

AKU-NAMA

Aga Khan University Newsletter and Magazine for Alumni

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AKU-SON, P Nurses taking their pledge at the Lamp Lighting Ceremony held on May 6, 2011. Audiovisual Department AKU

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Twilight

Adeel A. Butt

Twilight's Bella is an impressionable teenager. Like many her age, her heart and mind are divided between her two loves, Edward and Jacob. And even though she decides to marry Edward, Jacob still has a hold on her heart and mind, where he has his own well entrenched corner. And even after her betrothal and eventual marriage to Edward, she keeps Jacob close, cherishing her moments with him and his visits. Jacob, with his own issues and problems, also doesn't really leave Bella and keeps coming back to remind her of his affection, devotion and dedication.

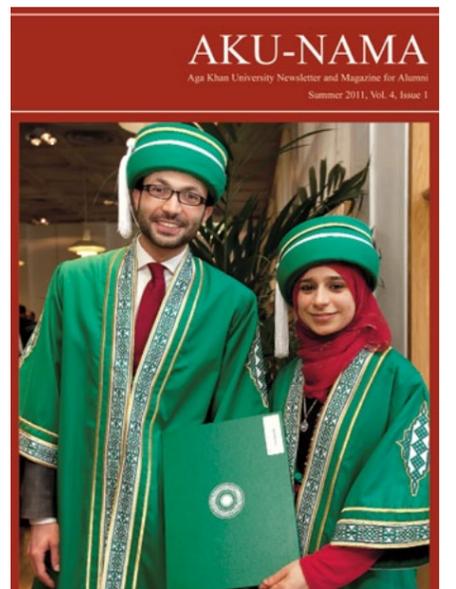
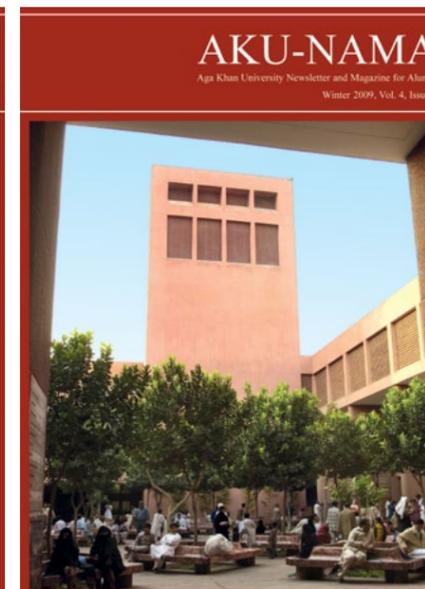
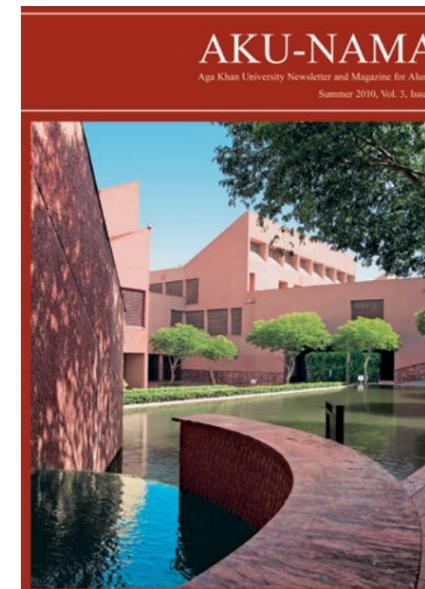
Twilight may be just another movie story line. However, it was nearly a quarter century ago that one hundred of us were in Bella's shoes. For many of us, our amours were divided too. Our Edward and Jacob were the United States or the United Kingdom and Pakistan. The pull of one has never completely pushed out the other. While we married one, we kept coming back to the other. For some, these short returns were

for payback; for others it was for redemption; yet others did it for higher callings with the draw of the family one factor never far away from the minds of all of us.

I suspect that most alumni have gone through some form of this love triangle. This is evident from the feisty debates observed on various alumni electronic mailing

lists. Choosing between two loves is always difficult. Joy of being with one is always peppered with the pain of being away from the other. The connection with the 'homeland' is strong, and there is a strong yearning to give back something in return for all we have received. Some of us have maintained connections with our first love through service and volunteering, be it in education, health care, philanthropy or disaster relief. Many of us have worked through our alma mater or through the alumni association, while others have given back through other organisations and even privately.

With Aga Khan University now having a presence in at least three continents and eight countries, this dynamic is going to be ever more complicated, and hopefully ever more rewarding. What I hope is that all our loves receive the justice they deserve. And through this we will hopefully achieve the mission the University set out for, which at its core is to provide a meaningful contribution to society.



IN THIS ISSUE	
From the Editor's Desk	3
Poetry, Music and Medicine	4
Play On	5
The Road to Residency	6
More Than Skin Deep	8
We Can Make a Difference	9
Making AKU Proud	10
Beyond Medicine	12
It's Time for Afghanistan	13
20 Years of Excellence	14
Coming Together in Canada	15
Stepping Ahead	16
Campus Happenings	18
Dr J. F. Mustard – An Inspiration to All	19
Class Notes	20

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Taimur Khan performing at NIC Building Auditorium, Islamabad, Pakistan / Saadullah Bashir

Poetry, Music and Medicine

Taimur Khan, MBBS '02

When I joined AKU in 1995, I was sure that I wanted to become a psychiatrist. I had read some works of Freud inspired by two revered elder brothers' Ivy League education. I had been playing the guitar for five years, was very curious about the workings of the human body, and nurtured a vague fantasy of collating the physical and mental aspects of human life biochemically, psychoanalytically, musically and poetically.

In high school, music was the first thing which made me realise I could concentrate on something worthwhile for extended periods. Studying medicine for a year enhanced my patience with books, and when I encountered literary and philosophical texts, I was surprised that so many things were suddenly making sense. As happens with great writings, existential concerns arose. I questioned my opinions and the type of music I played, which ultimately led to certain decisions I made about music and myself.

Profoundly influenced by Nietzsche and Goethe, I believed that I had to pursue all my interests intensively, realising just in time that ours is an age of specialisation; and Goethe's genius notwithstanding, science itself had changed over the past couple of centuries. But reasons are no match for passions, and so I thought I would teach myself poetry as I had dabbled in it since teenage.

And this is where the story begins.

I started devoting my time to my newfound love for *raag*-based classical music, one of the oldest musical traditions of the world. I was very far from knowing the esoteric realm of subcontinental classical music and the counter-intuitive dynamics of the *sarangi*, which I had discovered



Taimur Khan immersed at a performance.

Saadullah Bashir

entirely by chance in a recording at a music shop in 1994. Soon after buying my first *sarangi* in 1996, I saw why this bowed instrument with 3 gut and 35 metal strings was considered to be so difficult to tune and play. Thanks to the kind consideration of Dr Jamsheer Talati, Associate Dean of Education at that time, I was able to take two years off during my education at Aga Khan University, learned music, got an ample idea of poetic prosody and wrote poems and a novella.

Returning to college, I had the peace of mind to continue my

humanistic studies and medicine with more discipline. Music, I would 'tell' myself, I had to give up. But then I picked up the *sarangi* again in 2000 and continued to play till I graduated in 2002 – a time when I thought I would dedicate one more year to studying the instrument with Ustad Mubarak Ali, a *sarangi nawaz* of the Kapurthala Gharana, before resuming medicine. Thereon, I encountered our sub-continental music in its vastness: the elaborate approach towards improvisation within the framework of a given melodic idea known as a *raag*. I started anew with a resolve to study this instrument and art form comprehensively. For that I made flashcards, revised and memorised complex melodic patterns in ways that often reminded me of topics like glycolysis, the Korb's Cycle, cranial nerves, and so on – things that don't make immediate sense until one discovers their application. It took me a year to realise that this was just the beginning and I decided to continue practicing and performing on the *sarangi* indefinitely. And so I became a classical musician.

