

AKU-NAMA

Aga Khan University Newsletter and Magazine for Alumni

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Mr Shamsh Kassim-Lakha, Founding President, Aga Khan University, Mr Abdul Kader Jaffer, former Pakistan High Commissioner to UK and Mr Anwar Rammal, Director and Chairman, Asiatic Public Relations Network at a special lecture reminiscing the challenges and triumphs behind AKU

Audiovisual Department AKU

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AKU-NAMA Goes Green

Responding to the on-going requests and growing preference for an eco-friendly format for the AKU-NAMA, the Editorial Board is delighted to announce that starting from this issue, the newsletter will primarily appear in an e-version.

A limited number of hard copies will still be produced for those who have a preference for a printed format. If you would like to receive a printed copy, please complete an online form available through the "Update your Information" link at www.aku.edu/alumniform or contact Alumni Affairs at alumni@aku.edu.

We thank you, AKU-NAMA's loyal readership, for your suggestions and feedback, and look forward to receiving contributions in producing a high-quality alumni newsletter.

The views and opinions expressed in this publication are of the individual authors alone and do not necessarily reflect the views or policy of the Editorial Board or Aga Khan University.

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The Tireless Toiler

Adeel A. Butt, MBBS '90

It was his second week in Toronto. He had moved his family from across the world to seek a better life for his children. Like countless others, despite a good job and a comfortable life in Pakistan, he had finally made a decision to move for the sake of his family. And now he was here, along with all of them. He had enough savings to keep the family living comfortably till he found a job of his choice and in his own field. But when he got an unexpected call for an entry level position, something he would have expected two decades earlier in his life, he accepted it. He was a conscientious man, a breadwinner and a hard worker. Staying idle did not suit him well, even when he could have done it comfortably for a long while.

Since he had just arrived, he did not have a car or a driver's license. The workplace was very far away. But he managed. He worked hard, though the job was far below his level of qualification. One week into this job, one of his colleagues decided to quit and he

was asked to take on double shifts till a replacement was found. He accepted willingly.

One week later, his manager summoned him to his office. "I have noticed that you are always 10 minutes late," he said. "I know you are new, and I know how things work in your home country, but I want to tell you that in Canada, we expect and reward hard work." He demanded an explanation.

"Well, first of all, let me apologize for this," the new worker started. "You see, I live so far away, I get up every morning at about 4 am to catch the first bus to the train station to catch the first train to get to this stop, and then take another bus to reach here." Making it clear that he was explaining and not excusing himself, he continued: "And last week, you asked me to double up my shifts. Which means, I don't leave work till 9 pm, and reach home around midnight. And then I start again." The manager was quiet. "I would still get up earlier, and get here on time, if there were an earlier bus and an

earlier train from where I come," continued the worker. "And since I just arrived here, I don't have a driver's license and cannot buy or rent a car, and the taxi costs more than what I earn." The manager was dumbfounded. "I have not seen my children awake in two weeks, but I am happy and eager to put in an honest day's work, and that's how many of my country mates work." The manager did not utter another word.

The following week, the worker was promoted to the level of a supervisor. The company made it a point to hire Pakistani workers from that point on.

As a nation, we need to reflect why many such people have left Pakistan. More importantly, how can we bring them back. Changes are happening in Pakistan, and all Pakistanis should do their honest part to realize the dreams of a magnificent country and its magnificent people. ■

Based on a true story



Dr Junaid A. Razzak, Dr Iqtidar Khan and Dr Asif Aslam at the 3rd Annual Emergency Medicine Conference
Audiovisual Department AKU



Rozina Kerai receiving her Diploma in Midwifery from Dr Keith Cash, Dean AKU-SONAM
Audiovisual Department AKU

A Changing Relationship

Rozina Ismail Mohammad, MA in Muslim Cultures '08



Women from the Altit village sit in the 'khun' – communal space – under the Fort after its restoration by Aga Khan Trust for Culture

Naeem Safi

“We are at a point where we are close to forgetting our culture. We need to keep it alive. Looking at the Fort now, I can imagine that people used to live in this place ... the Fort gives us a sense of our past history,” an Altit woman proudly told a group during a tour of the Altit Fort. She had been part of the Altit Documentation Team, a social enterprise that employed women from the local communities and trained them to record the history and heritage of the Fort.

For the people of Altit, a remote settlement in the Gilgit-Baltistan area of Pakistan, the Fort’s restoration has gone far beyond preserving history: it has given opportunities to the local people

that were previously unthought of, and brought about a sea change in attitudes. For the women of Altit, it has heralded a paradigmatic shift in rhetoric: ‘culture’, ‘the past’ and ‘identity’, words and ideas previously missing from their narratives are now an essential part of it.

Altit lies in central Hunza and is said to be the first seat of power of the former state. Pristine and exotic, the entire Hunza region had been largely inaccessible till the construction of the Karakorum Highway, a Sino-Pak collaboration, through the treacherous mountainous region in the 1970s.

The Altit Fort itself was set up over 900 years ago. Over the

centuries it had undergone patchy renovations and structural additions, but in the last 100 years it had fallen into disrepair and disrepute.

According to travelogue writer and historian Hermann Kreutzmann, Altit Fort survived for nearly a 1,000 years because it served “defence purposes while safeguarding access to water supply and agricultural lands at the same time” – as did most forts in villages in the area.

Between 1800 and 1891 the villages of Hunza expanded under the rule of Tham Silum Khan III, and so did Altit Fort in its proportion. Stories of the reign and the Fort have survived generations, and even today

parents and grandparents tell tales of murders that took place inside Altit and of bodies buried within its walls. Legend also has it that if two male heirs were born, one would be killed and buried within the Fort, and successive rulers are believed to have followed this tradition.

The disintegration of the fortified village system began from the time of the British occupation to 1947 as new villages were founded, especially during the 46-year-long reign of Mir M. Nazim Khan (1892-1938). The out-migration from the fort village accelerated with the end of the rule of the Mirs in 1974.

By the time the 1980s swung around, the Fort had lost its place in the lives of ordinary residents: from fear and curiosity their perception was one of burden.

Villagers no longer felt the need to live within a historic settlement whose structure was slowly falling apart and could no longer provide a safe and clean refuge. In fact, when parts of the Altit Fort collapsed on the roof of the house of one interviewee, the woman's family squarely put the responsibility for the Fort's repair on its caretakers, a local family living near it.

