



Volume 37, Spring/Summer 2024

THE *Kemcolian*

Dallas Retreat, March 1-3, 2024



KING EDWARD MEDICAL COLLEGE
ALUMNI ASSOCIATION OF NORTH AMERICA



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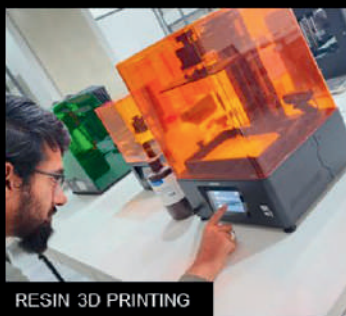
OUR PORTFOLIO



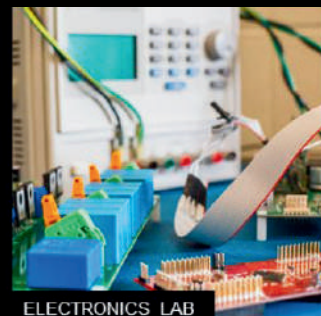
DESIGN & SIMULATION



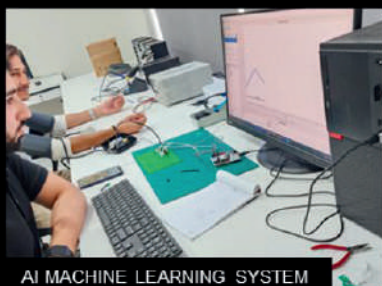
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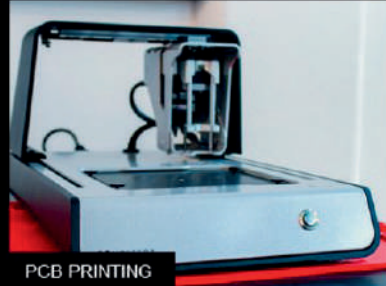
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KEMCAANA MISSION

MISSION STATEMENT

The Association shall be a not-for-profit, nonpolitical, educational, humanitarian, and charitable organization. The objective of this Association shall be to bring into one compact organization the eligible graduates of the King Edward Medical College, Lahore Pakistan.

KEMCAANA MISSION STATEMENT

Reaching Out **Giving Back**

Changing Lives
Through
Education • Research • Service



EDITOR'S NOTE



It is a great privilege and honor for me to work on Kemcolian journal for the second successive year in 2024. The variety of submissions this year was very interesting and ranged from forever-cherished pearls of wisdom shared by seniors to stimulating new digitalized ideas from the younger lot. I hope that as you flip through or scroll by different sections, you feel as alive as I did when I first came across these writings. This time, however, I took particular care to preserve classic old-school charm of the journal as I made simultaneous efforts to liven things up.

Hope you enjoy reading this fusion of vintage and modern works. I look forward to receiving feedback from you.

Wish you another year full of peace and love for everyone. I hope we all continue to be good human beings for collective good of this world in general, and our Alma mater in particular.

Mariam Khalid, MD

The views expressed in this journal are based on personal observations of authors in their entirety and do not reflect ideas of editorial team/KEMCAANA unless specified. All the ads (ad) included in this journal are paid advertisements to KEMCAANA.



2024 KEMCAANA EXECUTIVE COMMITTEE



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President KEMCAANA



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Secretary KEMCAANA



Waseem Ullah, MD
Treasurer KEMCAANA



PRESIDENT'S MESSAGE



My Dear Kemcolians,

I am truly grateful and honored to be given the opportunity to serve as President of KEMCAANA this year. I am thankful to Dr. Irfan Munir for his exceptional service to KEMCAANA as President in 2023 and to Dr. Ahmed Mehdi Malik as Chair of the Board of Trustees.

With the help from esteemed members, our goals for the next year include:

- ❖ Collaborating with our partners in Mayo hospital and KEMU to start a Heart Failure/Preventative Cardiac Care Clinic at Mayo Hospital.
- ❖ Continuing the marvelous work done by our KEMCAANA Scholarship and Thanks Scholarship committees and increasing their availability to students of KEMU.
- ❖ Expanding our initiative to help new residents and consultants in the USA with career and financial guidance.
- ❖ Increasing collaboration with our alumni in Pakistan, KEMU administration, and other reputable NGOs to follow up on current projects and pursue joint ventures in the future.
- ❖ Continuing support for our Nursing Education Initiative, Home Dialysis, and Burn Unit programs.
- ❖ Growing our membership by reaching out to fresh graduates and continuing the recently launched Observer-ship and Elective Help program.
- ❖ Continuing to grow our charitable programs, including the Indigent Patient Medication Fund and Cornea Transplant Project.
- ❖ Completing the registration of KEMCAANA Foundation in Pakistan.

These are a few things that, together, we can achieve this year, Insha Allah. I hope with your continued support and cooperation, KEMCAANA can keep growing as we further our mission of changing lives through education, research, and service.

Best Regards,

Shahzad Khan, MD
President KEMCAANA



MESSAGE FROM VICE CHANCELLOR KEMU



Asslamoaalikum!

This is my great privilege to share message for KEMCAANA. We are going to celebrate KEMU's rich history of medical education service to humanity and untiring commitments to furthering the cause of public health and medical education. The International Scientific Symposium in every December is not only a great tradition but also a moment where we are looking back with pride and looking forward with high hopes. It is a great opportunity to interact, share knowledge and wisdom.

KEMU is the oldest medical school in Asia and it attracts best talent not only from Punjab but from all over Pakistan. It is our responsibility to nourish these intellect and we take this responsibility seriously with honor and pride. This institution is not only imparting medical knowledge to the students but at the same time tries his best to inculcate best values by supporting extra-curricular activities. By doing this we are providing to the community best human beings. Talent is nourished and abilities are polished to make a great doctor for future healthcare.

I would like to remind my newest alumni that this noble profession requires long life commitments with the profession. We have to push our limits further and further, so we can advance the frontiers of medical knowledge and to serve the humanity to the best of our abilities. I hope that every one of us is capable to meet this challenge.

I know that many generations of KEMU Alumni are working at very high level throughout the world. The credit goes to this institution that gives them best education and moral values. I have no doubt that our King Edward Alumni continue to make our institution and homeland proud.

In the end, I want to extend my gratitude to the President KEMCAANA and members for their continuous services and commitment to their institution and professional activities.

Warm regards.

Prof. Mahmood Ayyaz

Vice Chancellor, KEMU



YEAR END REPORT BY PRESIDENT KEMCAANA 2023



Dr. Irfan Munir
President KEMCAANA 2023

My Dear Kemcolians,

Thank you all for entrusting me with the noble task to serve as President of our Alumni Association in 2023. I am extremely humbled. We have started and made progress with several projects with a mission to serve KEMU graduates, students, and our patients. I would like to share it with my fellow Kemcolians:

We have created the United States clinical experience pathway on the KEMCAANA website. KEMU graduates and students will be able to apply for observer-ship through this portal. United States clinical experience (observer-ship) is a pre-requisite for residency application. Present residency application guidelines are requiring at least three months of United States clinical experience. At present, we are projecting > 100 rotations in the first year and our objective is to increase the number to > 500 by the year 2025. We already have students and recent graduates who are doing rotations through this pathway. Dr. Sultan Mehmood, Faran Ahmad, Usama Aman, Amer Suleman, Usman Khan, and Afzal

Bhatti are a few of the many who have been and will continue to be helping out with this project.



We have also been diligently working on getting medical schools in Pakistan approved by the World Federation of Medical Education. Assistance from my long-time friend Lt General Dr Mohsin Qureshi, a fellow Kemcolian was very valuable. He made sure that PMDC followed the required process with complete accuracy to ensure approval. We connected him with delegates from WFME who visited Pakistan for the review process and at this time, following completion of review, we are awaiting final decision from WFME. According to my conversations with various authorities, we are hopeful for a positive outcome.

Additionally, Mayo Hospital Dialysis Project was initiated and is progressing well. We worked over the last three years to create infrastructure for providing peritoneal dialysis in Pakistan.



CONTD.

All supplies used in this form of dialysis are now being manufactured in Pakistan. We started our clinical operation in February of 2023. We are providing free peritoneal dialysis treatment to patients who are not able to afford this. We are presently treating 10 patients whose quality metrics are comparable to or even better than our experience in USA . We truly appreciate generous donations from fellow Kemcolians and other personal friends who made this mission possible. We are hoping for continued growth of this project. We especially appreciate the help and contribution from Dr Nauman Tareef, Dr Mohammad Anees, and Dr Nauman Butt.



KEMCAANA Nursing Education Initiative was started. We are teaching courses in English language as well as Computer Science to our nursing students for improvement in their patient care skills. We would like to thank Dr Maqbool Arshad for spearheading and starting this project and all his services in this regard.