Hence from 2003 till today, I have been practicing and performing music regularly. I also received guidance from Ustad Allah Rakha, who is the last living master of the *sarangi* in Pakistan and has 70 years of musical experience. My other important project is an online classical music archive, *sarangi.info*, launched in 2005. It is a growing collection of downloadable recordings of past masters, some of which were previously buried in the dusty libraries of Radio Pakistan.

Today, I'm less sure as to how or when the gap between neuroscience and psychoanalysis may be bridged, or what the connection between the intelligence

of musical ideas and the workings of our minds and bodies may be, or how words bring coherence to seemingly divergent tendencies, and as to when or if I will ever practice psychiatry.

However, I'm sure all these pursuits are valid perspectives on our humanity; that the brain has the plasticity to assimilate new ideas and skills at every stage of life; and

that participating in these various activities – including medicine – gave me an authentic sense of self and others.

Living is an art circumscribed by circumstance and time, and the greatest achievements of both art and science ultimately rely on the imagination! Science makes progress in dramatic ways and can alleviate suffering, improve

our lives and understanding, but humane choices are also informed by the humanities, and their meaningfulness has to be rediscovered by each generation. Although making choices entails investing more time in one thing and less in another, I believe that the rigour of science and the vigour of art lie on one continuum with a great deal of complementarity.

Play On

Hamid Bashir, MBBS '02

I was a relatively non-serious student but a serious thinker trying to search for my inner voice. There was so much I felt passionately about and so many issues that needed to be addressed. Child abuse cases presented to the emergency room, rape victims with accidental pregnancies, victims of sectarian violence, torture and bomb blasts, and the list kept growing. By the end of my third year in medical school, my thoughts started to take a more practical shape – I was discovering ways of communicating so I could be heard. AKU presented me with many opportunities to write, speak publicly and sing.

And then the eureka moment happened. I heard *Pulverized*, a song by Salman Ahmad of Junoon fame, highlighting the violence in Pakistan. I had found my path. Music need not be stereotypical or meaningless. I wanted others to listen and learn at the same time from my music. The basic concept that music can sublimate into a thought-provoking experience led to the creation of Music4Cause, a forum to promote peace and harmony via music. It aims to raise a voice against war, terror and torture especially in the developing world, and is particularly geared towards creating awareness about child abuse and neglect.

I came to the US for my residency and during my time off, I kept writing, editing and creating tunes with my music revolving around child labour and abuse.

Three years later, I sent my first video to the ARY network. To my surprise, they immediately called me for an interview and things just took off from there. I began composing music on suicide bombings, torture and religious intolerance with a growing audience on Facebook, Twitter and YouTube.

I do know that just like medicine, music too will continue to evolve and it will remain relevant as long as we exist.

Now Music4Cause, despite being in its early stage, has accomplished several more goals. The music is now featured on Amazon, iTunes and the Daniel Pearl Foundation website. Several hundred visitors from all over the world visit Music4Cause YouTube channel every day to show encouragement and support.

Music has been advocated as a tool to heal; I am not so sure about that yet. However, I do know that just like medicine, music too will

continue to evolve and it will remain relevant as long as we exist. I have learnt that by creativity and innovation we can give back to society, from which we have taken so much. As the world becomes more and more connected with the rise of a global conscience, we are heading towards an age where we will eliminate all borders.

Chapuo drums from Kenya Coast and a ruubob from Tajikistan.

Aika Grace Wangwe

And perhaps music will be our ambassador and legacy for the coming generations.

The Road to Residency

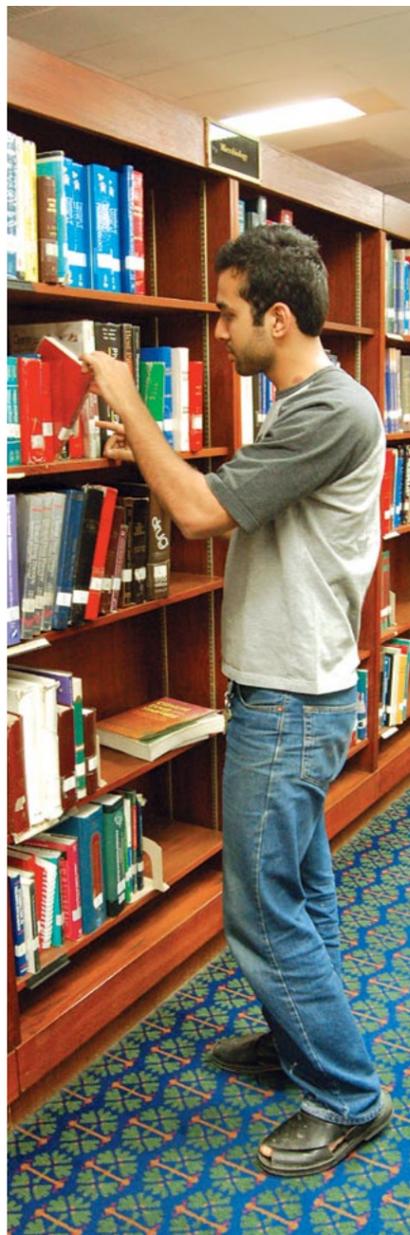
Sana Syed, MBBS '07

Those were rough times – 9/11 had just taken place and travelling to the United States for USMLE interviews had been doubly tense for many AKU graduates before they had finally seen their labour bear fruit – they had been successfully ‘matched’ and accepted for residencies in the US.

“We were certainly in a generous mood to share all the information that had been gathered,” says Zainab Samad, MBBS '00, the founding editor of *Road to Residency (R2R)*, an electronic compilation guiding medical graduates on how to pursue a residency in the United States. The whole experience of preparing for the licensing exams, applying to programmes, interviewing and going through the match had made Samad realise the critical role alumni could play in helping aspiring graduates find the perfect match.

Back then, the only way new graduates could get any help was through emailing forums. Mails were passed back and forth between alumni and the 80 to 90 about-to-graduate Medical College students, with Aryn Lakhani, the electives coordinator at AKU, as the go-between. Advice was just an email away with the added advantage that graduates quickly became part of a tightly knit alumni community. “But I also felt that some folks had an unfair advantage over others just because they were able to network better and hence knew more. I felt that we needed to put together a detailed document that clearly outlined the route to residency,” says Samad.

She approached classmates who had been actively passing emails to students as well as posting their experiences on the topic. Umbreen Sultana Nehal, Nasha Talati, Nabil Tariq, Syed Irteza Hussain, Shehzad Sami, Shaheen Mithani, Salima



Ahmed Zuberi

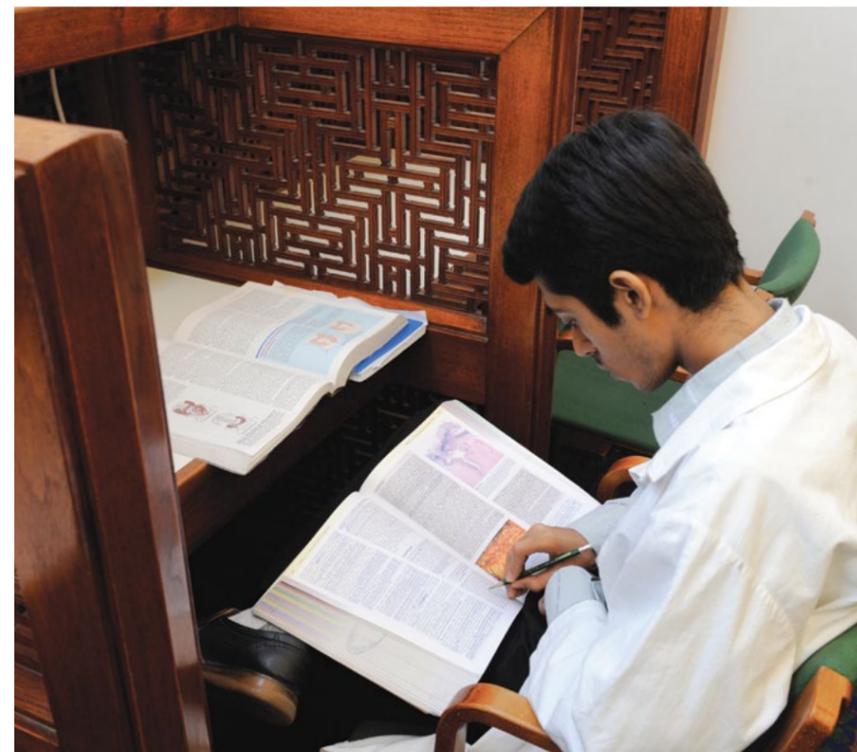
Shafi and Zainab Samad from the Class of 2000 worked together to bring out the maiden version. General topics were divided amongst those who had been helpful while specific topics were assigned to people based on their expertise. The entire compilation was edited, organised into chapters and

reordered according to relevance.

