbal was convinced. But when Bukhari passed the 'first stage' with distinction after a few weeks, Iqbal became more frustrated. He was convinced Bukhari had another set of textbooks hidden somewhere and studying with somebody somewhere. Actually, Bukhari was friends with some families whom he got to know during his stay in FC college. He used to socialize with them every evening.

Bukhari also had a very unique, personal and very unconventional system of preparing for the final university professional exams. He would stop attending classes at the end of February every year, pick up the textbooks he needed, sit down somewhere in the room or the library etc. He would make notes in the month of March and April, memorize them in May and take the exams some times in June or July. He almost always was placed among the top ten in the class. I think he just had a superior IQ!

ARIF MUSLIM MD

APPNA President 1991

Hassan was one of the most generous, organized and hard working individual. His famous saying was "Do not worry it will be done, I will take care of this" and he did!

Whether it was arranging a meeting or Fundraising, Hassan was there with a broad smile and open wallet. He served KEMCAANA and APPNA in more ways than we can count. He arranged for several Pakistanis to get treatment in US. Whether it was taking speakers from the US to Pakistan or carrying loads of equipment, surgical instruments and running workshops all over Pakistan, he did it all with grace. He was a sincere friend who would give the shirt of his back to his friends.

I miss you Hasnee



MOHAMMAD SULEMAN MD

APPNA President 2002

Dr. Bukhari was a trailblazer of his time. He served as a great example of a true well rounded politically active, socially active, and successful surgeon. A great philanthropist of his time, a true leader who left no stone unturned. He made great strides in the political realm for Pakistan. He was an avid contributor to senatorial as well as congressional campaigns.

Very meticulous in nature, and extremely well organized. An honest, trustworthy, dear friend who inspired many throughout his life. We were blessed to have known him and have spent the time we did with him. May he rest in peace. We miss him dearly.

NAHEED USMANI MD

President APPNA 2020

I was struck by Dr. Bukhari's passion and dedication to serve both the Pakistani physician community here and his efforts to improve primary care education in Pakistan. He had a very unique quality of standing true to his goals and putting in continuous efforts for their success. Having served under his guidance since 1988 he taught great lessons to many of us who were emerging as young voices in APPNA. He led by example in showing us how as physicians we can do a lot in advocacy, health education and philanthropy. He represented the best in APPNA and the Pakistani-American community!





TRIBUTES TO HASSAN BUKHARI: EXCERPTS



MUBASHER RANA

APPNA President 2015

How can we forget? Dr. Bukhari was an iconic representation of both APPNA and KEMCAANA. He would always complete his tasks with great commitment. He was a kind gentle man, who cared tremendously for others, his alumni, fellow Pakistani Americans and often forgotten most deserving people of Pakistan. He could take up big projects single handedly and execute them with a smile. We have a big void with his passing away. On a positive note, he left many of his legacy landmark achievements as a road map for others.

AISHA ZAFAR MD

KEMCAANA President 2012

Dr. Bukhari was a very big supporter of scholarship programs of KEMCAANA. He always donated generously. He also supported office expenses in Lahore. He was blessed with a masterly skill of narrowing down a project and then supported that project till the end. He contributed enormously to different causes of both KEMCAANA and APPNA .



SAIMA ZAFAR

APPNA President 2012

Dr. Hassan Bukhari was very kind and an ardent supporter of KEMCAANA and APPNA . His generosity helped many students in Pakistan and USA. He helped students to obtain residencies in USA. He was an asset in guiding people for matters related to APPNA

KHALID MAHMOOD MD

KEMCAANA President 2006

Living in Dallas under the shadow of the great stalwart of KEMCAANA and APPNA was indeed a blessing for me. Dr. Bukhari was an Institution of love, compassion, bravery, philanthropy with deep love for humanity. I learned the art of dealing with challenges in KEMCAANA and APPNA because of his wisdom. He was a genuinely nice and trustworthy friend. I have nothing but the highest regards for his contributions.



ISHAQ CHISHTI MD

KEMCAANA President 1976-78

The KEMCAANA and APPNA families have lost one of the most committed and dedicated members with the passing of Dr. Hasan I. Bukhari. He and his wife Talat were my class fellows at KE. I have many happy memories of him spanned over a period of more than 3 decades. May all the wonderful moments of Hassan's life will give comfort to his family and friends.



TRIBUTES TO HASSAN BUKHARI: EXCERPTS



MASOOD AKBAR MD
KEMCAANA President 2010

Dr. Bukhari was a real gem and a towering figure for both APPNA and KEMCAANA. He participated in the Scholarship Program and guided me with the fundraising for the Program. He was a very intelligent, caring and generous person. You could always call him for advice and be sure that he would give you his honest and candid opinion. His sudden demise was a major loss for KEMCAANA.

AYESHA NAJIB MD
KEMCAANA President 2014

One cannot imagine a KEMCAANA or APPNA event without the smiling, calm and comforting personality of Dr. Bukhari. Due to security concerns, we had to move the 2014 winter meeting from KEMU to another venue and in the blink of an eye, he moved the entire meeting to a hotel. Only he could do it! He was a simple man, always ready to give back to his alma mater. It was his deep desire to start a vascular surgery lab at KEMU before he got ill. He's sorely missed at every KEMCAANA gathering.



ASIM MALIK MD
KEMCAANA President 2001

Dr. Hassan Bukhari impressed me the most with his straightforward style of communication. He absolutely loved KEMCAANA. He provided surgical instruments to KEMC from his own pocket. He was a mentor for KEMCAANA members. He was one of the pioneers of APPNA and KEMCAANA. His wife was very supportive to the cause of our organization. May God bless

WAHEED AKBAR MD
APPNA President 1995

Dr. Bukhari was an ardent supporter of KEMCAANA. He never missed any meeting in Pakistan or USA. He always bailed out our organization at the time of urgent need. He was a firm believer of democratic process to maintain growth of the organization. He believed KEMCAANA as a building block of APPNA. May we follow his footsteps which were embedded with love for our organization.



NIGHAT BUKHARI
Dr. Hassan Bukhari's Daughter

My Father's tributes have been made, and his life's actions rehashed. I am filled with awe in having known him, feel honored by all that is said about him, and proud of the way he lived his life. He was more than the sum of all of his parts. He was my first love, my hero, my mentor, and my best friend. I am honored and humbled to carry on his tremendous legacy as the CEO, Chair, and President of the Hassan and Talat Bukhari Foundation. I miss you and love you. May Allah reward him with the highest place in Jannah.



FIRST PAKISTANI KEMCOLIANS



First Pakistani KEMCOLIANS

The Life and Times of My Mother

By
Naheed Usmani, MD KE 1980

Dr. Amina Begum Usmani graduated from King Edward Medical College in 1948, the first class graduating in the new Pakistan. I wanted to record her story because we are losing our history of the partition. Most of the people born in my mother's generation are gone and we have to remember their immigrant legacies and stories of sacrifice that have informed our choices and lives we have led.

Ammi was born in the small town of Panipat, about 50 miles northwest of Delhi. Her father was a renowned scholar of Islam and her mother a nawabni. She was educated according to the traditions of her time, first she became a Quran Hafiz and then she was educated to 8th grade, the limit of the education offered to girls in Panipat in 1930s. Because of her innate drive and brilliance, and vigorous advocacy of

her eldest sister and her mother, and in spite of the strict purdah traditions in Panipat, she went to the Convent School in Gwalior, for matriculation. One of the memories she shared with us was she could easily read and write English, but she had never spoken English aloud before Gwalior. At the convent, the girls were only allowed to converse in English at all times. The first night she stayed in the boarding house, she told us, she hardly slept a wink, but in her mind kept on rehearsing answers in English to all possible questions that could be asked of her. The next day, she was fluent and all her life, she spoke beautiful idiomatically correct English! She topped in all of Gwalior in her matriculation. Her Gold Medal is one of our family's prized possessions.

On returning to Panipat, she would have languished, except the head-nun at the Gwalior convent met with Sarah Chokko, the principal of Isabella Thorborne (IT) College (Lucknow) in England and appealed for her admission to IT college as Amina was the most brilliant student her school had ever seen. For context, IT College was the premier and most exclusive women's college in India. From IT College, her academic journey took her to Lady Harding Medical College, Delhi. This was the first all-women's college, affiliated with University of the Punjab. The students had to sit for their final examinations at King Edward Medical College in Lahore. During her time at Lady Harding in Delhi, she actively participated in Muslim League student wing and attended many rallies in support of an independent Muslim country.

In 1946, with the passage of declaration of Independence, medical students from all over India were given an option to transfer to an institution of the country of their choice. Pre-partition, out of 489 students in King Edward Medical College, 234 were Hindus and Sikhs who migrated to Indian universities and 228 Muslim and Christian students joined King Edward Medical College, Lahore from Indian institutions. King Edward Medical College also lost a number of key faculty members to India. The migrations to King Edward Medical College included 50 students from Glancy Medical College Amritsar; 7 students from Women Christian Medical College, Ludhiana; 1 from Prince of Wales Medical College, Patna; 6 from King George Medical College, Lucknow; 26 from Agra Medical College, Agra; 1 from Grant Medical College, Bombay; 1 from Gwalior Medical College, Gwalior; 19 from Lady Harding Medical College, Delhi.



FIRST PAKISTANI KEMCOLIANS

On August 14, 1947 out of a total of 606 students in the College, 593 were Muslim, 11 Indian Christians and 2 European and Anglo-Indians. **(Afzal, Dr. Saira; , 2018)** My mother was one of these brave souls who uprooted and transferred to KE in her 3rd year of MBBS. King Edward Medical College was the only seat of medical learning in the entire country.

Growing up with my mother, was living with the magic of King Edward Medical College. She talked about her teachers and fellow alums, that included Prof. Rose Madan physiology, Prof. Shabbir Hussain Dermatology, Prof. Aziz from Chest Medicine and many others. She talked about how she used to ride her bike from the old girls' hostel on Napier road to the medical girls' hostel on Napier road to the medical college, how she was active in the rowing club where rowing competitions were held on the Ravi. I still remember during my KE student days, to everyone's confusion, Prof. Shabbir Hussain announcing my name as Amina Usmani for trophies I won during Sports Day 3 decades later!

One of the funny snippets from her medical college days she related with gusto pertained to an occasion when their class planned a picnic at Shalimar Gardens. Each girl student was asked to prepare and bring a dish of her choosing for the feast. Ammi promised that she would bring "Rahat-e-Jan" (the awesome title literally translates as "the delight of my life"). Come the

day of the picnic, the group reached the garden and chose a nice spot, a dastarkhawn was spread out and the ladies started placing the dishes on it. A Sikh class fellow admitted that he had been fasting for two days so as to be able to do full justice to Rahat-e-Jan. He had likely been intrigued by the poetic name and had been fantasizing about the promised treat. The gentleman was clearly flabbergasted when the dish was served, and his face fell. He could not keep himself from uttering a pithy comment in Punjabi,

بیڑا غرق! گنڈیاں نوں کٹ کے رکھ دیتا تے ناں اے
راحتِ جان۔۔۔ اے تے وڈا تو کھا ہو گیا وے۔

should elaborate that Rahat-e-Jan is a mixture of finely cut onions, mint and fresh green chilly with lemon juice. This side dish was an invariable accompaniment of meals at Usmani households and we used the name reflexively without thinking about how or why it was graced with this imposing title. This incident probably also illustrates the difference between the ornate and flowery diction and culture of Mughal India and the plain and matter of fact style of The Punjab. Everyone shared a hearty laugh over these cultural nuances.

There were millions of refugees from India arriving in Pakistan destitute, injured and hungry. It is estimated more than 2 million people, both Hindus and Muslims died at the time of Partition. There was a blood bath across the subcontinent, but the epicenter was in Punjab. In the face of this unprecedented crisis, Pakistan mobilized all its resources and its meager medical manpower to cope with the medical needs in the sprawling refugee camps all along the border regions of the country. The hospitals were full of people who had been martyred or grievously injured in attacks by Hindus and Sikhs on trains and caravans while on their way to the new country. There was a cholera epidemic in the camps. King Edward Medical College played a pivotal role in providing medical care. Medical students and young graduates were mobilized to cover various refugee camps to take care of the ill and injured. Ammi was one of these student volunteers. During her work at a refugee camp, Ammi rescued a 17-year-old woman, Rehmat who had lost her husband when her entire Muslim village was put to fire and she lost her infant





FIRST PAKISTANI KEMCOLIANS

daughter due to cholera as she walked to Pakistan from her village. Ammi brought her to her apartment and made her a part of her family. Rehmat ammah was her lifelong friend, confidant and a second mother to all her children and remained an intrinsic member of our family till her last breath, 2 decades after Ammi died.

Ammi married my father in a simple ceremony after her house job and started working in a government job where she was frequently posted to different towns but due to her young family, she left that position and settled in Rawalpindi in 1952 and established a clinic in Bohar Bazaar, an inner-city location. Her one big regret was because of her young family, she could not avail the postgraduate education opportunities that came her way. She did enormous work for the community at large and for women in particular in Pindi. She led an uncompromising life of service and worked tirelessly to help everyone who came with need. She converted the upper floor of her clinic to a shelter for abused women and she would have many interesting discussions with the women who sought shelter there and then would return to their abusive homes to be abused again. Ammi was ahead of her time. She was a feminist before there was feminism and she was a feminist in the real sense of the word. She never talked feminist jingo but exhibited by example that the female sex was not in any way inferior (au contraire in fact) and could compete on equal terms with the male sex. She worked all her life with the stamina of ten men but remained light-hearted and optimistic through it all, compassionate and generous to the needy.