For the Aga Khan Trust for Culture (AKTC), part of the ambitious renovation project was not only about revitalizing and restoring buildings, but also about working closely with the local community and promoting development by providing material and economic benefits. They also aimed to bring about a shift in their hostile attitude towards the Fort.

“Tales of murders that took place inside the Altit Fort and of bodies buried within its walls have survived generations. Legend has it that if two male heirs were born, one would be killed and buried within the Fort, and successive rulers are believed to have followed this tradition.”



Side view of the mosque and tower of Altit Fort before restoration
Gary Otte

To begin with, in order to keep people from moving out, AKTC undertook restoration work in the village itself. With its education about healthier lifestyles and sanitation and water facilities project in the community, the

heritage project acquired more significance.

The second step was to involve the community by employing local men as well as women, and giving them modern skills. In the conservative community, most families survived on sustenance farming and traditional agricultural activities, with limited options to step out of their home and work.

AKTC turned this around by teaching new technical and social skills to the locals. With daily trainings at the Fort and exposure to the premises, they were no longer afraid of going inside. And to top it off, their perception of the Fort being a burden receded as well as they observed the progress of the restoration work – the women and their families no longer feared the Fort would collapse on their houses.

For the women, the changes have been more profound.

During the group visit, women from the Altit Documentation Team described with satisfaction their experience of working in the Fort. They also recounted how, after acquiring a job, their status within the household had changed: “Now that we add to the income of our family, we hold some of the decision-making power.” AKTC succeeded in giving the Fort a new function and role in the lives of members of the community – people have benefitted from the

economic and social improvements individually as well as collectively. A Fort that no one wanted to own and was seen as a liability is now accepted as a site worthy of care and appreciation. ■

Marching Towards Healthcare

When you first meet John Mwzighe Mnjalla, BScN '07, he comes across as an unassuming, soft-spoken and modest man – yet, he is a leader. Since taking over the reins of a poorly run medical clinic in 2005, Mnjalla has overhauled the quality of primary healthcare services available for local residents in the small rural town of Mariakani, 36 kilometres northwest of Mombasa, Kenya.

Today, the Mariakani Community Healthcare Services has earned a solid reputation for its work in providing basic and preventive healthcare, and especially in implementing the national HIV programme's recommendations.

Why did you feel the need to set up the Mariakani Community Healthcare Services here?

When I joined the military in 1994, I first worked in Nairobi. Later, I got posted to Mariakani. While working here, I came across a local clinic that was being run in an unprofessional manner, with non-medical staff actually attending to patients. Most of the patients

were ignorant of this fact, which was further compounded by the unavailability of essential drugs and medical supplies.

In 2003, when the previous owner vacated the medical clinic, I decided to step in and fill the gap. It was a huge challenge, as I would attend the clinic after my official working hours, and work till 11 pm.

This was the beginning of the

Mariakani Community Healthcare Services, a local facility aimed at providing primary healthcare services to the local population in the area. It complements the government's facility in the region, which is overstretched in terms of resources coupled with other challenges such as accessibility as it is too far away for many people.

How has this public-private partnership helped improve healthcare in the region?

A public-private partnership is crucial and critical as it directly benefits the local population. Through such partnerships, there is a medical referral system for patients. For example, those with severe hypertension, uncontrolled bleeding after childbirth, road traffic accidents and those requiring antenatal services can be referred to the local government healthcare institute, the Mariakani District Hospital. This has contributed to reducing mortality in this particular region.

How has the Adherence Counselling Centre progressed?

We opened this centre about seven months ago. It serves those who are infected or affected by HIV and face stigma and discrimination. Some of the ways we are impacting lives is by providing employment at



John Mwzighe Mnjalla with a child and his mother at his clinic

Titus Musau

the Centre to those who are living with HIV.

We have established provider-initiated testing and counselling, where every patient can be easily tested or, at the very least, we ensure that we have a discussion on HIV and related lifestyle aspects with every patient who comes to us. Additionally, we have also developed a good rapport with government institutions and government chemists in Mariakani.

How do you think your AKU education helped you in all that you have achieved so far?

AKU taught me critical thinking skills. I have a passion to ignite change in my community and AKU helped me link my education and skills with service to the community.

What about your work for the Kenyan army’s HIV programme?

I have been in the Kenya Defence

Forces (KDF) for over 14 years and have been coordinating the KDF HIV Programme for the last three. The programme focuses on prevention, care and treatment of HIV. It is a programme anchored by the Ministry of Health in partnership with the Walter Reed Army Institute of Research.

As a coordinator, I have been able to influence policy in the KDF HIV programme, especially in training in different programme areas. I strongly advocated for localised institutional/barrack based training as opposed to the external training model previously used, which was very expensive as participants would have to be accommodated in a hotel. My advocacy for such training enabled the institution to save funds, which went toward training more health workers and therefore enhancing the quality of care.

Under this strategy we have managed to train over 400

healthcare workers across the country in areas such as the prevention of mother-to-child transmission of HIV and provider-initiated testing and counselling. As a result, we are seeing an upsurge in HIV testing and counselling uptake in the KDF.

What is your vision for the future of nursing in East Africa?

Nursing in East Africa is changing, and the Bachelor of Science in Nursing degree is making a real difference. AKU has contributed immensely in making a positive change. AKU alumni are at the forefront, having made significant contributions to healthcare policy and serving as influencers in their areas of work like the above mentioned training strategy for the barracks based training that I developed and implemented. ■

*Mercy Kabangi,
Strategic Communications*



Titus Musau

Delivering Care at the Primary Level

During the interview with John Mwazighe Mnjalla, a couple arrived at the clinic with their two-year-old son for a follow-up visit. Their young child had recently been attacked by a swarm of bees and had been treated by John.

“I had left my son in my neighbour’s care, and when I heard his screams I rushed over,” the mother narrated. The boy was covered with bees and the mother and the neighbours desperately tried to brush them off. However, by the time the father arrived, the child was beginning to lose consciousness, and so they immediately rushed him to John’s clinic.

“When I saw the boy, I knew we had to act quickly as he had become limp and we were in danger of losing him, possibly in a matter of minutes,” said John. He immediately administered the treatment and, luckily, the boy began to respond.

“The intervention saved his life,” recalls the boy’s mother.