And finally it was out there. The *R2R* takes scared new medical graduates through the potential quagmires of studying for the USMLE, applying for residencies, navigating the US and even educates the reader about the worrisome visa process post the matching process. With sections ranging from how to write a good personal statement for a residency application to discussing the best way to dress for an interview, this truly unique guide is full of insightful, tried and tested advice from AKU alumni who have been successful in securing residencies for themselves. Available electronically, all one has to do is to send an email to the popular alumni emailing group, akunet@topica.com to receive *R2R*. The emailing group, moderated by Fahim Jafary, MBBS '90 is open to all medical graduates including those from other universities.

Since its initial appearance, *R2R* has been updated by the Classes of 2003 and 2005, with a new edition currently being worked on by the Class of 2008. “The atmosphere at AKU can be very competitive but this seems to be one effort that has persisted and should continue,” says Nabeel Zafar, MBBS '08 who is working to put out the latest updated version.

What is remarkable is how this guide has benefited not only multiple batches of AKU Medical College students but also graduates from other medical universities in Pakistan and India. “The *R2R* is an effort to be proud of, I wish I had laid hands on this when I had been applying for a residency,” says Dr Mustafa Siddiqui, a graduate from the Army Medical College in Rawalpindi who is now the Director of the fellowship programme in neurology at Wake Forest University.



Gary Otte

Samad admits that initially she had not realised that *R2R* would turn into such a resource. “It was actually meant to benefit only our immediate juniors, and was supposed to be a private publication since the contributors gave very personal opinions on programmes and shared their contact information. But since the document was written in the spirit of helping others, I don’t think anyone contributing to the original effort felt strongly about it leaving the walls of AKU.”

She has been pondering on a new idea these days, one that she says she might consider taking on with help from others. “I feel that in the pursuit of a great career, we lack a comprehensive document that contains not only guidance towards making career choices but also personal ones.” There are so many choices one is faced with at the end of training. There are the short-term questions. Academics or private practice? Go home or stay put? How to deal with visa issues? How to go back home? What are the

opportunities out there and how to avail them? Then there are the big questions: How to be a successful clinician or a research-scientist? How to have a brilliant career along with a successful family life? “Those are questions that now haunt me and I wish that a generous and successful alumnus/alumna out there (and we have many of those) could put his/her mind to it and produce the ultimate resource to career/life planning and success.”

The *R2R* is an excellent example of an alumni effort that has benefited hundreds of fresh graduates – a feat to be proud of and maintained.

Nominations Wanted!

The AKU-NAMA Editorial Board seeks nominations for distinguished alumni profiles from all programmes, departments and entities. Please send a short profile of your nominee to: alumni@aku.edu

Request for Contributions

The editors of AKU-NAMA invite you to contribute to the next issue of the magazine.

Your story may highlight interesting career options, unique job experiences, ground-breaking research, innovative public service initiatives, or other materials of particular interest to the alumni. You can also contribute opinion pieces on trends in education and modern technology, book reviews and travelogues. Letters to the editor are also welcome.

Article length should be approximately 500-600 words. Images must be 300 dpi resolution digital photographs (JPEG files over 1MB).

Articles can be submitted at www.aku.edu/alumni/articlesubmissionform

Class Notes provide you an opportunity to make announcements and share your successes with other AKU alumni. Submit your class notes at www.aku.edu/alumni/classnotessubmissionform

Do you know any alumni still not on the AKU-NAMA mailing list? Direct them to www.aku.edu/alumniform

Thank you for all your previous submissions, feedback and suggestions. Now let’s keep the ball rolling for the upcoming issue.

More Than Skin Deep



Dr Aisha Sethi with an albino child on Albinism Awareness Day in Lilongwe, Malawi. Dorothy Shope

Dermatologist Aisha Sethi's programme treats Malawi's albinos and teaches residents that people with this condition should not be treated as pariahs.

Albinos in Malawi not only have to contend with the constant risk of skin cancer from the intense African sun, but also with threats arising from the local myths surrounding their condition. Some people believe that weaving an albino's hair into a fishnet increases the chances of a good catch. Others claim that an albino's mother must have slept with a white man. Another cruel belief holds that spitting on an albino is the only way to guard against the condition in one's family.

Aisha Sethi, an assistant professor of dermatology in the Pritzker School of Medicine, University of Chicago, works to educate Malawians about albinism and improve medical treatment of the condition. Along with education, she has tried to dispel the superstitions that have led to horrific consequences for some people who suffer from it. In 2008, *The New*

York Times detailed a string of 19 albino murders in neighbouring Tanzania, where witch doctors used the victims' body parts in potions for their supposed magical powers.

That's the kind of tragedy Sethi and her colleagues hope to prevent through a programme she began some time ago. It's uncharted territory in a nation with no dermatologists, but Sethi hopes their work will be a model for other African nations where albinos have nowhere to turn.

"When I was planning [to study tropical diseases], I couldn't find a mentor because no one was working on this problem," says Sethi, who studied global health issues while a resident at the Yale School of Medicine. "If we can get enough data in Malawi, we can convince other governments this problem needs attention."

The rate of albinism in some southern African tribes climbs as high as 1 in 1,500 births – far above the worldwide rate of 1 in 20,000. One theory is that the condition has persisted because of inbreeding

among small tribal groups. Without dark skin to protect them from the sun's ultraviolet radiation, African albinos face a progressive risk for skin cancer, and often do not live past 40.

Born in the United States and educated in Pakistan, Sethi pursued dermatology because many tropical diseases such as haemorrhagic fever are diagnosed through their effects on the skin. Her interest in Malawi emerged during a trip to a medical training centre in Tanzania, where she learned of the region's need for dermatologists.

In 2007 Sethi started the first dedicated albinism clinic in Malawi's capital city, Lilongwe, as part of a broader effort to improve dermatological care in the country. The initiative provides albinos with supplies, raises awareness of the condition, and offers screening for skin cancer.

The project shows how dermatology can be a vital tool in tropical medicine, says Christopher Shea, chief of the Medical Center's dermatology section, who helped Sethi get departmental funding for her work. "A skin disease does not often end life, but it can make life unbearable," she adds. "Many of these conditions are relatively easy to treat; you don't need high-tech tools." Remedies are deceptively simple – sunscreen, long-sleeved clothing and wide-brimmed hats. Yet those items are elusive in a region with scarce resources. "These children need sunscreen every single day," Sethi says.

The albino clinic is just one part of Sethi's outreach in Malawi, where she spends a month each year. The Chicago team is developing a pipeline of resources to help local medical officers such as Jimmy Malanda, who works with Sethi at her skin clinic in Lilongwe. The group arranged for nearby hotels

to collect unused sunscreen from tourists, and coordinated with Raising Malawi, a charity founded by the pop star Madonna, to obtain reduced shipping costs for supplies, including sunscreen and surgical tools, from the United States.

Even without an organised fundraising effort, the team is making a difference, Malanda says. During last year's trip Sethi trained him in electrodesiccation, a method to remove small or superficial skin cancers. "We used to see albinos in our clinic, but we couldn't do much with them," he says. "Now we are taking proper care of our albino patients."

We Can Make a Difference

Aisha Sethi, MBBS '99

My story begins 15 years ago, in 1996, sitting in AKU's auditorium listening to a lecture by Professor Joe McCormick about his work on the Ebola virus and HIV in Africa. I remember listening intently and before I knew it I was hooked.