She imbued her 3 daughters with her spirit of adventure, service and activism. She encouraged her daughters to pursue postgraduate training and professional excellence. She encouraged her daughters to raise their voices for truth and justice. Life with her was never about materialism but was about good work and leaving a legacy. She was politically astute and insightful and felt deeply about the injustices and tyranny that had been inflicted by racist colonialist powers on many people around the globe. Ammi also felt deeply about the downfall of the Muslims and their relative backwardness. She firmly believed that being au fait with modern scientific knowledge and advancements in the West was the key to restoring Muslims to their former pre-eminence. It



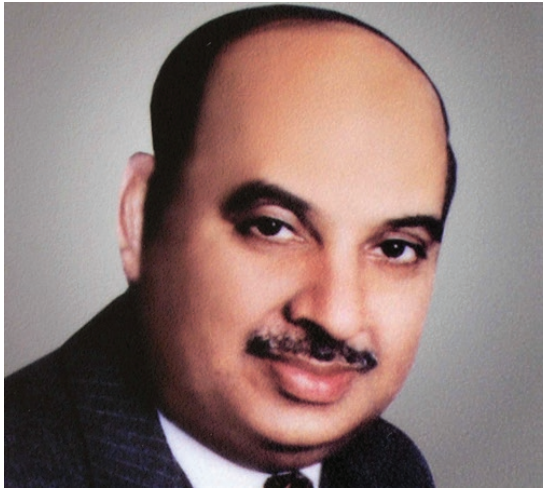
was she who pushed her children, particularly her daughters, to go to the US and UK to acquire proficiency and skills in their chosen fields of specialization. It meant being far away from them later in her life but she smilingly bore the separation and always proudly related their many achievements to family and friends.

She was tall and statuesque and had a graceful personality. With her height and build, she looked very elegant in a sari. Ammi had a great sense of humor and a booming laugh. She had an unbounded love of life and was capable of uninhibited enjoyment. Ammi was gifted with joy de vivre to an amazing degree and retained this inner vitality and exuberance right to the end. Her generation was generally much livelier, emancipated in their attitudes and confident in themselves. They never took themselves seriously and were much less prudish than the subsequent generations of Pakistan. Life was very hard for them, but they faced all challenges with a smiling face and never dwelt on the past. It was this resilience that helped them carve out an enviable place for themselves and us in this new land. And now, all we have left are the memories of them and of Pakistan, a country that required huge sacrifices of a whole generation that we left to establish ourselves in our new homeland of USA.

سب کہاں کچھ لالہ - او - گل میں نمایاں ہو گئیں
خاک میں کیا صورتیں ہوں گی کہ پنہاں ہو گئیں



MY DAYS AT KEMC



MY DAYS AT KEMC FROM THE HEART OF A KEMCOLIAN

**Prof. Mumtaz Hassan,
FRCP (London), FRCP (Edin), FRCP (Glasg),
FRCP (Ireland), FCPS (Pak), FACP (USA).**

As a student my most memorable day pertaining to my education at King Edward Medical College was when Professor Riaz Qadeer, the great Principal of KE interviewed me in September 1963. The years at KEMC shaped my destiny and put me on the pedestal where I stand today. The contribution of my teachers cannot go unrecognized: Professors Hameed Khan, Aziz Khan, SM Afzal, BJ Zafar, Hameed Sheikh, Akhtar Khan, Alamgir Khan, Sadiq Hussain, Ameer ud Din, Sardar Ali Sheikh, H.H. Mirza, Shafi, Ghani, Sial, Yousaf were all outstanding mentors. Last-but not the least-the indigent patients in the general wards remain the unspoken heroes. Without their help, we could not have learned clinical medicine.

As the recipient of the Nuffield Foundation scholarship, I spent the fourth year of medical school at St. Thomas' hospital in London. This year provided me a unique learning experience, and braced me for problems I was likely to face while undergoing post-graduate training in a foreign land. The faculty at St. Thomas' noted, "This medical student from Pakistan is better than ours."

I believe this was an overt recognition of the quality of our institution, our teachers, and our clinical training as much as of me. I finished at the top of the roll for medical students graduating from the University of Punjab, with sixteen gold and silver medals. The high standards at KEMC and the house-job at East Medical Ward with Professors Akhtar Khan and Kamal provided a strong foundation for my training in the US, and at the National Heart Institute, the Institute of Neurology, and at St. Thomas' Hospital-all in London. I topped the DTM&H examination at Edinburgh University, receiving a distinction and a Gold Medal. I was barely twenty-five years of age when I cleared the MRCP examination on the first attempt.

Looking back, medical education sat on a different platform sixty years ago. Professional examinations were never "postponed." Students could not afford to miss lectures and clinical training.

I elected to return to Pakistan after completing my training. The health of ailing parents, a desire to work at our Alma Mater, and a pressing need to serve the downtrodden masses, were driving forces for backtracking to Lahore. I joined KE as a Senior Registrar, and progressed to Assistant, Associate and finally Professor of Medicine. I became Principal of King Edward Medical College in 1998, a role fraught with huge administrative responsibilities and challenges. The goal of uplifting KE to University status-shared with predecessors including Professors Wasti and Khawaja Sadiq Hussain-faced intense opposition. Divine Intervention, the help of Professors Asad Aslam and Owais, and that of my administrative staff, resulted in success in 2006. King Edward Medical College became King Edward Medical University by an Act promulgated by the Punjab assembly. I was appointed the Founding Vice-Chancellor. The Act afforded the institution academic, administrative and financial freedom. The University was recognized by the PMDC, WHO and other national and international institutions in short order. I was also Chairman of the Board and Dean of the Faculty of Medicine of the University of Punjab, and Chairperson for the Board of Admissions for medical colleges in Punjab. The rigorous criteria for admissions based on merit alone withstood the scrutiny of the Supreme Court of Pakistan.

The arrangements to address the daily nutritional needs of the 1800 in-patients at Mayo Hospital free of charge are a testament to the collaboration and close ties between KE and Mayo Hospital, and remain a gratifying



MY DAYS AT KEMC

accomplishment.

The Sitara-e-Imtiaz awarded by the President of Pakistan graced my efforts over the years. Again, the credit rests with my parents' prayers, my wife Nabeela's support, and the guidance of my teachers.

The asset of my life has been nothing else other than my pupils spread all over the world serving in different countries and enjoying academic success.

My days at KE in the administrative positions gave me the opportunity to meet a lot of internationally dignitaries and head of the states. While taking care of the VIPs of Pakistan in the various institutions including bureaucracy, judiciary, army etc., is where I learned what is Actual Pakistan!

My success has been predicated by the success of KE, and no account of KE's success is complete without recounting the contributions of KEMCAANA. The geographic divide notwithstanding, KEMCAANA is the heart of KE! The Information Technology Project created a server-based network with computer terminals placed across both academic departments and the wards of Mayo Hospital. This undertaking moved medical education and access to the most current information for patient care in these locations into the twenty-first century. KEMCAANA's need-based and talent scholarship programs have the oversight of a standing committee. The Anatomy Learning Center established by the class of 1980 has changed the way we teach anatomy with Virtual dissection software and plastic models of the entire Human Anatomy. Other charitable projects have included the purchase and provision of life saving drugs for the needy, and an endowment fund for indigent patients. Pure educational efforts include KEMCAANA-orchestrated Hands-on workshops in different specialties started by the late Dr. Hassan Bukhari, the curriculum reform seminars, the visiting faculty program, and raising the bar for clinical research. The annual KEMCAANA and APPNA Winter meetings in Pakistan, are other noteworthy undertakings and endeavors that my colleagues and pupils can take credit for. The late Hassan Bukhari, Arif Toor, Amanullah Khan, Ishaq Chishti, Mushtaq Sharif, Arif Muslim and Muhammad Haseeb, to count a few, and many others deserve special recognition for their services.

In summary, all my fond memories of KE have been a blessing of Allah. I will cherish these rest of my life and

be ever so grateful to the Almighty.

God bless KE, KEMCAANA, and Pakistan.

Editorial Comments

While KEMCAANA over the years has met with several challenges related to administrative hurdles, it has always been a smooth working relationship with Prof. Mumtaz. Not one project proposed by KEMCAANA was ever delayed for any length of time or turned down. "Yeh aap ka College hay, aap jo chahain aa kar karain, mai aap kay saath hoon !" He kept himself and his faculty away from taking any direct financial responsibility of our projects. His famous saying used to be "You decide who you trust to oversee the project and that's the person you will deal directly with". His high standards of integrity and his collegiality will be remembered forever.



*Kemcaana Cherishes Academic Rigor
Kemcaana Fosters Virtue
Kemcaana Encourages and Praises
Meaningful Individual Achievements*

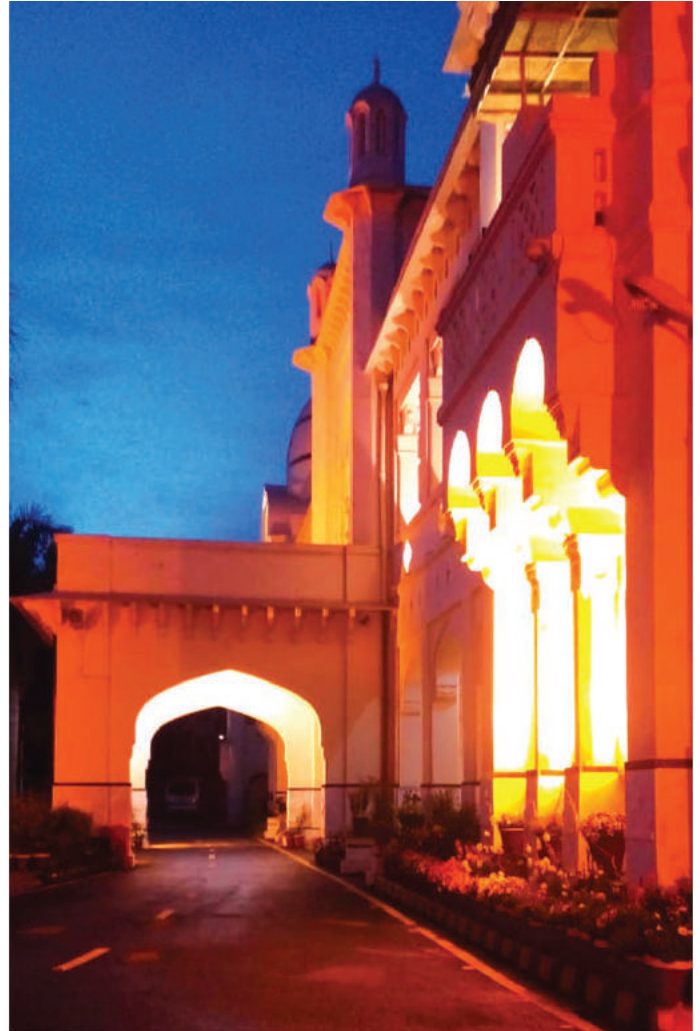


THE NEW LOOKS OF KE





THE NEW LOOKS OF KE





FACES & PLACES



Abid Yaqub, MD
KE 1994

Endocrinologist
Professor,
University of Cincinnati,
OH

Program Director, Endocrinology and Metabolism Fellowship, Department of Medicine
University of Cincinnati College of Medicine, Cincinnati, OH

Medical Director, Endocrinology UC Health West Chester Hospital, West Chester, OH

Residency

Joan C. Edwards School of Medicine, Marshall University, Huntington, WV Residency, Internal Medicine (July 2001 – June 2004)

Fellowship

Joan C. Edwards School of Medicine, Marshall University, Huntington, WV

Expertise

Thyroid disease, Thyroid Cancer, Osteoporosis and Metabolic Bone Disease.

Research/Publications

- 28 peer-reviewed publications and book chapters in areas of expertise
- More than 70 abstracts at multiple national and regional professional society meetings
- Multiple invited lectures at various institutions across the nation

Honors and Awards

- 2019-21: Member of APDEM National Executive Council, Association of Program Directors in Endocrinology and Metabolism, Washington DC
- 2019-20: APDEM Curriculum Committee, Section Leader: Thyroid Disease
- 2018: Served at the Standard Setting Committee for Endocrinology, Diabetes and Metabolism Board Examination, American Board of Internal Medicine
- 2008-10: Member, West Virginia State Diabetes Advisory Board
- 2014-2021: Consistently Selected as Top Doctors in Cincinnati, OH



Ahmed Awan MD
FACP
KE 2006

General and Transplant
Nephrologist
Director, Hepatorenal
Services

Assistant Professor, Nephrology

Baylor College of Medicine, Houston, Texas

Residency

Mount Sinai School of Medicine, Englewood, New Jersey

Fellowship

Baylor College of Medicine, Houston, Texas

Expertise

Liver-Kidney Diseases, Living kidney transplant, Plasmapheresis, Home dialysis modalities

Research/Publications

- Research Focus: Disparities in living donor transplant, APOL-1 in African American living donors (Principal Investigator in 2 ongoing NIH-funded multicenter clinical trials)
- Books/Book Chapters: Editor of Issues in Kidney Disease-AKI volume (In Press), Book chapters on Hyponatremia, Integrative Care in CKD, Pre-transplant Evaluation of kidney transplant recipients

Most Cited Publications:

- Trends in the Causes of Death among Kidney Transplant Recipients in US (1996-2014)
- Prevalence, correlates and outcomes of absolute and functional iron deficiency anemia in non-dialysis dependent chronic kidney disease
- Pre-ESKD nephrology care and Employment at the time of dialysis
- Sodium fate after sodium bicarbonate infusion: Influence of altered acid-base status
- Hepatitis C and Chronic Kidney Disease – Narrative review of 2018 KDIGO guideline
- The Impact of COVID-19 on Kidney Transplantation and Kidney Transplant Recipient – One Year into the Pandemic

Honors and Awards

2019 Outstanding Renal Fellow Award, 2020 Power of Professionalism Award, 2020 Faculty of the year Award, 2021 Distinguished Leadership Award



FACES & PLACES



Ahsun Riaz, MD
KE 2006

Assistant Professor of
Radiology,
Interventional Radiology

Co-director, Complex Hepatobiliary Interventions and
Portal Hypertension

Feinberg School of Medicine, Northwestern University
Chicago, Illinois

Residency

Diagnostic Radiology, Northwestern University

Fellowship

Vascular and Interventional Radiology, Northwestern
University

Expertise

Complex hepatobiliary interventions, Portal hypertension
Image-guided procedures with endoscopic guidance
(started percutaneous endoscopy at Northwestern)
Interventional oncology

