



# APPNE

## ONE VOICE, ONE COMMUNITY

2023

# ANNUAL MAGAZINE

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LOCKDOWN

Mask Magazine

# ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTHERN EUROPE



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APPNE

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- Mr. Shahab Qureshi

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Mr. Amir Khan

### General Secretary

Dr. Nadeem Sajjad Raja

### Joint Secretary

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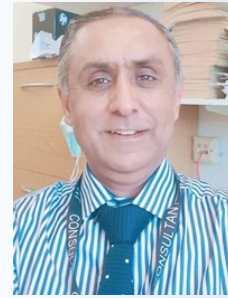
Dr. Aisha Sharif

### Social Secretary

Dr. Kamila Haider



President



General Secretary



Joint Secretary



Social Secretary



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- Mr. Mazhar Sheikh
- Dr. Wajiha Tehniyat
- Dr. Muhammad Imran
- Dr. Amara Sohail
- Dr. Zafar Iqbal
- Dr. Naseem G Waraich



## EDITOR'S DESK



Dear all,

It gives us immense pleasure to present the Annual Souvenir at the 4th Annual function. APPNE is growing in stature and is becoming one of the largest organisation of medical doctors of ethnic minority in Europe with nearly 2000 doctors and medical students as its members.

Last year APPNE continued its democratic norms to hold its election of office bearer posts. Luckily we have our President elected unopposed and others were elected after closely but cordially contests election.

We had a mix band of year so far with some good news and some not so good. Ukarine war is still going on. Economic downturn all over the world has affected each strata of life. UK has been hit hard and inflation rocketed high. We the doctors also bore the brunt of increased cost of living. This was seen from frequent and still ongoing junior doctors' strikes. Later, the consultants also joined the protest bandwagon. We are not so lucky in England compare to our colleagues in Scotland where there right demands were given a compassionate hearing and major strife was thwarted which could have affected hundreds of patients. APPNE hopes that sanity will prevail in this struggle and government will pay heed to the legitimate demands of junior doctors to end sufferings of many patients awaiting treatment. APPNE continued its tradition of going forward in its activities including educational seminars, charity events, helping new immigrants from medical fraternity settling in and also much loved cricket events. Glimpses of such activities can seen in this magazine.

Cricket and APPNE annual function seems to have close affinity. Last time it was 20/20 world cup and we did well, this time it is ODI world cup. We wish team Pakistan and England to do well in this sports extravaganza.

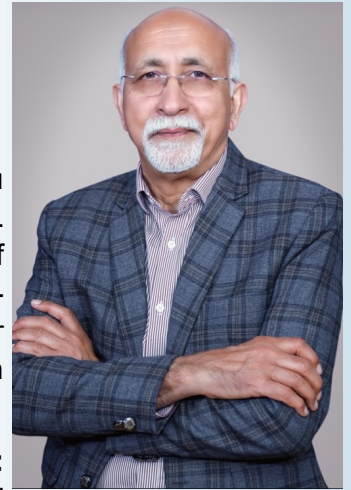
Like last year, the front cover is designed by Dr. Munib Mirza. Team APPNE thanks him for his efforts and contribution.

APPNE will be celebrating its 6th Anniversary of APPNE inception on 30th October. We hope that each passing year APPNE will attain new heights and its members will grow in number as well as stature to make APPNE a powerful voice in various quarters of the medical and allied fields.

*Mukesh Kumar*

*MRCGP, PhD (Epidemiology)*

## Message from the President



Dear Esteemed Members of APPNE,

I hope this message finds you well. It is with great pleasure that I present to you the President's Annual Report for APPNE, covering the fiscal year 2023-2024. This report is jointly presented on behalf of the APPNE Trio, which consists of the President, General Secretary, and Joint Secretary. It highlights the remarkable achievements and milestones we have reached in various aspects of our organization's activities since our new executive council took office in March 2023.

### **Team Cohesion, Infrastructure Development, and APPNE Governance:**

Our foremost priority was to foster a professional, cohesive, and goal-oriented team environment. We introduced the concept of the Trio, comprising the President, General Secretary, and Joint Secretary, to address urgent matters related to our respective roles. This approach facilitated more efficient communication and decision-making. I strongly recommend reinforcing this Trio structure to benefit future leadership.

We also concentrated on enhancing our website, employing professionals to expand our online presence. Additionally, we established designated emails for key positions within APPNE to ensure a seamless transition of information between successive office bearers. Moreover, we appointed a data control officer in compliance with GDPR/ICO legislation.

**Ethical Guidelines & Policymaking:** We updated our ethical and working guidelines to align with the evolving healthcare landscape and the needs of our members. The executive council has endorsed policies on social media, finance, and complaints & disciplinary (C&D), which are now available on our website. Moving forward, we aim to develop more policies on various topics to provide structure, guidance, and shared protocols for APPNE leadership and membership.

**Membership Growth & Outreach:** Our efforts to grow membership and expand outreach have yielded significant results. We welcomed new members this year, providing personalized guidance and support to doctors in their careers and job searches.

**Diversity and Inclusion:** We continued our collaboration with BAM organizations to promote inclusiveness. We advocated for the rights of BAM doctors with GMC and other health organizations, addressing inequalities and harsh treatment. Additionally, we supported Pakistani doctors undergoing disciplinary and investigative processes.

Initiatives were launched to promote diversity and inclusion within our membership, including mentorship programs, sports, social and festival gatherings, and networking events.

**National COVID Inquiry and Public Engagement:** We actively participated in the National COVID inquiry, making valuable contributions recognized by national authorities. We also plan to expand our reach by live-streaming select sessions of the annual function, making medical information accessible to the public and engaging them in our mission.

**Education and Training:** We continued to provide educational resources, workshops, and training programs to foster professional growth. Our annual multidisciplinary educational conference saw specialists from various fields attending, and we successfully adopted a hybrid meeting style in collaboration with international delegates.

The executive members from South England conducted two successful educational meetings in London that were also broadcasted via zoom to larger audience.

**Awards Ceremony:** We introduced an annual awards ceremony to celebrate the outstanding contributions of our outgoing leadership, which will be showcased during the APPNE gala dinner.

**Annual Function:** Our team worked diligently to elevate the annual function to a new level by securing the ICC Birmingham as the venue and obtaining sponsorships. We also collaborated with a renowned music band, Ali Azmat, to enhance the event.

In conclusion, the fiscal year 2023-2024 has been marked by substantial achievements in policy development, membership growth, and adapting our annual function to a virtual format. We are proud of our dedicated executive council members and the positive impact APPNE continues to have in the healthcare community, representing the voice of Pakistani physicians.

As we look ahead, our commitment remains steadfast in advancing healthcare, promoting excellence in medical practice, and advocating for the well-being of patients and healthcare providers.

We express our heartfelt gratitude to our members, volunteers, and staff for their unwavering support and hard work throughout the year. If you have any questions or require further details on any aspect of this report, please do not hesitate to contact me.

Thank you for your continued trust and participation in APPNE.