“Were it not for the quick action taken at the Mariakani Clinic and the diligence and expertise of the team, I would not want to imagine what would have happened,” she concluded with a grateful smile. ■

CONVOCATION



Top left: MBBS graduands Fatima Ayub, Hina Javaid, Faiza Rao and Maryam Sharif at Convocation 2012
hakim sons films

Top right: Dr Muneer Amanullah leads the procession as the blazon carrier at the PGME Graduation Ceremony
Audiovisual Department AKU



Middle left: BScN graduands taking oath at Convocation 2012
hakim sons films

Bottom left: Post RN BScN graduates after receiving their degrees
Audiovisual Department AKU

Bottom right: Sana Asghar Ali Habib receiving the Outstanding Graduate Award, AKU-SONAM from Chief Guest, Mr Abdul Hafeez Shaikh, Minister of Finance, Pakistan
hakim sons films





Top left: Anaiz Ahmed Bux receiving his BScN degree from Ambassador Saidullah Khan Dehlavi, Chairman, Aga Khan University Board of Trustees

hakim sons films



Top right: Abdul Rehman, Hafiza Noor-ul-Ain Baloch and Muhammad Hassan, MBBS Class of 2012 at Convocation 2012

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Middle right: Irfan Ahmed Siddiqui, MBBS Class of 2012, delivering the valedictory address

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Bottom: Members of the MBBS Class of 2012 pose prior to the distribution of degrees

hakim sons films



CONVOCATION



Top left: Valedictorian Christine Wanja Murungi receives her degree from Ambassador Saidullah Khan Dehlavi, Chairman, Aga Khan University Board of Trustees at the Convocation in Nairobi

Samuel Nyakondo

Middle right: Nelly Kadzo, Cerline Mwadeghu and Patience Mapenzi at the Convocation

Samuel Nyakondo

Middle left: MEd Class of 2012 with the University and IED, EA leadership at the Convocation in Dar es Salaam

AlKarim Husein Pirmohamed

Bottom: Graduands with faculty and University leadership at the University's first-ever Convocation held in Mombasa on February 16, 2013

Samuel Nyakondo



Top right: Seyed Mohammad Reza Hashemitaba and Lindsey Stephenson at the ISMC Convocation in London
Amelia King

Middle right: Kaloki Jacqueline Mbithe receives her BScN degree from Ambassador Saidullah Khan Dehlavi, Chairman, Aga Khan University Board of Trustees at the Convocation in Nairobi

Samuel Nyakondo

Middle left: Nalwegayo Agnes, Rutakoba Joab and Munanda Atifa at the Convocatuion, Kampala, Uganda
Sam Omara

Bottom: Class of 2012, MA in Muslim Cultures, pose with the faculty at the ISMC Convocation in London
Amelia King



Outreach Medical Camp

Hashim H. Ahmed, MBBS '12



The Team calls it a day at the beautiful Manjhar beach

Khizer Rashid

In the beginning of the year, Mohsin Ali and I went on a snorkelling trip with our friends from the Divers Reef Karachi (DRK), a group committed to promoting coastal tourism. This has been a practice that many students from Aga Khan University have been fond of for the last two years. However, this time around we met a few gentlemen, one a doctor himself, with whom we discussed our idea of setting up a medical camp at the Mohammad Ali Goth village from where we set sail for snorkelling. These gentlemen were very eager to help out. In fact, they decided to take the responsibility of raising the entire budget for the medicines and logistics upon themselves.

Once this idea to set up an outreach health camp took form, it experienced a snowball effect in terms of interest and support. Our AKU team included Rohail Kumar '11, Shaina Lodhi, Fatima Khurram, Mohsin Ali Mustafa, and myself from the class of '12. Soon there was support from six other students, and as word spread, a handful of young doctors from around the city joined the cause. Khizer Rashid from DRK continued to serve as the link with our entrepreneur friends and fellow divers committing medicines and logistical support. Arrangements for ambulances for bringing the doctors and medical

staff who couldn't manage on their own were also made. Our network of contacts in the communities, including the crew that worked on

“On our return to campus, we had increasingly mixed feelings. One was joy, for what we had done and second was optimism for the future.”

the boats, helped spread the word to our target area consisting of over a dozen villages along the coast.

At the Goth, we ended up examining nearly 400 patients at the day-long camp, consisting of mostly women and children. This is where we witnessed up-close what we had only seen glimpses of earlier. As suspected, there were numerous cases of malnutrition, malaria, night blindness and other acute problems, most of which were treated effectively with antibiotics, painkillers and micronutrient supplements. We soon realised that this was only the tip of the iceberg, as there were thousands out there who still needed help.

On our return to campus, we had increasingly mixed feelings. One was joy, for what we had done and second was optimism for the future. This was balanced by a sense of responsibility towards those less fortunate. The question was simple: were we going to wait until we turned 60 and then think about giving back or was there something we could do to bring relief right away? The answer was simpler, and unlike the question, unavoidable. ■



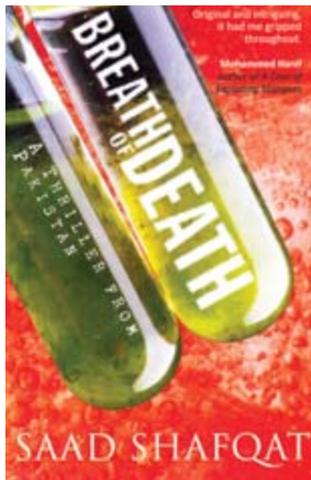
The day-long camp had us seeing over 400 patients, mostly women and children

Khizer Rashid

Breath of Death

Armed with creativity, imagination, a pen and a degree in medicine, numerous physicians in history have kept us on tenterhooks. There is Harvard Med's Michael Crichton, who set his mark with *ER* and *Jurassic Park*; Columbia's Robin Cook did it with *Coma*; go back further and Edinburgh's Sir Arthur Conan Doyle's *Sherlock Holmes* has survived generations and perhaps more correctly, the centuries.

In a first for AKU, alum and faculty member Dr Saad Shafqat, MBBS '88 has hopped on the physician-cum-thriller writer



wagon with his *Breath of Death*. In less than a week, 200 copies had flown off the shelves of Liberty Books, a local chain of book stores, but the jury still remains out on whether it is the infallible content or his gregarious personality that is making the book tick.