Research/Publications

h-index: 35, Peer-reviewed Publications: 92 articles
(Including first-author articles in JAMA, Journal of Clinical
Oncology, Hepatology, and Journal of Hepatology); Invited
Manuscript Reviewer: 12 journals; Guest Editor: 1 journal; Book
Chapters: 14 chapters; Invited Lectures: 9; Clinical Trials: 5

Honors and Awards

- Northwestern University Feinberg School of Medicine
Outstanding Teacher Award; 2020
- KEMCAANA Young Investigator Award; August, 2015
"Resident Research Award", Feinberg School of Medicine,
Northwestern University; June, 2015
- Society of Interventional Radiology (SIR) Foundation
Resident/Fellow Research Award 2015
- "Medical Student Resident Teacher Award", Feinberg
School of Medicine, Northwestern University 2012
- Journal of Vascular and Interventional Radiology (JVIR)
Top Fellow Reviewer Award 2010
- Society of Interventional Radiology (SIR) Foundation
Resident/Fellow Research Award, 2009



Aliya N Husain, MD
KE 1980

Pathologist, AP/CP
Thoracic and Pediatric
Pathology

Professor, University of Chicago
Chicago, Illinois

Residency

University of South Florida, Tampa, FL
Loyola University Medical Center, Maywood, IL

Fellowship

Surgical Pathology; Loyola University Medical Center, Maywood,
IL

Expertise

Thoracic Pathology with special interest in transplant,
mesothelioma and interstitial lung diseases
Pediatric Pathology

Research/Publications

- 204 peer-reviewed publications in areas of expertise
- 150 abstracts at multiple meetings
- 50 chapters including lung and pediatric chapters in
Robbin and Cotran Pathologic Basis of Disease
- 10 books edited/co-edited including Stocker and Dehner's
Pediatric Pathology
- 90 invited lectures in multiple countries

Research/Publications

- 1980 Silver Medal in Internal Medicine
- 1984 Young Investigators Award (Academy
of Clinical Laboratory Physicians and
Scientists).
- 2006, 2009–2021 Pritzker School of Medicine, Favorite
Faculty Award
- 2009 – Master of Academy of Distinguished
Medical Educators, Pritzker School of
Medicine: Lifetime membership
- 2017 Pritzker School of Medicine Alpha
Omega Alpha (AOA) Faculty Honoree
- 2018 Lifetime Achievement Award, Chicago
Pathology Society



FACES & PLACES



Muhammad Al-Lozi
MBBS
KE 1980

Professor of Neurology
Director of Electrophysiology
Laboratory

Director Neuromuscular Fellowship Program
Washington University in St. Louis

Residency

Johns Hopkins University, Baltimore, Maryland

Fellowship

Neuromuscular Medicine, Washington University in St. Louis

Expertise and interest

- Neuromuscular Disorders
- Immune neuropathies and myopathies
- Myasthenia Gravis
- Electrophysiology Medicine

Research

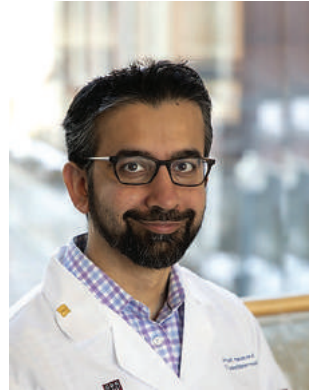
- Participated in the discovery and description of several genetic neuromuscular disorders. Including TDP-43 A315T mutation in familial motor neuron disease, Familial ALS with extreme phenotypic variability due to the I113T SOD1 mutation, a unique dominant disorder in four families: hereditary inclusion body myopathy, and Novel mutations expand the clinical spectrum of DYNC1H1-associated spinal muscular atrophy.
- Collaborator on two National Institutes of Health (NIH) grants examining recurrent laryngeal nerve injuries and HIV-associated sensory neuropathy
- Continued High Prevalence and Adverse Clinical Impact of Human Immunodeficiency Virus-Associated Sensory Neuropathy in the Era of Combination Antiretroviral Therapy: The CHARTER Study

Publications

- 5 Book Chapters including Harrison's Principles of Internal Medicine
- Published > 80 peer reviewed articles in Scientific Publications including Annals of Neurology, Muscle and Nerve, Neurology

Awards

- Received multiple awards from Johns Hopkins University
- Five-time recipient of the Sven Eliasson Award for Teaching Excellence in the Department of Neurology, Washington University, St. Louis
- A. B. Baker Award from American Academy of Neurology



Ammar Sarwar MD
FSIR FACP
KEMC 2005

Assistant Professor of
Radiology,
Harvard Medical School,
Boston MA

Interventional Radiologist, Beth Israel Deaconess Medical Center, Boston MA

Co-Director, Liver Tumor Multidisciplinary Clinic, Beth Israel Deaconess Medical Center, Boston MA

Residency:

Radiology, Beth Israel Deaconess Medical Center, Boston MA

Fellowship:

Interventional Radiology, Beth Israel Deaconess Medical Center, Boston MA
Healthcare Policy and Economics, American College of Radiology, Reston VA
Cardiac Imaging, Massachusetts General Hospital, Boston MA

Expertise:

Vascular and non-vascular minimally invasive procedures with a focus on interventional oncology and hepatobiliary interventions. Health services researcher investigating the intersection of costs and outcomes for diagnostic imaging and image-guided procedures in healthcare delivery.

Research and Publications:

More than 60 peer-reviewed publications including 41 original research publications in the field of cardiac imaging, diagnostic and interventional radiology. Citations by 3174 with an H-index of 22.

Honors/Awards:

- Advisor to the American Medical Association's CPT editorial committee,
- Member of the Center of Medicare and Medicaid Services (CMS) Medicare Evidence Development and Coverage Advisory Committee,
- Member of CMS MACRA Clinical Care Committee
- Member SIR Foundation Research Institute Taskforce
- Young Investigator Awards, Beth Israel Deaconess Medical Center and Society of Interventional Radiology



FACES & PLACES



Danish Bhatti MD
FAAN
KE 2004

Associate Professor,
University of Nebraska
Medical Center

Co-Director Comprehensive
Multidisciplinary Parkinson
Disease Clinic

Director, International Neurology Program

Associate Director, Movement Disorders Fellowship
Program
Omaha, Nebraska

Residency

University of Nebraska Medical Center, Omaha NE

Fellowship

Movement Disorders, University of Nebraska Medical Center,
Omaha NE

Special Interest: On-Line Medical Education in Pakistan and US via multiple MERIT programs including

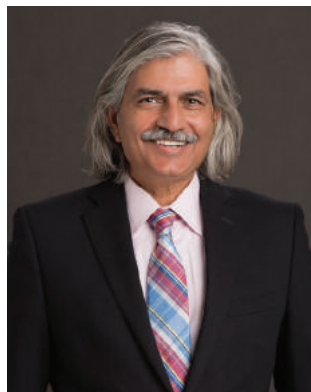
Healthcare Research & Innovation Landscape in Pakistan,
Family Practice Specialty Rotations
Annual Mini-Fellowship in Movement Disorders, Movement
Disorders for Residents, Advanced Neurological Examination
Courses, Covid Webinars, Building Primary Care Capacity:
Pakistan's Critical Need, Neurology for General practice,
Annual training camp in Movement Disorders

Research/Publications

- 24 peer-reviewed publications,
- 50+ abstracts at multiple meetings
- YouTube Channel with 3.5 Million Views

Honors and Awards

- 2020 A.B. Baker Teacher Recognition Award, American Academy of Neurology
- 2020 Most Enthusiastic Educator Award, Department of Neurological Sciences, UNMC
- 2019 UNMC Impact in Education Award for Innovative Practices, Campus Wide multi-college award from the Office of the Vice Chancellor for Academic Affairs
- 2019 2nd Annual Spotlight on Scholarship Educational Showcase, Interprofessional Academy of Educators. Presentation
- 2018 Visiting Faculty Program Higher Education Commission, National University of Medical Sciences, Islamabad Pakistan



**Furrukh S. Malik, M.D.,
F.A.C.C.**
KE 1987

Advanced Heart Failure and
Transplantation.

Chief of Cardiovascular
Medicine.

Chair of Heart Center, Centennial Medical Center.

Clinical Assistant Professor of Medicine, Meharry Medical
School, Nashville, TN.

Residency:

University of Connecticut
Chief Residency: University of Connecticut

Cardiology Fellowship:

Ochsner Clinic Foundation
Advanced Heart Failure and Transplantation Fellowship:
Ochsner Clinic Foundation

Expertise:

Advanced Heart Failure and Mechanical Circulatory Devices

Special Interest:

Pulmonary hypertension and Heart failure
Inflammatory and Neuro-hormonal activation in advanced
heart failure

Teaching:

General Internal Medicine and Cardiology at Meharry Medical
School

Research/Publications

- Inflammatory Marker Release in heart failure
- Inositol Triphosphate Receptor Expression
- Apoptosis in Heart Failure
- Principal investigator TACTICS, CHRONO, PRINCE trails.
Multiple SUB PI
- Trans-pulmonary Endothelin Release in Heart Failure

Publications

Over 45 publications in peer reviewed journals

Honors

- J. H Levine Basic Science Research Award, University of Connecticut
- Alton Ochsner Most meritorious paper award
- Young Investigator Award, American College of Cardiology: Melatonin in Heart Failure



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G. Naheed Usmani, MD
KE 1980

Professor of Pediatrics,
Division of Pediatric
Hematology/Oncology

University of Massachusetts
Medical School, Worcester,
MA

Director Pediatric palliative Care

Director Pediatric Cancer Survivorship program

Director Side – Kick Program UMass Med School

Fellowship:

Pediatric Hematology/Oncology Memorial Sloan Kettering New York Hospital, Cornell University

Residency:

Chief Resident, Department of Pediatrics, Mt. Zion Hospital and Medical Center, San Francisco, California. Metropolitan Hospital & Medical Center, New York Medical College, NY

Expertise:

Pediatric Leukemias and Lymphomas, HLH, Cancer Survivorship and late effects, Pediatric Palliative care

Special Interests:

- **Medical education.** I started “UMass Sidekicks” by pairing medical students with pediatric cancer patients in a big brother/big sister relationship that gives the student a 4-year long experience of bonding with a patient and family. Replicated by several US medical schools.
- **Founded Shaukat Khanum Cancer Hospital’s Pediatric Oncology Dept.**

Research and Publications:

1 Book Chapter and several publications in major Journals including NEJM, British J of Haematology, Pediatrics, Pediatric Blood & Cancer, Archives Diseases of Child, J of Clinical Oncology.

Awards:

- US Congress, House of Rep Certificate of Special recognition
- Outstanding Physician Award, KEMCAANA
- APPNA President’s Service Award 2009, 2015, 2016, 2018
- Awards from KEMU VC, Dow VC, Khyber VC, AIMC Principal, RMC Principal, Dean Lahore Children’s Hospital
- Outstanding Physician Award 2009 APNE
- Medical Service award, Sickle Cell Disease Association for Greater Boston 2007
- Pediatric Clinical Educator Award, Pediatric Residents University of Mass
- Woman of the year Finalist 2016 Lymphoma Leukemia Society



Ghazala Hayat, MD
KE 1977

Neuromuscular Neurologist
Professor of Neurology
St. Louis University
Director Continuous Quality
Improvement SLUSOM

Director Neuromuscular Disorders

Director ALS Certified Center Of Excellence

Director Clinical Neurophysiology

Residency

Neurology, Medical College of Virginia, Richmond, Virginia

Fellowship

Neuromuscular Disorders & Electrophysiology, Medical College of Virginia, Richmond, Virginia

Administrative Appointments

- Senior Vice Chair Academic Administration 2013 – 2015
Interim Chair 2013
- Vice Chair Clinical Affairs Neurology and Psychiatry 2008 – 2012
- Director Clinical Neurophysiology Fellowship 1996 – 2019
- President Medical Staff SLUH 2007 – 2009
- Chairperson Governing board 2005 – 2006

Expertise

Neuromuscular Disorders, Clinical Neurophysiology, Continuous quality improvement

Special Interest

ALS Multidisciplinary Service, Neuropathies, Neuromuscular junction disorders, Inflammatory Myopathies

Research/Scholarly Work

Editor Book; Peripheral Neuropathy: Advances in diagnosis and therapeutic approaches

Associate Editor; Frontiers in Associate Editor & Journal Investigative Medicine, ALS, Myasthenia Gravis, Neuropathies.

Articles; over 50 published as author and multicenter studies in Muscle & Nerve, Archives of Neurology, Arch Phys Med & Rehab, J Neuromuscular Dis, ALS/Motor Neuron Disorders, J Neurol Psych, Frontiers In Neurology,

Neurology Clinics, Just the Facts, AANEM workshop

Current research projects; HEALEY ALS Platform Trials, REFINE-ALS Trial,

Natural History of ALS Consortium ALSA, VIGOR: Cytokinetics, Inc. – CY 4033 Clinical Trial – Extension Study Neurology,



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Kamran Qureshi, MD
KE 2004

Transplant Hepatologist/
Gastroenterologist

Associate Professor of
Medicine Gastroenterology
and Hepatology
Saint Louis University School
of Medicine

Residency:

University of Illinois at Urbana-Champaign, Urbana, Illinois

Fellowships:

Gastroenterology, Temple University, Philadelphia, Pennsylvania
Hepatology, Florida Hospital Orlando Transplant Center

Expertise:

Liver cirrhosis, Liver transplantation, Hepatocellular carcinoma,
Chronic Hepatitis

Special interest:

Portal hypertension related complications of Liver cirrhosis,
Liver transplant care, Obesity medicine

Teaching:

Director of Gastroenterology/Hepatology course for the School
of Medicine Hepatology
Hepatology training, Internal Medicine Residents and
Gastroenterology Fellows

Research/Publication:

Research focus: Viral hepatitis, NASH, Liver cirrhosis

Kamran has published in major Journals of
Gastroenterology and Hepatology on a wide range of
subjects including Hepatitis C treatment in special
populations, Pathogenesis of NASH, management of
thrombocytopenia in cirrhosis and Liver cancer.