Sincerely,

**Amir Khan**

President

On behalf of the APPNE Trio (President, General Secretary, and Joint Secretary)



## Message from the General Secretary



Dear all Pakistani doctors and APPNE members

The Association of Pakistani Physicians of Northern Europe (APPNE) remains a unique organisation that prioritises the interests of its members. The strong leadership and the executive council work together to continue to move the agenda forward and work diligently to support the membership. A lot has been done in the last six months. The role of APPNE is growing rapidly, and I am delighted to share that APPNE's current membership stands at 1952 doctors. On the external front, APPNE is increasingly recognised as an important player in various advocacy matters relating to physicians' rights, wellbeing, education, training, and medical practice.

APPNE is continuing to represent its members at the General Medical Council, the BAME medical doctor's forum, and other forums. It is worth mentioning here that I provided valuable input on Good Medical Practice guidelines and New Registration Pathway for consultants and GPs in GMC meeting and the APPNE recently brought some cases with the other IMGs in recent months in the GMC-BAME forum.

As all of you are aware, the UK home secretary's recent remarks about British-Pakistani men in grooming gangs caused controversy and unease in different ethnic groups across the country. The APPNE leadership and members were alarmed by the Home Secretary's statement, and several Pakistani doctors raised serious concerns about this statement. I brought APPNE's voice forward in this important matter. I then wrote a letter to the UK Prime Minister and demanded a retraction of the home secretary's statement and an apology. Another letter by 43 International Medical Graduate (IMG) organisations was sent to the UK Prime Minister. APPNE was co-signatory of this letter. We circulated this letter to APPNE members and urged them to send it to their local members of parliament and the members of the House of Lords.

The British Medical Journal (BMJ) reported 35,000 incidents of sexual misconduct recorded on NHS premises between 2017 and 2022. We requested the BMJ Editor to provide data on the ethnicity of the perpetrators and the victims in the sexual misconduct complaint. The BMJ editor replied that they do not hold data on the ethnicity of perpetrators and victims of sexual cases. We also requested similar data from UK NHS trusts and awaiting a response. When we receive this data, we will share it with the membership.

I have been working hard to promote medical education, training, member wellbeing, socialisation, providing networking platforms, and providing advice on other matters such as finance, etc., which is a priority aim of APPNE.

I signed the MOU with Medastra Manchester (PLAB 2 Courses) in a ceremony with aim of discounted PLAB 2 course registration fees for APPNE members who aspire to work in NHS.

I supported my colleagues organise a very successful CME event on complex financial matters. I supported our executives to organise more events, such as the cricket series between our sister IMG BAPIO and the tape ball tournament and women's sports day. APPNE again this year won the cricket series and retain the trophy. There are more upcoming events and projects, and I urge my Pakistani doctors to participate actively, as your involvement will bring stability and strength to our association.

I would like us to remember the mission we set for our network to work together towards physicians' rights, medical education, training, and medical practise through advocacy and collaboration with other IMGs, the British Medical Association, and government bodies.

We all are eagerly waiting for the APPNE 4<sup>th</sup> Annual Health Convention which will be held on 14<sup>th</sup> October 2023 at International Convention Centre Birmingham. APPNE executives' have begun to prepare for this function in advance. I welcome all of you to 4<sup>th</sup> Annual convention and hope you will enjoy this memorable function.

Dr Nadeem Sajjad Raja FRCPATH  
Consultant Microbiologist  
General Secretary

## Report from the Social Secretary

I am honoured to present this social report as the Social Secretary of the Association of Pakistani Physicians of Northern Europe (APPNE). This report provides an overview of the various social activities and initiatives organized by APPNE to foster a sense of community and camaraderie among our members.



### **Social Activities and Initiatives**

APPNE recognizes the importance of social interactions and networking to strengthen both our professional and personal bonds. Over the past year, we have successfully organized several social events and initiatives to engage our members and promote a vibrant social community:

The social activities and initiatives organized by APPNE have had a profound impact on our members and the broader community. They have strengthened the bonds of friendship and camaraderie among our members, provided opportunities for personal and professional networking, promoted cultural exchange and appreciation among our diverse membership, and allowed us to contribute positively to the communities in which we live and work.

### **APPNE Bassant Festival – Kite Flying at Walsall**

The Association of Pakistani Physicians of Northern Europe (APPNE) organized a vibrant and culturally rich Kite Festival on August 12, 2023, in Walsall. This event celebrated the spirit of unity, diversity, and community, bringing together members, their families, and the local community. Participants enjoyed a day filled with the joy of kite flying, showcasing their skills in friendly competitions. The festival featured captivating cultural performances, including traditional music and dance, offering a glimpse into the rich heritage of Pakistan. Attendees savored a variety of delicious Pakistani cuisine and refreshments, enhancing the festival experience. Families relished the day with activities for all ages, creating memorable moments and strengthening community bonds. The event fostered a sense of togetherness, promoting cultural exchange and understanding among diverse communities. APPNE's Kite Festival was a vibrant celebration of cultural diversity and community spirit, embodying the organization's commitment to building bridges and fostering unity.

### **APPNE Ladies Sports Day**

The Association of Pakistani Physicians of Northern Europe (APPNE) organized an exhilarating Sports Day exclusively for ladies in Nottingham on July 15, 2023. This event aimed to promote physical fitness, well-being, and community engagement among our female members.

The APPNE Ladies Sports Day was a fun-filled and empowering day, including various sports and recreational activities, strengthening bonds within the community. Attendees participated in friendly yet competitive sports events, including tennis, badminton, and netball matches, showcasing their athleticism and teamwork. The event featured fitness workshops led by certified instructors, providing valuable health and wellness insights to the participants. The Sports Day served as a platform for women from diverse backgrounds to connect, share experiences, and build lasting friendships. Delectable refreshments and traditional cuisine were available, ensuring that participants had the energy to enjoy the day to the fullest. The APPNE Ladies Sports Day in Nottingham underscored the organization's commitment to promoting a healthy lifestyle and fostering a sense of community among our female members. The event encouraged participation from all age groups and skill levels, making it inclusive and enjoyable for everyone. The APPNE Ladies Sports Day was a resounding success, bringing together women from different walks of life for a day of sports, culture, and camaraderie. It provided a platform for physical activity, cultural celebration, and social interaction, aligning with APPNE's mission to support the well-being of our members and promote community engagement. We look forward to hosting similar events in the future to continue nurturing a strong sense of community and encouraging a healthy and active lifestyle among our members.

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### **APPNE 4th Annual Health Convention & Gala Dinner**

I am delighted to present this report detailing the exciting plans for the future Annual Dinner of the Association of Pakistani Physicians of Northern Europe (APPNE) scheduled for October 2023. This upcoming event promises to be a memorable occasion, featuring a live performance by the renowned Pakistani artist, Ali Azmat.

The APPNE Annual Dinner has long been a highlight of our organization's calendar, providing a platform for our members to come together, celebrate their achievements, and strengthen their connections within the community. In the spirit of making each year's dinner unique and memorable, the organizing committee has made special arrangements for the October 2023 event.

One of the most anticipated highlights of this year's dinner is the live performance by Ali Azmat, a distinguished Pakistani musician known for his powerful vocals and iconic songs. Ali Azmat's presence and performance are expected to add a dynamic and entertaining dimension to the event, making it an unforgettable experience for all attendees.