“Basically it is like my daily life at AKU: the premise is neurological, there’s a very bright medical student – we come across bright medical students all the time – and then the whole daily process of doing rounds, seeing difficult patients, dealing with families, breaking bad news,” Dr Saad Shafqat says on the inspiration

behind his first work of fiction.

For a multitasker whose average day has him juggling his neurology practice – “it’s my bread and butter” – research, teaching, cricket commentaries and roles as a father and husband, when it came to writing fiction, he certainly wasn’t at his disciplined best.

“It took a long time. To be honest, I started in something like 2005-2006, and wrote it in bits,” he candidly admits.

But if putting the pen down somewhere finally in 2008-2009 was slow, publishing was an altogether tardy ride.

“I think in general this whole business of publishing and putting fiction together just proceeds at a very glacial pace,” he comments, “Finding a publisher is hard, and once a company is secured, they too take their own time.”

About his overall experience with writing fiction, he says he had his fair share of unease and trepidation: “For first-time fiction writers it is quite uphill because you have to produce a manuscript that is anything between 80,000 and 200,000 words, and you have no idea if anybody is going to even look at it, forget about publishing and getting a good response.”

Breath of Death is part of a larger series titled *Chlorophyll*, published by Wisdom Tree in India to promote contemporary Indian and subcontinent fiction. ■

Nadia Jajja,
Public Affairs

“Arriving at Duke as a postdoctoral research fellow, he [Hamza] had risen all the way to become professor of virology, and an acknowledged authority on viral replication. There was no question he was a gifted, highly analytical intellect. Evidently, the Prozac too had worked its magic.”



Saad Shafqat, MBBS '88

Azfar Farooqi

Off the Beaten Path



Dr Khalid Saeed Khan, MBBS '88

Audiovisual Department AKU

Dr Khalid Saeed Khan, MBBS '88 is currently Professor of Women's Health and Clinical Epidemiology at the Centre for Primary Care and Public Health, Barts and The London School of Medicine. His academic expertise is in patient-oriented health research and medical education. Dr Khalid has published over 200 peer reviewed journal articles making contributions in systematic reviews, trials of treatments and tests, health technology assessments and evaluation of educational methods.

Tell us about your early days?

It was 1983 and AKU had commenced its first medical school class. I moved from Multan to join AKU, one of 50 who had taken the plunge to risk it with a new, promising institution. It was a belief in a brighter future that led us here. In fact, AKU hadn't even opened its doors and classes were in rented space at the College of

Physicians and Surgeons, Pakistan. We graduated on time in 1988. At our graduation ceremony, there were a number of people from the Aga Khan Hospital (AKH) in Nairobi, including Dr Kehar Singh, the Head of Obstetrics and Gynaecology there. I had always been interested in working in Africa and the opportunity was too good to miss. So I made an arrangement

with Mr Shamsh Kassim-Lakha and Dr Javaid Rizvi, the Head of Obstetrics and Gynaecology here in Karachi, to go and spend a year at AKH in Nairobi before coming back here. I was the first graduate from the Medical College, Pakistan to go spend the first year of my residency there.

In the past in Pakistan, there have been a lot of societal barriers for male students going into obstetrics and gynaecology. Why did you prefer this field over others?

I was inspired by my teachers. Dr Javaid Rizvi, my professor in the Medical College, inspired a lot of students to train in this field. One could see that there was a role for people with expertise regardless of their gender.

Secondly, the Medical College experience encouraged enquiry. So, together these motives combined into a career track that involved clinical training and learning about research methods. At the end of my residency, I went for an MSc in Health Research Methodology at the Faculty of Health Sciences, McMaster University from 1994-95, partly funded by the Aga Khan Foundation. This is where I discovered the place for a clinical academic career pathway.

Thirdly, the fact that maternal mortality was alarmingly high is an eye opener for any doctor. At AKU, we spent 20 per cent of our time doing community health sciences. So we were inspired by the need to do more than just look after the patients in the hospital. This was a strong influence and I have ever since been concerned about not just accepting things on face value but rather questioning opinions and then trying to figure out the facts through research wherever possible.

What was your future course of action?

After McMaster, I went to the UK in 1995, did a couple of years of clinical and research training, and then became a National Health Service Consultant Obstetrician and Gynaecologist, a post I enjoyed for around five years. In the UK, people focusing on delivering services are employed by the hospital and those focusing on teaching and research are employed by the university. This is a good way to increase synergy between a hospital and university. In 2005, I became a Professor of Obstetrics and Gynaecology at University of Birmingham. In 2010, I moved to Barts and the London School of Medicine and Dentistry, which was formed following the merger of the Medical Colleges of St Bartholomew's Hospital and the London Hospital.

Your expertise lies in patient-oriented health research. What is your stance on this?

Patient-oriented health research is about research activity that directly impacts patient care, not just publications in journals. Also termed as applied research, its intention is to benefit patients and the public through projects that directly inform practice and policy. Nowadays, research funding focuses on this because investment in science should change the outcomes for people and society. This is what excites me most.

For example, recently we researched pulse oximetry, a very simple test done on newborns to find out the oxygenation level of their blood. Studying nearly 20,000 babies, we established that this test provides accurate screening and is

helpful in discovering congenital heart diseases. It is now being incorporated into standard clinical policy across the world, including USA, Scandinavia and UK.

Has any of your research project involved AKUH, Nairobi?

I've collaborated in discovering the causes that lead to higher rate of stillbirths or deaths of babies during pregnancy. We found that one of

“I was inspired by my teachers. Dr Javaid Rizvi, my professor in the Medical College, inspired a lot of students to train in this field. One could see that there was a role for people with expertise regardless of their gender.

Secondly, the Medical College experience encouraged enquiry. So together these motives combined into a career track that involved clinical training and learning about research methods.”

the most important factors was the distance between where the mother lives and the nearest health facility. The farther away a mother lives from a health facility, the higher her chances of a complication. The reason being that expecting mothers will either not seek care or they'll seek care too late. So the solutions to health problems might come from outside the medical box, say by developing a taxi service that is available 24/7 for transport to healthcare facilities.

How are you involved with your alma mater?

I'm conducting workshops with the Department of Surgery at the University Hospital in Karachi on how to do systematic reviews, a cost-effective type of research that synthesises evidence and is fruitful

in generating information relevant for local clinical practice. We have also had an AKUH resident visiting our hospital in Britain to train in maternal medicine.

