

# AMAANA'S PULSE

ALIGARH MEDICAL ALUMNI ASSOCIATION OF NORTH AMERICA  
(AMAANA)

6<sup>th</sup> BIENNIAL MEETING AND REUNION  
GAITHERSBURG, MD. OCT 25<sup>th</sup>, 2025

## MESSAGE FROM THE IMMEDIATE PAST PRESIDENT OF AMAANA- RESHMA MAHMOOD, MD, FACP

It has truly been an honor and a privilege to serve as President of AMAANA for the past three years. During this time, I have been humbled by the unwavering commitment and generosity of our members, who have consistently risen to the occasion in support of meaningful initiatives that directly impact patient care and medical education.

One of the major priorities identified by our membership was the need for a Cancer Center of Excellence at JNMC. In response, AMAANA reached out to JNMC leadership to explore how we could serve as a resource to strengthen cancer care services. I am proud to share that our executive members, along with highly accomplished oncologists, pathologists, and specialists within our distinguished alumni group, have been working tirelessly behind the scenes to advance this vision.



A shining example of this commitment is the work of Dr. Shams, an interventional radiologist based in Boston, who has been actively teaching and coordinating interventional procedures in the Radiology Department at JNMC, with a special focus on expanding these services to benefit cancer care patients.

In addition, AMAANA has been able to financially sponsor two critical programs in the Department of OB/GYN at JNMC:

1. Gestational Diabetes Clinic – AMAANA funding supported the printing of patient education materials, the hiring of a dietitian, counselor, and lab technician, as well as data entry support and the purchase of glucometers for patients. These resources have directly improved care for expectant mothers facing gestational diabetes.
2. Infertility Clinic – Funding from AMAANA provided salaries for a lab technician, a data entry operator, and a trained semi-skilled staff member to support the cleaning and maintenance of the embryology lab and IVF OT (MTF). This critical support has helped sustain services that were previously at risk due to resource limitations.

These programs were well-founded and impactful, as they addressed pressing patient care needs that had been constrained by a lack of resources. Today, they are thriving because of your generosity and commitment. Every step forward was made possible by each one of you who chose to support AMAANA's mission.

As I conclude my term, I extend my heartfelt gratitude to all of you for your encouragement, collaboration, and trust. I am deeply proud of what we have accomplished together, and I am confident that the incoming President Dr. Tazeen Beg and her team will build upon this foundation to take AMAANA to even greater heights. With your continued support, the future of this organization is bright, and its potential to make a lasting difference is limitless.

Thank you once again for the privilege of serving you.  
With gratitude and best wishes

## MESSAGE FROM THE HONORABLE VICE CHANCELLOR-

Prof. Naima Khatoon, PhD



**PROF. NAIMA KHATOON**  
*M.Phil, Ph.D. (Psychology)*

**Vice-Chancellor**

## ALIGARH MUSLIM UNIVERSITY

Aligarh - 202 002, UP., India.  
A Central University (NAAC ACCREDITED "A+" GRADE)

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23<sup>rd</sup> September 2025

### Message



I am delighted to convey my warm greetings to the distinguished physicians, researchers, and healthcare leaders of AMAANA. Your collective journey, from the lecture halls and wards of AMU to centres of excellence across North America, embodies the Aligarh spirit: scholarship with service, competence with compassion.

At a time when global healthcare faces complex challenges from public-health inequities to technological disruption, your community continues to demonstrate that rigour in science must walk hand in hand with empathy for patients. I applaud your mentorship of young graduates, your continuing medical education efforts, and your philanthropic initiatives that enhance access, capacity, and dignity in care.

As Vice Chancellor, I see alumni as the living extension of our University. Every time an AMU graduate leads a clinical innovation, teaches a resident, or volunteers in a free clinic, our motto is renewed in practice. I encourage AMAANA to deepen academic and clinical linkages with AMU through visiting lectureships, collaborative research, simulation-based training, and short observerships for our residents. Together, we can convert goodwill into structured programmes that uplift people and institutions on both shores.

I pray to Allah that your forthcoming endeavours strengthen fraternity, produce actionable ideas, and inspire the next generation of humane physicians. I wish you all the success. I express my gratitude for keeping the lamp of Aligarh lit wherever you serve.