After graduating from AKU, I was able to convert one of my elective rotations into a job offer to be a postdoctoral fellow at the Department of Dermatology at Yale University. Later, during my dermatology residency at Yale, I served as chief resident and my mentors helped me pursue training opportunities at the Hospital for Tropical Diseases (HTD) in London and the Regional Dermatology Training Center (RDTC) in Moshi, Tanzania.

In Tanzania, I met a very passionate dermatology officer, Audifacio Banda from Lilongwe, Malawi. He made me promise that after I finished my residency I would visit Malawi, a country with no dermatologists.

Arriving in Malawi in August 2007, I took a taxi to the skin clinic at Kamuzu Central Hospital (KCH) in Lilongwe to be greeted with the sad news of Audifacio's untimely passing away just a week before.

For the past three years Sethi has organised an annual Albino Awareness Day in Malawi aimed at educating the public, attacking the stigma, and providing screening for skin conditions. Last September she brought Dorothy Shope, AB '07, an education coordinator in the Medical Center's dermatology section to Malawi, who realised the team could help patients by providing inexpensive magnifying glasses – another simple remedy for the vision problems many albinos have.

With more than 150 patients on their albino registry so far, the team hopes to learn which parts of the

country have the greatest needs and to gauge the success of their skin-care interventions. Beyond medical benefits, the project is teaching local albinos that they can live full lives, Malanda says, and finally emerge from the shadows.

"We tell them, 'You are not different from us,'" he says. "The only difference is that your skin cannot withstand the sun. Otherwise we are the same."

Adapted from Manier, J. May/June 2009. More Than Skin Deep. The University of Chicago Magazine.

To fulfil my promise to my friend, I started a dermatology elective programme at KCH for medical students and dermatology residents. We began a weekly Thursday morning clinic for people with albinism which has now turned into a year-round practice and has produced an albinism registry with 350 patients just at KCH.

In 2007, we held the first Albinism Awareness Day in Lilongwe which was attended by about 50 people. By September 2011, the number has risen to over 200. Each year we hand out sunscreens and hats while medical volunteers help teach those in attendance about albinism and provide free skin cancer screenings.

I have spent the past six years building up a global health dermatology elective programme in Malawi in addition to being the Assistant Professor of Dermatology at the University of Chicago in the United States. In 2009, I helped arrange the first-ever North American conference on Tropical Skin Diseases – and invited Professor McCormick as one of the opening speakers for the event. In many ways it was quite nostalgic

to see a number of young medical students totally captivated by Professor McCormick's lecture. I could tell that a number of those in attendance would end up opting for a career in tropical medicine much the same way I had.

Earlier this year, we organised another international Global Health conference on tropical skin diseases and as the principal speaker/organiser I felt a sense of accomplishment. An overwhelming number of requests to help author articles and textbooks, or provide lectures on the subject of tropical medicine came pouring in.

I have come full circle.

Today, I teach and lecture on global health and tropical dermatology on four continents. I am also on the Global Health Committee at the University of Chicago. Over the last several years, I have led several training trips to East Africa where I supervise medical students and residents gain experience in tropical medicine. I like to think that Audifacio would have been happy to see what he has accomplished by inspiring me to act on the passion that Professor Joe McCormick roused in me 15 years ago.

Making AKU Proud



Top left: Asif Jafferani, MBBS '11, receiving the Best Graduate Award, Medical College, from Chief Guest, Her Excellency Dr Suraya Dalil, Acting Minister of Public Health, Afghanistan.

Middle left: MScN students: (left to right) Saleema Mansoor Allana and Rozina Karim Somani from Karachi, Jungyunhong from Korea, and Najma Miskeen Khan from Rawalpindi at the Convocation.

Bottom left: Asmatullah Kilji receiving his MEd degree from Ambassador Saidullah Khan Dehlavi, Chairman, Board of Trustees, as President Firoz Rasool looks on.

Above: BScN students: (left to right) Zahra Abdullah and Hina Hassanali Momin at their convocation ceremony.

Opposite Page

Top: Medical College students pose for a group photo at the reception following the distribution of degrees.

Bottom right: Graduating MBBS Class of 2011 celebrates the moment.

Bottom left: Zara Rafiq Sajwani receiving the Best Graduate Award, School of Nursing from the Chief Guest, Her Excellency Dr Suraya Dalil, Acting Minister of Public Health, Afghanistan.

Hakim Sons Films

Beyond Medicine



Dr Saud Anwar, MBBS '91 is a well-known pulmonologist and critical care specialist who has been actively involved in social service throughout his career, volunteering with many national and international organisations involved in education and health care. In 2011, he was elected Town Councillor for South Windsor, Connecticut.

What would you see as a highlight of your medical career?

The highlight of a medical career is not one: it is every day, in every patient. Solving a problem at a particular moment in time and of a particular individual be it medical or non-medical is the highlight for that moment. Whether it is holding the hand of a family member who has just lost a loved one or identifying the right medicine for the right disease or providing support to a patient who is unable to take care of their own health – these are some of my daily highlights.

The best parts of medicine are the moments that you cannot bill

for or charge for or get paid for, in financial terms.

I remember taking care of a family in Haiti. A 27-year-old woman with three young girls came to see me. This woman had lost her entire family, except her five-year-old daughter, in the quake; the other two girls were her nieces who had also lost their whole families. Yet the four of them had come together and were supporting and taking care of each other. The little five-year-old made sure that her new-found sisters had a seat to sit on and were examined by me before her. Their instinct to care for each other after such a

terrible event is something I value to this day as a lesson well learnt.

You are a doctor, a politician, a teacher, an advocate for human rights and a volunteer. How are you taking all these roles forward?

Being a physician actually is an attitude, a mind-set and a way of life. We are advocates for our patients and we volunteer at times to take care of our patients' needs. We, at the same time, have to start to understand that we have a role to play in taking care of the health issues in our society.

When one identifies abnormal patterns of behaviour or existing policies which would have an impact long-term on the health of communities and society, one has to step in and see what role we can play, from a preventive, a diagnostic or even a therapeutic perspective. So, being a physician, having an understanding of the disease processes in the human body and then putting the community health into perspective allows one to play various roles in the whole spectrum of individual and community health care.

I have learnt the art of time management to some degree. I have a list of goals and things that need to be completed on a specific day. I do not take any lunch breaks or any other breaks and try and complete the tasks within my day. After taking care of patients' needs, I am blessed to have an understanding family who do let me complete my planned goals for the day. I do take planned time off from the medical profession on a weekly basis and that is the time I make sure that my other responsibilities are fulfilled to the best of my capacity.

I believe in creating efficient systems which enhance one's capacity and personal bandwidth.

You're engaged with a number of charitable organisations operating globally. What have you seen them accomplish?

My work is focused on developing models for others to follow which can increase scale and have an opportunity of impacting policy which can translate into making a bigger difference.

Take the example of the South Windsor Haiti School project which involves an integrated approach to the education, nutrition and health care of preschool children and provides free services for all three. If this works, we will have created a model, which could be adopted by towns in the United States, building a long-term sustainable relationship and emotional understanding between two cultures.

Look at Ibtida, the volunteer-based, non-religious, non-political, non-profit organisation that a group of us set up in 2003 working to provide quality education to underprivileged children in the rural areas of Pakistan. We believe that the only way to break the vicious cycle of poverty and ignorance is through education. Our investment in these children's future – with appropriate curriculum – is allowing them not only to be educated, but also to become enlightened individuals.

What have been some of the challenges faced by the American Muslim Peace Initiative, a group that you founded and co-chair?

The challenges in the world with respect to understanding the diversity of faiths and the challenges with respect to harmony have increased significantly.

The challenges faced by our initiative have been increasing the scale of our activities and having an infrastructure is important as all the work is volunteer-based. You have to remember that the people who are spreading a negative mind-set about Muslims and Islam have more resources than the ones who are working on the positive end of

the spectrum. Our job is to try and keep pace with the needs and this challenge is an ongoing process.

What activities have you engaged in as Town Councillor for South Windsor, Connecticut?