Aside from Ali Azmat's performance, the event will feature a very extravagant fashion show showcasing our traditional outfits and jewellery from our top designers from Pakistan, USA and UK. This is to celebrate our rich heritage. We will acknowledge the outstanding contributions of APPNE members and partners to the organization and the healthcare community. Attendees will have ample opportunities to network with fellow healthcare professionals, strengthening professional connections and friendships. Guests will savor a delectable multi-course dinner featuring a variety of cuisines. Tickets for the Annual Dinner can be purchased through our official website and are available to both members and non-members. Early registration is encouraged to secure a place at this highly anticipated event.

The future Annual Dinner of APPNE in October 2023 promises to be a grand celebration of our organization's achievements and a testament to our commitment to fostering community and culture. With Ali Azmat's electrifying performance and a range of exciting activities planned, it is sure to be an unforgettable evening for all attendees.

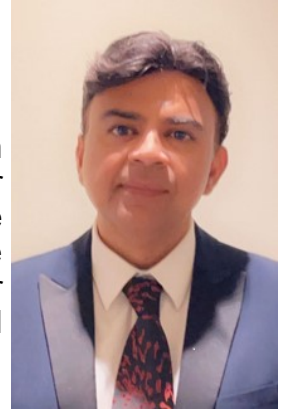
## **Future Plans**

Looking ahead, we plan to expand our social calendar to include a wider range of activities and events. We aim to explore collaborations with other organizations to create more extensive and inclusive social opportunities. Our commitment to community outreach and engagement remains steadfast, aligning with our mission of giving back to society.

As the Social Secretary of APPNE, I am proud to report on the successful social activities and initiatives that have brought our members closer together and enriched our sense of community. These activities not only enhance our social lives but also contribute to our personal and professional growth. We are excited about the future and look forward to creating more meaningful and memorable experiences for our members.

Dr Kamila Haider  
Social Secretary - APPNE

# Education Committee Report



The Educational Committee was actively involved in training and teaching in this year. They also organized several valuable Educational Webinars for Postgraduate Doctors in the UK & IMGs with eminent speakers to increase awareness about the NHS and its training structure, helping them achieve their objectives of securing a training post and further progression within their postgraduate career. The webinars were very well attended and appreciated by the medical fraternity.

The purpose of this report is to provide an overview of the successful organisation of various educational activities, including webinars on different health topics and two face-to-face education webinars held in London, UK. These webinars aimed to provide a platform for knowledge exchange and professional development within the healthcare sector. Both webinars were well-attended and received positive feedback from participants. Expert speakers provided valuable insights and practical advice to healthcare professionals. The events fostered a sense of community among healthcare practitioners.

We believe that the success of these face-to-face education webinars demonstrates the value of such events in promoting continuous learning and professional development within the healthcare sector. The face-to-face education webinars in London organized by APPNE have made a positive impact on the professional development of healthcare practitioners. These events have strengthened our commitment to providing valuable educational opportunities to our members and the broader healthcare community.

APPNE Education will ensure continuous professional development for our members and trainees to obtain CME credits through ongoing CPD activities. The Educational Committee also arranged an excellent CME Programme for the APPNE Health CME Seminar on 30th September at the Education Centre, Walsall Hospital, which comprises different clinical specialties (covers different subjects), including a Post Graduate Doctors Guidance session covering an overview of Internal Medicine Training, Introduction to the PLAB exam, future job perspectives, and guidance on surgical training & related job opportunities. BPPA is also kindly arranging a very helpful session on Communication skills & Interview-related topics. This CME Seminar consists of 6 CPD points accreditation (Pending RCP approval).

The poster session is also arranged on the day of the Annual function on 14th October at the International Conference Centre in Birmingham, with a short CME session on the Virtual Learning Environment for healthcare professionals. The first three positions will be awarded in the poster competition based on the scoring system. This program is followed by an NHS Plenary session, which includes panellists & speakers from the General Medical Council, Health Education England, British Medical Association, etc. We will also ensure that everyone gets the most out of these events through social networking & a range of educational activities.

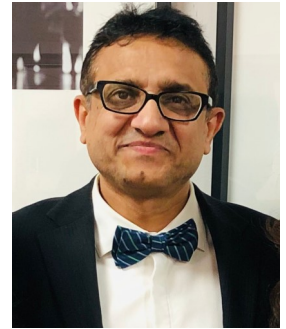
These events have strengthened our commitment to providing valuable educational opportunities to our members and the broader healthcare community.

We look forward to continuing our efforts to advance healthcare knowledge and practice in the future.

## **Dr Habib Haider**

MD ( USA ), FRCP ( Lon), FRCPE  
Consultant Acute Medicine  
Executive Member  
IMG & Education Lead - APPNE

## Ex-President's thoughts



It gives me great pleasure to be writing for the 4th Annual Convention of APPNE. As a founder member who has served as both an elected General Secretary and President, I have witnessed the remarkable growth of this organisation. We started, with three hundred members, and today, I am proud to announce that we have reached a membership approaching two thousand doctors.

Our journey has been a testament to our commitment to inclusivity and representation. From the very beginning, we have strived to maintain an organization that truly reflects the diverse voices within our fraternity. This has been achieved through the implementation of democratic elections, where every member's vote holds equal weight, ensuring that no one's voice goes unheard and feel it an inclusive organisation.

APPNE has become a platform where healthcare professionals of Pakistani origin in Northern Europe can come together, share their experiences, and work collectively towards common goals. It is a testament to the dedication and hard work of our members that we have reached this milestone, and I believe our journey is far from over.

As we gather for this 4th Annual Convention, let us celebrate our achievements and renew our commitment to the values of unity, inclusivity, and excellence. Together, we can continue to make a positive impact on the healthcare landscape in Northern Europe and beyond.

Thank you all for your unwavering support, and I look forward to a productive and inspiring convention.

During my time as President, I ensured that the association worked on Mentorship and Career Support for International Medical Graduates (IMGs). My team and I worked diligently to support IMGs as they embarked on their careers in the National Health Service (NHS), with many becoming hospital doctors and General Practitioners (GPs). I implemented systems to provide ongoing pastoral and mentorship support throughout their careers.

I led my team in providing critical assistance during the pandemic, helping stranded IMGs in the UK with issues related to the Professional and Linguistic Assessments Board (PLAB) examination and liaising with the General Medical Council (GMC). We also assisted them in securing clinical attachments and jobs once they qualified.

It was a privilege for me to establish connections with other professional associations in the UK and bring them together on a common platform. With the support of multiple IMG associations, we successfully formed a voluntary Federation of Ethnic Minority Health Organizations, which represents our shared concerns, including providing evidence in national inquiries into COVID-related deaths. APPNE has collaborated closely with the British Pakistani Psychiatric Association on education and recruitment initiatives. During my tenure as President, APPNE forged strong ties with the Irish Pakistani Professional Association, and both teams have collaborated on various shared themes.

I have been actively involved in remediation efforts for doctors facing GMC restrictions or concerns with their deaneries. I provided mentorship and educational support and successfully helped doctors have sanctions lifted, enabling them to be a productive doctor in NHS.