With warm regards,

Prof. Naima Khatoon

## THE HONORABLE VICE CHANCELLOR– PROF NAIMA KHATOON, PhD

### Faiza Khan, MBBS, MD, FASA

Professor Naima Khatoon, an eminent psychologist, was appointed as Vice chancellor of Aligarh Muslim University in 2024. She has the distinction of being the first woman Vice chancellor of the Aligarh Muslim University. This is a historic moment in the 105 years of history at AMU.

With a PhD (Doctor of Philosophy) from the Centre for the Study of Developing Societies, Delhi, and AMU, her academic journey began in August 1988 as a lecturer, progressing to Associate Professor in April 1998, and ultimately attaining the rank of Professor in July 2006. She further taught at the National University of Rwanda for a year. Her research, focusing on the intersection of education and gender empowerment in Muslim communities, earned her widespread acclaim. She has authored/co-authored/edited 6 books and published a number of papers in the journals of national and international repute. She has supervised 15 PhD thesis projects and dissertations. She was recently elected as a Fellow of the Indian National Science Academy (INSA).



Dr. Khatoon boasts a distinguished career as both an educator and an administrator. Prior to her tenure as Principal of the Women’s College at AMU in 2014, she held the esteemed positions of Professor and Chairperson within the Department of Psychology, specializing in clinical, health, applied social, and spiritual psychology. Additionally, she has played an important role in enhancing skill development and career planning initiatives at the Aligarh Muslim University since October 2015, serving as the Director of the Centre for Skill Development & Career Planning. As Vice-Chancellor, Dr. Khatoon remains committed to fostering inclusivity, innovation, and academic excellence. Her leadership vision emphasizes empowering female students, enhancing research infrastructure, and promoting collaboration with global institutions. She has introduced initiatives to provide scholarships for underprivileged students and improve access to modern technology for research and learning.



Dr. Khatoon’s ascent as a leader of this prosperous university is an aspirational success for generations to come. With that it brings prestige and inspiration to the many women aspiring to leadership roles. Her journey is a blend of intellectual brilliance, resilience, and an unwavering commitment to societal progress. Under her stewardship, AMU is poised to scale new heights, embracing a future rooted in equality and academic distinction.

Her vision has always been to keep the culture intact while looking forward to the future with an aim for growth and innovation. She is known to have said, “total integrity will be my priority. It is not negotiable.” She has made the decision to lead with a student centric approach; however, at the same time she understands the importance of maintaining the integrity and vision of Sir Syed Ahmed.

Naima Khatoon’s legacy for the future generation is not just her own journey, but also the hopes and aspirations of many who stand behind her, as well as beside her. As a beacon of innovative and transformative change, she is a strength to watch out for.



VC Prof Naima Khatoon at the SS Day celebrations; Model G20 summit; Founder’s Day celebrations at JNMC; Employee Recognition Day.

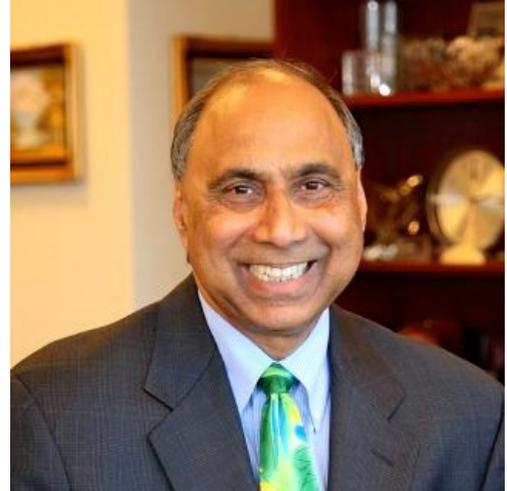


## **DISTINGUISHED KEYNOTE SPEAKER– DR FRANK ISLAM**

### **Asiya Kabir and Tazeen Beg**

Mr. Frank F. Islam is an entrepreneur, philanthropist, civic leader and writer. He has a special commitment to civic and educational causes and the Arts. He strives to create opportunities that are sustainable and uplifting for humanity, and guided by the virtues of hard work, focus, quality, innovation and kindness in his endeavors.

Mr. Frank Islam was born in Kaunra Gani village of Azamgarh district in Uttar Pradesh, India in 1953. After completing his education at the Aligarh Muslim University (AMU), where he obtained his B.Sc. and M.Sc. in Mathematics, he proceeded to the US to pursue his Masters in Computer Science at the University of Colorado, Boulder inspired by a visiting professor of Mathematics, Prof Wolfgang Thron. He worked with two IT firms for about 10 years which helped him build an Information Technology firm, the QSS Group in 1994 starting from a single employee (himself) to more than 2,000 employees with revenues of approximately \$300M before its sale. Mr. Islam currently heads the Frank Islam Investment Group, a private investment holdings company that he established in 2007.