We are nine members who oversee the governance, policies and budget of the town. During my term, I have been able to help decrease the polarisation within the two political parties in town as I have served as a person who supports the right ideas and policies regardless of who recommends them – my party, the Democrats, or the Republicans. We need to develop an understanding of issues, rather than trying to score points, and so I feel that I have brought a common sense approach towards the challenges that lie ahead of our community.

In June, at the completion of the budget process for the town, many of my fellow council members stated that this budget vote passed because of my effort to bring people together and to negotiate common ground.

As a physician, I have used my training in disease and symptom approach to tackle some of the challenges. For example, I am the first person in our community to study the baseline characteristics, issues and needs of senior citizens in the community, to assess and identify ways of helping them better.

Does one need a particular attitude in order to succeed?

The definition of success needs to be broader. It is a continuous effort of improving oneself, both within and without. For aspiring doctors, one should understand that the most important time in your life is the moment you are living in. One cannot control the past, the future is just a mystery that we do not know about, the present time is our gift to accept.

Making the right choices by fulfilling our responsibilities with complete honesty spells success.

It's Time for Afghanistan

Setting the tradition, Aga Khan University Programme office in Afghanistan organised the first AKU alumni reunion at the Kabul Serena Hotel on June 28, 2011. Presided over by Dr Rozina Karmaliani, Interim Dean of the School of Nursing, the event brought together nearly 30 alumni including 18 from Pakistan and Tajikistan who are currently serving in Afghanistan, their spouses as well as representatives of AKU's leadership.

The University alumni are serving in important positions in the health and education sectors and contributing significantly in the redevelopment of Afghanistan. They are participating in policy making, institute building, capacity development and training of human resources, standardisation of health and education systems, and research in the country.

Individual alumni introduced themselves and acknowledged the fact that the University has helped shape their careers, by virtue of which they are now serving Afghanistan in various capacities.

Dr Karmaliani appreciated the valuable contribution of the University's alumni in Afghanistan and also shared highlights of AKU initiatives and programmes worldwide.

Dr Parvez Nayani, Head AKU Programme in Afghanistan, Mr Lee Hilling, Chair of Provisional Operating Committee, Mr Nadeem Mustafa Khan, Director General and CEO, AKUH Asia, and Mr Aziz Jan, CEO and Director General, French Medical Institute for Children, also shared their views and thoughts with the alumni. The event ended with a vote of thanks by Dr Karmaliani.

Mukhtar Ali Khan, Instructor, Aga Khan University Programme in Afghanistan.

20 Years of Excellence

Aliya Saeed, MBBS '91

“Plane ticket \$ 650, appointment to get the hair dyed a youthful shade \$ 125, the joy of being recognised instantly by a friend who hasn't seen you in two decades ... priceless.”

On Independence Day weekend in the US, some of us rounded up whiny kids and long-suffering spouses while others came solo. We texted madly, drove, flew, even missed connecting flights yet braved our way to the reunion in St. Louis, Missouri.

St. Louis was the perfect venue for the Association of Physicians of Pakistani Descent of North America's summer meeting this year as well as the University's alumni reunion. With the AKU Alumni Association hosting the reunion banquet, the Class of 1991 and 2001 celebrated their 20th and 10th year anniversaries respectively.

A tribute to the Class of '91 was paid in the form of a slide show reminiscent of the skits that it presented during the annual days of yore, except that now it skewered class members and not faculty. Following the dinner, the class members reconvened and stayed up late reminiscing (and gossiping



Graduates of AKU MBBS Class of 1991 pose for a photograph at the 20-year reunion. Aliya Saeed

about those who did not come).

The next day, we started fundraising for the class gift. Bilal Murad, MBBS '91 and Naheed Murad, MBBS '91 were assigned the task of coordinating the North America fund raising, with regional coordinators identified from amongst the alumni present. Bashir Hanif, MBBS, '91 was nominated as the class gift coordinator for Pakistan.

All the alumni in attendance came to the podium and updated the class about what they had been up to; spouses and children who

were in attendance were introduced. Teenagers, who would normally sulk at such gatherings, were seen having animated conversations with each other, and babysitting the little ones. This felt very much like a gathering of the family that we have all become part of for over a quarter of a century.

The class is indebted to Faiz Bhora, MBBS '92, Atif Shafqat, MBBS '93, Shain Amershi, Executive Coordinator, Aga Khan University Alumni Association North America for making this reunion possible.



Farhat Abbas, Dean Medical College with alumni.

Aliya Saeed

Coming Together in Canada



Alumni with AKU leadership at Toronto Luncheon.

Abker Dewji

Dear Alumni,

Between May 28 and June 13, a number of members of the AKU Leadership Team toured Canada. I was proud to be a part of the team that consisted of President Firoz Rasul; Dr Saida Rasul; Mr Zahir Janmohamed, Director-General, Resource Development; Ms Carol Ariano, Vice-President, Human Resources; Mr Asif Fancy, Senior Advisor, President's Office; and Mr Navroz Surani, Director, Human Resources. This visit was aimed at increasing awareness of the University's current programmes and sharing AKU's vision for the future. More importantly, it was an

opportunity to meet with donors, alumni, supporters and well-wishers, providing a platform for questions to be asked and feedback to be obtained.

Being responsible for AKU Alumni Affairs globally, for me, the highlight of this trip was the opportunity to meet alumni. This was the first time AKU alumni meetings with representation from the University had been held in Canada. I met with alumni in Montreal, Vancouver, Calgary, Edmonton and Toronto. It was a delight for me to speak to many alumni personally and I was touched by the warmth, joy and sense of

pride with which alumni of all schools came together. What I found to be of great value was that these meetings enabled alumni within the same geographical area to connect with each other.

In speaking to many alumni in Canada and globally, it is clear to me that there is a thirst for connection with the University and fellow alumni. I am working on developing avenues to enable new connections and to strengthen existing ones and will communicate with you as they get established.

In the interim, I urge you to update your current contact information at: www.aku.edu/alumni. Alumni and Alumni Associations have a significant role to play in enriching the lives of students and alumni. They are an important partner in the advancement of the University. After all, the good standing of a University is a reflection of the success achieved by its alumni and now that AKU is just over 25 years old, I am confident that together, we are ready to build strong alumni associations as unique as the University itself.

Louis R. Ariano, University Registrar.



Alumni with AKU Leadership Team at reunion meeting in Vancouver.

Sultan Baloo

Stepping Ahead

Once you meet her, you know that Dr Zeenat Sulaiman, RN '87, is a go-getter. Starting off as a registered nurse at the Aga Khan University Hospital in Karachi, moving on to becoming a full-time faculty member at the School of Nursing in Pakistan, she is currently the Chief Nursing Officer (CNO), at the University Hospital in Nairobi.

“As soon as I stepped out of SON, I knew that just having a diploma was not enough. I had to grow. At that time, my ambition was not to be CNO but to ensure that I would have an ongoing education. So from being a registered nurse I went on to do a BScN and then a master’s in nursing in the States. By then, I had started working in nursing administration and decided to do a master’s in health care. In-between I have been working and have just finished my doctorate from Johns Hopkins,” says Dr Sulaiman.

But it has been studies with distinction: Listed on the Dean’s Honor List at the Medical University of South Carolina, Charleston in 1998; a recipient of the Administrative Residency Merit Scholarship from the Ralph H. Johnson Department of Veterans Affairs Medical Center, Charleston in 1993; and the only student to receive the Aga Khan University scholarship in 1991.

Sulaiman feels that with academics comes experience and with experience comes growth. This belief – and boldness – has empowered her to seize opportunities and make the most of them. Take her last professional decision. She was working as Associate Director, Nursing Services, leading the team of surgery, critical care and operating room nurses at AKUH, K when in 2001 the University Hospital in Nairobi approached her to lead their nursing team. Taking an intrepid

leap forward, she took the decision to move to Nairobi.