Furthermore, I led a dedicated team in addressing the challenges faced by non-career grade IMG doctors, assisting them in progressing their careers through the alternate rotation pathway. It has been incredibly rewarding to witness many doctors successfully completing the Certificate of Eligibility for Specialist Registration (CESR) and now serving as consultant colleagues.

I am very proud to have led our collective efforts in raising our voice against the stringent rules pertaining to Adult Dependant Relative Visas, commonly referred to as parental visas. These concerns were echoed by many Royal Colleges, the BMA, and sister IMG associations. We have actively addressed these concerns in Parliament and are hopeful that secondary legislation will be enacted to amend these unjust rules associated with this visa category.

### **Mr. Irfan Akhtar**

Consultant Surgeon  
Ex-President APPNE

## Diary of Ex- Gen Secretary

Association of Pakistani physicians of Northern Europe (APPNE) -  
an eye witness account.



The Association of Pakistani physicians of Northern Europe (APPNE) was started in 2018.

The need for a representative organisation for Pakistani doctors was felt due to the vacuum that had been created over the last many years and Pakistani doctors were found under-represented. There was no representation of by family doctors in the Royal colleges, the general medical Council as well as other representative bodies.

Also, it was felt that the organisation needed to have solid Democratic credentials and should abide by rules and regulation as envisage in the constitution.

The organisation had a its first elections in 2019 followed by further elections in 2021 and 2023.

During this period, we saw the trials and tribulations of the pandemic in which the young organisation stood up to the challenges and represented the doctors in a befitting manner.

I had the honour of being elected its general secretary in 2021 and completed my tenure and handed over to my successor in 2023. I had the honour to lead the organisation at a higher level of representation and took the message of the Pakistani doctors to the regulating bodies in the United Kingdom. APPNE was recognised as representative organisation of the Pakistani doctors by the general medical Council. We are included in all the decision-making processes of the regulator as well as part of the consultative processes of the Royal colleges of the country.

APPNE will prosper Inshallah, however it is extremely important for the organisation and its members to stays on the right part, adhere to the regulations and constitution and provide the leadership for which the organisation was envisaged and given representation and support by the thousands of Pakistani doctors living in the United Kingdom and the Republic of Ireland.

God bless APPNE!

*Mr. Shabi Ahmad*

Consultant Urological Surgeon Birmingham

Trustee & Treasurer elect BAUS

Regional Advisor & Tutor RCPSG

Ex Secretary General APPNE

Ex President DOGANE

# First President of APPNE

## MY ROLE AS PRESIDENT OF APPNE

I was a member of the steering group which laid the groundwork and launched APPNE in 2018. Following the first elections in December 2019, I had the honour to be the Founding President of APPNE from February 2019 to March 2021. Under my leadership the organisation grew from having two hundred plus members to more than 850 members across Europe. It is a pleasure to see our organisation grow and which currently comprises of more than two thousand members including doctors, medical students and members of allied healthcare professions.



As the first President of APPNE, one of my roles was to network and reach out to institutions both in Pakistan and Europe, set up collaborations and develop ways of synergistic working with medical associations in Europe and Pakistan. During my tenure, APPNE signed MOUs with APPNA merit USA, The Australian Association of Pakistani Professionals (AAPP), Indus Hospital and Health Network, Rawalpindi Medical University, Shaheed Zulfikar Ali Bhutto Medical University, Islamabad, Dow University of Health Sciences DUHS (formally known as Dow Medical College), Jinnah Sindh Medical University and Baqai Medical University based in Karachi. We signed a Charter of understanding with the Irish Pakistani Professionals Association (IPPA), Ireland. We also visited the College of Physicians and Surgeons Pakistan, King Edward Medical University, Lahore and The General Medical Council, UK to discuss matters of mutual interest and opportunities to work in future.

To further our footprint and develop working relationships with national and international organisations, I and members of the executive team travelled across England, visited Wales, Scotland, Ireland and Pakistan. I also attended APPNA USA in 2019 representing APPNE.

Following the outbreak of the COVID-19 pandemic in March 2020, APPNE worked tirelessly on issues such as supporting international medical graduates and raising concerns in relation to personal protection equipment (PPE) with the Health Secretary and wider political leadership in United Kingdom. I formed taskforces to deal with issues in relation to the pandemic including a taskforce which helped international medical graduates (IMGs) and a taskforce on mental health wellbeing.

Throughout the pandemic, I was continuously in communication with members of the Parliament and Peers. As a result of these efforts, the Right Honourable Lillian Greenwood MP raised our concerns about PPE in the British Parliament during the Women and Equality Rights Committee question hour. We also presented our views on mainstream British media including radio, television and print media throughout the first wave of the pandemic. I made APPNE part of COVID related inquiries and research studies looking into impact of COVID on BAME communities. I helped develop awareness campaigns through APPNE including producing a video which highlighted the importance of vaccination against COVID -19. Our awareness campaigns included attendances on local TV, Radio, educational, training and networking events throughout the pandemic.

I collaborated on behalf of APPNE with BAPIO and DAUK, and we successfully lobbied for removal of the 'Health Surcharge' for NHS healthcare professionals. This was raised in The Prime Minister's Question Hour in the Parliament By Sir Keir Starmer during the pandemic and as a result of our lobbying this surcharge was eventually removed.

Our work included promoting the request for the provision of 'Death in Service Benefit' for bereaved families and the provision of indefinite leave to remain for migrants who lost a family member whilst they were working in the NHS or Social Care Services. With the efforts of our General Secretary, APPNE working with other BAME organisations initiated work to request the British Government to reconsider the rules governing Adult Dependent Relative visas for parents of healthcare professionals working in UK.

I have played a crucial role in the promotion of studying medicine to school students within the British Asian community. We organised the first ever career fair at the Pakistan High Commission in London which was widely attended and during the pandemic we conducted online seminars where students were provided with useful resources and information regarding applying to medical universities.

My vision as President was to make APPNE a leading advocate for the professional excellence of Pakistani physicians in Northern Europe, providing a platform for collaborative work and raising awareness about issues affecting the British Pakistani medical fraternity and the wider European community. I envisaged this by helping to create a strong, supportive network among its members promoting academic, social, educational and charitable activities and making a positive impact on our communities both in Europe and Pakistan. One of my main aims was to collaborate with our junior doctors' fraternity, International medical graduates and build strong professional relationships with them. I strongly believe that it will be these individuals who will lead APPNE to the next level and build on the solid foundations that I alongside my executive team laid down in the first two years of APPNE's inception.

*Dr Amir Burney*

MMedSci - Masters in Medical Education (University of Nottingham)

FRCS (Royal College of Surgeons of Edinburgh)

Masters in Sports and Exercise Medicine (University of Nottingham)



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## APPNE: The challenges of the pandemic



The Association of Pakistani Physicians of Northern Europe (APPNE) is the only democratically elected body of Pakistani doctors in the United Kingdom. There are more than 14000 doctors of Pakistani Diaspora working in U.K. & Ireland and the relation of Pakistani doctors to the National Health Service (NHS) is spread over 70 years.

While the entire world was facing the challenges of the pandemic, the Pakistani doctors working in the U.K. have been at the forefront in providing healthcare facilities in United Kingdom, our adopted homeland as well as supporting and guiding our colleagues back in Pakistan in material and technological support.