ERCP project at North Medical Ward: We started ERCP project at North Medical Ward this year. Local physicians are being trained to provide this much-needed service. We appreciate the help and input from Dr Sultan Mehmood, Dr Wasseem Aziz, and Dr Abdul Rehman for making this possible. Special thanks to the class of 2005 for raising and donating funds for this mission- Dr Hameed Khan and Dr Abdul Rehman - we appreciate all your efforts. Dr Sultan Mehmood is working on creating a visiting fellowship pathway for GI trainee graduates in Pakistan who will be given opportunities to come to the USA to gain further experience.



Mayo Hospital Heart Failure Program: We have started working on to create a formal Heart Failure program at Mayo Hospital. We hope that by end of 2025, this program will be fully up and running. Dr. Salman Gohar took the lead in this project and is working with Dr. Furrukh Malik and Dr Asim Chohan to create infrastructure at Mayo Hospital. Our initial plan will be to provide goal-directed medical treatment to our patients with heart failure in Pakistan.





KEMCAANA YPC committee: Several teaching sessions and webinars have been conducted under the leadership of Dr Umar Tariq to facilitate young physicians in their USA Residency Pathway.

YPC Webinar on VISA Processing in Collaboration with KEMCAANA
Demystifying US Residency Visa: What, Why, When, Where, & How?

SPEAKER AND MODERATOR
UMAR TARIQ, MD
Attending Interventional Radiologist, Rush University, Copley Medical Center
Chair YPC KEMCAANA 2023

PANELISTS
MOHAMMAD FATEH SHAHZAD, MD
Internist, Ephraim McDowell Hospital, Danville, Kentucky
Immediate past president KEMCAANA
Advisor advocacy committee Appna
Member finance compliance committee Appna

AHMAD REHAN KHAN MD
Assistant Professor of Psychiatry
Virginia Tech Carilion School of Medicine
Lead, YPC Advocacy Subcommittee

MUHAMMAD USAMA, MD
Attending Physician, Marshfield Clinic
Assistant Professor of Medicine, UW
Madison and Medical College of Wisconsin

CHAIR
NAUMAN ASHRAF, MD, FAPA
Chair, APPNA YPC 2023
Associate Professor of Clinical Psychiatry, University of Missouri
Adjunct Clinical Associate Professor of Psychiatry, KCU
Program Director, General Psychiatry and Addiction Medicine Fellowship Programs, KCU - Joplin

March 26th, 2023
11 am EST

ZOOM LINK:
HTTPS://ASU.ZOOM.US/j/86681837749

MEETING ID: 89681837749



KEMCAANA Foundation - application was re-initiated at the beginning of this year, following decline of our application in 2022 . At this point, our current application has been approved by Punjab authorities. We have filed for the final step to get this approved by the Economic Affairs Division in Islamabad that required Foreign Service approval (done) Intelligence Bureau (pending) and ISI (pending) as final few steps to approve our application. Once the last two steps are approved we would have a functional account to transfer funds.

KEMCAANA retreat in Chicago was a success and we were able to generate positive revenue with this event. We have re-initiated the tradition of the KEMCAANA Retreat and encouraged others to continue with this tradition every year. Attendance from young Kemcolians in training was one of the salient features of this event. We would like to especially thank Dr Aftab Khan, Dr Omar Nasib, and Dr Sohail Rana for helping out with the retreat.



OFFICE OF THE REGISTRAR, JOINT STOCK COMPANIES, LAHORE

In the matter of * KEMCAANA FOUNDATION, HOUSE No.594, B-Block, GARDANAH DOORME, WILSON ROAD, LAHORE.

I hereby certify that the under noted documents(s) has/have this day been duly filed, pursuant to the provisions of the Societies Registration Act, 1860/ Companies Act, 2017.

Memo of fee Rs. 1000/- (Thousand Two Hundred and Fifty Only).
List of office bearers for the year, 2023.

No. 82/1979-1/3/13/ 787 Dated Lahore, the 12-05-2023

Forwarded to the * KEMCAANA FOUNDATION, HOUSE No.594, B-Block, GARDANAH DOORME, WILSON ROAD, LAHORE.

District Officer
for Registrar Joint Stock Companies,
Lahore



Residency Interview Spots: We have worked with the Infirmary Health System Residency program located in Mobile Alabama to create interview spots for KEMCOLIANS. We have more than 15 KEMCOLIANS who have already interviewed with this program and we are hopeful several will match. We are also having discussion with this hospital system to consider providing twenty observer-ship spots per months in various specialty to KEMU graduates. We have also asked for assigning permanent interview spots for KEMU graduates who will be prescreened through a preliminary interview with the KEMCAANA committee. Please join me in thanking Dr Furhan Younis, who is a fellow KEMCOLIAN and renowned Oncologist in the USA. Dr. Younis had previously provided several residency spots to KEMU graduates during his affiliation time with the University of Memphis Health Center.

We have added one more IT staff member Mr Waleed Choudhary to the Pakistan staff who is now a very valuable member of our team. I thank Dr Danish Bhatti for his recommendation of Mr. Waleed Choudhary. Over the next 1-2 years we are planning to give more structure and organization to KEMCAANA administrative staff.

Dr Arif Agha donated \$100,000 to KEMU for the renovation project, we thank him for his generous donation.



The winter meeting was a success. We had a great scientific session. Dr Maqbool Ahmad was recognized for a donation of the Maqbool Ahmad block to KEMU by being awarded the KEMCAANA lifetime achievement award. The Chief Minister of Punjab has agreed to initiate paperwork to honor him with the civil award which is in progress, and we are hopeful that Prof. Mahmood Ayyaz will follow up on it and get it approved. Dr Masood Akbar was awarded the APPNA Lifetime Achievement award for services to the KEMCAANA Scholarship committee.



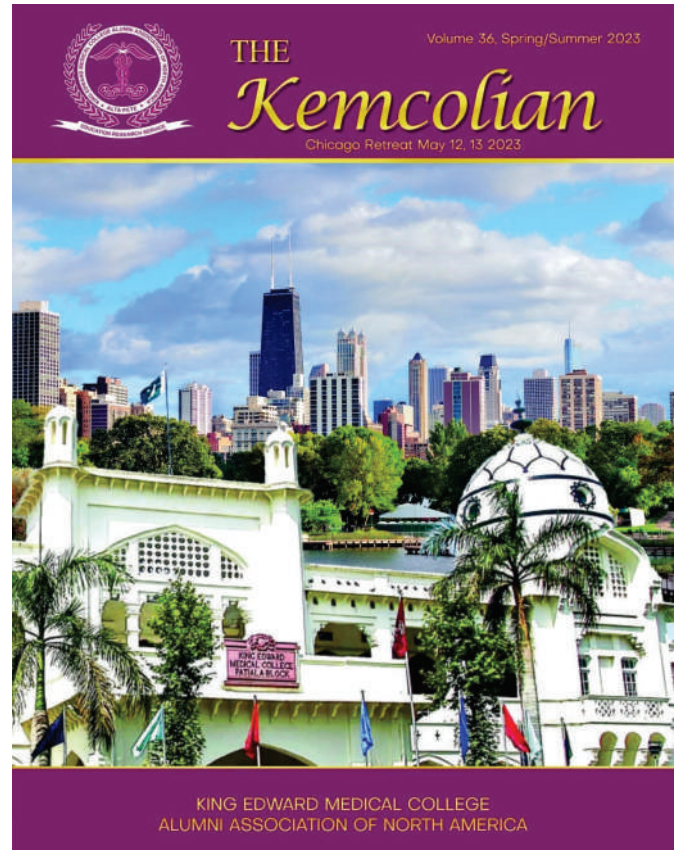


CONTD.



Document Verification Process: this process is now computerized and is now functional on the KEMCAANA website, with a routine application turnaround time of 14 days and an urgent application turnaround time of 5 days. We have seen the first few applications go through this process without any issues. Dr Asim Malik thank you for bringing up this issue, and as promised we have delivered on it.

KEMCAANA Journal was published last year. Dr. Mariam Khalid did an excellent job as an Editor. Dr Sohail Rana helped out with advertisements. Will like to thank Mariam and Sohail for their help and contribution.



We are also working on making KEMCAANA more relevant on the APPNA platform. Dr Furrakh Malik was elected to the APPNA board in 2023.



MY APPNA CHARTER

ORGANIZATION

MEMBERSHIP AND GROWTH

EDUCATION AND RESEARCH

SOCIAL WELFARE AND PHILANTHROPY

LET'S WORK TOGETHER TO ENHANCE ALL ASPECTS OF APPNA.