As the main author of *Systematic Reviews to Support Evidence-Based Medicine*, what is your argument in it?

It's a very successful book in evidence-based medicine that has been around for nearly six years. It won the British Medical Association Medical book award. Its second edition was translated and published in English and German. The main attraction of this book is its usefulness for clinicians who aren't researchers and for students who are new to research. It carries lots of worked examples to show its readers how research can be used to improve or change practice. It takes a decade for effective interventions to be embedded in practice. Things need to be speeded up and evidence based findings need to be utilized more rapidly. This book provides clinicians tools with which to make rapid progress in incorporating evidence into practice. ■

Haris Zuberi

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

Thinking Out of the Box

Dr Burhanuddin Mahmood, MBBS '91 and Dr Faisal Cheema, MBBS '00 teamed up with Dr Babar Hasan, MBBS '99 to deliver a talk for recent graduates and fourth and final year medical students on March 29. "Perspectives in Academic Medicine and Research Track – Thinking Outside the Box", the talk covered the veteran alumni's experiences along with them providing encouragement in pursuing careers in academic medicine and research. It was very well received and had been jointly organised by the Office of the Registrar and Alumni Affairs. ■



*(Left to right) Dr Babar Hasan, MBBS '99, Dr Faisal Cheema, MBBS '00, Dr Burhanuddin Mahmood, MBBS '91 responding to questions from the audience
Audiovisual Department AKU*



*Guest speakers pose with participants and recent graduates after the session
Audiovisual Department AKU*

TNMC Turns Sixty

The Tanzania Nursing and Midwifery Council (TNMC) held a scientific conference in Dar es Salaam as part of the activities organised to commemorate its 60th anniversary.

AKU was well represented with two faculty on the Organizing Committee and one faculty part of the Protocol and Logistics Committee formed by TNMC.

The "Looking Back and Thinking Ahead" event was well attended with nurses, midwives and scholars from across Tanzania as well as Kenya, Uganda, Zambia, Swaziland, Malawi, Lesotho, Botswana and Korea. It offered an opportunity to reflect on nursing and midwifery education and practice within Tanzania over the past six decades and then on strategies to

further strengthen capacity.

In his welcome remarks Dr Seif Rashid, Deputy Minister for Health and Social Welfare noted that there were only 266 registered nurses and midwives when the Council was formed 60 years ago. Of these, only 77 were local nurses while the rest were foreigners. This is in contrast to the numbers today: 31,000 nurses and midwives across Tanzania.

Despite this increase, there is still an acute shortage of nurses and midwives. During the conference, the plight of the nursing workforce caused by too few health workers, a heavy workload and poor facilities (a lack of equipment and medical supplies) were well demonstrated by a group of nurses through role play.

To address these issues, Tanzania's President Jakaya

Kikwete mentioned in his speech that his government was planning to increase the number of healthcare workers by improving healthcare facilities and upgrading the referral system for regional hospitals. He also agreed to have an audience with stakeholders to deliberate on the way forward.

Dr Jean Barry, from the International Council of Nurses, graced the occasion while senior Geneva based nurse/midwife leaders who contributed to the history of nursing in Tanzania were recognized at the event. An exhibition was also held at the Mnazi Mmoja Grounds where AKU-ANS had a booth and the Tanzania Nursing and Midwifery Council's History Book was officially launched by President Kikwete. ■

New Building Added to Campus

Two years from the drawing board to operations, and within budget

Located right next to the main entrance of the sprawling Aga Khan University Hospital, Karachi, the Jenabai Hussainali Shariff (JHS) Building, the newest facility on the premises, is impressive for its ability to provide worldclass outpatient care.

In the last decade, AKUH had witnessed its outpatient volumes double, and original spaces allocated for consulting clinics were saturated, and a new centre for ambulatory services was the need of the hour. JHS Building fills in this gap with its state-of-

the-art equipment, 90 clinics, 4 operating theatres and services in 12 specialties.

“We had over half a million outpatient visits last year alone,” President Firoz Rasul said at the official inauguration ceremony of the JHS Building on April 27, 2013.

“The new building with the latest equipment allows us to expand access, reduce waiting times and offer our patients world class medical services,” he added. JHS Building was constructed over a two-year period starting October 2010 with generous donations

cumulating to US\$ 14.5 million from individuals and donor groups in Karachi and abroad, and from the hospital’s own contribution.

With 132,000 square feet over five floors, the facility also has the distinction to be the largest facility for patient care since the construction of the main Hospital complex in 1985. It is part of the larger Ambulatory Care Complex expansion plan that envisages a series of ambulatory care buildings along the southern end of the campus. ■



Jenabai Hussainali Shariff Building

Audiovisual Department AKU

Lecture Halls renamed after Dr J Robert Buchanan and Dr J Fraser Mustard

AKU Medical College's Lecture Hall 1 has been renamed as the **Dr J Robert Buchanan Lecture Hall**. This is to honour a founding member of the AKU Board of Trustees for his exemplary commitment and dedication to the University's development for nearly three decades, since 1985.

Dr Buchanan unveiled the plaque at a ceremony held to mark the occasion, in the company of President Firoz Rasul; Ambassador Saidullah Khan Dehlavi, Chairman, Board of Trustees; Dr Greg Moran, Provost; Louis Ariano, Registrar; Dr Farhat Abbas, Dean, Medical College and other senior leadership of the University.

Dr Buchanan has generously given of his expertise and knowledge in health sciences acquired through the leadership of medical institutions in North America to oversee the development of AKU's strong foundation in medical education and health services. This journey began with the establishment of AKUH and postgraduate medical education in Pakistan. With that underpinning, Dr Buchanan helped to steer the development of AKU's Medical College and teaching hospital to become one of international repute. The establishment of the extensive outreach programme led AKU to become the market leader in Pakistan in diagnostic medicine and enabled the support of the University's academic programmes. This system is now a model for expansion of AKU's reach in health sciences to East Africa and Central Asia. Dr Buchanan continues to provide, through the Board, sage advice to the University on governance, hospital management, medical education, fundraising, and integrated health systems.