Presently, Mr. Islam devotes majority of his time to a wide variety of high profile civic and philanthropic activities. His civic involvement includes those in Brookings Institution Council; Woodrow Wilson Center National Cabinet; International Advisory Council of the U.S. Institute of Peace (2009 to present); National Democratic Institute (NDI) Chairman's Council (2013 to 2016); Maryland Governor International Advisory Council (2011 to present); Department of Commerce Industry Trade Advisory Committee (ITAC) (2010 to present); and Advisory Committee of the Export-Import Bank of the United States (2010 to 2011). He has been on numerous boards and advisory councils including Board of Trustees of the John F. Kennedy Center for the Performing Arts (2013 to 2019); Board of Directors, Strathmore Center for the Arts (2008 to 2012); and Member, Kennedy Center International Committee on the Arts (2013 to present).

Frank Islam is a passionate educationist. He is interested in higher education and has been assisting the youth in pursuing their objectives. His involvement in higher education includes School of Advanced International Studies (SAIS) Johns Hopkins University Advisory Council (2013 to present); Member of the advisory board of the University of Maryland Smith School of Business (2009 to present); Member of the Johns Hopkins Carey Business School Dean's Advisory Council (2014 to present); George Mason University School of Management Dean's Council (2012 to present); American University School of International Service Dean's Council (2013 to present); University of Malaysia (UTM) International Advisory Panel (2012 to present); Board of Trustees of the American University in the Emirates (AUE) (2012 to present); Board of Trustees of the American University of Afghanistan; and Board of Trustees of Marymount University.

Mr. Islam believes that it is critical to differentiate between charity and purposeful philanthropy. He founded The Frank Islam & Debbie Driesman Charitable Foundation in 2007 and is its President. He is also on the Board of Directors, Potomac Charities, Inc. and is its Founding Chairman since 2008. As an entrepreneur, Mr. Islam has served on the Board of Directors, The Indus Entrepreneurs (TiE), Washington, D.C. chapter (2007 to 2009). He is also Founding Member of Board of Maryland-India Business Roundtable and South Asia Center at Atlantic Council (Founding member).

Over the past several years, Frank Islam has established a reputation as a writer and thought leader. He has authored two books: *Working the Pivot Points: To Make America Work Again* (2013) and *Renewing the American Dream: A Citizen's Guide for Restoring Our Competitive Advantage* (2010). He is presently writing a third book with the working title: *Education: Creating and Connecting All the Dots*. Being an avid writer, Mr. Islam regularly blogs for The Huffington Post and also writes occasional columns and articles for publications such as the Foreign Policy, the *International Business Times*, *Daily Times*, and the Economic Times of India. He also hosts his own TV show "Washington Current Review" on MHz Networks and is called upon to speak frequently at a variety of business, educational and non-profit events.

Apart from receiving the prestigious Martin Luther King Jr. Legacy Award for International Service for 2015, Frank Islam has also been presented The Indus Entrepreneurs (Tie) Legends Award for 2014, Global Leadership Award and Interfaith Leadership Award (2016)

He was an active participant in the information technology, aerospace engineering services, and systems integration business for more than twenty-five years. During his professional career, he garnered multiple industry awards for leadership, entrepreneurship and excellence. He was recognized by the Ernst and Young as Maryland Entrepreneur of the Year and the US Small Business Administration selected him as the Small Business Person of the Year of the Washington DC Metropolitan Area in 2001.

Dr. Islam has donated \$2.75 million to his alma mater **Aligarh Muslim University** (India), towards supporting the Frank and Debbie Islam Management Complex (AMU) and Frank and Debbie Islam Auditorium at the Mass Communication Department (AMU). The school is focused on innovation, entrepreneurship and ethical business leadership. The project also included the "establishment of an endowed chair for entrepreneurship, innovation, corporate responsibility and business," according to the university.

He takes all these roles in his stride, acknowledges them to be daunting, but manages them with commitment.