Upon her arrival in Nairobi, one of the first challenges was to reduce the nursing turnover rate. Over a quarter of the nurses were leaving the hospital every year, for a variety of reasons; by 2010, less than one-tenth were turning over. It was Dr Sulaiman’s success in making decision makers understand the importance of nurses in the multidisciplinary working environment of health care systems which facilitated her in achieving this mark. “A nurse cannot work alone. It is important that we understand that we work in a system with other clinicians such as doctors, pharmacists, pathologists and other non-clinical support personnel and together we make a team that provides quality patient care. As a critical care nurse on the bedside, I realised that a leader is nothing without a team and I took

this learning from my bedside role to my leadership role and as a leader have always worked on developing an empowered, educated and motivated team,” says Dr Sulaiman.

At the same time, she also continued working closely with the School of Nursing as an adjunct faculty member in Nairobi. “To be a good nursing leader I have to be embedded in clinical practice and I strongly believe that for one to be a good teacher it is just as important to be clinically competent. It is essential that I talk to my students in class about real life experiences. I can’t separate the two roles – one benefits the other. My heart is in clinical nursing, the learning from which I take to my classroom and the learning from my teaching I take to my administration and this goes back and forth.”

Sulaiman feels that with academics comes experience and with experience comes growth. This belief – and boldness – has empowered her to seize opportunities and make the most of them.

She has been equally supportive of young nurses, mentoring them to build rewarding careers. Her biggest challenge has been to prepare nurses at the undergraduate level coming to work at AKUH, N who have graduated from various local schools in Kenya. “I get nurses from all over the country who are warm, dedicated and who have the passion for the profession. However, they lack the skills, the art of negotiation, the leadership qualities or the will to take a stand for their own opinion or to advocate for their patient’s treatment. Since no undergraduate programmes exist in East Africa the basic clinical skills of these nurses



Dr Zeenat Sulaiman, RN '87

Audiovisual Department AKU

need to be strengthened,” elaborates Dr Sulaiman. Therefore “a lot of my time and energy goes into bringing my nursing staff up to a certain level through a systematic thought-out education programme. All nurses have to take mandatory core competency education about service excellence. Leadership courses in which training in assertiveness is given are a must. The final outcome is to empower nurses to the level of becoming patient advocates. What is most fulfilling is that most nurses are not leaving the hospital and now there is a dependable team of nurse managers who can handle a lot on their own.” She also shared her enthusiasm about AKU starting its own undergraduate studies in nursing in 2015 in Nairobi.

To date, Dr Sulaiman has been on the forefront of most AKU projects in East Africa. Actively involved with the planning, construction and staffing of the Heart and Cancer Centre (HCC) in Nairobi has been another landmark achievement of her career. “In 2004, I started as a client representative of the clinical team working with my doctors and nurses and the architects to plan the

facility.” She used her earlier experience of developing a multipurpose building, the Nazarali-Walji building in Karachi. With the HCC, she has been involved with three types of planning. The first is programme planning that envisions what exactly the clinical programme would look like in 20 years in the building. The second is the planning of the resources such as human resources/ medical equipment and the third is space planning to ensure that the envisioned programme fits into the building being constructed.

For Dr Sulaiman, HCC is definitely not the end but the beginning of a whole new opportunity to take health care forward. Patients do not have to go to India and South Africa but can receive quality, international standard care close to their homes. On another note, it is going to lead to a lot of educational programmes for local students. “We are planning oncology and cardiology fellowships. Therefore it is not just a building for patients but a promising avenue that is going to take care of our health education as well,” says a satisfied Dr Sulaiman.



Dr Zeenat Sulaiman, RN '87

Audiovisual Department AKU



Prime Minister Raila Odinga and His Highness the Aga Khan unveil the plaque marking the foundation of the new Graduate School of Media and Communications. Aziz Islamshah

Leading the Way

The foundation ceremony of the new **Graduate School of Media and Communications** in Nairobi was held on July 27, 2011. The design and development of the School's state-of-the-art facilities in Nairobi are underway, with the launch of academic programmes planned for 2014. The School will eventually offer five core programmes, each supporting a distinct need. A Master of Arts in Multimedia Journalism will be the initial degree programme offered along with a variety of short courses in various media-related subjects.

Heart and Cancer Centre Launched

With outstanding international standard facilities, the new US\$ 50 million **Aga Khan University Hospital's Heart and Cancer Centre** in Nairobi will offer cardiology and oncology treatments utilising the latest screening and treatment technologies. The Centre will also carry out region-specific research on heart disease as well as cancer. It is an integral part of

expansion plans for AKU's Faculty of Health Sciences in the region which will include undergraduate medical and nursing programmes as well as the establishment of a School of Allied Health Professionals. Current planning also includes the expansion of the Aga Khan University Hospital, Nairobi to a 600-bed tertiary care facility.

People in New Positions

Dr Greg Moran is the new Provost of the University and brings with him over two decades of experience as faculty, researcher and thesis supervisor. Dr Moran has been a member of the faculty of the University of Western Ontario, Canada since 1977 and a full Professor since 1992. He holds an undergraduate degree in Psychology from McGill University, Montreal and his graduate degrees from Dalhousie University, Halifax, Canada. Both his master's and his doctoral theses were on animal behaviour but his research for the past 25 years has been in early child development.

Sought after as a presenter and advisor on university policy matters, he co-authored a book on this topic

in 2011. As a researcher, he has a strong record of publications and grant support. Dr Moran has been registered as a clinical psychologist in Ontario for more than 25 years.

Dr Fauziah Rabbani has been appointed Chair, Department of Community Health Sciences, Medical College, Pakistan. She holds a doctorate from Karolinska Institutet, Sweden and a master's degree in Public Health from the University of Alabama, USA. She joined AKU as an instructor in 1989 and progressed to become a professor in 2009. Dr Rabbani has held several administrative posts at CHS. She is also a recipient of the Pakistan Academy of Medical Sciences' Gold Medal and the Commonwealth Award of Excellence for Good Practices in Women's Health in connection with AKU's Urban Health Programme.

Awards

Investing in Trauma Care

A grant to strengthen research capacity in the acute care of trauma and injuries in Pakistan has been awarded by the Fogarty International Center, National Institutes of Health, United States.

This new five-year Johns Hopkins – Pakistan International Collaborative Trauma and Injury Research Training Programme grant is a competitive renewal of an earlier programme and has been awarded to **Dr Adnan A. Hyder, MBBS '90**, Director, Johns Hopkins International Injury Unit and Associate Professor of International Health at Johns Hopkins Bloomberg School of Public Health, US and **Dr Junaid Razzak, MBBS '94**, Chair, Department of Emergency Medicine, AKU (currently on sabbatical).

The programme will involve Johns Hopkins University, Aga Khan University and Khyber Medical University. It will focus on using US expertise to strengthen

Pakistani institutions, promote a sustainable research enterprise focused on the acute care of trauma and injuries and enable national dissemination of research evidence to influence policy and investments in Pakistan.

Passing with Distinction

The Alexander Mezey Prize for 2011 has been awarded to **Dr Sobia Rafi, MBBS '01** by the Royal College of Psychiatrists, UK for obtaining the highest pass marks in Paper 3 while completing the Member of the Royal College of Psychiatrists exam and the highest number of stations passed in the Clinical Assessment of Skills and Competencies (CASC). Eleven hundred candidates appeared for Paper 3 while 1,000 appeared for the CASC in 2011.

Glittering Green

Aga Khan University Hospital, Karachi has won the annual **Environment Excellence Award** for the fourth consecutive year (2008, 2009, 2010 and 2011); this marks the fifth win overall with the first in 2006, the first year the University Hospital entered the competition.



Main entrance AKUH, Karachi.

Gary Otte

The award presented by the National Forum for Environment and Health in collaboration with United Nations Environment Programme and the Ministry of Environment, Government of Pakistan is given to organisations making a notable contribution to sustainable development. The award is a testament to AKUH's environment friendly policies and practices.

JCI Selects Physician Surveyor

Dr Syed Mairajuddin Shah, Medical Director, Outreach Services, AKUH, K, has been appointed as a Physician Surveyor for the Joint Commission International (JCI), the international arm of The Joint Commission, the leading accrediting body for health care institutions in the US. In this role, he will assist the Commission in its international surveys, visiting three to four hospitals a year, as well as participate in the on-going professional education and training offered to JCI surveyors. The University Hospital can benefit from his learning by accessing the best practices observed by Dr Shah during these international surveys. Along with this, he will act as an AKUH ambassador making its existence more visible in the international health care community.