FURRUKH MALIK
BOARD OF GOVERNORS ACC
GOVERNOR ELECT ACC TN
FOR APPNA BOARD OF DIRECTORS 2024

Computer Lab Upgrade: At the start of my year, computer lab operations were in disarray, only 20 of the 50 units were working in marginal capacity. We took up a Computer lab upgrade project. We have replaced most of the old computers with new ones. Added 2 additional rooms on the ground floor which will have convenient handicapped access as well. These rooms will also serve as a CRC-clinical research center (data center). With the completion of this project, we will have more than 70 computers. Once again join me in extending special thanks to Dr Arif Toor (late) for being the pioneer of the computer lab, and thanks to all KEMCAANA members for making it possible.





Burn Unit: The burn unit was established by KEMCAANA in 2022. At the start of 2023, it was not operative. Our constant dialogue, guidance, and assistance to local authorities helped out in getting it functional. Dr. Shahzad Khan and Dr. Faiqa Qureshi got involved with the local administration to guide and encourage them to make this project functional. Dr. Sharif (chief of the burn unit at Mayo) was invited to attend our retreat in Chicago to plan out our future goals. We connected him with Pakistan's armed forced medical division. Lt General Dr. Mohsin Qureshi arranged to invite Mayo burn unit staff to the Army's state-of-the-art burn center in Kharian to provide them with all the necessary training.



Dr. Masood Akber, Dr. Tipu Sultan, Dr. Faiqa Qureshi, Dr. Naseem Akhtar, Dr. Zafar family, Dr. Ayesha Najib, Dr. Bashir Chaudhry, and other members of the scholarship committee and Thanks Scholarships committee have continued to provide scholarships to

our graduates and undergraduates. Thank you all for your selfless contributions and services.



We have made a lot of progress during last year. We want to continue our mission of Reaching out, Giving back, and changing lives through education, research, and services. Let's keep on progressing, because "best has yet to come".

Best regards,

Irfan Munir, MD

President KEMCAANA 2023.



MESSAGE FROM PRESIDENT ELECT



As-salamu alaykum,

I am delighted to introduce myself and share some of my interests and passion and would love to hear from you. I am most easily reachable on LinkedIn but email works too. I am a graduate of KEMU 2004 and currently serving as Education Chair for Neurology at the University of Central Florida – College of Medicine and Director of Neurology Clerkship and NeuroSciences Course. I have great interest in educational innovation including Online and distance learning and more recently Artificial Intelligence (Large Language Models) for medical education.

I am also an entrepreneur and angel investor, with a vision to accelerate health tech globally, focusing on product acceleration in Pakistan and leveraging the expertise of Pakistani Diaspora physicians. I co-founded Tajdeed, a platform that offers advice and support to healthcare startups.

The biggest strength of KEMCAANA is its members and Kemcolian diaspora. I see KEMCAANA as a platform to provide leverage to all of us to help us do what we are already doing (and would do regardless), just somewhat more effectively. We can do that by being more organized, aligned and connected. Let me know how I can help.

Danish Bhatti, MD, FAAN

President Elect KEMCAANA 2024

danishejaz@gmail.com

<https://www.linkedin.com/in/danish-bhatti/>



MESSAGE FROM SECRETARY KEMCAANA



Dear Alumni,

It is an honor and privilege to welcome you to the KEMCAANA Annual 2024 retreat. This event provides us with a wonderful opportunity to reconnect, expand our networks, and learn from one another. KEMCAANA has been dedicated to promote academic excellence, professional development, and social welfare.

Over the years, we have achieved several notable accomplishments, including the establishment of a scholarship program, an observer ship program, a nursing initiative led by Dr. Maqbool Arshad, a peritoneal dialysis program, equipment donations, document verification, digitization of records, pediatric burn unit and the construction of KEMCAANA houses for flood-affected areas. These accomplishments are the result of the hard work, generosity, and collaborative efforts of our fellow Kemcolians, and they are just a few examples of the positive impact that KEMCAANA has had. However, we must also acknowledge that maintaining financial sustainability is important to continue providing a platform for these projects and is a challenge for us. Our goal is to establish an endowment fund to meet our operational expenses. Despite many hurdles, KEMCAANA has achieved great things since its inception, and it remains committed to the mission of excellence and service. Let us take this opportunity to celebrate the achievements of KEMCAANA and our fellow Kemcolians. I thank you again for your continued support. Let me know how I can help.

With best regards,

Sohail A. Rana, MD

Secretary KEMCAANA



MESSAGE FROM TREASURER KEMCAANA



Dear Alumni,

As the treasurer of our esteemed alumni organization, I am delighted to extend my warmest greetings to each and every one of you. It is with great pleasure that we come together once again for our annual retreat, a time to reconnect, reminisce, and renew our bonds of friendship and camaraderie.

Throughout the years, our organization has accomplished remarkable feats, thanks to the unwavering support and dedication of our members. Your contributions, both financial and otherwise, have been instrumental in advancing our shared goals and objectives.

As we gather for this retreat, let us reflect on our past achievements with pride and look ahead to the bright future that lies before us. Together, we can continue to make a positive impact on our alma mater and the communities we serve.

I would like to take this opportunity to express my sincere gratitude to each of you for your ongoing commitment and generosity. Your continued support ensures that our organization remains strong and vibrant for generations to come.

Here's to a memorable and productive retreat!

With best regards,
Waseem Ullah, MD
Treasurer KEMCAANA



ADVANCED ENDOSCOPY AT MAYO HOSPITAL

Advanced Endoscopy services have been successfully established at Mayo Hospital with valuable support from KEMCAANA. We organized a symposium on Third space endoscopy and ERCP which was followed by hands-on cases.



Kemcaana is sponsoring the procurement of ERCP/EUS equipment, supplying disposable devices on an ongoing basis, training the staff and faculty and also providing opportunities to them for further learning in US.



We are hopeful that this program will continue to expand in future not just for patient care but for academic growth of staff as well.

*Sultan Mahmood, MD
(Class of 2009)*

DEAR KEMCOLIANS

Welcome to Dallas!



Dear fellow alumni and friends,

I am delighted to welcome you to the KEMCAANA Retreat in Dallas, from March 1st to 3rd, 2024. This is a great opportunity for us to reconnect with our alma mater, King Edward Medical University, and celebrate its 164 years of excellence and service. Today, we are proud to be part of a global community of KEMC graduates, who have made remarkable contributions to the fields of medicine, science, and innovation. We are here to honor their legacy, and to inspire the next generation of leaders and visionaries. I hope you enjoy this event, and make the most of this chance to network, learn, and have fun. Thank you for your participation and support. Let us make this retreat a memorable and meaningful experience for all of us.

Regards
NASEER KHAN, MD, FASN



WELCOME TO KEMCAANA RETREAT

**We are delighted to
have you among us.
On behalf of
KEMCAANA, we would
like to extend our
warmest welcome and
best wishes to you!**

Drs. Maryam & Shahzad Khan



ad



ad

Warm welcome to KEMCAANA Retreat 2024

From

**Drs. Sultan Mahmood
&
Rutaba Sultan**



WELCOME TO KEMCAANA RETREAT

Very warm welcome to all the attendees at annual
KEMCAANA and AIMCAANA retreat in Dallas, Texas.



Sincerely,
Muhammad Aslam,MD
Life Member APPNA
Life Member & Past President of KEMCAANA.

ad

Extending our heartfelt
greetings to you on
annual KEMCAANA
retreat. We will
accomplish many
great things
together. Welcome!

**Drs. Nimra Rana (AIMC) &
Sohail Rana (KEMC)**



ad



WELCOME TO KEMCAANA RETREAT



Warm Welcome to all attendees at KEMCAANA annual retreat 2024

Jamil Mohsin MD

Attending Radiologist
South Jersey Radiology
Associates / USRS
Virtua Health System

ad

LUBNA NAEEM MD WELCOMES YOU ALL TO THE ANNUAL KEMCAANA RETREAT

Let's keep the tradition of KEMCAANA alive.
Let's get more done, be stronger, and celebrate the power of our "us".

Lubna Naeem, MD

Past APPNA Secretary/Treasurer
Past APPNA SCT Chapter President
BOT APPNA SCT Chapter
Chair, AIMCAANA Advocacy 2023
Chair, AIMCAANA Summer Meeting 2023
BOD Bexar County Medical Society

ad

DEAR KEMCOLIANS

Welcome to Dallas!



Regards

AFTAB KHAN, MD

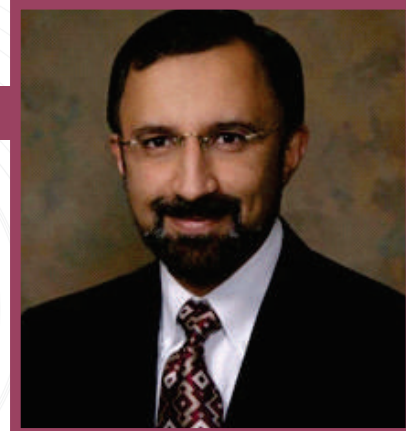


WELCOME TO KEMCAANA RETREAT

Warm welcome
to the attendees of
KEMCAANA- AIMCAANA joint retreat 2024.