Dr Robert J Buchanan addressing the audience at the plaque unveiling ceremony
 Audiovisual Department AKU

Meanwhile, the legacy of (late) Dr J Fraser Mustard, a founding Trustee, continues to inspire generations of healthcare professionals at AKU. To honour his dedication, the auditorium at Rufaydah Al-Islamiya building has been renamed as **Dr J Fraser Mustard Lecture Hall**. His son, Mr Jim Mustard and daughter Ms Anne Range unveiled the plaque carrying Dr Mustard's name at a ceremony to mark the occasion.

Dr J Fraser Mustard is honoured for his dedication and persistence to the development of academic programmes of the Aga Khan University, as a founding Trustee from 1985 to 2011.

An intellectual entrepreneur, Dr Mustard mobilized the School of Nursing at McMaster University, while serving as its Dean of Medicine, to support the establishment of the School of Nursing at AKU. With Dr Mustard's guidance, SON grew to have a far reaching impact on the profession, nationally as well as in nursing education in East Africa, Afghanistan and Syria. We are indebted to Dr Mustard for his stewardship of the high standards of academic programmes at AKU and for the inspiration he provided during the foundational years of Aga Khan University.

Dr Mustard applied his extensive knowledge and experience in health sciences, his ability to synthesize problems and his insatiable intellectual curiosity to help the University conceptualize new academic and research areas. Dr Mustard is most renowned for his contribution to understanding of the importance of the early years of a child's life to the overall development of a human being. His work in this area is also the foundation for Aga Khan University's work in human development. ■



Dr J Fraser Mustard's son Mr Jim Mustard and daughter Ms Anne Range with Mr Firoz Rasul
 Audiovisual Department AKU

Dr Robert F. Maudsley - Leaving a Legacy

Dr Robert F. Maudsley, former Dean, Faculty of Health Sciences, from 2000 to 2002, passed away at the Ottawa Heart Institute on October 25, 2012.

A strong advocate of academic progression at the University, Dr Maudsley made substantive contributions during his deanship at AKU. It was due to his support and leadership that the Problem-Based Learning approach was introduced at the University, leading to a strong foundation from which all entities continue to benefit. He also worked towards strengthening the functions of the Registrar's

Research Office, with a particular focus on developing expertise in grant writing. He was well admired by faculty, staff and students and continued to support the University even after his formal departure in several ways.

Dr Maudsley received his medical degree from Queen's University in 1962. A year after receiving a Fellowship for Royal College in 1968, he joined the newly created Faculty of Health Sciences at McMaster University, serving in various leadership positions for the next 15 years.

In 1988, he was appointed as

the First Vice-Dean of Medicine at Queen's University and from 1989 to 1996 co-directed the landmark project, Educating Future Physicians for Ontario. In 2004, he was appointed Executive Director of the Clinical Assessment for Practice Programme of the College for Physicians and Surgeons of Nova Scotia and in 2008 became the Royal College's Associate Director, Internationally Educated Health Professionals.

Dr Maudsley's unwavering commitment to the University has left behind a legacy that will inspire generations walking into AKU.

People in New Positions

Dr Alan J DeYoung is the new Director for the Institute for Educational Development, Karachi. Bringing with him rich international experience in educational policy studies, sociology and research, Dr DeYoung holds a PhD in Anthropological and Sociological Studies in Education as well as an MA in Child Development from Stanford University. He has served as Professor and Chair of the Department of Educational Policy Studies and Evaluation at the University of Kentucky, where he was on the faculty for more than 30 years. He was the principal investigator of a US State Department Freedom Support Act university exchange programme between the university of Kentucky and three national universities in Kyrgyzstan.

In 1996, Dr DeYoung won the national research award of the National Rural Education Association for his book, *The Life and Death of a Rural American High School: Farewell Little Kanawha*

(*Studies in Education and Culture*), a work about school consolidation in West Virginia.

Lou Ariano, the University Registrar, has been assigned the additional portfolio of Associate Vice Provost (Student Experience), with the responsibility of strengthening student experience programmes. In his expanded role, Mr Ariano will rely on experienced staff from his office across AKU to build on student experience including both the traditional aspects such as residences, social and sports activities along with the broader aspects which includes leadership development, peer mentorship and academic success.

ISMC has a new Director. **Dr David Taylor** holds a PhD in Politics from the University of London's School of Oriental and African Studies (SOAS). He became a lecturer at SOAS and maintained an academic position there for three decades. Dr Taylor's research interests focus on

the Indian Subcontinent. From 2002-2008, he served as Vice Provost, Academic Development and Special Projects at AKU, and for much of that time was Acting Provost. He has also served as Chair, Centre of South Asian Studies, SOAS and Dean of Undergraduate Studies and Pro-Director for Taught Courses, SOAS.

In a string of accomplishments, **Dr Zulfqar A. Bhutta** has received three well-deserved leadership appointments both at home and abroad. Dr Bhutta has been appointed the Founding Director of the AKU Centre of Excellence in Women and Child Health, whose focus is to promote educational and research activities for the better health of women and children while developing capacity and innovation. The Centre of Excellence will also be responsible for establishing masters, doctoral and post-doctoral research programmes in this domain. With this appointment, Dr Bhutta steps down as Division Head of WCH, a position that he founded

and held since its inception in 2010.

Dr Bhutta has also been appointed the inaugural Chair and Co-director of the Centre for Global Child Health at the Hospital for Sick Children in Toronto. He will hold a clinical faculty academic appointment in the Department of Paediatrics at the rank of Full Professor.

Dr Alex Awiti has been appointed as the first Director of the East African Institute. He has played a central role in the development of the Institute from the onset and possesses unparalleled knowledge of the region. Dr Awiti will also continue to play a critical role with FHS, EA in preparation for the undergraduate Nursing and Medicine programmes in Nairobi and AKU FAS programmes in Arusha, Tanzania.

Dr Tashmin Khamis has been appointed Director of the AKU Network of Quality Assurance and Improvement and Director of the AKU Network of Teaching and Learning in the Office of the Provost. While retaining her faculty position within FHS, EA, she brings extensive knowledge and skills to these two critical domains. Dr Khamis has been supporting FHS, EA in both of these areas in recent years and is well placed to lead the development of policy, procedures and service across AKU. In her role as Director of Quality Assurance and Improvement, Dr Khamis will institute standardised AKU-wide policy and procedures for the review of new academic programmes and periodic review of existing programmes.