Dr J. F. Mustard – An Inspiration to All

Dr James Fraser Mustard, a founding member of the AKU Board of Trustees, passed away in Toronto on November 16.

Born in 1927, Dr Mustard was an accomplished medical scientist and educationist and was appointed to the Board at its establishment in 1985. He served for 26 years on the Board and through that the University.

One of Dr Mustard's earliest contributions was his support of the partnership between AKU and McMaster University's School of Nursing, to assist in the development of AKU's nursing school. This partnership was launched during his term as Dean and Vice President of the Faculty of Health Sciences at McMaster. His subsequent support as a Trustee of AKU led to a strong foundation from which the School of Nursing continues to benefit.

Dr Mustard was also a founding member of the School of Medicine at McMaster University and as an accomplished researcher remained the founding president of the Canadian Institute for Advanced Research from 1982 to 1996. He continued to motivate the AKU's leadership towards development of a sound research strategy and being a strong advocate of multidisciplinary education, was greatly supportive of AKU's forthcoming Faculties of Arts and Sciences.

Dr Mustard's unwavering commitment to the University has left behind a legacy that will inspire generations of AKU alumni.

School of Nursing, Pakistan

1983

Shamim Saleem Chandani, RN Dip, Post RN BScN 1997, completed her Master's in Education, Health Promotion and International Development from Institute of Education, University of London in 2009.

1987

Amina Sher Mohammad Jivani, RN Dip, returned to her alma mater to volunteer at Aga Khan University, Karachi. She was involved with nursing needs assessment at the hospital and taught the application of principles in practical situations. Amina is happy to have shared her international experience with the University and is greatly obliged to Khadija Pirmohamad who was very supportive throughout her stay. She encourages her alumni colleagues overseas to spend a few weeks sharing experiences at the alma mater.

1990

Nahid Alnoor Janmohammed, RN Dip, currently resides in Canada and just finished her BScN from York University where she was on the Dean's Honour Roll.

1994

Afshan Rehmat Ali Sheikh, RN Diploma, is Senior Instructor at Shifa College of Nursing, Islamabad for the past eight years. She is also enrolled in the MPhil Health Sciences Education programme at Stellenbosch University in South Africa.

Seema Valani, RN Dip, is based in Sheffield, United Kingdom and is Advanced Nurse Practitioner at Clover Group Practice, National Health Service.

1995

Amina Malik Kheraj, RN Dip, Post RN BScN 1999, is Nurse Manager, Surgical and Psychiatry areas in the Division of Nursing Services at Aga Khan University Hospital, Karachi. She is also enrolled in the Masters in Advance Nursing distance learning programme at the University of Sheffield. Amina fondly remembers the days spent with friends at the University hostel and thanks all her classmates, colleagues, faculty and friends for their support and love. She is blessed with an eight year old daughter Anjiya and a three year old son Arish.

Shehnila Amin Sohani, RN Dip, lives in Chattanooga, Tennessee, USA and has been working as RN Certified Paediatric Nurse for the past four years.

1996

Asma Khoja, RN Dip, Post RN BScN 2009, moved to Nairobi this July and hopes to start working soon. She is enrolled in an online course for Master of Nursing offered by Athabasca University, Canada.

1998

Muhammad Zafar Warsi, Post RN BScN, who has been based in the United Kingdom for the past 10 years, is working at the Intensive Care Unit/High Dependency Unit, National Health Service in Manchester. He is looking forward to start an MSc in Medical Education programme on a part-time basis. He has been married for eight years and has a four-year-old son.

1999

Erum Shamsudin Kabani, RN Dip, Post RN BScN 2004, (previously Erum Shariff) is Senior Instructor, Aga Khan University

School of Nursing, Karachi and is working toward a Master of Bioethics from AKU. She has been married for four years and cherishes the days spent at AKU as an RN Diploma student.

Shireen Arif Karim, RN Dip, Post RN BScN 2009, is currently Senior Nursing Instructor at Ziauddin University College of Nursing and has joined its Accelerated Master in Nursing programme.

2000

Fahmida Mehdi Samcha, RN Dip, Post RN BScN 2007, recently completed 10 years of service in various capacities at the Division of Nursing Services at AKUH. She is currently Clinical Nurse Specialist at the Ambulatory Care Services and also teaches a course in palliative care at the School of Nursing.

Zahida Afiat Ali, RN Dip, Post RN BScN 2007, is working at King Fahad Medical City, Riyadh, Saudi Arabia.

2001

Zuleka Rahim, RN Dip 2001, Post RN BScN 2007 sends best wishes to all friends and colleagues from Saskatchewan, Canada.

2002

Anita Rahim, RN Dip, misses her student days at AKU.

Shazia Meraj Ali Karera, RN Dip, Post RN BScN 2007, wishes to bid farewell to AKU after having being associated as a student, a registered nurse and a clinical nurse instructor with the institution.

2003

Shahnaz Wazir Ali Jesani, RN Dip 2003, completed her Post RN BScN degree from Dow University of Health Sciences and recently joined

Ziauddin University, College of Nursing as Nursing Instructor.

Tufail Noble, Post RN BScN, is presently a clinical auditor in a 500 bed public hospital in UAE and is working towards an MSc Quality and Safety in Health Care Management from the Dubai campus of the Royal College of Surgeons, Ireland.

2004

Rukhsana Ravji, RN Dip, is enrolled in the BScN programme at Liaquat University of Medical and Health Sciences and is working as Nursing Manager at Patel Hospital, Karachi.

2005

Muhammad Afzal, Post RN BScN MScN 2008, reflects on the education he received at AKU with much satisfaction.

Zubaida Amin Lakhani, RN Dip, is Head Nurse at Cathlab Aga Khan University Hospital, Karachi.

2006

Niaz Ahmad, BScN Generic, is an occupational health nurse in an oil and gas company.

Rozina Kashif, RN Dip 2006, is currently living in Melbourne, Australia and is enrolled in a bachelor's programme in nursing.

Zohra Imran Sundrani, RN Dip, is working towards a Fast Track BSN at Ziauddin University, College of Nursing. She feels indebted to AKU for playing a vital role in her personal and professional growth.

2007

Sher Ali Navita Mithani, RN Dip, is delighted to return to AKU-SON where she is presently working towards a Post RN BScN degree.

Sumaira Ahmad Bux Khuwaja, BScN, who did her MSc in Epidemiology and Biostatistics in 2010 from Aga Khan University Medical College is working as Senior Instructor for MSN Programme at Ziauddin University, College of Nursing.

2008

Hasina Amin Punjwani, Post RN BScN, is Infection Control Nurse at Aga Khan University Hospital, Karachi.

Saleema Sadruddin, RN Dip, is a registered nurse at Al-Zahra Hospital, Sharjah, United Arab Emirates.

2009

Naurin Abdul Karim Shivji, RN Dip, is Instructor, Ziauddin University.

Samar Naz Kanwal, Post RN BScN, is working towards her MScN from the University of Health Sciences.

Jerusha Ncororo Munyaka, RN Dip, recently attended a medical camp at Chewele, Tana River District, Kenya, an area he reports has been badly hit by famine. People there need urgent help and he requests alumni to come forward for the cause.

2011

Stanley Malo Rungua, Post RN BScN, is a nursing officer and has been involved in developing a proposal on operating room utilisation.

Japheth Mbinda Ndonyi, Post RN BScN, is all praise for his education at AKU. After completing his degree he was promoted from head of a health centre to head of a district as a District Public Health Nurse.

Medical College, Pakistan

1992

Muhammad Kashif Anis who did his internship in 1993 and his fellowship in 2005 from AKU, has currently been appointed as In-charge, American College of Physicians Saudi Arabia Chapter, Eastern Province. He has three children Wajeesh, Haya and Rayan.

1994

Asad Ansari is a 2011 Honoree of March of Dimes, for bringing paediatric subspecialty care of pulmonology, infectious diseases and sleep medicine to the children of South Bend, Indiana, USA.