Lets unite on the principles of
Faith, unity and discipline.

Lets achieve prosperity by being
Positive, productive and progressive.



M. ABRAR SALEEM, MD, FAAP.
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MOBILE: 407 6945156

ad



Happy to be among KEMCAANA friends!

BABAR RAO

MD, FAAD

Forward-thinking, innovative, academician and humanitarian

- President of Rao Dermatology
- Founding Chair of Rutgers Dept. of Dermatology
- Professor of Dermatology at Rutgers RWJMS
- Associate Professor of Dermatology at Weill Cornell Medicine

900 Broadway, Suite 203, New York, New York 10003
Email: babarrao@gmail.com

ad



WELCOME TO KEMCAANA RETREAT

Welcome to
KEMCAANA retreat.
Your presence is well
appreciated and we
thank you for your
continued support.



Waseem Ullah MD

ad



Welcome to Retreat Meeting 2024

KEMCAANA Board of Trustees

ad



THANKS SCHOLARSHIPS REPORT 2023



KEMCAANA 2023 THANKS SCHOLARSHIPS Report

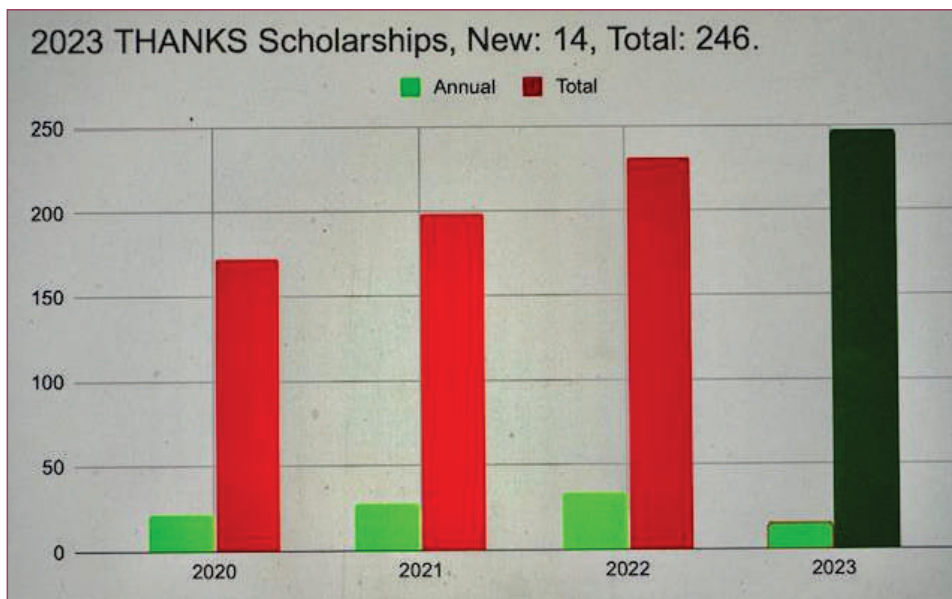


14 New Scholarships

By the grace of Allah, THANKS Scholarship Endowment funded the tuition fees of all incoming **eligible** first year medical students. We believe, this program represents one of the truest forms of **Sadaqah-E-Jariyah**.

“THANKS” scholarships were established by Bashir and Tesneem Chaudhary in 2008 to help KEMU students with their tuition. The acronym “THANKS” represents **Tuition Help from Alumni for New KE Students**. Our goal is to meet the tuition needs of all students.

THANKS scholarships also provide us an opportunity to pay our thanks. We are thankful for the five magical years at our alma mater where we had the best teachers and made our lifelong friends. These are named scholarships and the pictorial web pages for these scholarships provide us an ideal way to thank the people in our lives who helped us to be what we are today. THANKS donations become part of the KEMCAANA Endowments and are invested in stock market. The THANKS endowment at the present time exceeds a million dollars. During the year **2023**, **14** new scholarships were established bringing the total to 246 scholarships.





THANKS SCHOLARSHIPS REPORT 2023

2023 Donors

233. For Faiza Asghar and Sabiha Khurshid, by Anonymous of KE-1975.

234. For Maqsood Malik by the KE Class of 1975.

235. For Our Departed Classmates by the KE Class of 1975.

236. For Idrees Khokar by the KE Class of 1970.

237. By Javed Ashiq, KE 2002

238. By Azam Khan, KE 1970

239. By Azam Khan, KE 1970

240. By Mukhtar Anees, KE 1970

241. By Bashir (KE 1970) and Tesneem Chaudhary (KE 1974)

242. By Riazul Imami, KE Faculty

243. By Riazul Imami, KE Faculty

244. By Riazul Imami, KE Faculty

245. For Mukhtar Anees, KE 1970 by his children

246 By Riaz Lone, KE 1970.

THANKS COMMITTEE



Bashir & Tesneem
KE 70, 74

Daud Ashai
KE 1985

Ahmed Malik
KE 1984

Riaz Lone
KE 1970

Aman Munir
KE 1955

Abrar Saleem
KE 1988

Amjad Zaheer
KE 1970

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

Arab Health, renowned as one of the largest medical expos globally, witnessed a remarkable showcase of innovation and advancements in dialysis technology. Among the plethora of companies presenting their devices, parts, and supplies, one exhibitor stood out for its groundbreaking approach to renal care: Byonyks.



At the heart of Byonyks' showcase is their Automated Peritoneal Dialysis (APD) Cyclor, a pioneering solution approved for sale in Pakistan and submitted to the Food and Drug Administration (FDA) for clearance. We have also set up Pakistan's first DRAP and ISO 13485-certified dialysis medical device manufacturing facility in Lahore. What sets this technology apart is its bloodless peritoneal dialysis method, a game-changer in the realm of renal therapy in the developing world. While conventional dialysis methods often involve blood, Byonyks' innovation offers a safer and more accessible alternative.

The impact of Byonyks' APD Cyclor cannot be overstated. Over the past three years, it has been transforming the landscape of renal care in Pakistan, serving numerous patients across the country. For those battling kidney failure, who had lost hope in traditional treatments, this device has been nothing short of a lifeline.

Byonyks' Bloodless Dialysis Machine is a groundbreaking, cost-effective solution that enables kidney failure patients to undergo dialysis comfortably in their own homes and;

1. Gives kidney failure patients access to therapy where access is virtually non-existent.
2. Offers patients a simple, safe product, designed for either home or in-clinic therapy.
3. Is portable and therefore offers treatment portability.
4. Provides anywhere and anytime access that helps keep patients earning a livelihood.
5. Reduces the risk of infections like HEP-C and HIV/AIDS because PD does not involve blood.



Our mission was to provide a solution that addresses the medical needs of kidney failure patients and enhances their quality of life. We are immensely proud to see how our cyclor has not only saved lives but restored hope and vitality to those in need. We have achieved recent breakthroughs by the Byonyks team attributed to the collaborative endeavors of Rod Kenley (Chief Innovative Officer), Doug Wilkerson (Chief Operating Officer, US), Eric Flachbart (VP regulatory Affairs), Farrukh Usman (Founder & CEO), and an interdisciplinary team comprising 80 scientists, researchers, and engineers, have yielded promising results.

In a significant stride towards addressing the needs of underprivileged kidney failure patients in Pakistan, under the leadership of Dr. Irfan Munir, Byonyks and Kemcaana have come together to provide Byonyks APD services to these patients. Recognizing the challenges faced by many who were unaware of alternative therapies or lacked the financial means to afford them, this collaborative effort is a beacon of hope for those in need.



Byonyks and Kemcaana are not only offering financial support but also raising awareness about the revolutionary bloodless peritoneal dialysis treatment provided by Byonyks' APD Cyclor. Many patients, previously unaware of this option, are now benefiting from its accessibility and effectiveness, thanks to the efforts of these two entities.

Through joint financing schemes and awareness campaigns, they are breaking down barriers and ensuring that no one is denied the chance for a better quality

Through joint financing schemes and awareness campaigns, they are breaking down barriers and ensuring that no one is denied the chance for a better quality of life due to financial constraints. As this partnership continues to grow, it serves as a testament to the transformative power of collaboration in healthcare. Indeed, the Byonyks Bloodless machine has become synonymous with hope and resilience for numerous individuals grappling with kidney failure.

Byonyks is not just changing lives; it is paving the way for a future where access to innovative medical solutions is a right, not a privilege.



AUTISM CENTER AT MAYO HOSPITAL

Autism spectrum disorder, often called just “autism” is a neurodevelopmental disability that often affects children, and it causes social deficits in interaction and communication. It can also make it hard for the autistic person to understand others. Early diagnosis and treatment are key to improving the life of patients and their families. Even though the cause of autism is not known and unfortunately the cases of autism are on the rise in Pakistan. I could be likely due to parent’s education and awareness about psychiatric illness or due to others causes.