## DR FRANK ISLAM'S SUCCESS STORIES.....



DR FRANK ISLAM BEING FELICITATED AT ALIGARH AT THE SSDAY CELEBRATIONS; BY AAANY IN NEW YORK;;MEETING PM MODI; WITH PRESIDENT BARACK OBAMA; ACCEPTING THE PRESTIGIOUS MLK AWARD; MEETING PRESIDENT BILL CLINTON AND HILLARY CLINTON

**“PHILATHROPY IS NOT CHARITY BUT A STRATEGIC INVESTMENT IN THE FUTURE”-  
FRANK ISLAM**



*“My most significant investment though has been in India where in February of last year my wife Debbie and I dedicated the Frank and Debbie Islam Management Complex at Aligarh Muslim University.”*



*“While the bricks and mortar are important, far more significant is who will be in and what will go on in this setting. It will be a place for sharing of information and imparting and development of knowledge. It will be a space where faculty and students can collaborate on innovative projects. It will be an educational empowerment zone.”*

- by Dr. Frank F. Islam (at AMU, Feb'2017)

## JAWAHARLAL NEHRU LIFETIME ACHIEVEMENT AWARD FOR EXCELLENCE IN MEDICINE, PUBLIC HEALTH AND ALLIED SCIENCES, 2025- DR MOHSIN RAZA

**Faiza Khan, MBBS, MD, FASA**

AMAANA has a tradition of honoring a person every two years during the biennial meeting who has worked hard to achieve excellence in their field of work. Our previous recipients include Dr Yusuf Hamied of Cipla who developed inexpensive AIDS medications; the cardiologist, Dr Ashok Seth who helped with the establishment of Cardiac Cath lab at JNMC; the former Vice Chancellor, Prof Tariq Mansoor, the renowned virologist, Dr Shahid Jameel and the junior doctors and faculty at JNMC who were the true COVID warriors! This year, we chose someone who is not only one of the senior most alumni of JNMC (First batch!) but also a renowned philanthropist, a surgeon and the only JNMC student to become the President of the Student Union (in the third year of MBBS).



Dr. Mohsin Raza is a distinguished medical professional and humanitarian whose lifelong commitment to surgery and social welfare has earned him a reputation as a tireless advocate for those in need. Born in 1942, Dr. Raza's early years were shaped by his education at the prestigious Aligarh Muslim University (AMU) in India, where he completed his MBBS and further honed his expertise by passing the Master of Surgery course in 1973.

### **A Career Marked by Service and Expertise**

Dr. Raza's career as a surgeon began at AMU, where he served as an Assistant Professor of Surgery. His skills and knowledge soon earned him national recognition. In 1978, he was selected by the Government of India to work as a specialist in Iran, a country embroiled in the turbulence of revolution. Despite the violence and instability caused by the revolution and the subsequent Iraq-Iran War, Dr. Raza's dedication to his craft never wavered. His time in Iran served as a transformative chapter in his career, where he not only treated numerous casualties but also gained valuable insights into working under extreme circumstances.

Dr. Raza's professional journey took him back to Oman, where he eventually joined the Ministry of Health and served as a Senior Consultant in General Surgery. His passion for medical advancement continued to grow, and in 2003, he further expanded his expertise by training in laparoscopy in Holland. His expertise went beyond the clinical realm. He has served in the administrative capacity as the acting head of department (Chairman) as well as the Casualty Office In Charge of the Casualty Department at JNMC, AMU.

In addition to being an excellent surgeon, he has been an exceptional educator with over more than 25 years of experience as a teacher to medical students and junior doctors in training.

Even after retiring in 2011, Dr. Raza's commitment to surgery and the betterment of healthcare never ceased. His enduring dedication to patient care and surgical excellence is a testament to his lifelong pursuit of medical knowledge and service to humanity.



This little girl is allowed to come with sister . If we don't allow her, her sister will not come, she learnt to salute Their parents are away in day time

Dec 4<sup>th</sup> 2017



**UMEED JAFRABAD ALIGARH CENTER**  
COMPUTER, TAILORING AND 250 KIDS  
STUDY UNDER NEEM TREE



Feb 4<sup>th</sup> 2017

AMU VC GEN SHAH AND MRS SEEMI SHAH met a deaf and dumb girl of UMEED



**FREE BREAST CANCER AWARENESS CAMP**  
 124 WORKSHOP SPONSERD BY: ALIGSCARE, USA  
 (REGD. SOCIETY FOR BREAST CANCER AWARENESS AMONG INDIAN WOMEN)

**FACTS:**  
 • EVERY 4 MINUTE 1 WOMAN GETS BREAST CANCER IN INDIA & EVERY 12 MINUTE 1 WOMAN DIES.  
 • IF IT IS TREATED EARLY IT IS CURED. DON'T HIDE IT TELL YOUR HUSBAND OR MOTHER.