Azra Naseem has been appointed Assistant Director, AKU Network of Blended and Digital Learning. AKU's Blended Learning Faculty Development project is in its second phase and while remaining a faculty member of IED, Pakistan, Azra will lead the development and application of information and instructional technologies to an increasing

spectrum of academic programmes across AKU. Blended and Digital Learning will become a central feature of all AKU programmes, enabling more cross-entity common courses and access to those outside our campuses.

Dr Zafar Nazir, the current Interim Medical Director and Associate Dean Clinical Affairs, has been confirmed in this position for a period exceeding three years effective from the time he took over the position in July 2011, until October 2014. A 1983 graduate of Quaid-e-Azam Medical College, Bahawalpur, he has been associated with AKU since joining as a resident in 1986. He was appointed Senior Instructor in Paediatric Surgery in 1991 and worked his way up to Associate Professor.

Salim Hasham is the new Vice President, Health Services. He will be responsible for the leadership, strategic development, and operational excellence of the Aga Khan University's healthcare network across all locations in Pakistan, East Africa and Afghanistan. He has a Master of Science in Systems Engineering from Clemson University, South Carolina, USA and a Master in Healthcare Administration from the University of Ottawa, Canada. Prior to joining AKU, he has served as Senior Vice-President, Global Services, Johns Hopkins Medicine International.

Awards

Dr Farhat Abbas, Dean, Medical College and the Hussein Cumber Professor, Department of Surgery, has been named a Fellow of the Pakistan Academy of Sciences.

The Academy, a non-government body of distinguished scientists from across Pakistan, serves to advise the government on scientific development in the country. Only

scientists of the highest merit who have made truly outstanding contributions to the advancement of scientific knowledge are elected as Fellows of the Academy.

Dr Saida Rasul, Senior Lecturer, Section of Dentistry and former chair of various civil societies and health education institutions was awarded The Queen Elizabeth II Diamond Jubilee Medal in October, 2012. The Queen's Diamond Jubilee Medal was created to celebrate Her Majesty's accession to the throne 60 years ago. This commemorative medal is a lasting way to pay tribute to 60,000 Canadians whose achievements have benefited their fellow citizens, their community, organization and the country.

She was also awarded the degree of Doctor of Laws, Honoris Causa, at the graduation ceremony of The Simon Fraser University, Burnaby, British Columbia, Canada.

At the investiture ceremony held at President House, Islamabad on March 23, **Dr Nehal Masood**, Associate Professor, Department of Oncology and Department of Medicine, and **Dr Shaista Masood Khan**, Professor and Head, Section of Breast Diseases, received the *Sitara-i-Imtiaz* in recognition of their exemplary work in the field of health sciences.

Dr Masood graduated from Dow University of Health Sciences in 1989 and received his training in oncology/haematology and bone marrow transplantation from University of Washington, Seattle. He is Section Head, Medical Oncology and Director, Medical Oncology Fellowship Programme at AKUH.

Dr Khan completed her MBBS from Dow Medical College and was awarded Fellowship of The Royal College of Surgeons of Edinburgh, UK and has been affiliated with AKU since 1986. She is currently Section Head of Breast Diseases. ■

School of Nursing and Midwifery, Pakistan

1992

Saleema Gulzar, RN Diploma, Post RN BScN, MScN 2006, sends her best wishes to all her friends and fellow alumni from AKU, where she was recently recognised for her contributions over the 10 years she has been a faculty member at SONAM. She is particularly excited to share the advancements made in the Blended Learning project at AKU in which she has been quite involved. She found it to be an exceptional experience which brought team members across campuses in continents to work together in a virtual classroom setting towards a common goal of creating accessibility to quality education.

1994

Asma Naveed, RN Diploma, Post-RN BScN 2011, is working as Nursing Manager at Imam Clinic, North Nazimabad, Karachi.

1999

Erum Kabani, RN Diploma, Post RN BScN 2004, has added to her qualifications, having completed the Master of Bioethics in 2012 and has moved to Chicago and is planning to appear for NCLEX. She hopes to stay in close touch.

Shireen Arif, RN Diploma, Post-RN BScN 2009, is working as a Senior Instructor and is pursuing the Master of Science in Nursing at Ziauddin College of Nursing.

2004

Shaheen Anwar, BScN, has moved to Toronto, Canada, and sends greetings to her friends of the Class of '04.

2007

Navita Rahim Parpio, RN Diploma, Post-RN BScN 2012, is Assistant Manager, Clinical Audit at the Marie Stopes Society. She gives credit to SONAM for the education and training she received, which has helped her in a variety of settings since graduation.

2008

Naila Nooruddin Parbatani, RN Diploma, Post-RN BScN 2012, is working as a Clinical Nurse Instructor in Post-Anaesthesia Recovery Room at AKUH, Karachi. She has also completed eight online courses through Sigma Theta Tau International, Honor Society of Nursing.

Saima Ashiqali Rajpali, RN Diploma, is working in D2 Oncology Unit at AKUH as an Assistant Head Nurse. She is particularly pleased with the personal and professional growth she experienced as a student at SONAM, which she says has profoundly helped her career.

Saira Amir Ali Khimani, BScN, is a member of the Cardiac Intensive Care Team at AKUH, Karachi that performed Pakistan's first artificial ECMO (extra-corporeal membrane oxygenation) procedure on a 40-day-old baby with congenital heart disease. She wishes to recognise all her teammates who took part in this ground-breaking accomplishment.

2009

Qurratulain Nasiruddin, BScN, sends best wishes to all her friends and classmates. After completing an MA in Muslim Cultures in 2012 from ISMC in London, she has enrolled in the Master of Science in Medical Anthropology programme at University College London.

Sehrish Noorddin Rupani, BScN, is working as Patient Counselling Officer in Department of Clinical Affairs at AKUH. She looks after continued improvement in quality of care, including responding to clinical complaints and suggestions.

Samar Naz Kanwal, Post-RN BScN, recently completed her MScN from the University of Health Sciences, Lahore.

2012

Rabia Muhammad Iqbal, Post-RN BScN, is working as Assistant Head Nurse in the Home Healthcare Department at AKUH.

Reema Akber Ali, RN Diploma, was a two-time scholarship recipient and also secured second position in Karachi in the Sindh Nursing Examination Board. She is currently serving at the Department of Emergency Medicine at AKUH.