I visited Pakistan in December and newly renovated and functional “Autism Centr” at Mayo Hospital, Lahore, under leadership of Dr. Nazish Imran, Head of Department of Child Psychiatry.



I’m very humbled to report that KEMCANNNA also participated and partially sponsored this project and hopefully continue to help to maintain and run this project.



Muhammad Aslam, MD

Life Member & Past President of
KEMCAANA 2021

Professor of Clinical Psychiatry
Dept. of Psychiatry and Behavioral
Neuroscience
University of Cincinnati Medical Center



LEST WE FORGET—A TRIBUTE TO DR. AYUB OMMAYA

A Tribute to Dr. Ayub Ommaya

by Naseer Khan, MD, FASN



During my first rotation in Oncology as an intern in 1994, I encountered the term "Ommaya Reservoir," a device for intrathecal chemotherapy administration. Little did I know that its invention was the result of the hard work of "One of US out of all of us." Today, I am honored to pay tribute to Dr. Ayub Ommaya in our KEMCAANA Journal 2024.

Dr. Ayub Ommaya: A Pioneer of Neurosurgery and a Man of Many Talents

Dr. Ayub Ommaya was a remarkable person who made lasting contributions to the field of neurosurgery and beyond. He was born in 1930 in British India and graduated from King Edward Medical College in Pakistan in 1953. He then won a Rhodes Scholarship to study at Oxford University, where he developed his interest in brain injury and cancer research. He immigrated to the United States in 1961 and became a citizen in 1967. He worked at the National Institute of Health for 19 years, where he became the chief of neurosurgery and conducted

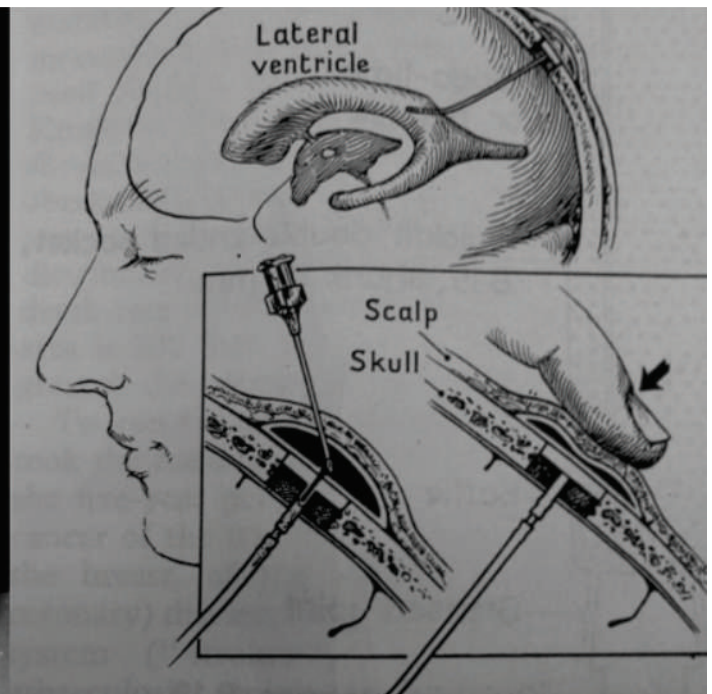
groundbreaking studies on traumatic brain injury, spinal angiography, and computed tomography.

He also invented the Ommaya reservoir, a device that delivers chemotherapy directly to the brain tumor site, which is still widely used today. He published over 150 articles, chapters, and books, and received many honors and awards, including an honorary Doctor of Science degree from Tulane University. Dr. Ommaya was not only a brilliant scientist and surgeon, but also a man of many talents and passions. He was trained as an opera singer. He had a beautiful voice that came from the heavens and brought comfort and joy to those who heard him earning him the nickname of "the singing neurosurgeon". He was also a champion swimmer, who won the national swimming competition in Pakistan in 1953. He was a skilled boxer, debater, and rower, and a member of the crew team at Balliol College.

He had a keen interest in philosophy, psychology, and spirituality, and explored the nature of consciousness and the mind-brain relationship. He was a visionary who sought to advance human knowledge and well-being through his work and his life. Dr. Ommaya passed away in 2008 in Islamabad, Pakistan, after suffering from Alzheimer's disease. He is survived by his wife, four children, and nine grandchildren. He is remembered as a pioneer of neurosurgery, a mentor to many, and a friend to all. He was a proud alumnus of King Edward Medical College and a loyal member of KEMCAANA. He inspired generations of doctors, scientists, and students with his achievements, his generosity, and his spirit. He was a true legend and a hero, and we are honored to pay tribute to him.



Rowing Crew Oxford University 1955



Dr.Ayub Ommaya Holding the reservoir (courtesy Neurosurgery,2017)



KEMCOLIAN WRITINGS AND ART

Kemcolian to Kemcolian

I remember a quote from Dr. Balakh Sher Zaman (Class of 2008) when I was applying for electives in the US:

“If you learn about new opportunities, share them with everyone. Even if things don't work out for them, they will always work out for you.”

*Sultan Mahmood MD
(Class of 2009)*

King Edward Medical College Alumni Association of North America

Mayo Hospital Nephrology Dept. Division of Peritoneal Dialysis

Kidneys Beyond Borders

PERITONEAL DIALYSIS PROGRAM

MAYO HOSPITAL

DONATE NOW

KEMCAANA and Kidneys Beyond Borders have collaborated with Mayo hospital for providing free blood less dialysis treatment to kidney failure patients in need – Top American Kidney Specialists at service for free.

SEND YOUR DONATION:

Write checks to "Kemcaana" or "Kidneys Beyond borders" – put in memo home dialysis project and mail to :
704 Chestnut Hills PKWY, Fort Wayne, IN 46814

ad



Decade Pearls “The 20s”

Here at the end of my journey, I stand at the precipice looking below and write about “new beginnings”, not wishing for things to end. Here as I take the final steps as a student in this university, holding fast the memories that I’ve made up till now lest they should fall, I think about starting anew. Beginnings are supposed to be fresh starts, new avenues to explore, new experiences to have, new people to get to know. I feel excited and scared at the same time. Of finally having to start my own path forward. And confused about what the future will hold for me. I am beginning to wade through these new waters, sometimes murky, at other times, crystal clear.

So, before new beginnings, let me celebrate these old endings once more. Let me laugh with you at all the jokes once again, jokes that only me and mine know of. Let’s sit down at the Piccadilly once more as soon as they finish rebuilding it. Hey my friend! lend me that book again, the one you swore was a part of you and the one I promised to always return. Let’s go back to that dissection hall once again, the one we couldn’t wait for to end, but now that it is over, I just wish it could have lasted a little longer.

I see the new-comers now, and this old me somehow, in all the places that have been broken down and built again.

Time really has a way to transform into new beginnings right when one has fallen in love with the endings.

Muhammad Ali Abid
(Class of 2023)



Decade Pearls

“Young man bidding farewell to his 30s”

*I am no longer that wild young lad
This burden of youth will soon be lifted
I am finally allowed
To be Raw,
To be Mad.*

*Mariam Khalid, MD
(Class of 2008)*





Decade pearls “The 40s”

Turning 40 is a milestone of great significance. In many instances, it is when a person begins to perceive the reality of his own existence and that of this world. It is when based on his prior experiences, he may extrapolate his future years ahead.

As one hits this 'landmark' of an age, he may begin to spot the signs of physical decline.

He might need an aid to read.

Or feel challenged in achieving a physical feat.

His readings on a sphygmomanometer may sway.

He might fret over his hair going grey.

But as the narrowing of blood vessels sets forth the 'clogging' decline of his heart, it would be a reparation worth sought to have the 'veil over heart' lifted for the remaining part of his life – much like fostering an 'eye in the heart' precisely at the time when one begins to lose the external eyesight. So, though the 'material' before him will begin to look blurry, 'the inner eye' may enable him to distinctly categorize his worldly assets from ones he may reap in the afterlife.

He may clearly demarcate which 'account' of his deeds has augmented over time, and which still reeks of a void! He may realize that his life reflects a misinterpreted 'Fozan Azeema'– the great success, and that 'success' is not necessarily what he has so far painstakingly and proudly acquired.

The wisdom and maturity associated with this age has a beautiful mention in the Holy Quran. The following verse beautifully and evidently indicates that it is around this time in a person's life that he is able to reach intellectual perfection and attain the fundamental understanding of worldly life:

حَتَّىٰ إِذَا بَلَغَ أَشُدَّهُ وَبَلَغَ أَرْبَعِينَ سَنَةً قَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ
وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ۖ إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ -

“...He grows until, when he reaches maturity and reaches [the age of] forty years, he says, “My Lord, enable me to be grateful for Your favor which You have bestowed upon me and my parents and to work righteousness of which You will approve, and make righteous for me my offspring. Indeed, I have repented to You, and indeed I am one of the Muslims.” (46: 15)

Indeed, it is when he attains the ability to understand the 'impermanence of life'; to realize that every spring has a fall, and that his own youth is bound to have an 'unavoidable decline'.