There are major numbers of front line workers be it the anaesthetists, acute care physicians, primary care general practitioners and accident and emergency specialists are from the Pakistani diaspora – our services fully recognised and appreciated.

APPNE & allied organisations started worked with Indus Health network headed by Dr Abdul Bari Khan at the start of the pandemic in March 2020 and did a major fundraiser to help the population in Pakistan fight the pandemic.

We started to train the healthcare personal in the proper usage and utilisation of personal protective equipment, trained dozens of doctors and nurses in management of covid infected patients who need intubation and ventilation.

Everyday our doctors in U.K. are conducting hundreds of FREE consultations using technology for the distressed community in managing covid patients in the community and at home, guiding the proper usage of medications and home oxygen use.

We have performed dozens of webinars in educating the medical community and the population at large in educating and allaying the myths associated with the pandemic and specially telling the population not to fall into the trap of fake and dubious information spread through the social media which has put the lives of thousands of people at risk.

On the 24<sup>th</sup> of April 2020, the Honourable Minister for foreign affairs spoke to the Pakistani community in U.K. and appreciated the efforts been taken by the Pakistani doctors cohort. We asked how we can support the Pakistan in this challenging environment.

H.E. replied, please look after the Pakistani students stuck in U.K. due to the pandemic.

The Association of Pakistani Physicians in Northern Europe (APPNE) had recognized the challenges faced by international medical graduates stranded in the UK during COVID-19 pandemic crisis and had already created a task force to find ways of identifying and meeting these challenges.

Here is a summary of various activities carried out so far:

### Database of Stranded IMGs

APPNE created a database of all IMGs stranded in UK during lockdown and identified their individual needs. Most importantly it was ascertained that the individuals are safe and appropriately maintained with appropriate housing facilities and maintenance funds.

APPNE Executives and Members have been offering pastoral and moral support to those in need and created a 'Hardship Fund.' This fund has been utilized to help IMGs needing material assistance and financial support for housing maintenance .

APPNE approached Pakistan High Commission about PIA chartered flights starting in the first week of April to bring British nationals back from Pakistan and to take those IMGs or their families back home who wished to return. Since then APPNE has sent the list of those individuals and has been in communication with PHC in this regard.

We are thankful to the Pakistan High Commission in U.K. that due to these efforts, dozens of people have returned to Pakistan.

Similarly, APPNE has also facilitated the return of stranded Pakistani origin doctors back to U.K. who were on holidays when travel restrictions were imposed.



#### Facilitating Employment:

APPNE wrote to Health and Home Secretary urging them to utilize the services of those stranded IMGs who had passed PLAB with valid GMC registration enabling them to help NHS in this hour of dire need.

APPNE also contacted NHS England and various NHS Trusts and provided them the list of stranded IMGs who had passed PLAB and were keen to serve NHS during current crisis. As a result of our facilitating efforts nearly 70-80 IMGs were able to find placements in various NHS Trusts and newly opened Nightingale field hospitals across the UK.

APPNE is in communication with Health Education England via HEWM to establish a central portal to invite overseas doctors to apply for NHS jobs specially keeping into consideration the Covid19 crisis.

#### Assisting with Visa Issues:

Many of stranded IMGs were on visitor's visa and needed to switch to Tier 2 Visas which required them to return to home countries first. Many others' visa was expiring which required urgent assistance. We repeatedly wrote to Health and Home Secretary for automatic extension of their current visas and to allow them to apply for in-country visa status change. We were therefore pleased to learn that not only the Home Office allowed an automatic extension of current visas but it also allowed in country switch to Tier 2 Visas for those currently stranded in the UK until 31/07/2020.

APPNE also urged the Home secretary and NHS chief executive officer to expedite the process of granting TIER 2 Visa and to allow applicants to commence work whilst waiting for the outcome of their visa applications to enable IMGs to commence their newly offered employments as soon as possible.

We also highlighted the problem that in the current circumstances, police certificate might not be possible to get from the home country and we suggested that flexibility is exercised in this regard.

We are glad to report that all our suggestions were taken up by the respective departments and flexibility was shown in matters of visa change and extension for which we are thankful to HM government.

#### GMC Registration Issues:

APPNE approached the General Medical Council (GMC) regarding 'Good standing certificate' which was a major hurdle for many Pakistani IMGs applying for Registration and requested flexibility in this regard. GMC has since agreed to be accommodative in supporting IMG's.

Many candidates were waiting for Good standing certificate via PMDC and it was dealt with. APPNE used contact at the Pakistani Government to see if a letter stating the reinstatement of PMDC can be organised for the GMC.

APPNE also made successful representations to GMC for a fast track registration process for stranded.

Task force discussed the validity of IELTS and OET as candidates have contacted APPNE and we wrote a letter to GMC on behalf of IMGs and their IELTS/OET expiring and they are waiting for their job offer.

APPNE has contacted Pakistan President Office and raised the issue of recognition of house job certificate and issuance of certificates of good standing outstanding due to dissolution of PMDC - PMDC has been reinstated and started working which is a big relief.

#### Helping With Repatriation of Stranded IMGs & families:

APPNE approached Pakistan High Commission about PIA chartered flights starting in the first week of April to bring British nationals back from Pakistan and to take those IMGs or their families back home who wished to return. Since then APPNE has sent the list of those individuals and has been in communication with PHC in this regard.

We are thankful to the Pakistan High Commission in U.K. that due to these efforts, dozens of people have returned to Pakistan.

#### Assistance with PLAB Cancellation:

APPNE had created a database of more than 160 candidates whose PLAB2 examination have been cancelled twice. These doctors wish to take the test as soon as possible before returning to their home countries. All candidates have been contacted and given general and individual advice and general support. APPNE has brought their predicament to GMCs attention and based on their advice has asked the candidates to contact the GMC to highlight their individual circumstances to request either an alternative way of assessment or award of exemption from PLAB 2 whilst PLAB Tests remain suspended. Due to these efforts, many candidates have received preferential and priority dates for the exams.

#### IMGs in Pakistan Requiring Visa:

We have collected the details of more than 80 IMGs in Pakistan who have employment offers to work in UK but unable to travel due to British Visa offices not operating. We collated information about their passport number, visa application status and provided these to the British High Commission in Pakistan who promised to look in to their difficulties. APPNE is pleased that these candidates have now been contacted by the High Commission and given permission to make their travel arrangements.

#### Rehabilitation of GP trainees:

APPNE in collaboration with British Association of Physicians of Indian Origin (BAPIO), GP Workforce Forum (GPWF) and GP Training Forum (GPTF) launched a campaign for the rehabilitation of those GP trainees who were released from the training due to exam issues. Following passing of the Corona Virus Bill in March 2020 by the UK Parliament, The Health Professions Order 2001 was amended by inserting the Article 9A, Temporary registration in emergencies involving loss of human life or human illness etc.

We along with these organisations made representations to the Prime Minister requesting that the Secretary of State for Health and Social Welfare applies his special powers conferred upon him by the above mentioned amendment to The Health Profession Order 2001 to make way for thousands of doctors in the primary care to join the workforce as soon as possible. We argued that This proposed action will add potentially thousands of doctors to the currently depleted GP work force and will help to fill an ever widening gap in GP staffing level particularly during the current COVID 19 pandemic.