Publications: Hepatology, Internal Journal of Hepatology,
Digestive Liver Diseases, World Journal of
Gastroenterology, Journal of Hepatology, American
College of Gastroenterology, Journal of Obesity,
Transplant Proceedings

Reviews: Current Gastroenterology Reports,
Gastroenterology Clinics in North America, Expert Opinion
on Investigational Drugs

Invited Lectures: American Liver Foundation

Honors and Awards:

Excellence in teaching Award Saint Louis University
Gastroenterology 2020, Presidential Poster Award ACG 2019,
Young investigator travel award Internal Liver Congress 2016,
Best Research Abstract Award ACG 2015



**Khurram Bari, MD,
MS**
KE 2001

Gastroenterology and
Hepatology

Transplant Hepatology

Associate Professor, University of Cincinnati
Cincinnati, Ohio

Residency

Wright State University, Dayton, Ohio

Fellowship

Gastroenterology: Yale University, New Haven, CT

Transplant Hepatology: University of Michigan, Ann Arbor, MI

Education:

Masters in Sciences: Clinical and Translational Research,
University of Cincinnati 2019

Expertise

- Hepatology
- Liver Transplantation
- Portal Hypertension
- Hepatocellular carcinoma

Research/Publications

- 21 peer-reviewed publications in areas of expertise
- 15 abstracts at multiple meetings
- 4 chapters including Acute Liver Failure in "Schiff's
Diseases of the Liver"

Honors and Awards

- 1995: 3rd position (Bronze medal) pre- medical group, F.Sc.
Rawalpindi Board of Education, Pakistan.
- 1996: Punjab Government Merit Scholarship grant through
5 years of medical school 1996-2001.
- 2010: Charles B Payne Scholarly Activity Award for
excellence in research during residency, Wright State
University, Dayton, Ohio
- 2013: Eighth Annual Samuel Kushlan Award for excellence
in research during fellowship, Yale University, New haven,
Connecticut

Message to KE Graduates

Believe in yourselves and never give up on your goals and
dreams.

Cherish Most About KE

The rich history and the name recognition



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Khusrow Niazi, MD
KE 1981

Professor of Medicine

Director, Peripheral Vascular
Intervention Program

Emory University, Atlanta,
Georgia

American College of Cardiology Competency Management
Committee member

Residency

Kettering Medical Center, Dayton, Ohio

Fellowships

- Adult Cardiology, William Beaumont Hospital, Royal Oak, Michigan
- Interventional Cardiology, William Beaumont Hospital, Royal Oak, Michigan
- Board certification in Internal Medicine, Cardiovascular disease, Interventional cardiology, Vascular medicine and Endovascular medicine.

Expertise

General cardiology, coronary interventions, carotid artery interventions, peripheral vascular disease and chronic venous insufficiency.

Leadership role in American College of Cardiology and American Heart Association:

- Member, Competency Management Committee for
- Guidelines in Vascular Medicine and Catheter Based Peripheral Interventions
 - Statement for Advanced Heart Failure and Transplant Cardiology Specialists
 - Advanced Training statement on Echocardiography

Special Interest

Endovascular medicine and prevention of cardiovascular disease.

Research/Publication

- Recipient of NIH grant
- Principal Investigator of several published Coronary Intervention and Peripheral intervention trials
- 6 Book Chapters with latest: Peripheral Arterial Disease. Interventional Cardiology, second edition, 2018; Treatment of Chronic Venous Disease of the Lower Extremity. Interventional Cardiology, second edition, 2018

Honors and Awards

Clara Wieffenbach Scholarship, Kettering Medical Center



Mohammad Jahanzeb, MD, FACP, FASCO
KE 1986

Chief Medical Oncology
Scientific and Strategic
Advisor, GenesisCare,

Founder & Managing Partner,
Florida Precision Oncology
Research & Consulting, LLC
Clinical Affiliate

Clinical Affiliate Professor, Department of Integrated
Medicine
Charles E. Schmidt College of Medicine, Florida Atlantic
University

Residency

New Britain General Hospital, University of CT

Fellowships

Washington University, Barnes Jewish Hospital, Dept. of Internal
Medicine, Division of Hematology/ Oncology, St. Louis, MO

Expertise

Medical Oncology

Special Interest

Breast Cancer, Lung Cancer

Teaching

Hematology/Oncology Lectures to Medical Students, Aventura
Medical Center, Miami, FL

Research/Publication

Research focus Clinical Trials in Lung and Breast Cancer
Publication topics include, non-small cell lung cancer, HER2-Positive Metastatic Breast Cancer, Central nervous system metastasis in patients with HER2-positive metastatic breast cancer, HER2-positive breast cancer, Adjuvant Therapy, Triple-Negative Invasive Breast Cancer, Lung Cancer with mutations such as EGFR, ALK etc.

Honors and Awards

- Castle Connolly Top Doctors in America 2010-2021
- Best Doctors in America 2007-2008, 2011
- Castle Connolly Medical Best Doctors in America 2006
- Gold Medal Award KEMCAANA 2006
- NCCN Board of Producers Award 2008

Message to KE Graduates in US

Always believe in yourself while maintaining humility; strive for excellence and never settle for mediocrity

Cherish Most About KE

Endless hours of rich conversations with friends; often at the canteen



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**Mobeen H. Rathore,
MD, CPE, FAAP, FPIDS,
FISDSA, FSHEA, FACPE
KE 1983**

Pediatric Infectious Diseases

Professor and Associate
Chair, University of Florida
(UF)

Founding Director, UF Center for AIDS Research,
Education and Service

Chair, Infection Control Committee, Baptist Health
System Jacksonville, Florida

Residency

Children's Hospital of Akron, Akron, OH

Fellowship

St. Louis Children's (Wash U) & Cardinal Glennon Children's
Hospitals (St. Louis U), St. Louis, MO

Expertise

Expert in HIV Medicine and Hospital Epidemiology

Research/Publications

- 390 peer-reviewed publications in areas of expertise
- 159 abstracts at multiple meetings
- 63 chapters
- 2 books edited/co-edited
- 356 invited lectures in multiple countries
- Over \$70 million in extramural funding

Honors and Awards

- 1986, 1987, 1987 Best Resident three years in a row for residency
- 1991-2021 7 Teaching awards from University of Florida
- 1998 University of Florida Dean's Researcher of the Year Award
- 1999 Appreciation Medal, Francois Rabalis University, Tours France
- 2006 Rebecca Denison Award from HRSA for Service to HIV Community
- **Board Member:** HIV Medicine Association, Pediatric Infectious Diseases Society, Florida Medical Association
- **President:** Florida Chapter of AAP, Duval County Medical Society, Leadership Jacksonville, OneJax, Muslim American Social Services and Free Clinic
- **Multiple Community service awards from many community organizations**



**Muhammad Aftab
MD, FACS, FACC
KE 1999**

Cardiothoracic Surgeon

Assistant Professor,
Cardiothoracic Surgery
Department of Surgery,
Division of Cardiothoracic
Surgery

Anschutz Medical Center, University of Colorado
School of Medicine, Denver, Colorado

Residency

General Surgery, North Shore University Hospital-Long Island
Jewish Medical Center (Northwell Health), New Hyde Park, NY

Fellowships

- Advanced Aortic/Endovascular Surgery, Cleveland Clinic Foundation, Cleveland, Ohio
- Cardiothoracic Surgery, Texas Heart Institute/Baylor College of Medicine, Houston, TX
- Surgical Research Fellowship, Michael E. DeBakey Department of Surgery, Baylor College of Medicine, Houston, TX

Expertise

- Aortic aneurysm/dissection surgery (aortic root, arch, thoracoabdominal aortic repair)
- Thoracic endovascular aortic repair (TEVAR), Trans-catheter aortic valve replacement (TAVR)
- Complex valvular surgery, Redo-cardiac surgery and multi-arterial coronary artery bypass grafting
- Heart transplantation and mechanical circulatory support

Special Interest

- Spinal cord, renal and visceral protection during complex aortic surgery
- Aortic arch repair and Thoracoabdominal Aortic Aneurysm (TAAA) Repair
- Total endovascular aortic surgery

Research/Publications

20 Book Chapters: Surgical techniques of Cardiothoracic surgery, aortic arch repair, and brain protection during cardiac and aortic surgery

Honors and Awards

- National Institute of Health, R21 Research Award (Co-Investigator)
- Best Cardiac Surgery Critical Care Paper Award, Society of Thoracic Surgeons 2019
- AATS Graham Foundation Surgical Investigator Award, by the American Association of Thoracic Surgery (AATS)
- Faculty Mentor on Hawley H. Seiler Resident Award by the Southern Thoracic Surgical Association (STSA)
- AATS Best Adult Cardiac Surgery Poster Award



FACES & PLACES



**Muhammad Aslam,
MD**
KE 1991

Professor of Psychiatry,
Department of Psychiatry
& Behavioral Neuroscience
University of Cincinnati

Vice Chair Research & Development (R&D)
Committee VAMC Cincinnati

Acting Designated Education Officer (DEO) VAMC
Cincinnati

Residency

Department of Psychiatry, University of Cincinnati

Chief Resident

Department of Psychiatry, University of Cincinnati

Fellowship

Department of Psychiatry, University of Cincinnati

Expertise

- Alzheimer and other Dementia's
- Depression and other mood disorders in older population.

Special Interest

Pharmacogenetics guided personalized and customized
treatment of psychiatric disorders.

Publications

Extensively published in major peer reviewed Journals including

- American Journal of Geriatric Pharmacotherapy
- The Journal of Clinical Psychiatry
- Psychiatry Research
- Nutrition and Healthy Aging
- JAMA

Research

15 Clinical Trials as Principal investigator

Honors & Awards

- Resident of the Year -2000, Fellow of the Year -2002
- Top doctor in Metropolitan Cincinnati area by Cincinnati Magazine -2015, 2019, 2020 & 2021



**Naseer Ahmed Khan,
MD, FACC**
KE 2005

Interventional Cardiology &
Advance Heart Failure and
Heart Transplantation.

Assistant Professor and Program Director Interventional
Cardiology Fellowship
University of Cincinnati. Cincinnati. Ohio.

Co-Founder and Chief Medical officer
American Tele physicians LLC with Global Operations in
the field of Telemedicine. A Physicians-owned and
physicians-led group of healthcare & IT professionals.

Residency

Jewish Hospital Cincinnati. Ohio

Fellowship

- General Cardiology. University of Cincinnati. Cincinnati. Ohio
- Heart failure and Heart Transplantation. University of Cincinnati. Ohio
- Interventional Cardiology. University of Cincinnati. Ohio

Expertise

- Interventional cardiology and Heart failure/Heart Transplantation.
- Information Technology (IT) and Telehealth.

Research/Publications.

- 13 original peer-reviewed Manuscripts and 17 abstract publications in areas of expertise.
- 29 original and Clinical and research abstracts presented at multiple meetings

Honors and Awards

Johnson McGuire Fellows teaching award recipient

University of Cincinnati department of cardiology

Featured Young Investigator Award.

Translational Research/Midwest American federation for Medical Research.

Kaward Grant winner for Emerging Clinical Researcher.

Central Society for Clinical Research (CSCR) and Midwestern American Federation for Medical research (MWAfMR). Chicago, IL

Winner of ACP National Clinical Research Poster competition.

American College of physician Annual Conference. Philadelphia. PA



FACES & PLACES



**Naureen Rafiq, MD,
FAAFP**
KE 1995

Family Medicine Physician
Associate Professor, Core
Faculty, & Curriculum Director
Department of Family
Medicine Residency Program
Creighton University School
of Medicine Omaha, Nebraska

Attending Family Physician
Catholic Health Initiative
Creighton University Medical Center Bergan Mercy
Omaha, NE

Residency:

Family Medicine, Creighton University Medical Center,
Omaha, NE

Chief Resident:

CUMC, Omaha, NE

Fellowship:

Donald W. Reynolds Faculty Development to Advance
Geriatrics Education Mini-Geriatric Fellowship. 2013.

Expertise:

As a family physician, I was trained to

Research and Publication:

- Rafiq, N, Hussain, A, Sivaganesham, L, "Euglycemic Diabetic Ketoacidosis" Cornhusker Family Physician, V 63 -Issue 4 pp 42-43
- Kavan, M, Rafiq, N, Saxena, S., "General Parenting Strategies: Practical Suggestions for Common Child Behavior Issues" American Family Physician
- Rafiq, N, Stone, H, & Chaudry, R., (April 2016). Cerebral Venous Thrombosis - Consultant
- Rafiq N, Como N, & Chiu M. (2013). A case report: Post-Dural puncture headache. Cornhusker Family Physician, 59(1): 22-23.

Awards:

- Excellence in Scholastic Activity Award 2017, Creighton University Department of Family Medicine
- Spirit of Advocacy Award by the Nebraska Immunize Task Force, 2016
- Excellence in Community Service. Creighton University Department of Family Medicine. 2013.
- Simon L. Moskowitz, MD Family Practice Club Achievement Award, bestowed on graduating residents, Creighton University School of Medicine, Department of Family Medicine, June 2010.



**Rehan Qayyum, MD,
MHS, SFHM, FAHA**
KE 1995

Chairman, Department of
Internal Medicine

Harry H. Mansbach
Endowed Chair in Medicine

Professor of Medicine

Eastern Virginia Medical School, Norfolk, Virginia
Editor, Journal of Hospital Medicine

Training

Residency (Internal Medicine): University of Connecticut Health Center, Farmington, Connecticut
Chief Resident (Internal Medicine): The University of Illinois at Urbana-Champaign
Master of Health Sciences (MHS): Johns Hopkins Bloomberg School of Public Health

Previous Faculty Appointments

- Assistant Professor: Johns Hopkins Hospital and School of Medicine, Baltimore, Maryland
- Associate Professor: University of Tennessee Health Sciences Center, Memphis, Tennessee
- Professor, Virginia Commonwealth University, Richmond, Virginia

Previous Leadership Roles

- Director for Genomics and Pharmacogenomics, GeneSTAR Research Program at the Johns Hopkins School of Medicine
- Research Director: Hospital Medicine, Johns Hopkins Hospital, Baltimore, Maryland
- Medical Director, Academic Hospitalist Program: University of Tennessee College of Medicine, Chattanooga, TN

Expertise

Research Methods, Genetics & Pharmacogenomics, Big data Analysis, Artificial Intelligence

Research & Publications

Stem cell research, genetics, genomics, pharmacogenomics, platelet biology. Co-investigator on several NIH studies with cumulative funding over 12 million USD.