CONTD.

Indeed, it is when he attains the ability to understand the 'impermanence of life'; to realize that every spring has a fall, and that his own youth is bound to have an 'unavoidable decline'.

It is then when he gets to know that the time 'gone by' is no more than some memories compiled and that the 'future' too will eventually have a similar fate in just this chip of his mind.

And it is this realization of evidently "losing time"— much like sand slipping out of a fist from all sides that makes one offer repentance as a way to 'redeem' the lost time. This bird's eye view of life allows him to decide if he should continue walking the existing path or needs to change his stride.

So as indicated in this verse from the Quran, when one hits this 'landmark' of an age, they ought to offer gratitude. Gratitude for not just reaching this 'milestone' as a number, but also because hearts, by default design from Creator, are meant to open up to a "transformation" at this age.



ISLAMIC CENTER OF MCLEAN COUNTY

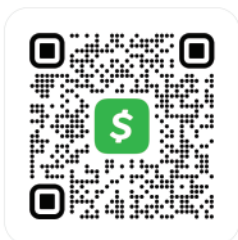
DONATE FOR YOUR AAKHIRA!

For a community of 250 muslim families in McLean county, Illinois we are building masjid which will service muslims in a 50 mile radius. Our project has a cost of 2 million and we are about 700K short of our target.

Please donate via following methods:

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ad



No Plan B

By Taimur Salar Butt, MD

I've always loved road trips, but at times, driving seven to eight hours at a stretch becomes monotonous for a family. Having something to listen to helps, and I'm not talking about the constant "How much longer?" and the "Are we there yet?" from my children, especially my youngest son. Listening to the radio, podcasts, and audiobooks helps keep our sanity. Recently, while driving to Madinah with my family, my eldest daughter suggested we listen to author and politician Dan Crenshaw's book, *Fortitude*, so we played that. One of the chapters really stood out to me. It was titled, "No Plan B" and as you might expect, the chapter made a case as to why you shouldn't have a plan B.

At first, I was skeptical of the ideas presented. I've always been the type of person to have a plan B. Being a father, a doctor, and an ER chairman leaves you with no other choice but to have a backup plan. This is especially the case in the Emergency Department. When our initial plans for patient care don't work as well as we would have anticipated, we have to quickly pursue the next best option.

To me, having a plan B always represented a sense of security. Knowing there's a second option if things don't go through with the initial plan is reassuring. If not the whole amount, it's an insurance of at least some amount of success. But, what I've now come to learn is that, just like other insurances, this one may come with a price.

Dan Crenshaw argues that once you have a plan B, mentally, plan A goes right out the window since it's much easier to achieve the second-best option than to actively put in the effort required to achieve the best one. He further explained that accepting the possibility of a plan B is the equivalent of quitting plan A. You've now accepted failure!

It may sound radical, but if we look at this from a psychological perspective, it proves to be true. After one Google search about the drawbacks of obtaining plan B, I found hundreds of studies that confirmed this idea. Researchers across the globe have confirmed a reduced sense of motivation associated with having a fallback plan in case one's initial plans fail.

The reality of this lies in the fact that even the mere consideration of a backup plan has the consequence of identifying another plan as valuable, causing us to re-evaluate our primary plan and perhaps even decrease plan A's perceived value. In other words, once you accept the possibility of failing, failure becomes inevitable.

But there is a difference between quitting and changing trajectories. Quitting refers to the action of following through with plan B when there are other options available to pursue plan A. Changing trajectories, on the other hand, is adapting plan A to fit the ever-changing world around us.

For example, after completing my training at the University of Connecticut, Emergency, and Internal Medicine Boards from the USA, my initial plans were to find success working at King Faisal Specialist Hospital and Research Center (KFSHRC)-Riyadh. I completed three terms as the ED chairman. During these 11 years, I had the honor of treating members of the Saudi Royal Family, redesigning and commissioning a new 110-bed ED, and achieving multiple accreditations from various international organizations. But new opportunities arise, and you adapt your initial plans. Four years ago, I moved to Madinah to help build a new King Faisal Hospital as a pioneer employee. This allowed me to strive to be the best doctor and leader I can be; my plan A. This was a



change in trajectory.

The same holds true even in situations when achieving your goal is no longer in your control. Despite the time and effort, we put into reaching our goals, some things aren't meant to be in our cards. A year ago, I was diagnosed with cancer and have since completed chemotherapy, radiation, and surgery. After eight months of intensive treatment, I rejoined work. My life had changed! Accepting this bitter reality is not quitting, it's adapting; it's reprioritizing; it's changing your trajectories. The rules of the game have changed; however, you still need to win. You can still achieve your plan A of being the best parent you can be, the best doctor or nurse you can be, and so on.

Understanding this is especially relevant now. With the recent pandemic and geopolitical incidents, there's no doubt the world has changed. Especially as healthcare providers, we have to be willing to

adapt to changes and continue to strive for success in the face of adversity. For people like us, quitting would mean giving in to impatience and not spending that extra few minutes with the inquisitive patient. It would mean giving into laziness and not showing up right on time for that 7 am shift. It would mean giving into weakness, only achieving the bare minimum, and not following our plan A of being the greatest physicians, nurses, and allied health staff wherever we work, maintaining the highest quality of care. THIS is our plan A.

Crenshaw's words replayed in my mind as my family and I drove through the beautiful mountains of the outskirts of Madinah. I reflected upon our goals as a physician and how important it is for us all to put our best foot forward and strive to achieve the best for our patients, families, and ourselves.

I pray that Allah the Almighty grants us success in our plan As.



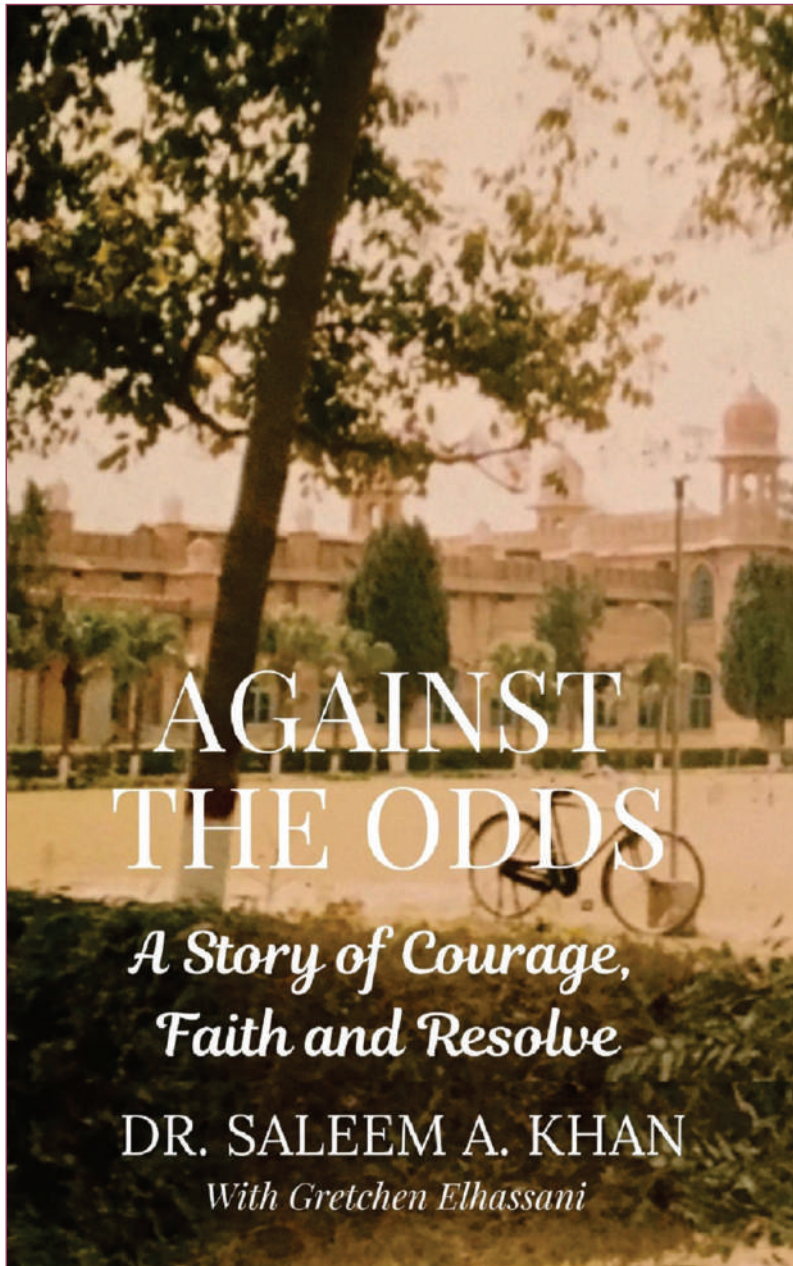
Taimur Salar Butt, MD

KEMC- Class of 1989

Professor, AlFaisal University, College of Medicine, Riyadh
Chairman, Department of Emergency Medicine
King Faisal Specialist Hospital and Research Centre – Madinah