#### Advocating for NHS Healthcare Professionals

APPNE will send letter of condolences to the family of health care workers who lost their life during this pandemic; sadly there were 12 doctors of Pakistani origin and similar number of nurses.

APPNE consistently demanded PPE provision for NHS staff and increasing awareness on social media. We are fully aware of the concerns of our fraternity and will keep raising our voices to ensure that our doctors are fully equipped. We wrote to Public Health England and the Health Secretary with special reference to lack of adequate PPE provision and high rate of critical morbidity and mortality amongst healthcare professionals.

APPNE has amongst the first voices to raise the issue of in-service death benefit for healthcare professionals during the current crisis for both permanent and locum staff over and above existing pension policies. We wrote to the Prime Minister and the Health Secretary and raised awareness on Social Media. Since then Government announced in service death benefits of £60,000 pounds for Healthcare professionals.

We were also amongst the first to demand the abolition of Immigration Healthcare Surcharge for Healthcare Professionals. We wrote several letters to Prime Minister and the Home Secretary in this regard. Our collaborative work in this regard with DAUK and BAPIO was widely reported by the mainstream media and taken up by the Leader of Opposition in the parliament resulting in abolishment of this surcharge for Health and Social Care Professionals.

We have also demanded that the health staffs that have died due to COVID, their families should be given Indefinite Leave to remain (ILR) and waive off NHS Health surcharges for families of doctors and student loan. Again our demand has been accepted.

Our concerns about lack of PPE and high rate of critical morbidity and mortality in BAME population were raised in Prime Minister Question Time by a various Honourable Members of Parliament and the efforts of APPNE in raising and recognising issues of safety and efficiency well appreciated.

### Collaboration with Other Organisations:

All APPNE efforts are not in isolation but are being collectively managed with other supporting organizations like DAUK, BAPIO, BIMA, Bangladesh doctors & Sri-Lankan doctor's organisations.

We are very thankful to H.E. High Commissioner of Pakistan in U.K. and staff of Pakistan HC, staff in the office The President of Pakistan Islamabad, and colleagues in General Medical Council (GMC), Home Office and Department of Health for their continuous support in these extra-ordinary times.

The Association of Pakistani Physicians in Northern Europe (APPNE) will continue to strive to provide better quality of medical care to the population back home by teaching and training medical professionals in Pakistan via transfer of technology. Even before the pandemic, we were participating and facilitating in more than a dozen trips per year to part take in humanitarian endeavours. We are a proud partner of the Yaraan-e-Watan initiative of the Government of Pakistan. We are also working with Indus Health Network, Sindh Institute of Urology and Transplantation, Dow University of Health Sciences, Rawalpindi Medical University, King Edward Medical University and many other prestigious organisations in Pakistan to repay our debt to the nation.

### **Mr. Shabi Ahmad (F.R.C.S)**

Ex Secretary General APPNE,

Treasurer Elect & Trustee BAUS UK,

Consultant Urological Surgeon,

Sandwell & West Birmingham NHS Trust,

Birmingham.

clicks from the GS



Final match of cricket series between APPNE and BAPIO  
Both teams on ground - at **Urmston Sports Club**





GS and Ex-GS APPNE at the Equality, Diversity and Inclusion advisory group meeting at GMC



President, Ex-president and Trustee APPNE in a meeting with CPSP officials

# APPNE CME event in Walsall



## Memorandum signed with Medastra

It's a great honour and pleasure for me to have the opportunity to sign the MOU between the APPNE and Medastra PLAB 2 (Dr Sara Awan and Tauqeer Abbas Awan ). Our partnership will be beneficial for young APPNE members, special discounts on the courses







# APPNE

ONE VOICE, ONE COMMUNITY  
RECOGNITION, REPRESENTATION, COLLABORATION

APPNE is a democratic organisation that will be the voice for all the doctors of Pakistani heritage living in Northern Europe

APPNE will support, advice, mentor and help to raise the profile of its members while recognising their successes and achievements

APPNE will facilitate healthcare education & infrastructure in the UK and Pakistan


## BENEFITS




- \* Help to resolve issues i.e GMC referrals, legal claims, racial discrimination, training & career progression related problems
- \* Assist in welfare of newly arriving Pakistani doctors
- \* To facilitate Pakistani doctors to come to the UK on MTI scheme or fellowships
- \* Guidance & advice about CAREER & training and to facilitate EDUCATIONAL ACTIVITIES
- \* Support in difficulties, MENTORSHIP, networking and many more ...

## ACHIEVEMENTS

- \* Represented its members at the GMC, BMA, Home Office and the Parliament
- \* Took the issue of Adult Dependent Resident Visa to the All-Party Parliamentary Group
- \* Helped the PLAB candidates during the pandemic by raising their issues with the GMC and the Home Office
- \* Provided guidance about career, training & educational programmes in the UK and in Pakistan

**Please Join APPNE/Renew Membership**  
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**Umar D Khan**

Consultant Cosmetic  
and Plastic Surgeon



Pioneer of the muscle splitting  
breast augmentation technique

## حاجی صاحب کا حاجی پورا اور لکشمی بائی

میرا نام لکشمی لال بائی ہے۔ میری پیدائش سندھ کے ایک چھوٹے سے گاؤں حاجی پورہ میں ہوئی۔ ابا کی ایک چھوٹی سی پرچوں کی دکان تھی جس سے اچھا گزارا ہو جاتا تھا۔ میں واحد اولاد تھی۔



میرے والد کو کتابیں پڑھنے کا بہت شوق تھا۔ ہمارے دو کمروں کے مکان میں ایک کمرہ کتابوں سے بھرا پڑا تھا۔ ابا کی خواہش تھی کہ میں خوب پڑھوں لکھوں۔ تعلیم کا آغاز اپنے گاؤں کے ایک چھوٹے سے اسکول سے کیا جسے محلے کے کچھ ہندوؤں نے مل کر بنایا تھا۔ اگلے ہی سال مقامی مسلمانوں نے اسکول کو یہ کہہ کر آگ لگا دی کہ اس میں کئی طرح کی مورتیاں کیوں رکھی گئی ہیں۔ یہ صرف لڑکیوں کا ہی اسکول تھا۔ میری ساری سہیلیوں کے والدین نے اپنی بچیوں کو گھر بٹھا لیا۔ میرے ابا نے، اماں کے بھرپور احتجاج کے باوجود مجھے علاقے کے مسلمانوں والے اسکول میں داخل کرا دیا۔ بڑا مشکل وقت تھا، ہر روز طعنے سننے پڑتے تھے: "ہندن"، "بچارن"، "بھنگن" بت پجاری۔" ایک دن ابا سے پوچھا کہ ہم اتنے خداؤں کی عبادت کیوں کرتے ہیں؟ "بیٹا ہم بھی صرف ایک خدا کو مانتے ہیں، ہم اس کو برہمن کہتے ہیں" ابا نے سمجھایا۔ "یہ دنیا برہمن کا ہی پرتو ہے، وشنو، شیوا اور کرشنا سب برہمن کے ہی تو پرتو ہیں بیٹا، ہماری آتماں ہمارے خدا کی ہی پرچھاؤں ہے۔" ابا نے مجھے شنکرا کی ادویتا ویدانتا دکھائی اور سمجھا یا، "بیٹا یہ دیکھو ہم خدا کے ساتھ ایک ہیں۔ اس کا وجود ہی ہمارا وجود ہے۔ ماننا ہوں کہ ایسے ہندو بھی ہیں جو مکشا کے لئے بھگتی کو ضروری سمجھتے ہیں اور وشنو اور شیوا کو خدا سے بھی بڑا بنا لیتے ہیں مگر بیٹا میں ان ہندوؤں میں سے نہیں ہوں۔"