Honors and Awards

- The Best Intern of the Year, University of Connecticut Health Sciences Center, Farmington, Connecticut
- The Best Resident of the Year, University of Connecticut Health Sciences Center, Farmington, Connecticut
- The Best Teacher of the Year by Residents: University of Tennessee College of Medicine, Chattanooga, TN



FACES & PLACES



**Safia Nawazish Salaria
MD**
KE 2004

Associate Professor,
Section Chief, Gastrointestinal,
liver and pancreas pathology

Fellowship Director,
Gastrointestinal, liver and
pancreas pathology

Division of Pathology, Microbiology and Immunology
Vanderbilt University Medical Center, Nashville, Tennessee

Residency

Anatomic and Clinical Pathology, The Johns Hopkins University,
Department of Pathology

Fellowship

Gastrointestinal, liver and pancreas pathology, The Johns
Hopkins University, Department of Pathology

Expertise

- Esophageal pathology
- Transplant liver pathology
- Neoplastic and non-neoplastic pancreatic pathology

Special Interests

- Non-infectious inflammatory esophageal diseases
- Hepatopathology with a special interest in fatty liver disease
- Pathology education and mentoring

Research/Publications

- Research focus: Neoplastic and inflammatory esophageal pathology and hepatopathology. Co-investigator on multiple NIH funded grants.
- Publications: Modern Pathology, Gastroenterology, Surgical Pathology Clinics, American Journal of Surgical Pathology, Investigational New Drugs, Cancer Biology & Therapy.
- Book Chapters: Hypertrophic Gastropathy. Color Atlas and Synopsis: Gastrointestinal Pathology. McGraw Hill
- Invited Lectures: Stanford University, Cleveland Clinic Foundation, University of Pennsylvania University of Colorado, College of American Pathology.

Honors and Awards

- Recipient of Resident's teaching award to Anatomic Pathology Faculty, Vanderbilt University Medical Center, 2016
- Clinical and Translational Research Enhancement Award, Vanderbilt University Medical Center, 2015

Message to KE Graduate in the United States

Your medical education and training are second to none, always remember that, as you navigate your career with a humble confidence and a continuous desire to improve the world around you.



**Saqib Masroor, MD,
MBA, MHS**
KEMC 1988

Cardiothoracic Surgeon

Professor and Chief
Division of Cardiothoracic
Surgery
University of Toledo College
of Medicine and Life
Sciences Toledo, Ohio

MHS (Immunology) Johns Hopkins Bloomberg School of
Public Health

MBA, George Washington University

Residency:

Henry Ford Hospital, Detroit, Michigan (General Surgery)

Clinical Fellowship:

University of Miami-Jackson Memorial Hospital (Cardiothoracic
Surgery)
East University Brody School of Medicine (Minimally Invasive
Robotic Cardiac Surgery)
Heart Center, Leipzig, Germany

Research Fellowships:

University of Cincinnati College of Medicine, Cincinnati, Ohio
(Transplant Immunology)
College of Physicians and Surgeons of Columbia University
(Cardiothoracic Transplantation)
Cambridge University and Papworth Hospital NHS Trust
(Xenotransplantation)

Research and Publications:

Associate Editor, Journal of Cardiac Surgery, Principal
Investigator at Mercy Hospital, Miami, in the FDA trial evaluating
the safety of left atrial appendage exclusion (ATRICLIP), More
than 50 publications in peer reviewed journals, 4 book chapters,
Invited lectures and presentations

Honors/Awards:

- Young Investigator Award of International Society of
- Minimally Invasive Cardiothoracic Surgery 2004, London, UK
- NIH Study section: Evaluated new technology research grant applications for NIH from 2010-2020
- Director, Board of Governors, Wisconsin Chapter of the American College of Cardiology 2010-2011
- Industry sponsored research grants from Cryocath Inc, 2007 and Sangstat Corporation 1993-94

Message to KE Graduates

Learn to work well with others. Be a team player. Network!



FACES & PLACES



Tahsin Masud, MD
KE 1980

Associate Professor of
Medicine
Chief of Nephrology

Emory University Hospital
Midtown, Atlanta GA

Residency

Emory University School of Medicine

Fellowship

Emory University School of Medicine

Expertise

Critical Care Nephrology, Hypertension, Dialysis.

Active Research:

Peritoneal Dialysis Outcomes Practice & Pattern (PDOPPS) Study, Chronic Kidney Disease (CKDOPPS), Optimizing Prevention of PD-Associated Peritonitis (OPPUS_US), and Dialysis Connect Study to decrease readmission rates among ESRD patients.

Recent Publications:

The American Journal of Emergency Medicine Vol 45, July 2021, BioMed Central (BMC) Med Inform Decision Making 2021; 21:47, BMC Nephrology 2019; 20:285, Peritoneal Dialysis International 2019; 39:261, BMC Nephrology 2018 17:19:360, Nephrol Dial Transplant 2018; 33: 1215.

Book Chapters:

In Hurst's The Heart 12 th & 13 th Ed, Handbook of Nutrition and the Kidney 4th & 5th Ed, Chronic Kidney Disease, Dialysis & Transplantation. Companion to Brenner & Rector's The Kidney 2 nd Ed, Present Knowledge in Nutrition 8 th and 9 th Ed, Clinical Decision Making in Nephrology, Hypertension, and Renal Transplantation: 2012 and Therapy in Nephrology and Hypertension on topics of Cardiac disease and Kidneys, Nutrition and Anemia.

Honors and Awards

- Trainee Travel Award, American Federation for Clinical Research, January 1992.
- Physician of Excellence award, presented by The President of the Republic of Pakistan in 1996.
- Emory University Attending Teaching Awards, Best Renal Faculty Award



Tariq Jamil, MD
KE 1987

Assistant professor,
Medicine/cardiology

New York University school
of medicine, New york

Residency

Columbia University, Harlem Hospital, New York

Fellowships

Cardiology, Rush university, Chicago, IL
CHF research Fellowship, Mount Sinai School of Medicine, NY

Expertise

Non-invasive cardiology, echocardiography, nuclear cardiology and vascular medicine

Special Interest

CHF management and peripheral vascular disease

Teaching

General cardiology and nuclear cardiology to fellows and residents

Research Studies

Sub-investigator for Several studies including :BEST-beta blocker evaluation of survival trial, VAL-HeFT, OPUS-TIMI-16, ENDOTHELIN, IMPRESS, CHARM- Sub-investigator for OVERTURE-

Publications:

- Level of lipid peroxidation correlates with the severity of congestive heart failure. Abstract and moderator poster), accepted in annual meeting of society of heart failure held in September, 1999.
- The role of angiotensin receptor blockers in heart failure (Review) Larry Baruch, MD; Tariq Jamil, MD Journal of CHF 2000; 6:103-109
- Pharmacological Stress Testing, new methods and new agents. Robert Hendel, MD, Tariq Jamil, MD, David Glove, ME. Journal of nuclear cardiology 2003; 10:197-207.

Message to KE graduates in USA

Use your potential to get best training and give back to your Alma Mater



FACES & PLACES



Waris Ali Waris MD

KE – 1993

Medical Oncologist
Assistant Professor West
Virginia School of Osteopathic
Medicine

Diplomate American Board
of Internal Medicine

Diplomate American Board of Medical Oncology

Residency

Nassau University Medical Center, East Meadow, New York

Chief Resident

Nassau University Medical Center, East Meadow, New York

Fellowship

Nassau University Medical Center, East Meadow, New York

Expertise and Special Interest:

Lung Cancer, Breast Cancer, GI malignancies, GU Malignancies, Leukemias, Lymphoma and Multiple Myeloma, immunotherapy and targeted therapies,

Teaching

- Chief Resident – IM Residency Program at NUMC, East Meadow, NY
- Faculty Supervisor/Teaching Attending – IM Residency Program at Jamaica Hospital Medical Center, Jamaica, NY
- Assistant Professor – West Virginia School of Osteopathic Medicine.
- Clinical Instructor of Physician Assistant Studies – Alderson Broaddus University/College of Medical Sciences

Research/Publications

- 10 abstracts in basic bench research, which were presented in multiple meetings
- Severe cutaneous reaction to Cetuximab with possible use of over the counter skin care product in a patient with Oropharyngeal cancer was published in J. Cutaneous and Ocular Toxicology
- Primary Squamous Cell Carcinoma of Liver was published in J Gastrointestinal and Liver Diseases

Honors and Awards

- 1984 and 1985 Gold Medal in College Speech Competition
- 1988: Second Position at Annual KE Speech Competition
- 2006: American Family Physician Teaching Award
- 2008: Residents and Fellows Research competition at NUMC: Racial Disparities in the Treatment of Early Stage Breast Cancer; No one left behind
- 2010 and 2021 America Top Oncologist Awards



Zahid A. Saeed, MD

KE 1976

Prof. Dept. of Medicine
University of Cincinnati

Gastroenterologist
Interventional Endoscopist
President, Daibgran
Technologies, Inc (Medical
Device Development)

Residency

Texas Tech University, Amarillo TX

Fellowships

Georgetown University, Clinical Gastroenterology. **National Institutes of Health**, Bethesda MD – Basic and Clinical Research. **Baylor College of Medicine**, Houston Texas – Interventional Endoscopy. **Insitut Paoli Calmettes**, Marseilles, France – Endoscopic Ultrasound

Expertise

Interventional Endoscopy; Endoscopic Research & Medical Device Deveolment

Previous positions

Professor, (tenure granted July 1996) St. Louis University School of Medicine
Assistant Professor, Internal Medicine Baylor College of Medicine, Houston TX
Director of Endoscopy and Endoscopic Training at Baylor and Saint Louis University
Live transmission endoscopic performances and workshops in many countries around the world including Pakistan

Research and Publications

Over 130 publications in peer reviewed journal, presentations in plenary sessions of GI Societies and poster presentations

Honors/Awards

- Invited to The Vatican by His Holiness, (Saint) Pope John Paul II.
- International Fellow, National Academy of Medical Sciences, Pakistan.

Patents/Devices

- “Saeed six-shooter” multiple band ligation device:
- “Short-shot” HMBL: Multiple band ligation device for office-based hemorrhoid ligation
- “The Bouncer” Multipath Occlusion Balloon: Multi-purpose, selective ductal access, dual guide-wire capable balloon catheter used in advanced ERCP procedures
- “Duette”: Rubberband assisted endoscopic mucosal resection (EMR) device for removal of superficial GI malignancies and dysplastic Barrett esophagus



SCHOOL SPIRIT



King Edward Medical University and KEMCAANA Collaborative Partnership

Prof. Saira Afzal, MBBS, Ph.D., FRCPH
(Dean Public Health and Preventive Medicine; Chair Dept.
of Community Medicine, KEMU)

Since its inception, KEMCAANA has been a major contributor to the improvement of medical education at KE. I am sharing some of the recent achievements of KEMU that were the result of Collaborative work with KEMCAANA.

During **The COVID-19 pandemic**, KEMCAANA came to help in many ways. First, the urgent provision of Personal Protective Equipment (PPE) and Ventilators for Mayo Hospital was the beginning of the continued support we got throughout the year 2020. Regular Zoom meetings and Webinars were arranged by KEMCAANA to keep us updated in understanding the wide spectrum of clinical variants, knowledge base of pathophysiology, anecdotes of challenges in workup and management of the new disease that knew no boundaries. The faculty chosen by KEMCAANA for these clinical updates was of the highest caliber. We were fortunate to have access to the world class experts. The faculty members provided help “The Corona Experts Advisory Group” to formulate guidelines and standard operating procedures for containment and effective management of the disease. As a result, with the passage of time and continued education, we got better armed in dealing with the disease about which we are still learning every day.

The research Journal “**Annals of King Edward Medical University**” has been supported by the foreign Editorial Board members and reviewers who gave their insight, comments and suggestions to improve the standard of research. The Annals of King Edward Medical University was indexed by Master Journal List of Clarivate analytics and recognized by The Higher Education Commission Pakistan in Category Y. This was the direct result of the unwavering support by KEMCAANA and commitment of our alumni. The

contributions of Dr. Rehan Qayyum, Dr. Arif Toor, Dr Ayesha Najib and Prof. Sarwat Hussain were phenomenal in developing the Research Training Module and mentorship programs for the KEMU faculty as well as the students.

KEMCAANA Research Award initiation for research publications in international impact factor journals was another remarkable initiative to foster research among the KE students. In a ceremony held in 2020, a new record of fourteen impact factor research publication was set by the young recipient of Hamdani Award. Mr. Jamal Hamdani, son of late Dr Sajjad Hamdani (KE1952) has been the patron of this annual award given to the undergraduate and postgraduate research Scholars.

King Edward Medical University in collaboration with APPNA MERIT (Association of Physicians of Pakistani descent of North America) and KEMCAANA hosted webinar in December 2020 on Primary healthcare and Family Medicine as part of 40th Annual APPNA Winter meeting at KEMU. A new **certification course in Family Medicine** has been launched in collaboration with World Health Organization & APPNA Merit.

Telemedicine Department was inaugurated to provide remote access to our patients. Corona Help desk consisting of four stations working daily provides info about COVID-19. This includes prevention, diagnosis, burial practices, home quarantine, isolation, oxygen saturation monitoring, nutritional information for COVID-19 cases, suspected cases, pregnant patients, breast feeding, hand hygiene, masks, social distancing and early referral to the healthcare facility. Experienced professionals are available to attend the calls, WhatsApp and Skype calls. People are contacting us from all over Pakistan. This service has been greatly appreciated and acknowledged by the general population.