Book Recommendations by Fellow Kemcolians



1. Against the odds A Story of Courage, Faith and Resolve by Saleem A. Khan, MD

The story of Musahib Ud-Din Khan is not a run of the mill tale of rags to riches. It is rather an inspirational narrative about the potential of education as a vehicle for upward mobility and for realization of individual potential in the face of poverty and adversity. The success of Professor Khan as a scholar and contributor to nation building is worth reading. He lived, struggled and triumphed in a very difficult time in a newly minted postcolonial nation of Pakistan strapped for resources and opportunities. His efforts to help others to replicate his success is praiseworthy and we see it reflected in his progeny. The story is especially powerful because it is written by a devoted son whose accomplishments are befitting the legacy of Professor Khan. Children of immigrants, especially those from South Asia must read this book. It will not only inform them of the challenges that their grandparents had to overcome but also help them recognize that their own identities and fortunes are a product of those struggles decades ago. Professor Khan is an inspiration, and his story loses no immediacy with the passing years.

This book is recommended by:
Saleem A. Khan, MD
(Class of 1969)



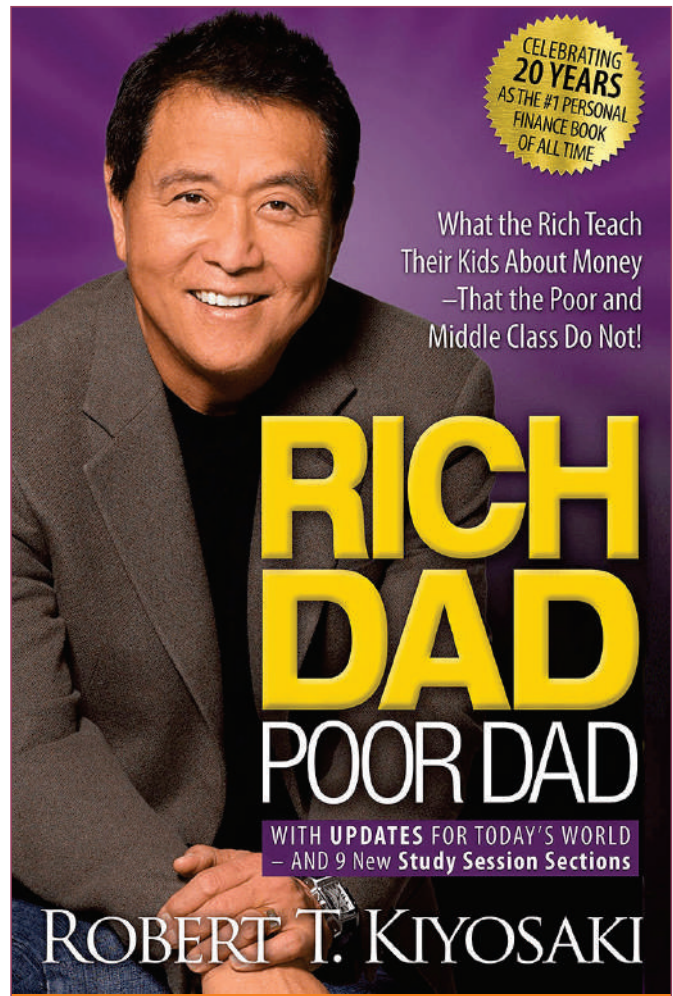
Book Recommendations by Fellow Kemcolians

2. Rich Dad Poor Dad by Robert Kiyosaki is a personal finance classic that challenges traditional views of money and wealth creation. Through the story of Kiyosaki's two dads – his biological father (poor dad) and his friend's father (rich dad) – the book advocates for financial independence and building wealth through assets, entrepreneurship, and financial literacy. I think this is a life changing book especially for women given our general suppressive culture towards female financial independence in Pakistan in addition to the old school stereotypical careers chosen for most kids by their parents i.e., either become a physician or an engineer.

Here are some of the key takeaways from the book:

- ❖ **The importance of financial literacy:** Kiyosaki argues that most people are not taught how to manage their money effectively in school or at home. Rich Dad Poor Dad provides basic financial concepts like the difference between assets and liabilities, the importance of investing, and the benefits of starting your own business.
- ❖ **The rat race trap:** The book criticizes the traditional path of working for a job, paying taxes, and hoping to retire someday. Kiyosaki argues that this path often leads to financial insecurity and a lack of freedom.
- ❖ **The importance of taking risks:** Rich Dad Poor Dad encourages readers to step outside their comfort zone and take risks to achieve financial success. This includes starting businesses, investing in real estate, and other forms of entrepreneurship.

Overall, Rich Dad Poor Dad is a thought-provoking book that can help readers to rethink their approach to money and wealth creation. While some of the book's claims have been criticized, it is still a valuable resource for anyone who wants to take control of



g their finances and build a brighter future.

However, it is important to note that the book is not without its critics. Some have argued that Kiyosaki's claims are exaggerated or unrealistic, and that his advice is not suitable for everyone. It is also important to do your own research before following any of the financial advice in the book.

This book is recommended by:

Maria Zulfiqar, MD
(Class of 2007)



Peace For All

Many people claim, 'Peace for all' is a dream.

Let us join hands together to make it a reality

And pray that one day everyone enjoys real peace.

We know peace can not happen with a few speeches,

Nor can it become a reality without sincere hard work.

Actually we have to walk on bumpy roads to achieve it.

We all realize,our final destination is nowhere near

And by being silent,nothing will change.

To accomplish peace for all,we will have to do a lot more.

Let us keep spreading the powerful message;

Discrimination and disparity should end for ever

And equal rights,equity and justice shouldu prevail.

(This poem was recited at the Academy for Peace

In Delaware by the poet, Dr. Khan)

*Saleem A. Khan, MD
(Class of 1969)*



Every once in a while

Every once in a while
When I take on a new ride in life
I feel confident that this is it—
That I have now
Acquired the perfect set of skills
And learnt enough lessons
To navigate through the bumps that may cross my path
But strangely it happens so, and happens every time
That a lesson falls short
Or one always appears uncalled for...
So between the rides,
I unlearn lessons many
And then acquire several new
So I may have the wisdom, after all
To make it flawless that next time.
But in this pursuit of a wisdom, absolute
I realise—
I have had this pearl all this while
For what is it verily
But the ability
To learn, unlearn and relearn all along.

Dr. Abeera Sikander
(Class of 2008)

بسکٹوں کے ڈبے

بسکٹوں کے یہ سب خالی ڈبے
ان ڈبوں کو پھینک کر تو دیکھو
ابھی بہت سے کیرٹے آجائیں گے

ایک تو کھا جا بسکٹوں کے سارے ڈبے
اور دوسرا ان خالی ڈبوں کو بھی تر سے
یہ بانٹ تو میری سمجھ میں نہ آ سکے

کاش ان کیرٹوں کو بھی چند ڈبے مل جاتے
پھر وہ در بدر یوں رسوا نہ ہوتے
اور بھوک سے بھی وہ نجات پالیتے

