



PRESIDENT REPORT

20
22





Dr. Fizza Zahid Rafiq
President (2021/2022)

President's Report

I am humbled and honoured to serve FJ Alumni of North America as President for the year 2021-2022.

Serving my Alma Mater for the last two years was a huge opportunity as well as a big responsibility. Alhamdulillah, we have achieved many goals together and we are thankful to Almighty Allah (SWT) who gave us all the strength to achieve our goals.

Alhamdulillah with the help of Allah (SWT), the huge support of Alumni of North America, encouragement and motivation by Ex VC Professor Dr Aamer Zaman Khan and current VC Professor Dr. Khalid Masud Gondal and the support of my Executive committee, I was able to serve my Alumni as well as my Alma mater.

Philanthropic contributions:

1- Pakistan Flood Relief 2022

Kashana e Fatima Jinnah / Medical Camps

I am really proud of our FJ students, house officers, residents, staff and faculty for taking great initiatives during the emergency flood situation in Pakistan. I am really thankful to VC Professor Dr Gondal for his prompt response to the call for action and he took the lead in the emergency response by sending teams of medical doctors for relief work in South Punjab and Sindh.

The humanitarian services of our institution at all levels are very inspiring and we are very proud of all of them.



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I also want to say special thanks to my FJ Alumni for participating actively in Flood Relief activities and donating generously.

FJMCAANA took the leading role and is standing shoulder to shoulder with faculty to support the initiatives at FJMU.

I had the honour and privilege to travel with Dr Amna Buttar and FJMU faculty to Fazilpur under the guidance of VC Dr. Gondal at the end of August 2022.

With the help of the Almighty Allah (SWT) and the generous support of our Alumni, we are able to adopt Kashiani Basti, a small village in Fazilpur.

We have raised more than 100,000 dollars and have built more than 80 houses in South Punjab. We have also built a community health centre and we will continue to support the building of houses in that area.

Our vision is to educate this small community and provide them with health education as well as empower them to take the lead in their own health. FJMCAANA is determined to work together with all hands on board to make a positive difference in the lives of people in these underprivileged areas in a meaningful and sustainable way.

2- We have started to support cornea transplants at SGRH. We have raised funds for 60 corneas this year and will continue to donate towards this cause IA.



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3- Supporting elementary education to out-of-school children in remote areas of Pakistan in collaboration with TAKMIL. We are supporting four schools in all provinces of Pakistan.

4- We have raised 40,000 USD for the nephrology unit at SGRH and have bought the state of the Arts equipment for the nephrology unit.

5- We donated 30,000 USD for ICU equipment at SGRH

6- We have donated to SWDRC / APPNA for sending Eid gifts for Rohingya Refugees.

7- We donated 10,000 dollars to AFJOG for their vocational centre.

8- We sent 20,000 USD for student scholarships and we send 10,000 dollars every year for our deserving students at FJMU.

9- We have started 5000 Postgraduate scholarships for our students who wish to pursue their careers in USA.

10- We have developed an online Membership portal and Alhamdulillah our membership has increased this year to many folds. We have created membership cards for lifetime members of FJMCAANA.

Educational Activities:

In the last two years, our Alumni is stronger than ever.

1- We established the FJMCAANA YouTube channel and conducted free online health awareness sessions from Jan 2021- July 2022 in collaboration with Dr Samina Toufeeque YouTube channel in Pakistan.



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2- Our Alumni are participating in APPNA MERIT Family medicine weekly sessions as panellists to help and train GPs in Pakistan.

3- We give online monthly health education talks on various topics to children in TAKMIL schools.

4- Career Counselling sessions for USA / Canada:

I am pleased to say that FJMCAANA has been able to build strong connections with FJ students and graduates and we have two WhatsApp groups now where we help and support our students and graduates to learn about pathways to Medicine in North America.

5- APPNA HIV committee

We are actively participating in awareness of HIV in Pakistan through APPNA HIV committee. Dr.Saima Abbas is playing an active role in zoom sessions to create awareness about HIV screening and prevention.

6- Our Alumni have participated actively in Scientific sessions during APPNA winter meeting at FJMU and have conducted workshops on various topics. We also conducted career counselling sessions at FJMU during winter meetings in December.

I give my special thanks to the host committee at FJMU and also to all my alumni for joining us and contributing towards their Alma mater.



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APPNA Meetings :

We have had very successful APPNA Spring and Summer meetings this year.

We celebrated the 75th, Platinum Jubilee Anniversary of FJMU this year during APPNA winter meeting at Atlantic City. Dr Arfa Syeda Zehra was the chief guest. Class of 96 and 97 also celebrated their silver jubilee anniversary.

Being a family Physician my passion is to have a fully functioning Family Medicine department at FJMU. Family physicians are the backbone of the health system. We want to see FJMU taking a lead in providing expert family physicians in our country who can be confident enough to deal with all kinds of chronic diseases, communicable diseases, prevention and screening, and also become the health leaders and advocates in their communities.

I am always there to support this initiative taken by VC Dr. Gondal at FJMU and also I am always going to support all my alumni who would like to contribute in any capacity to strengthen this initiative of Family Medicine at FJMU.

My passion is to bring family medicine as an attractive field of choice for our students and graduates and see FJ taking the lead.



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Alhamdulillah the FJ alumni are strong enough to support all educational activities as well as all philanthropic activities at FJMU and SGRH.

Thank you to my executive committee, Dr Hibba Haider, Dr.Azra Khan and Dr Nighat Mehdi for their continued support.

I would like to thank Dr. Azra Khan who worked tirelessly and with great dedication to take care of all the funds of Alumni in the last two years. Our Alumni have raised more than 200,000 dollars in the last two years which is for the first time in the history of FJMCAANA. Alhamdulillah and Ma Shaa Allah . Huge credit goes to our team and our Alumni for their generosity. I am very thankful to each and every one for their trust and motivation.

I would also thank Ex VC Professor Dr Aamer Zaman Khan who gave our Alumni all the strength and encouragement. FJMCAANA is strong today due to his efforts and support.

Thank you to VC Dr. Gondal, Pro VC Dr. Shamsa Humayun, Dr. Bilquees Shabbir, Dr Muniza Qayyum, and everyone who has encouraged us and supported us.



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I congratulate FJMCAANA for all these achievements and I wish all of them all the best in the future.

I congratulate the new EC 2023 and Dr Hibba Haider as the new President of FJMCAANA and I am sure that under her leadership FJMCAANA will rise and shine and the new EC will take our Alumni to new heights. In Shaa Allah.

My message to my Alumni is to work hard, be sincere and honest and stay together to work for our Alma mater. Fatima Jinnah Medical University is the bond that makes us unique and holds us together. Alhamdulillah

فرد قائم ربط ملت سے ہے تنہا کچھ نہیں
موج ہے دریا میں اور بیرون دریا کچھ نہیں

May Allah (SWT) accept all the efforts and be pleased with us and forgive all our shortcomings and may we continue to work together for sake of humanity. Ameen

Long Live FJMU
Long Live FJ Alumni
Long Live Pakistan



THANK YOU

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