میرے سوال بہت تھے اور ابا کا صبر بے حساب "مگر ابا مسلمان ایسا کیوں نہیں سوچتے؟" "بیٹا سوچتے ہیں اور سوچتے تھے۔ ہندوستان کی مغلیہ سلطنت، ترکوں کی اسلامی حکومت اور اہل تشیع کے ایران میں ایسے صوفی اور فلسفی بھرے پڑے تھے اور ہیں جو واحد الوجود اور اس سے ملتے جلتے فلسفوں کے قائل تھے اور ہیں۔ ابن سینا، ابن عربی، میر داماد، ملا صدرہ اور سہروردی مسلمانوں کے وہ عظیم ترین علما ہیں جن کا فلسفہ ادویتا ویدانتا سے بہت مماثلت رکھتا ہے۔ مگر جن مسلمانوں کے درمیان ہم رہ رہے ہیں ان کے خیالات ہندوستان کے علماء نے تشکیل دیئے ہیں۔ اس میں کوئی خرابی نہیں مگر افسوس یہ ہے بیٹا کے اکثریت نا ہی اسلام کے باقی فلسفوں کا مطالعہ کرتی ہے نا ہی دوسرے مذاہب کا، ان کے نزدیک ان ہی کا فرقہ ہی صحیح ہے۔"

ابا کی باتوں سے بڑی تسلی ہوئی۔ انٹر میڈیٹ میں پہنچ کر میرے نمبر بہترین آئے۔ میرے خدوخال بھی اپنی سہیلیوں میں بہت ممتاز تھے۔

مختلف مذاہب کی باتیں میں نے کالج میں اپنی سہیلیوں سے کرنی شروع کر دیں ایک دو دفعہ اختلاف رائے بھی ہو گیا۔ وہ دن مجھے آج بھی یاد ہے جب گاؤں کے امیر ترین حاجی صاحب کچھ لوگوں کے ساتھ ہمارے گھر پر آئے اور ابا پر الزام لگایا کہ میرے ذریعے وہ ہندو مت کا پرچار کر رہے ہیں۔ کہنے لگے میں لکشمی سے ملنا چاہتا ہوں۔ پوری چادر کا بکل مار کر میں ڈرتی ڈرتی حاجی صاحب کے سامنے آئی۔ ان کی نگاہیں مجھے اپنے بدن میں چبھتی سی محسوس ہوئیں۔ حاجی صاحب نے زیادہ بات نہیں کی۔ تھوڑی دیر گھورا اور اٹھ کر چلے گئے۔

ایک ہفتے بعد ابا کو ان کی دکان پر ملے اور کہا کہ وہ مجھے اپنی تیسری بیوی بنانا چاہتے ہیں۔ نا صرف مسلمان ہونے کے بعد میرے عاقبت سدھر جانے کی بلکہ دنیا میں بھی عیش کروں گی۔ ابا کا جواب "نا" میں سن کر آگ بگولا ہو گئے۔ تین ہفتے بعد ابا کی دکان پر ایک جم غفیر نے حملہ کر دیا۔ توہین رسالت کا الزام تھا۔ ابا کی دکان سے ایسی کتابیں دستیاب ہوئیں جو قرآن کے خلاف تھیں۔ پولیس کے پہنچنے سے پہلے مجھے نے ابا کو زندہ جلا دیا اور لاش کو دو گلیوں میں گھسیٹا گیا۔

لاش جب ہمیں دی گئی تو پہچاننا مشکل تھا۔ صدمے سے اماں کے سانس وہیں بند ہو گئی اور میں ہسپتال میں بیہوشی کے عالم میں داخل کر دی گئی۔ اگلے تین ہفتے لگاتار، حاجی صاحب کی پہلی دو بیویاں مجھے ہسپتال میں شہادہ کی دعوت دینے جماعت کے ساتھ ہسپتال آن پہنچی۔ کہتے humanitarian آتی رہیں۔ چوتھے ہفتے پولیس کی ایک بڑی نفری ایک بیرونی ہیں انہوں نے مجھے ٹی وی پر دیکھا تھا اور پہچان لیا تھا۔ ہمارے گاؤں میں میں واحد لڑکی تھی جس کو انٹر میں خیر معمولی نمبر لینے پر سکالر شپ ملی تھی۔ ابا یہی چاہتے تھے کہ میں پاکستان کا نام روشن کروں۔

مذاہب کے موازنی علوم میں ہے۔ اسلام میں دو بڑی جماعتیں اور پچاس سے اوپر PhD اب میں برطانیہ میں رہتی ہوں میری فرقے ہیں، عیسائوں میں چار بڑیں جمائیں اور چالیس ہزار فرقے ہیں، یہودیوں اور ہندوؤں میں چار بڑی جماعتیں اور... سب ہی فرقے ایک دوسرے پر تکفیر کا فتوہ لگاتے رہتے ہیں۔ ایک خدا اور سو تکفیریں؟ اگر ایک ہی مذہب کے ماننے والے اپنے ہی مذہب کے فرقوں کو نہیں جانتے تو وہ دوسرے کے مذاہب کو کیسے سمجھ سکتے ہیں؟ اپنے ماں باپ اور اپنے مولویوں کی اندھی تقلید میں نفرت کی آگ میں جلتے رہتے ہیں۔

میرا مذہب کیوں صحیح ہے؟ دوسرے کا فرقہ کیا بتاتا ہے؟ اس سوال کو غیر جانبداری سے سمجھنا، پرکھنا اور جاننا ہی علم کی جستجو میں اعلیٰ ترین سوال ہے۔

بقلم سہیل انوار

تمام واقعات اور کردار فرضی ہیں

## آدمی سے انسان اور انسان سے اشرف المخلوقات کا سفر



آدمی سے انسان کا ارتقاء ایک مستقل اور جاری عمل رہا ہے۔ انسان اور انسانیت کی شناخت اور اسکی حیوان سے تفریق کی بنیادی اور وجوہات انسان کی تہذیب و تمدن اور سماجی اور ثقافتی اقدار میں بتدریج اور سلسلہ وار مثبت تبدیلیاں ہیں۔ جہاں انسان نے ہمارے آج کل کے معاشرے میں اشرف المخلوقات کا لقب حاصل کیا ہے اس ہی جگہ انسان نے حرص، لالچ اور طمع کے خاطر انسانیت کا نقاب اوڑھ کر انسانیت کی دیوار میں دراڑیں ڈالنے کی کوششیں کی ہیں۔ یہ نقاب کبھی مزہبی، کبھی سیاسی، کبھی نسلی، کبھی لسانی، کبھی معاشی اور کبھی جنس کی تفریق کی صورت میں نظر آتا ہے۔ لیکن اس نقاب کے پیچھے چھپے مختلف چہروں میں ایک ہی مقصد یکساں اور پنہاں ہے، اور وہ مقصد اسکا ذاتی مفاد ہے، جس کے خاطر وہ انسانیت کے پیچھے دھکیلنے اور قربان کرنے سے نہیں چوکتا۔