The **Policy Manual** of all academic programs with road maps and proforma for continuous Internal assessments with stringent quality assurance mechanisms at KEMU has been published. The postgraduate programs of the University are being recognized by other countries especially the Gulf states. and this would increase the job opportunities of the postgraduate doctors in other countries. The challenging situation of the COVID-19 Pandemic has provided us opportunities to develop **online teaching and learning activities**. More than one hundred research projects have been approved by the faculty of KEMU.

New academic programs have been launched including Medical Education, Medical Editing, Breast cancer, Primary healthcare practice and Family Medicine. Future new fellowship programs in the include Infectious Diseases and Intensive Care Medicine.

We appreciate the collaborative role of KEMCAANA in our advancement and look forward to continue to work closely. Special thanks to the alumni who have made a difference in the lives of people by contributing their time, expertise and financial resources.



FROM JORDAN TO KE TO US



FROM JORDAN TO KE TO US

My Life Journey: From Jordan to Pakistan, and the United States of America

**Muhammad Al-Lozi, KE 1980
St. Louis, MO**

I grew up in the 1960s in an illiterate household in Aljubeiha, a village just outside Amman, the capital of Jordan. Life on the farm was challenging when resources were scarce. Basic life necessities like electricity or a substantial amount of drinking water were unavailable to my family; owning a television was only for the rich. The most one could aspire to at the time was to graduate high school or join the army.

My parents were undoubtedly not illiterate by choice; my late father's passion for education was unparalleled, which gave me the impetus at an early age to dream of completing higher education. My drive toward higher education was not only a goal, but a means to escape my difficult life on the farm. My school sat on a hill overlooking the then-new University of Jordan, giving me a tangible reminder of my ambition. In school, I fell in love with physics and biology. Once I finished high school, I decided to focus

on biology and make a career out of medicine. Thanks to my excellent academic scores in high school, I was accepted to the prestigious King Edward Medical College-Lahore. Moving to Lahore, Pakistan, provided multiple advantages; the cost of living was cheap, and medical education was taught in English.

For a 17-year-old boy from a small village, moving to Lahore in October of 1973 was a leap outside comforting familiarity. I had consoling reminders of my family after befriendng a small group of Jordanian students and getting to visit my uncle, a military attaché at the Jordanian embassy in Islamabad. Although these relationships mollified my homesickness, the distance from home was difficult. It seems unimaginable today given the vast options available for global communication but writing letters that took weeks to get delivered was my only means of communication with my family. Several differences between Jordan and Pakistan also required me to adjust my mindset. Moving from the quiet Jordanian countryside to the cacophonous city of Lahore was a significant change. I was surprised by everyday things, like how green the country was, and the amount of rainfall compared to the arid climate in Jordan. However, I was most surprised by the degree of poverty. Interestingly, people in Pakistan assumed I was wealthy. There was a common misconception that Arabs from the Middle East are utterly rich; that stereotype may have been true for people from the Gulf states, but certainly not for most Jordanians like me.

Once medical school began, my classmates quickly took me in, and I immediately made a new group of friends. It soon became apparent that I would have to work hard to compete with the brightest students of the Pakistani nation. I made great efforts to study not only medicine but the culture. I quickly developed a taste for Pakistani food, and in the final two years of medical school, I chose the Pakistani cafeteria over the Middle Eastern one. I fell in love with the Pakistani people and started to learn Urdu and Panjabi. I subscribed to an Urdu newspaper and bought an English-Urdu dictionary. By my 3rd year of medical school, I learned to independently obtain a history and physical examination in Urdu and even Panjabi.



FROM JORDAN TO KE TO US



I chose the Pakistani cafeteria over the Middle Eastern one. I fell in love with the Pakistani people and started to learn Urdu and Panjabi. I subscribed to an Urdu newspaper and bought an English-Urdu dictionary. By my 3rd year of medical school, I learned to independently obtain a history and physical examination in Urdu and even Panjabi.

After graduating, only students of Pakistani citizenship scoring academically in the top 30 could apply for paid jobs at the Mayo Hospital-Lahore. Foreigners like me, although I was among the top 10, were only allowed unpaid honorary positions. Still, my deceptively fluent Urdu during my interview with the selection committee secured me a paid house job. Suddenly, I had 900 rupees to spend! But unfortunately, this income stopped six months later after my cover was blown.

During my internship year, I was selected as a senior house officer in the north surgical unit. Professor Gardazi, the warden, was unable to hide his displeasure when he heard that I was one of the four physicians selected to his unit. He believed the prevalent fallacy that Arab students were lazy. However, his opinion of me changed very quickly, especially after rescuing one of his post-operative patients from suffocating on a pair of corks that were meant to keep the mouth open after temporomandibular joint surgery. By the end of my rotation, he offered me a job and promised to send me to the United Kingdom for FRCS if I stayed with him. Although thankful, I declined the offer because of my interest in medicine.

After finishing a yearlong internship in 1981, I returned to Jordan. Although happy to reunite with family, I was sad to leave my dear friends behind. In Jordan, I joined the Internal Medicine program at Jordan University Hospital, where my interest in neurology intensified. My liking for neurology originated during the 4th year medical school rotation with Professor Khawaja Sadiq in the South Medical Ward. Although I passed Jordanian and Pan-Arab Medical Boards and part I of the MRCP examination, I wanted to get good training in neurology. Luckily, I was able to get a neurology position at Johns Hopkins University in Baltimore, Maryland. After finishing my training in 1991, I completed a neuromuscular fellowship at Washington University in St. Louis (WUSTL). After finishing, I was recruited to join the WUSTL faculty, where I still serve as Professor of Neurology.

I have been the Director of the WUSTL Electrodiagnostic Laboratory since 1999. During my tenure, I established and directed the Clinical Neurophysiology and later founded and directed the Neuromuscular Fellowship program. Over 28 years as faculty, I mentored and trained more than 100 physicians and countless medical students and residents. I was given many awards from Johns Hopkins University and Washington University, including the Distinguished Educator Award from Washington University in 2016 and the A.B. Baker award from the American Academy of Neurology. On the research front, I have participated in discovering and describing several new neuromuscular diseases & published more than 80 peer-reviewed papers.





FROM JORDAN TO KE TO US



I am proud of my achievements; however, the most I am proud of is raising five beautiful children who are all successful careers. But, of course, I could not do that without my life companion, my lovely wife.

As a child, I never imagined that my life journey would take me from a small village in Jordan to Lahore, Pakistan, and finally, to Saint Louis, Missouri, in the United States of America. Reflecting upon the hard work during medical school, the period I spent in Lahore was one of the most exciting times and provided me with solid foundations for my medical career. I long to revisit where my medical journey began and hope one day to eat mutton curry with old friends at Hall Road in Lahore.

EDITORIAL COMMENTS

The humble narrative belies the truth. Recognition of self-worth remains a pillar of academic success. Muhammad Al-Lozi demonstrated this at the outset of his educational career in the US: he submitted only one application for post-graduate training in Neurology! He planted his stake at Hopkins promptly. As a first-year trainee, he trumped fellow residents at all levels when he was the only one willing to grab a handful of chalk and address the anatomy of the cavernous sinus during grand rounds. He was the top scorer-regardless of level of training-on the residency in-service training examination during the entirety of his training at Hopkins. Although his success at Washington University in Saint Louis is well chronicled, the storyline fails to underscore Muhammad's academic stature. Pupils and colleagues recognize him as a colossal academician and clinician. He remains the go-to-guy for unresolved neurological dilemmas of ALL assortments-not just neuromuscular ones. I have no hesitation in knighting Muhammad the smartest neurologist I know, and am proud to call him my friend.



AHMED JAFRI MD
KE 1982
Neurologist, St. Louis



A TRIBUTE TO DR. FAISAL MASUD

Ayesha Najib MD
KE 1989

As is a tale, so is life: not how long it is, but how good it is, is what matters

Seneca

It was a cold January morning in 1990, dressed in a bright new white coat I was a newly minted house officer in North Medical Ward. It was the second day of my work life, I had a new case to present. I started nervously gaze down, narrated my patient's history in breathtaking speed and looked up tentatively, standing diagonal to me listening intently was a lean man with piercing eyes. He looked at me and gave me a gentle nudge, "Putter, your history is never complete without pertinent negatives," and this simple but profound lesson lasted me a lifetime.

He was a gifted diagnostician, not by accident- he arrived at his diagnosis with a meticulous history and a physical exam worthy of art. The fact that he diagnosed a drug reaction based on history during Punjab Institute of Cardiology (PIC) incident of 2011 is

incident of 2011 is the best testimony to his diagnostic skills. One of his many gifts was reading body language, he often knew what was on a patient's mind before he/she uttered a single word was. He always started with reassurance, "**Baba jee tuse changay ho jayo gay.**" Like Hippocrates, he never forgot to comfort his patients.

Over a span of thirty years, I got to know Dr Faisal in many roles, as a phenomenal teacher, a master clinician, an extraordinary leader, a great human being and most of all a friend. I first met Faisal Saab (as we affectionately referred to him) in 1988, when he delivered a lecture on Diabetic Ketoacidosis (DKA) at Patiala block in his signature concoction of English, Urdu and Punjabi. A wiry man with salt and pepper hair, who left us speechless with his command of subject and captivating teaching style, and thus started a journey of life time of respect and adulation for me.

In 2014, as president of KEMCAANA, I asked him what we could do for KEMU, and his answer was: "The job of a university is to produce original knowledge. I need your help to develop original research at KEMU." He firmly believed that the biggest asset of a country was not its riches, oil or gold, but original knowledge. One of his brilliant former students, Dr Rehan Qayyum volunteered and successfully taught a faculty research mentorship program for faculty, which led to international research publications from KEMU faculty. Following year, when we met him, he smiled. Research publications from KEMU always made him happy. I earned enough respect that every December, he would give me the honor of having lunch with him at Café Ayanto,

Dr Faisal firmly believed that a strong faculty was the biggest asset of KEMU. He took a personal interest in hiring and developing young faculty. A connoisseur of literature, poetry, philosophy, art, opera and music, he wanted to inculcate flair in his faculty members. He often discussed books, movies and music during young faculty seminars. He was a lifelong learner, who even took Punjabi lessons formally from a Punjabi professor, to communicate better with his patients. An almost le cordon bleu trained chef, it was amusing to watch him give instructions to his chef



SCHOOL SPIRIT

it was amusing to watch him give instructions to his chef from his VC desk on how to bake a fruit cake or whip up a café late.

Faisal Sb had a keen eye for architecture and touring Patiala Block through his eyes was a special treat. I had no idea that library hall dimensions were that of Da Vinci's Vitruvian Man, he proudly showed us the stunning renovated library hall. Each and every door knob, window fixture, light shade had been painstakingly reproduced. It had never looked better. He brought it back to the glory which I had never witnessed before. Each and every slab of marble in library hall bears a testimony to his eye, he would stop construction till the exact grain of Ziarat marble arrived to ensure continuity.

One only has to visit Diabetes Metabolic Center (DMC) at Services Institute of Medical Sciences to get acquainted with his vision posthumously. A comprehensive diabetic center, first of its kind in public center established with his family's donation where all services are provided under one roof. From the electronic medical records (a software he created), token system, diabetic educators and dieticians to bariatric weighing scales, no details were spared!

Dr Faisal was an original. A man of character and integrity who lived an extraordinary life.

With his piercing gaze, and snowy mane, he had a presence and charisma that demanded attention.

Perhaps it came from who he was inside, pure as the driven snow. He achieved in 65 years, what most of us couldn't do in 165 years. He taught scores of students, trained young physicians, created and led institutions, mentored faculty, led Dengue Expert Advisory Group and campaign with phenomenal success, advised government officials on preventive health, health policy matters and much more. He never cut corners, he lived a life where the end did not justify means. He set an example with his life, where he made you want to be a better person. He was a patriotic citizen that gave back to his country, fully and freely without any expectations. Acclaim was never the point of service for him.

Dr Faisal has left a huge void in our lives. He has taught us the meaning of true service, to his family, friends, patients and most of all his country. He lives on all of us whose lives he so profoundly touched. We felt his presence and will continue to do so as long as we live. And isn't that the whole point of our time on earth? What an example he set for us.

I did not want to write this. Perhaps, I did not want to acknowledge the finality of this moment that he is truly gone. Gone but not forgotten, for he touched countless lives, left this world a much better place than he found it. He was never afraid of death, he didn't want to linger and even in death he got what he wanted. He departed on his own terms, suddenly one day when we least expected it, left us wishing even in death that we could leave like him.





Embracing New methods of Medical Teaching and Learning

Aliya N. Husain, MBBS KE 1980
Professor of Pathology
University of Chicago

After graduating from KEMC I completed a one-year house job in Medicine at the Mayo Hospital, after which I left for USA thinking I will get advanced training and return home. As events unfolded in my personal life, I stayed and settled in Chicago where I did most of my training in Pathology and continue to be in a teaching position since the last 34 years. On Dr. Sheikh's invitation, I started thinking about what I want to say to the readers of this brief article. Some years ago I wrote about my memories of being at medical college; thus this time I would like to talk about teaching and learning medicine which has been a major focus for me.

As there are changes in all walks of life, including socio-economic factors, diseases, and technology, the medical curriculum has to be constantly modified and updated. The character of medical practice is changing from patient/physician based to team-community oriented, preventive and pro-active. The students are moving from a passive way of learning to active, curiosity driven and competency based learning. Of course they cannot do that without a structured curriculum that outlines what they need to know. The curriculum has to include new knowledge as it becomes available, teach students medical informatics, utilize new technologies, assess quality of

students and physicians and produce lifelong learners, since a lot of what the physician needs to know cannot be taught at the beginning of their careers.