Medical College, Pakistan

1990

Rukhsana Abdullah, MBBS, is currently practicing as a paediatrician in Mississauga, Ontario, Canada. She is part of AKU alumni group in Canada and invites alumni based in Canada to contact her by email so that they could be included in the group.

1991

Nuruddin Mohammed, MBBS, Residency 1998, is pursuing a Postdoctoral Clinical and Research Fellowship in functional fetal cardiology and cardiac reprogramming at Foetal Medicine Research Centre, Foetal Medicine Barcelona Foundation, Hospital Clinic, University of Barcelona.

He is also currently Assistant Professor and Consultant Fetal Medicine at the Department of Obstetrics and Gynaecology, Aga Khan University, Karachi, Pakistan.

Masood Umer, MBBS, Residency 1997, was invited as Visiting Professor at Department of Orthopaedics at Texas Tech University Health Sciences Center. During his visit, Dr Umer shared his knowledge of computer navigation models in joint reconstruction and trauma surgery as well as the Ilizarov method.

1997

Iram Naz, Internship, Residency 2003, Fellowship 2005, is Assistant Professor and Consultant Vascular Surgeon at AKUH, Karachi. She recently completed the University Specialization Course "CAVEAT - Hands on Course on Basic and Advanced Vascular and Endovascular Techniques" offered by the University of Milano-Bicocca at San Gerardo Hospital, Monza, Italy.

2000

Syed Mahmood Ali Shah, MBBS, was the 2011 recipient of the American Academy of Ophthalmology's Achievement Award, which was extended in

recognition of his contribution and services to the Academy in a variety of roles.

2001

Asad Ali, MBBS, is currently Assistant Professor at AKU's Department of Paediatrics. Dr Ali was awarded a US\$ 200,000 grant as part of the Grand Challenges in Global Health programme in order to pursue research to Discover Biomarkers in Health and Disease.

2002

Quratulain Kizilbash, MBBS, completed her fellowship in Infectious Diseases from the Baylor College of Medicine and Master of Public Health from the University of Texas School of Public Health. She has now joined as Assistant Professor at University of Texas, Tyler and is working at the Texas Center for Infectious Diseases in San Antonio, Texas.

2003

Ali Faisal Saleem, Internship, Residency 2010, Fellowship 2012, has joined the Department of Paediatrics and Child Health at AKU as a Senior Instructor. He is also the recipient of the Excellence in Research Award presented at the 2012 PGME Graduation ceremony.

2004

Ahsan Javed, MBBS, was awarded the 2011 Amelie Waring Research Fellowship by the Pancreatic Society of Great Britain and Ireland. The award will permit Dr Javed to carry out research on Mitochondrial cyclophilin D, a novel molecular target for the treatment of necrotising pancreatitis, which will also serve as the focus area for his PhD. He is presently Specialist Registrar in General Surgery at the Departments of Surgery and Cellular and Molecular Physiology at the Institute of Translational Medicine, University of Liverpool, Royal Liverpool University Hospital.

2005

Muhammad Mazhar Alam, MSc HPM, is presently working as a Nutrition Officer for UNICEF in Sindh, Pakistan.

2010

Imran Muhammad Sethi, MBBS, took the CSS exam after graduation and has been selected in the Police services. He is presently undergoing training as ASP at the Civil Services Academy, Lahore.

2011

Farid Anjum Khan, MBBS, has continued his affiliation with the Aga Khan University after graduation having joined the Section of Neurosurgery at the AKU Department of Surgery as a Research Associate.

Institute for Educational Development, Pakistan

2000

Rozina Jumani, Advanced Diploma, is author of the

In Memoriam

Acen Faith
(1982 - 2013)

The faculty and staff of Aga Khan University, Advanced Nursing Studies, Uganda, friends and classmates of Acen Faith mourned her passing away on April 2, 2013.

Faith belonged to the Class of 2013, RN Diploma programme, and had been working at the Mulago National Referral Hospital since 2008.

She passed away at the age of 30 and is survived by her parents and two daughters, Blessing, 10, and Triumphant, five. May her soul rest in peace.

recently published book titled *Non-conventional Educational Delivery Methods of Higher Education: Issues, Challenges and Recommendations - A Case Study of Commonwealth Scholars from South Asian Countries*. The book is available on Amazon.com.

2011

Asadullah Mangi, MEd, joined Sukkur IBA in December 2012 as Principal IBA Community College, Jacobabad. Previously, he was Lecturer and Head, Department of Sociology, Government Islamia Arts and Commerce College, Sukkur.

Bashir Ahmed, MEd, has joined IED's Professional Development Centre North in Gilgit-Baltistan as a Professional Development Teacher. He has conducted a series of trainings in the areas of secondary-level mathematics, training of trainers, gender in education, inclusive education and innovative pedagogies. He recently got married; his wife also teaches at a government school.

2012

Tarique Ali Memon, MEd, has been awarded an HEC indigenous fellowship scholarship 2012 for PhD in Education.

Raheel Tajuddin Lakhani, MEd, is currently involved in the Educational Technology for Blended Learning project at Aga Khan University. A photograph that he took has been published in a coffee-table book *A Day in the World*. An international panel selected the photos for the book from over 100,000 photos submitted from more than 165 countries.

Kiran Zubair, MEd, reports on a significant milestone she achieved when she completed a five-day training programme to which she

was invited by the International Labour Organization, titled Institutionalising Career Counselling and Vocational Guidance for Pakistan. The workshop was aimed at professionals, practitioners and service providers working in the field of career counselling and vocational guidance, an area she is quite passionate about. Her research on the decision-making process and career choices by postgraduate students is also under publication.

Medical College, East Africa

2010

Ahmed Sokwala, MMed, is at the University of Toronto where he is completing a nephrology fellowship, an experience he is finding quite enjoyable.

Institute for the Study of Muslim Civilisations

2010

Yaser Mirdamadi, MA, was awarded the first Mohammed Arkoun Doctoral Scholarship by the Institute of Ismaili Studies in London, United Kingdom, which will enable him to pursue his doctoral studies at the College of Humanities and Social Sciences, University of Edinburgh. Mr Mirdamadi's research will focus on "Revelation as Poetics", an area he plans to explore from a philosophical perspective, paying special attention to the question of revelation in contemporary Muslim and Jewish philosophy and theology. He was selected for the scholarship from among 40 applicants from 11 countries.

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).

Submit articles 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!



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