آج کے دور میں ہر شخص ایک دوسرے سے باہم و پیہم منسلک اور مربوط ہے۔ ہماری بنیادی اور آسائشی لوازمات کے پیچھے سینکڑوں انسان اپنی صبح شام ایک کرتے ہیں، انکی اس محنت کو ہم پیسے کے زور پر چند لمحوں میں خرید لیتے ہیں۔ ہمارا یہ خیال ہوتا ہے کہ یہ ہمارا پیسہ ہے جو ہمیں یہ اختیار دیتا ہے کہ اپنی ضروریات کو جب چاہیں، جیسے چاہیں اور جتنا چاہیں خرید لیں۔ حقیقتاً یہ ہمارے معاشرے یا با الفاظ دیگر، ہمارے سماج کی ارتقاء ہے کہ ہم ایک دوسرے کو دیکھے جانے بغیر، صبح شام زندگی کی آسائشوں سے مستفید ہوتے ہیں۔ میرا یہ مصمم یقین ہے کہ ہمارا یہ معاشرہ ایک اس عمارت کی مانند ہے جس کی بنیاد اور ستون مختلف انسانوں پر مشتمل ہے جہاں ایک دوسرے کی مدد کئے بغیر ہم، بحیثیت اشرف المخلوقات، آگے پیشرفت نہیں کرسکتے۔

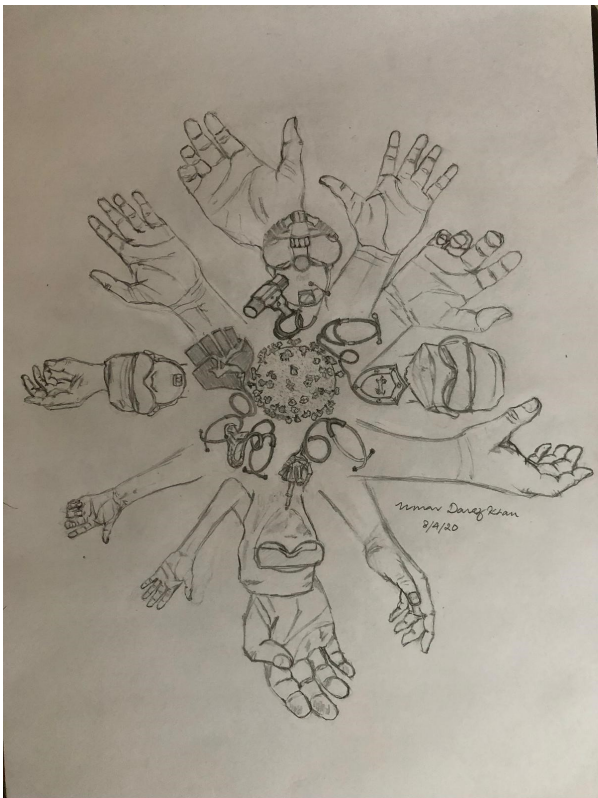
اس بات کا عملی مظاہرہ جب سامنے نظر آیا جب کرونا وائرس کی موذی وبا نے اس دنیا کو اپنی گرفت میں جکڑ لیا، دبوچ لیا۔ ہر خاص و عام، بلا تفریق اس وبا کا شکار ہوا۔ مشرق سے لیکر مغرب تک، شمال سے لیکر جنوب تک، غریب سے لیکر امیر تک، ہر رنگ، ہر نسل، ہر جنس اور ہر خطے کا انسان اس وبا سے نہ بچ سکا۔ جب اس وبائی مرض سے کوی انسان بلا امتیاز مبتلا ہوا تو کسی شخص کا پیسہ، عہدہ، اختیار اور مرتبہ اسکے کام نہ آسکا۔ حفاظتی ٹیکوں سے آنے سے پہلے کچھ نہیں کہا جاسکتا کہ اگر آپ ہسپتال گئے تو اس دنیا میں واپس آئینگے یا دوسری دنیا کا رخ اختیار کریں گے۔ جب میں پچھلی مارچ ۲۰۲۰ میں، کووڈ کا شکار ہوا تو کسی کو کچھ علم نہیں تھا کہ کیا کرنا ہے، کہاں ٹیسٹ کرانا ہے، کس سے رابطہ کرنا ہے؟ بس ایک افراتفری کا عالم تھا، ڈاکٹر دوستوں کو فون کیا تو تجویز اور مشورہ یہ ہی آیا کہ سانس اکھڑنا شروع ہوجائے تو ۹۹۹ کو مطلع کر دینا۔ ہمت اور قسمت کے بل بوتے پر جان بچی۔ انگلستان کی مضبوط معیشت میں جہاں ایک این ایچ ایس کا مضبوط اور فعال ادارہ ایک عرصہ دراز سے قوم کی خدمت کر رہا تھا، وہ عظیم ادارہ بھی یکایک کھلبلی کا شکار ہو گیا۔ ذاتی دفاعی حفاظتی تدابیر کے نہ ہونے کی بنیاد پر سینکڑوں جانیں ضائع ہوئیں جن میں اکثریت بیرونی ممالک سے تعلق رکھنے والے ڈاکٹروں کی تھی۔ کچھ کے صدر ڈاکٹر عرفان اختر شامل ہیں، آئی سی یو میں زندگی اور موت APPNE ہمارے ڈاکٹر جن میں سے نبردآزما رہے اور بے تحاشا دعاؤں کے ساتھ ہمارے درمیان موجود ہیں۔ ڈاکٹروں کی ان خدمات اور اعتراف کو سراہتے ہوئے میں نے ایک اسکیچ بنایا جو اس کالم کا حصہ ہے۔

جہاں این ایچ ایس نے بے پناہ لوگوں کی جانیں بچائیں وہیں ہر اسکی عظیم عمارت میں دراڑیں بھی نظر آئیں جسکا شکار بیالعموم این ایچ ایس کے پیشرو ڈاکٹر اور بیالخصوص کنیر ہوم کا اسٹاف ہوا۔ ان کنیر ہوم کی حالت زار پر روشنی ڈالنے کے لئے اور اسکے ساتھ ساتھ انکی مالی مدد کرنے کے خاطر میں نے اپنی ڈاؤ کے نام کے ساتھ عطیاتی مہم کا آغاز کیا۔ کام کی اہمیت ایک Dunk for Dogane کی ایسوسی ایشن کے ساتھ مدافعتی پیغام، لوگوں کی ہمت بڑھانا تھا اور باسکٹ بال کا انتخاب میری اس کھیل کے ساتھ ذاتی پسمنظر اور

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Sketches by  
*Umar Daraz Khan*



## Clicks from Social Secretary



Basant (kite) festival



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