Types of curricula vary from traditional (lecture-based) to problem-based learning. Integrated teaching takes advantage of the strengths of each method. An example of such a course is the Clinical Pathophysiology and Therapeutics Course at the University of Chicago. There is fully integrated teaching by pathologists and clinicians, both in the lectures and in the labs. Didactic lectures are integrated with problem solving in half-day sessions addressing single topics eg interstitial lung diseases. Lectures and practical on the same day are integrated with question/answer sessions. All topics are richly illustrated with clinical images, radiologic images, gross specimens, microscopic slides and molecular pathology. Both the students and the teachers are evaluated throughout the course.

The success of any curriculum depends on an academic environment, support of the administration, and enthusiasm of the students and teachers. Future improvements will include horizontal integration between the basic science courses as well as vertical integration between the pre-clinical and clinical years.

I am not sure how much teaching has changed in KEMC since I was there; based on minimal interactions, I think the mainstay is still lectures and labs for basic sciences and ward rotations for clinical subjects. However, the students have indeed changed; they have internet resources we could not even have dreamed of in our years. Thus, they will be the ones driving updates and improvements; they will demand and expect the most current and relevant information, which integrates basic science with clinical medicine, since only then will they become leaders in their fields of expertise. I look forward to all their successes!





NOSTALGIC RUMINATIONS

Asif Azeem MD KE 1980

I am so glad I haven't signed up for the one way trip to Mars. Notwithstanding my zest for adventurous undertakings, I suspect I love my family enough to not be looking beyond this world for more excitement out in the heavens. It has been quite an odyssey for the shy teenager from Gujranwala who landed in the cavernous and hallowed hallways of Patiaka Block somewhat intimidated by the tall ceilings, thick masonry and framed pictures of physician stalwarts of lore, some dressed in stiffly starched period attire from a bygone era. From what feels like yesteryear, the memories come flooding, bringing a twinge of satisfaction, qurat-ul-ain, over Allah's blessings and the achievements of years. I take in the feeble warmth of the setting Michigan sun behind the window panes, this frosty winter day, shadows lengthening on the river below.

It is the still of the night. Tired of studying long hours at the Hall Road Hostel, a handful of hardy souls head out to Data Darbar (the new movie is not out yet or we will be there!). After offering prayers and savoring some halwa poori we trudge back, finding ourselves by the Girls' Hostel. Allah's name barely behind us we are whistling and shouting endearments at the darkened building, giving the recording angels on our shoulders whiplash! Such was the contrast of the testosterone laden youth.

Lahore is never totally asleep. It is late at night, dust settled, stores shuttered, a scrawny dog looks at you with half-open eyes. A rickety rickshaw throttles by spewing diesel fumes. A large aaloo-cholay kettle steams weakly over some dying embers, still welcoming the untimely customer ... wells up memories.

It is 2 AM in the C Block Hostel when a tired plaintive groan from me breaks the silence from behind a closed door : "oye toon saunda kyoona naeen" (why aren't you going to sleep, for the non-Punjabi reader). A remarkably chirpy retort comes back: "main naeen saunda!". We are burning the midnight oil in the medical school dormitory and our keen sense of competition wants us to push the limits in quest of academic success. When I visited Islamabad a couple of years ago, it was good to see Waqar (Brigadier in the army) the then young man across the hallway I was complaining to that night. The nostalgic rendezvous was arranged by Munir Iqbal (Prof. of Pediatrics at Shifa, Islamabad) and it was fun to additionally have Eitezaz (Prof. of Surgery), another dweller of that old hostel building, be in attendance. Greying and somewhat wiser perhaps, it was a joyous throwback to our youthful days.

It is a Pathology lecture with our balding professor, endearingly known as Baba Jee, peering over his glasses perched on the tip of his nose. He catches me with a half-suppressed mischievous smile on my face, a glint in his eye at discovering an inattentive student. He bellows : "what is your roll number ?". "Thirty two", I blurt sheepishly. "Thirty two" !!" Baba Jee repeats with an immensely satisfied ear to ear grin of one who has not only apprehended a culprit red handed but has chanced upon an opportunity to insinuate a double entendre implied by the Punjabi translation. The meaning is not lost on the boys who break out laughing although likely leaving the girls in the front puzzled, who coming from Kinnaird or the Convent of Jesus and Mary may not have been exposed to the vernacular.... those were the days my friend.

As our youthful sparks start to smolder, most of us are still around to battle the pandemic and bask in the memory of our experiences, some sweet, some sour. From the fjords in southern New Zealand to the wildlife in the Serengeti, the gushing geysers in Yellowstone to the stunning Rakaposhi in northern Pakistan, the company of our lovable children to the loss of some dear ones amongst family and friends. Such is the bitter sweet amalgam of life.

Pakistan has bestowed so much on us. To cite just one example we received essentially free education while here in the US you would have to come up with a quarter million dollars to go through medical school. Hopefully we can return some of that favor to our motherland. In case it sounds like an oft-repeated platitude, the fact that some of us are still mired in political shenanigans within our APPNA body, it is a good reminder . Godspeed to our community of physicians.



SCHOOL SPIRIT



KEMCAANA GIVING

M. Masood Akbar MD KE 1973
Pottsville, PA

We the alumni of King Edward Medical College (KEMC) residing in United States feel honored to have attended one of the most prestigious medical colleges in Pakistan. We feel indebted to KEMC, and strongly feel that we owe our professional success in large part to KEMC for providing us with a world class education at a nominal cost. Our scholarship program was born out of an intense desire to give back to our Alma Mater. As you know, KEMC attracts the most talented and brightest students from all over Pakistan. Approximately 40% of the enrolled students need financial assistance to partly cover cost of their education during their five year stay at the college.

The KEMCAANA Scholarship Program was established in 2000, with a generous donation of \$20,000 from Dr. Faiqa Qureshi to initiate ten Scholarships in the memory of her beloved late husband, Dr. Aftab Qureshi. Since then, KEMCAANA Scholarship program has grown exponentially with strong support from KEMCOLIANS and a steadfast commitment from

scholarship committee members. We were able to steadily increase the number of scholarships to 105 Undergraduate awards. This includes 98 Endowed Scholarships and 7 Adopt-A-Student Scholarships.

An Endowed Scholarship can be established with a total contribution of \$10,000 to KEMCAANA Scholarship Program which may be contributed over a 5-year period. The funds are invested with a dedicated Scholarship Account at Stephens which has done well over the past several years. The Scholarships are disbursed from the income and appreciation of invested funds without withdrawing the principal. We started with disbursing Rs. 1000 per month; however, because of inflation we have been gradually increasing the amount to be disbursed. Effective 2021 we are giving Rs. 5000 per month to bright deserving students at KEMU to help them with their college tuition, hostel expenses, books, etc. The students are selected by Scholarship Committee at KEMU after reviewing their academic records and financial circumstances.

The award is continued until the student graduates, after which it is awarded to a new student. Since the inception of the program we have been able to help over 1000 bright deserving students at KEMU.

Dr. Aisha Zafar in 2008. Anyone can start an Adopt-A-Student Scholarship by contributing \$600 yearly to help the student with their studies. contributing \$600 yearly to help the student with their studies.

THANKS Scholarship Program was initiated by Drs. Bashir and Tesneem Chaudhary in 2009. Each award is in established with a donation of \$5000. They have worked diligently to make it a very successful program over the years. In 2021 we will be awarding 169 THANKS Scholarships. This scholarship is intended to cover only tuition fee and Rs. 2000 per month are disbursed to deserving students at KEMU.

In **2010 KEMCAANA Post-Graduate Scholarship/Loan Program** was started with a donation from Mr. Jamal Hamdani honoring his late father, creating the Dr. Sajjad Hamdani Award of



SCHOOL SPIRIT

Excellence to be given to selected students meeting the criteria in the amount of \$7,000 to help with their post-graduate residency application process in US. Subsequently this program has expanded because of donations from several generous Kemcolians. This year we will award two Dr. Sajjad Hamdani Awards of Excellence, one each for male and female student at KEMC, and 19 Post-Graduate Loans in the amount of \$5,000 each. The candidates are selected after reviewing their academic achievements as well as conducting personal interviews by visiting KEMCAANA members to select the most deserving young physicians.

Mr. Jamal Hamdani has contributed yearly to the post-graduate scholarship program. In addition he has donated \$50,000 to start five endowed scholarships and the equipment for internet access at KEMC and Mayo Hospital worth over \$100,000. The family of the late Professor Bilquees Jamal Zafar has been donating generously to the Post-Graduate Scholarship Program. Dr. Tipu Sultan and Dr. Nigar Kirmani have been donating generously to the Endowed Scholarship Program as well the Post-Graduate Loan Program. Drs. Bashir and Tesneem Chaudhary and Class of 1970 have contributed very generously to the THANKS Scholarship Program. Members of Class of 1973 have contributed over a Quarter of a Million dollars over the years to Scholarship Program. Most recently, Dr. Farouq Ahmed has donated \$50,000 towards Endowed Undergraduate Scholarship Program. Class of 1987 has donated \$20,000 and Class of 2006 has donated \$40,000 towards the Endowed Undergraduate Scholarship Program.

We are a witness to the profound impact of Scholarship program in the lives of medical students and young medical graduates over the years. We want to extend our sincerest gratitude to all the donors for their generous contributions and request all Kemcolians to consider donating to this worthy cause.

Dr. Tipu Sultan and Dr. Nigar Kirmani have been donating generously to the Endowed Scholarship Program as well the Post-Graduate Loan Program. Drs. Bashir and Tesneem Chaudhary and Class of 1970

have contributed very generously to the THANKS Scholarship Program. Members of Class of 1973 have contributed over a Quarter of a Million dollars over the years to Scholarship Program. Most recently, Dr. Farouq Ahmed has donated \$50,000 towards Endowed Undergraduate Scholarship Program. Class of 1987 has donated \$20,000 and Class of 2006 has donated \$40,000 towards the Endowed Undergraduate Scholarship Program.

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KEMCAANA GIVING

Samia Waseem MD

KEMCAANA President 2020

The year 2020 was an unprecedented year for KEMCAANA

The commitment and quality of work done by KEMCAANA membership was exemplary. Highlights are as follows:

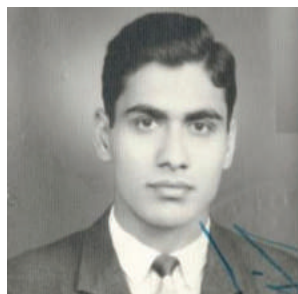
- KEMCAANA Fundraiser for Covid Relief to this date **\$ 130,000**
- In recognition of the Humanitarian efforts in the fight against Covid KEMCAANA received a recognition **Award** from the Governor of Punjab
- Food Distribution in USA in Collaboration with ICNA relief USA **\$7500**
- Food Distribution in Pakistan Total amount of \$60,000 through various NGOs
- PPE distribution N95 worth **\$ 2000** distributed to New York hospital
- PPE worth **\$7000** distributed to KEMU and Other district Hospitals in Punjab
- **Ventilator** to Ghulab Devi Hospital in high COVID season in collaboration with Young physician group. Pulse oximeters
- **Mayo Hospital** Donated Three CPAP high flow machines
- 10 syringe pumps and two infusion pumps donated to Pediatric ICU as part of upgrading Neonatal ICU
- Visiting faculty Lectures in January before COVID
- Monthly Webinar series for Covid related updates, complication and treatment.
- KEMCAANA **Telehealth started** www.kemcanaclinic.com.
- **Advocacy committee** helped 52 Kemcolians with visa, flights & other issues.
- **Mentor Me Program.** Zoom meeting for matched grads before arrival to USA
- **Scholarship Program.** New 15 Undergrad scholarships
- **Website** New Interactive website developed under the guidance of Dr. Arif Toor
- **Community work** KEMCAANA members Volunteered for free COVID testing at Drive through facilities in Virginia and volunteered for Local chapters in their local Food pantry with DMV
- **Families of Kemcolians** \$11500 were raised for families of Kemcolians in need and were distributed in Pakistan.



2021 - THANKS SCHOLARSHIPS

Summer Annual Meeting

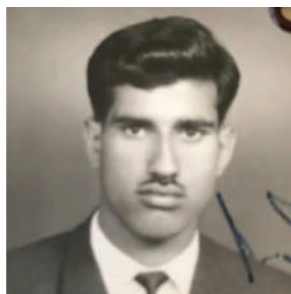
14 New Scholarships with a total of 185



Muhammad N Akhter, KE-67
Honoring his father



Saleem Khan, KE-69
Honoring his father



Ghulam Dastgir, KE 1968



Ghulam Dastgir, KE 1968
Honoring Dr. Riazul Imami



M. Saleem Khan, KE 1970
Honoring Haroon Aziz



Daud Ashai, KE 1985
Honoring his mother



Liaqat Sabir, KE 1974
Honoring his mother



Javed Ashiq, KE 2002
Honoring his father in law & Uncle



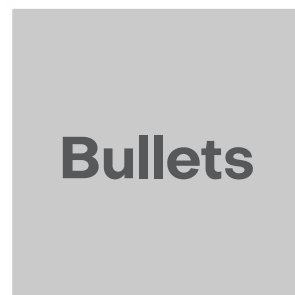
Bashir and Tasneem, KE-70,74
Honoring his friends



Asma Ahmed, KE 1950
Honoring his father



Musammad Zafar, KE 1969
Honoring his parents



Friends from the KE 1974

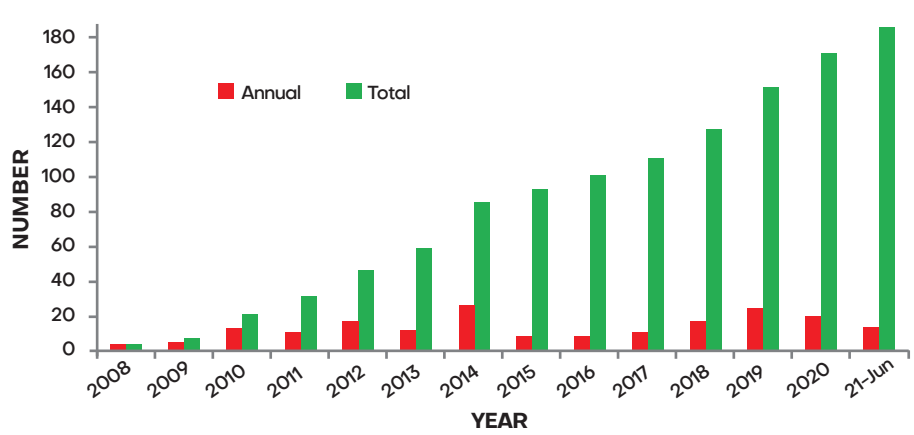
THANKS SCHOLARSHIPS JUNE 2021 NEW-14, TOTAL 185

ONE SCHOLARSHIP CAN BE ESTABLISHED
BY A DONATION OF 5000 DOLLARS.