سلیم احمد خان
1969 کنگ ایڈورڈ

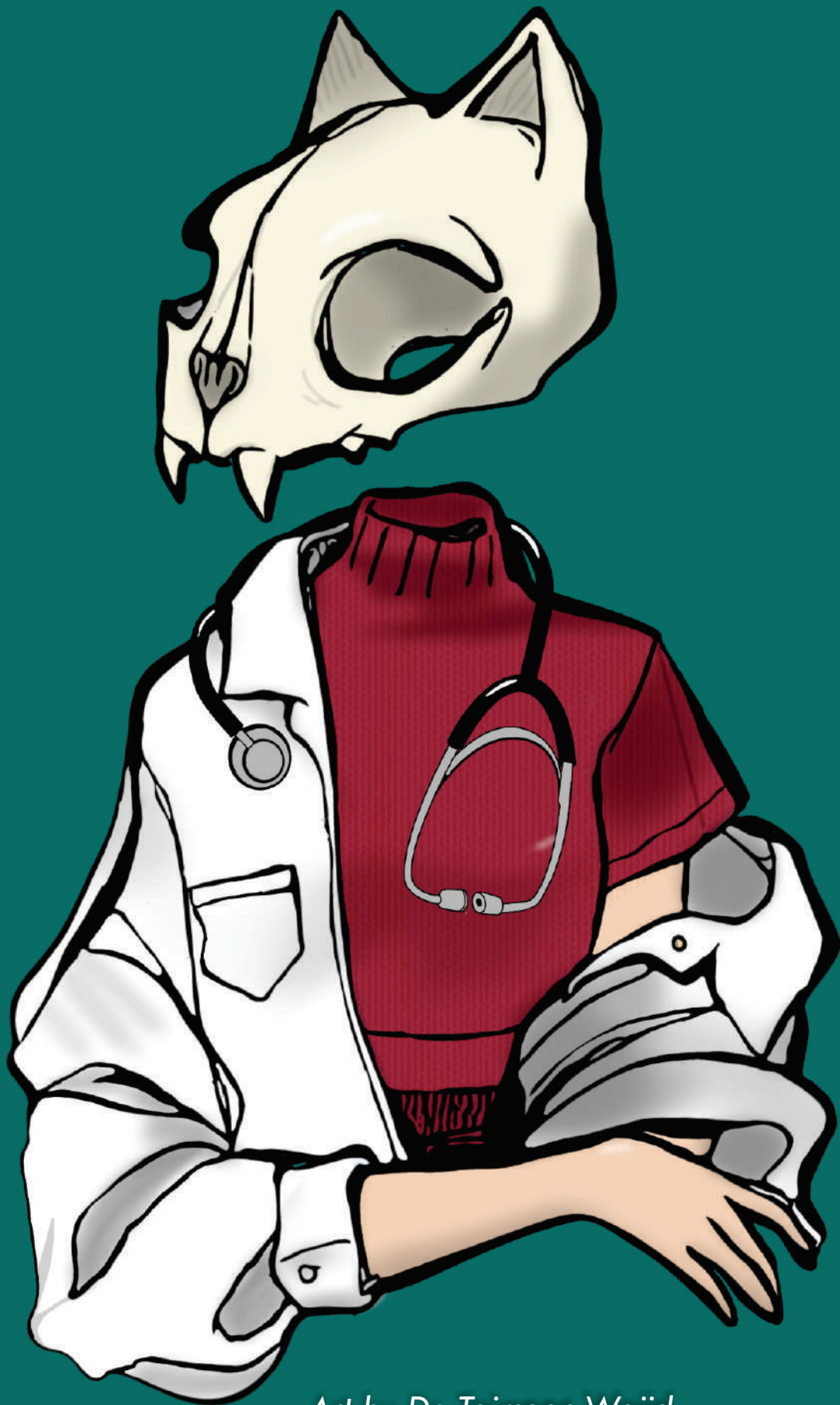


Leaves on Rocks



*Pansies blush with water drops
Orange, brown and yellow-blue
In every shade and every hue
Every drop a rain on rocks
Break as under shiny hearts
Rain drops pearl on autumn leaves
Bring such charm and grace and ease
Rain brings calm, caress them all
That's the magic every fall
Adding life and love to soil
Rocks n all canvas on oil
Say in calm n ginger ways
All creation tale of love
Life is love all else in vain*

*Atif Sohail, MD
(Class of 1985)*



Art by Dr. Taimoor Wajid
(Class of 2023)



The Kaleidoscope Canvas: A Journey Through Art's Embrace

*by Dr. Taimoor Wajid
(Class of 2023)*

Art isn't just a subject I paint – it's the very ink staining my soul. Each stroke bleeds a chapter, each color reflects a bruise, each form sculpts a piece of my journey. Like a kaleidoscope shattered and reformed, my artistic expression has morphed through the years, shedding familiar techniques to embrace the raw essence within.

It all began in the vibrant hues of childhood landscapes, capturing the world's wonder through innocent eyes. Then, it dipped into the depths of portraiture, seeking solace in the etched stories on strangers' faces. As my hands matured, they craved the three-dimensionality of sculpting, molding emotions into tangible forms.

But sculpting proved a double-edged sword. Lost in creation one night, I became consumed by a piece, possessive pride festering in its shadow. It offered comfort, yet planted a seed of doubt: would this obsession define me, tempt me away from my faith? This conflict shattered my love for sculpting, twisting passion into chaos.

Then, like a beacon in the storm, calligraphy emerged. The serene dance of ink whispered peace to my troubled soul. I abandoned sculpting tools, finding solace in the rhythmic flow and spiritual beauty of language. Unlike the turbulent emotion's sculptures evoked, calligraphy brought introspection, becoming an extension of myself, expressing faith and values through art. People recognized me not for sculptures, but for the calming elegance of my words.

This journey wasn't linear. It was a tapestry woven with joy, doubt, and self-discovery. Each art form left its mark, shaping who I am today. While sculpting brought conflict, it taught me valuable lessons about passion, responsibility, and the delicate balance between creation and obsession. Now, calligraphy filled my heart with peace, allowing me to share my artistry with the world.

But the world slammed shut like a heavy brushstroke. The pandemic painted everything in shades of grey, including my artistic pursuits. Depression gripped me, grief a silent scream I couldn't express through traditional means. Art supplies were scarce, but my broken laptop, a window to escape. I stumbled into digital art, its vibrancy a stark contrast to the world outside. Scrolling through endless creations on platforms like Pinterest was a playful escape, but my artistic spirit craved more. Penny by penny, I saved, yearning for a canvas beyond my cracked screen. Finally, a tablet, a portal to my own digital world.

Confined to my space, I poured my pain into whimsical drawings, humor masking the tears I couldn't shed. This medium offered freedom from the limitations of supplies and the sting of rejection I sometimes faced with photography. In the digital realm, I explored animation, its potential boundless. I created an Instagram page, a hesitant seed reaching for the light.

But fate, ever the cruel artist, dealt another blow. My MBBS studies, a demanding master demanding all my



Sunset in Arizona



The mere mention of the Arizona sunsets conjures up a kaleidoscope of fiery hues, painting the vast canvas of the sky in a masterpiece that changes nightly. It's a spectacle that draws in locals and visitors alike, a daily promise whispered on the warm desert breeze.

As the sun dips below the horizon, casting long shadows from the iconic saguaro cacti, the sky ignites. Fiery oranges and molten gold bleed into vibrant pinks and blushing lavenders. Wispy clouds, like brushstrokes of cotton candy, catch the dying light, transforming into streaks of peach and lilac. The air itself seems to shimmer with the heat of the day's surrender, creating a mirage of color that dances at the edge of vision.

Arizona sunsets are more than just a visual feast; they're a reminder of the impermanence of things, the beauty found in endings, and the promise of new beginnings painted in the brushstrokes of dawn. They're a shared experience, a silent language spoken in the language of light, that binds together the diverse tapestry of life in this desert land.

So, the next time you find yourself under an Arizona sky, take a moment to breathe deep, let the colors wash over you, and feel the magic of this sun-kissed land seep into your soul. For in the fiery embrace of an Arizona sunset, you might just find yourself a little closer to eternity.

*Maria Zulfiqar, MD
(Class of 2007)*



KEMCOLIAN WRITINGS AND ART

A Kemcolian Grandfather's Advice

Dear Grandchildren,

Here is my advice to you.

Try to balance your:

1. Religious Practices (Obligations)
2. Personal Life (Health, diet, rest and exercise)
3. Family life (Good relations with your parents, siblings and other important relatives)
4. Service to community (Volunteer and charity work)
5. Friendship (Time spent and resources used for friends)

I wish you the best of luck for your bright future.

Love,

Grandfather Saleem A. Khan
(Class of 1969)



Talha Siddiqui, MD
Fairfax, VA

Dear KEMCAANA friends,

KEMCAANA has been the pillar of APPNA and bastion of philanthropy in both Pak- American community and Pakistan. You have produced outstanding leaders in our fraternity. Wishing you all a very successful retreat.

ad



www.tajdeed.us

TAJDEED HEALTHCARE ANGELS

Advancing Healthcare Innovation & Entrepreneurship

We advise and invest in innovative healthcare startups.



Physician Angels

Startup Founders

Tajdeed is a group of Pakistani Diaspora Physician Entrepreneurs and Angel Investors with a passion to promote healthcare innovation. Our goal is to support and advise innovative healthcare startups that significantly improve access to healthcare, with emphasis on emerging countries.

Product &
Business
Strategy

Finding
Product
Market Fit

Implement
ation
Strategy

Access to
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Physicians

Startup
Angel
Investment

**We would love to
hear from you if
you are:**

- Healthcare Startup Founder looking for advise and capital.
- Physician Entrepreneur or angel looking to join a group.
- Startup Investor looking for collaboration or advice on healthcare startups.
- Pakistani Diaspora physicians looking to contribute to Healthcare Innovation and Entrepreneurship in Pakistan.

Contact Us

<https://www.tajdeed.us>
Support@tajdeed.us

Aadil Zaman

Partner at Wall Street Alliance Group

As seen in



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Financial Planning for Physicians

- Navigating Market Volatility
- Tax Saving Strategies
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Contact us to schedule a complimentary consultation:

Wall Street Alliance Group

Ph: 866-535-8771

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