Shema Ahmad is Director, Thyroid Center for the past year at The University of Mississippi Medical Center. She has three boys.

1997

Fatima Ali Naqvi who did her internship and residency from AKU is now Medical Director of Long-term Care facility and Home Hospice Team.

1998

Faisal Akhtar Arain is working towards a cardiology fellowship at University of Texas Medical Branch, Galveston. He has been recently blessed with twins, Nyle and Ryde.

Safdar Nasim Khan is currently Assistant Professor of Orthopaedic Surgery in the Division of Spine Surgery at the Ohio State University Medical Center in Columbus, Ohio. Prior to this he completed his orthopaedic surgery residency at the University of California, Davis Medical Center. He is married to Sabrina Sykes and has two sons Sikander and Jahangir.

2000

Ayesha Rashid is Assistant Professor, Department of Medicine, University of Minnesota and practices at Hennepin County Medical Center, Minneapolis, Minnesota.

This year **Aayesha Mumtaz Khan** was selected as Top Otolaryngologist in Alton, Illinois by the International Association of Healthcare Professionals.

2001

Feroze Abid Hussain is working as an internist in Houston and sends greetings to his batchmates.

Nadia K Ali completed her Master of Public Health from Johns Hopkins Bloomberg School of Public Health in May this year.

2002

Sharjeel Ahmad is currently based in Broad Brook, Connecticut where he is working as Staff Physician, Infectious Diseases and Associate Director, Adult Medicine Department at Community Health Services, Inc in Hartford, Connecticut, USA. He is board certified in Internal Medicine, Infectious Diseases and as an HIV specialist by American Academy of HIV Medicine.

2005

Asaad Ahmed Nafees who did his internship and residency from AKU successfully cleared FCPS II in Community Medicine in first attempt in April this year. He is Research Fellow, Department of Community Health Sciences, AKU, Karachi and was promoted as Senior Instructor in September.

Muhammad Awais is currently doing a J1-Waiver in Macon, Georgia as a hospitalist. He got

married in 2007 and has a child named Shaafay.

2010

Muhammad Raheel Nawaz Jajja joined the Lineberger Comprehensive Cancer Center at the University of North Carolina as a Postdoctoral Research Associate. His current research focuses on testing novel therapeutic agents in patient derived pancreatic and colorectal tumour grafts with the eventual aim to translate the findings to benefit cancer patients.

Salila Shoaib Hashmi is working as a postdoctoral research fellow since March at Emory Transplant Center, Atlanta, Georgia. Her research focuses on organ transplantation aiming to develop therapies that can prolong the survival of all transplantation recipients.

Institute for Educational Development, Pakistan

2005

Karim Mohammad Khan, MEd, is working at FG Boys High School, Pakora, Ishkoman. He also serves as part-time President, Local Council, Chatorkhand.

Naila Izhar, CEL Adv Dip, is currently Regional Education Manager, South, The Citizens Foundation.

2006

Sher Azim, MEd, joined Professional Development Centre, Chitral as an instructor in May.

2011

Asadullah Mangi, MEd, is Lecturer and Head, Department of Sociology at Government Islamia Arts and Commerce College and

Postgraduate Studies Centre Sukkur, Pakistan.

School of Nursing, East Africa

2003

Diana Makuba Kassaman, Post RN BScN received a scholarship from the International Prevention and Research Institute, France to attend the 2nd Global Health and Epidemiology Workshop held at the University of Dundee, Scotland.

2004

Beatrice Nkirete Nkoro, Post RN BScN, is a clinical instructor at School of Nursing, Aga Khan University in Nairobi and is enrolled in a MSc in Infection Control programme in Nursing at Kenyatta University, Nairobi.

Rachel Kiringa Matingi, RN Dip, Post RN BScN 2009, is the District Public Health Nurse, Ministry of Public Health and Sanitation in Mwala District, Kenya.

2007

Happy Hosiana Masenga, Post RN BScN, ensures that the quality of nursing education is in accordance to set standards in her capacity as a coordinator of training and research at the Tanzania Nurses and Midwifery Council.

Khadija Abbas Mohamed, Post RN BScN, is Head, Nursing Department at the College of Health Sciences, Zanzibar and will soon be enrolling for a Master's degree in Public Health in the Netherlands.

Valleria Prosper Mushi, RN Dip, Post RN BScN 2011, has worked as Head Nurse at the Mabibo Hostel Dispensary, University of Dar es Salaam, Secretary of the Tanzania Nursing and Midwifery Research

Committee for establishment of Tanzania Nursing and Midwifery Research Unit under the MoHSW, Secretary for the Research Faculty - ECSACON Tanzania Chapter and advisory member of the TANNA initiatives on a voluntary basis. She is currently the Secretary for Tanzania AKU Alumni Chapter.

2009

Doris Kanja Shisia, Post RN BScN, is in-charge of infection prevention and control at the Kenyatta National Hospital in Nairobi.

Daniel Kiprono Boinett, Post RN BScN, who works with the Armed Forces Memorial Hospital, Nairobi is currently pursuing a one year course in Emergency Nursing at the Kenyatta National Hospital, Nairobi.

Janet Mukoshi Shibonje, Post RN BScN, is pursuing a MSc in Health Systems Management at the Kenya Methodist University. She is also the Programme Officer of Health, supporting maternal and child health and malaria prevention at World Vision.

2010

George Nyadimo Agot, Post RN BScN, is participating in writing Distance Learning Education content on Comprehensive Reproductive Health for the African Medical and Research Foundation. He wishes alumni the best of luck in their endeavours.

Institute for Educational Development, East Africa

2009

Charles Maina Muigai, MEd, Professional Development Teacher,

St. Charles Lwanga Secondary School, won the 2011 Teacher of the Year award for Mombasa County, Changamwe District, Kenya. The award was evaluated and appraised according to a set criteria developed by the Kenya Secondary Schools Heads Association and moderated by the Ministry of Education's Quality and Standards Office. Muigai first won the contest at school level, then the district level and finally the county level; he represented the county at the regional level as well and was runner up. During the contest he scored highly in professional development, high academic achievements of his students, varied teaching approaches, leadership skills and involvement with extra-curricular activities.

2010

Anna Eliewaha Mshana, MEd, after finishing her degree went back to the Office of Inspectorate of Schools, in Dar es Salaam from where she recently retired. She is currently a consultant as a Professional Development Teacher at AKU-IED, EA and a facilitator for the Educational Leadership and Management course for Certificate in Education.

Florence Mary Omboko, MEd, is working towards her PhD, and is teaching three units at St. Pauls University, Limuru, Kenya and English Literature at her school in Mirithu, Limuru.

2011

Patrick Kogolla, MEd, has worked for the Centre for Mathematics, Science and Technology Education in Africa, where he was appointed as the Coordinator of Academic Programmes.

Rebecca Philemon Mmbaga, MEd, was appointed Headmistress, Mukulat Secondary School.

In Memoriam

Irfana Sultan Ali, RN Dip '97 left us on August 17, 2011. She was involved in a fatal accident while traveling with her husband and kids. Classmates will remember her as a simple, quiet and shy girl who always wore a refreshing smile. Calmness personified, she was appreciated by patients and colleagues alike. Irfana leaves behind her children, eight-year-old Hamayal and six-year-old Shariq and her husband. She will be greatly missed.

Nurse Tutor **Domin Wilson Lema**, BScN '07 who was working at the Massana Hospital and College of Nursing passed away on September 25, 2011. She leaves behind a daughter who studies in class one.

Aga Khan University alumni community lost a dear friend, **Dr Ali Khan Khwaja** in a tragic accident on October 31, 2011. A 2001 residency alumnus of the Medical College's Community Medicine Programme, he joined Aga Khan University as faculty immediately after his graduation and served as a joint appointment in the departments of Family Medicine and Community Health Sciences. In 2011, he was appointed as full-time Family Medicine faculty. In addition to being a committed researcher, he demonstrated great teamwork and leadership qualities through his support of peers, faculty and residents in clinical research. He leaves behind a wife and two young children.



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