Bashir and Tasneem Chaudhary (KE 70, 74), Riaz Lone (70), Ahmed Malik (84), Amjad Zaheer (70), Abrar Saleem (88), Daud Ashai (1985)

Phone: 706-414-6665

Email: bachaudhary@gmail.com





HEALTHCARE IN PAKISTAN: A TIME TO ACT



Healthcare in Pakistan: A Time to Act

Naheed Qayyum KE 1977

As medical students at King Edward Medical College, we all encountered numerous unforgettable life situations every day. The corridors of Mayo Hospital outpatient department were lined by patients who waited all day to see the doctor. Many had travelled on foot from surrounding villages, sometimes with a sick dying child, sometimes with a chronically ill or even terminal family member, too late in getting access to medical care. Sadly, many of these conditions were either preventable or were curable if treated early on. And even when seen by a doctor early on, what was the follow up plan? Being sent back to their villages and communities, without access to even basic facility was hardly a solution.

No one can forget the plight of patients with a chronic disease, discharged after hospitalization, with a prescription they could not afford to fill! Outside Mayo Hospital, they would be begging to buy medications. Poverty made long term compliance out of question. The tragedy was amplified when instead of medications, that money was used to buy food for their family!

We all remember the advanced fungating breast cancer, the emaciated cirrhotic forty year old man, whom we addressed as “baba jee”, the barely twenty year old, weak, malnourished, anemic, multiparous woman, unaware of family planning options, who may not survive her next childbirth, and on and on with children dying of communicable diseases due to lack of immunization and mothers dying in childbirth due to lack of safe delivery.

This lack of access to adequate healthcare, health education, environmental sanitation, clean drinking water, and sheer poverty was the face of a Pakistan that as a student one felt helpless against!

However, as practicing physicians in USA, we now have a better understanding of how the healthcare system can be improved, and which interventions, at the right time will have a meaningful impact.

As an emerging nation, Pakistan faces many challenges when it comes to public health. These are due primarily to a lack of resources dedicated to health solutions as well as a lack of awareness of basic health knowledge. In Pakistan, a woman dies every 35 minutes due to pregnancy or childbirth-related complications. Similarly, almost 400,000 infants die every year due to preventable causes. Almost 40 percent of children in Pakistan are malnourished. Preventable conditions such as malaria, diarrhea, bronchial infections, and gastrointestinal infections abound. Health indicators suggest that it is the lack of accessible healthcare — not terrorism, drones or the energy crisis — that is the greatest adversity facing Pakistan. Pakistan spends a shockingly low percentage of its GDP (.2 percent) on healthcare. The poor quality of public health services in Pakistan is the major reason behind the large role played by the private sector in healthcare.

Human Development Foundation is such an organization, which for the past 23 years has been working to address the healthcare needs of impoverished communities within a holistic model, to make a sustainable difference.

Preventative healthcare with health education, family planning, immunization and mother-child wellness programs, including safe delivery, are made available through local Community Health Centers, door-to-door visits and mobile clinics where needed. All staff is trained and hired locally.

Additionally HDF is actively involved in advocacy for effective national health policy, as well as public private partnership to deliver quality healthcare at district level.

Dear Fellow Kemcolians, this is a time to act. Those we left behind need us more than ever. I invite you to join hands with us and make a difference. Come visit a project in Pakistan, volunteer your time at a clinic or get involved with HDF at any level. This is an opportunity to give back to the country that educated us.

Dr. Naheed M. Qayyum, KEMC 1977, is a practicing Allergy & Immunology specialist based in Chicago. She is a lifetime APPNA member, a past president of PPS, and served as Secretary-Treasurer of APPNA SEHAT 1992-2001. She is a founding member of Human Development Foundation and has served on its board since 1997. Currently she is the Chairperson of Board of Directors.



**THANK YOU ALL
KEMCAANA
MEMBERS FOR
SUPPORTING THE
ORGANIZATION
PROGRAMS**

**Your Voluntary and Financial
contributions have helped :**

- KE faculty growth in Academic research
- KE students achieve their dreams
- Indigent patients get the needy life saving medicines
- Provision of much-needed PPE for COVID-19 to Mayo
- Patient access to US Physicians via Tele Health

AND MANY MORE PROGRAMS

It is an honor and a privilege for us to be able to reach out and give back to our Alma mater and our count of origin, Pakistan

**MIAN AHMED HASAN MD
KE 1991
KEMCAANA President 2018**



PAKISTANI PHYSICIANS

HOW PAKISTANI PHYSICIANS LIVING IN NORTH AMERICA FEEL

Saleem A. Khan MD
Psychiatrist KE 1969
Wilmington, Delaware



On July Fourth, 2019, the Class of 1969, had their 50th Class Reunion. At that time, they were all requested to answer ten questions. The questions were as follows:

- Do you think you should return to Pakistan?
- Do you feel you get a lot of respect in your community?
- Do you think you could have raised your children better in Pakistan?
- Have any of your children become physicians?
- Do you want to downsize your home?
- Have you visited Makah and Medina?
- Did you strongly support building Islamic Centers in your community?
- Are you socio-politically involved in the community at large?
- Do you help Pakistan regularly in a significant way?
- Do you feel your children and grandchildren will have a good future in North America

Their responses were analyzed. The analysis revealed the following observations:

- Almost everyone feels they are very well respected in their communities.
- Almost everyone is hopeful that the future of their children and grandchildren would be good in North America.
- 90% of them have visited the Holy Lands and have significantly helped build Islamic Centers in their Communities. The same percentage of them, help Pakistan regularly.
- 40% of them think about going back to Pakistan, while 1/3 of them think they could have raised their children better in Pakistan.
- 2/3 of them reported that at least one of their children become a physician.
- 70% of them are socio-politically involved in their communities.
- Only 1/3 of them think about downsizing their home.



لاہور رگوں میں ہے پھر شمع جلاؤں آصف کہتے ہیں

اک بات کہوں آصف بس شعر وہی کہنا
جو دل سے نکلتا ہو جو دل میں اترتا ہو

ان کی وفات پر برملا یہ احساسات ابھرتے ہیں

رنگِ خدائی میں رنگے جاتے ہو
مگر جاتے ہوئے پھر یاد آتے ہو
چھوڑ گئے طلسم کچھ ایسے بھی
اندھیروں میں اجالا کیے جاتے ہو
لبریز کیے پیمانے شاعری کے
ساغرِ زیست کو قید کیے جاتے ہو
مجلسِ ویراں ٹھہری تمہارے بنا
بھیڑ سے یو نہی اکیلے نکل جاتے ہو
یادوں کو تمہاری بانٹ لیں گے ہم
حوصلوں کا سامان کیے جاتے ہو

نسیم احمد شیخ

جیسے لہو گردش میں
لاہور کی یاد آئی
ظلمات کی بارش میں
جی بھر کے پھروں، گھوموں
کیچڑ بھری گلیوں میں
پھولوں کی دکانوں سے
کچھ پھول خریدوں میں
بجھتی ہوئی یادوں کی
پھر لاہور پر خود لکھا

زندہ دلوں کا شہر ہے، یہ دشمنوں پر قہر ہے
یہ سر پھروں کا کارواں، کیا بات ہے لاہور کی
اھل وطن کی آبرو، جنگ و جدل میں سرخرو
ہر قوم کی تیغ دستان، کیا بات ہے لاہور کی

جب کسی سے ملتے تو نہایت عاجزی سے مگر انتہا کی ملن
ساری سے۔ شکوہ کرنے سے بے نیاز تھے۔ شاہ و جلال ان میں یقیناً
مفقود تھا۔ بچوں سے پیار اور شاعری سے عشق تھا۔ منیر نیازی کی
صحبت پائی اور انکو اپنا استاد سمجھتے تھے۔



اب وہ گلایاں رہیں نہ وہ چلمن رہے

تھے۔ ایک غزل میں کہتے ہیں

رستہ ہے یہی اس کا پردیکھنا نہیں اس کو
ممکن ہے کہ وہ ہم سے کترا کے گزرتا ہو

پھر لکھتے ہیں

بے رخی گہری محبت میں بدل جائے
شب گزیدوں کو یہی دعا آئی ہے
ہم پہ کس طرح لگے عشقِ بتاں کی تہمت
حسن والوں سے ہمیں یاد خدا آئی ہے

دو مصدقہ کتابی مجموعے شائع ہو چکے ہیں ”کاغزی قد بلیں“ اور
”ادھوری کہانیاں“ یہ دو کتابیں فنِ لطیفہ میں آپ کے مقام کا جیتا جاگتا
ثبوت ہیں

شہر لاہور کا عشق بھی فقید المثال تھا انہیں عاشقِ لاہور نہ کہنا زیادتی ہوگی۔
ایک انگریزی شاعری کا اردو میں ترجمہ آصف ڈار نے کیا جو اس نے لاہور پر لکھی۔
یہ آزاد نظم میں ترجمہ ہے

ایک شام مجھے ٹیکسٹ موصول ہوا ”مجھے سردی لگ رہی ہے“ میں نے فوراً
جواب دیا کہ COVID-19 ٹیسٹ کروائیں۔ محترم نے مثبت میں جواب دیا۔ اگلی شام
پھر پوچھا کہ آپ نے ٹیسٹ کروایا ہے بولے کہ میں بہتر محسوس کر رہا ہوں۔ پھر
دو روز کے بعد ٹیکسٹ آیا کہ میں CLEVELAND CLINIC میں داخل ہو گیا
ہوں۔ جس خنکی کا ذکر انہوں نے اپنے ٹیکسٹ میں کیا، اس خنکی نے آج بھی ہمارے
اندر ڈیرے جمائے ہوئے ہیں۔ میرا یہ دوست ایک نہایت ہنرمند ڈاکٹر، عجز و
انکساری کا نمونہ، فقیرانہ انداز، روح رواں KEMCAANA اور مظہرِ علم تھا۔
یہ میرا دوست کچھ دن بیماری سے نبرد آزما رہا پھر جان کی بازی ہار گیا۔ وہ COVID-19
کی بھیٹ چڑھ گیا۔ یہ خبر انتہائی جان لیوا تھی۔ میں آنسوؤں کے طوفان میں جکڑا
انکے اس مصرعے میں کھو گیا

اب وہ گلایاں رہیں نہ وہ چلمن رہے

یہ میرا دوست آصف ڈار تھا جو کہ برادریِ طبیبان کا بالخصوص اور عوام کا بالعموم
بہترین شاعر تھا۔ یہ ممکن نہیں کہ APPNA یاں KEMCAANA کا کوئی مجلہ ہو
جس میں ان کا کلام نہ ہو۔ اردو میں شاعری کی تو انتہائی بے نیازی سے انگیزی
لکھی تو بڑی فن کاری سے اور پنجابی ادا کی تو بڑی آشنائی سے۔ درویش صفتی
ان کے کلام کی ہمیشہ ساتھی رہی۔ غزل کے فن میں یکتا تھے۔



اداریہ

نظام شمسی و قمری مالک کائنات کے فن پاروں میں سے ایک ہے۔ کسی طرح سیارے آپس میں ٹکراتے نہیں بلکہ اپنے محور کے ارد گرد گھومتے رہتے ہیں۔ اسی میں ان کی بقا اور ہم سب کا بھلا ہے۔ احساس یہ بیدار ہوتا ہے کہ محور کے گرد گھومنے سے ہی جلا انسانیت ہے۔ اور یہ Pivot تو KEMC ہے اور اسی کے محور میں ہمیں پھرنا ہے کسی بھی رنگ و شکل میں۔ اس حصول قدرت کیلئے ضروری ہے کہ ہم دل کھول کسی نہ کسی انداز میں اپنا حصہ ڈالتے جائیں۔ پیسوں کی شکل ہو یا ورکر کی حیثیت ہو یا لیکچر دینے کی بات ہو یا کسی کو حوصلہ دینا ہو سبھی محور کے گرد گھومنے کے انداز ہیں

خدا آپ کو خوش و خرم رکھے





HDF HUMAN DEVELOPMENT FOUNDATION

THE POWER OF



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Tax ID # 36-4184940. Your donations
are tax-deductible & zakat eligible.

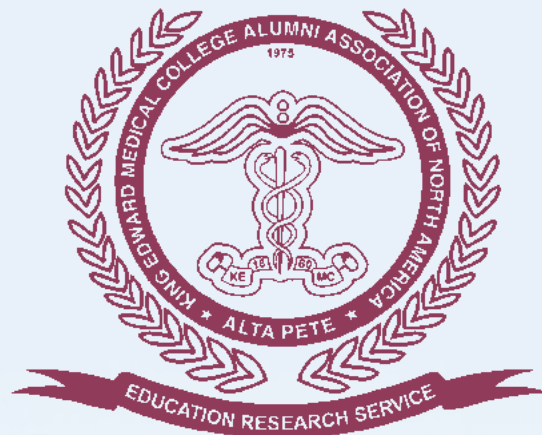


HDF is building Pakistan with social change and community empowerment through Mass Literacy, Enhanced Quality of Education, Universal Primary Healthcare and Grassroots Economic Development.

For donations visit  www.hdf.com

KEMCAANA MISSION STATEMENT

**Reaching Out
Giving Back**



**Changing
Lives**

Through
**Education
Research
Service**

KING EDWARD MEDICAL COLLEGE
ALUMNI ASSOCIATION OF NORTH AMERICA