**ORGANIZED BY:**  
 DR. SYED DANISH RAZA (MBBS, DCH, POPN)  
 DR. ZAINAB HUSSAIN (MBBS, DGO, FICMCH)

**SPEAKER:**  
**DR. MOHSIN RAZA (MBBS, MS)**  
 GENERAL AND BREAST SURGEON SPECIALIST & RECONSTRUCTIVE PLASTIC SURGEON  
 TOPIC: BREAST CANCER AWARENESS TALK, SELF EXAMINATION & CONSULTATION

**DATE:** 17TH OCTOBER, 2025  
**TIME:** 3:00 PM TO 5:00 PM  
**VENUE:** RAZA MOTHE AND CHILD CARE CENTER NEAR THANA CHAURAHA, SEOHARA, BIJNOR

**PH: 9005452753**  
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[aligscare@gmail.com](mailto:aligscare@gmail.com)

**दिनांक : 17 अक्टूबर 2025**  
**समय : दोपहर 3 बजे से शाम 5 बजे तक**  
**स्थान : रज़ा मदर एंड चाइल्ड केयर सेंटर, थाना चौराहा के पास, स्योहारा, बिजनौर**

**किसी भी जानकारी के लिए संपर्क करें : 9005452753**

## Be the Light in Her Life

Meera, a mother of two, had always put her family first. When she discovered a lump, fear gripped her heart, but she stayed silent, hoping it would go away. By the time she sought help, her breast cancer had advanced.



Today, Meera is one of 40 women bravely fighting breast cancer with us. Each of them dreams of living a healthy, fulfilling life—but financial limitations stand in their way.



### **A Champion for Women's Health**

While Dr. Raza's achievements in the medical field are profound, his humanitarian work extends far beyond the operating table. He is the founder of the *Society for Breast Cancer Awareness among Indian Women*, an NGO dedicated to educating and supporting women in the fight against breast cancer. Through this initiative, Dr. Raza has organized over 120 workshops aimed at raising awareness, offering preventive care, and providing early detection services to women across India. He even provides free surgery to those in need. He has worked effortlessly with another NGO, *ALIGSCARE* founded by an Aligarian, Prof Samina Salim from Houston. His efforts have had a lasting impact, empowering women with the knowledge to take charge of their health.



### **Umeed Education and Welfare**

In 2016, his life took a very important turn. In his words, *On 11th August 2016, a 3-year-old girl, Naheed, living in a 'Jhuggi'(slum) near my residence came to me. She wrapped her small arms around my legs and said, "I want to see a school". She was so small yet she wanted to go to the school. This made me very emotional and gave me the inspiration.*

Supported by his family, he then embarked on a journey that would change and have an impact on so many lives. Umeed Education, a center of education was started the very next day with 12 children from the nearby slum areas. His home became a haven. "Show them a school" became more than just a slogan and since then, the movement has grown to 25 centers in Aligarh, catering to around 1600 children from all over the area. The Umeed Education Centers continue to provide a holistic growth and learning environment for children who otherwise would be lost to the world.

### **A Humanitarian**

His humanitarian efforts merged with his abilities as a physician during COVID-19, a time that was a call of duty for all. He went above and beyond in offering what he could with his clinical acumen, his spirit of advocacy and his drive to provide safe care to all with social awareness.

### **A Lifetime of Dedication**

Dr. Mohsin Raza's career is a testament to the power of compassion, dedication, and lifelong learning. From his work under the most challenging of circumstances in conflict zones to his pioneering efforts in breast cancer awareness and scientific research, his legacy is one of selflessness and excellence. The Lifetime Achievement Award is a well-deserved recognition for his extraordinary contributions to medicine, public health, and the betterment of society.

Dr. Raza's legacy continues to inspire future generations of medical professionals, researchers, and humanitarians alike. His life's work stands as a beacon of hope and service, proving that one person's efforts can make a profound difference in the lives of many.

Donate and support Umeed Foundation:

<https://umeededucationwelfare.com/appeal/>

***About the author:*** *Dr. Faiza A, Khan graduated from JNMC (AMU) in 2003 and moved to the US with her family. She is currently working as an Associate Professor in the Department of Anesthesiology, UAMS, Little Rock. In her spare time, she explores her passion for writing by using narrative medicine to share stories that bridge the relationships of the patient, the physician and their lives beyond. You can follow her on twitter @Faiza\_AKhan IG and Twitter @FAKhan\_Author.*



## DISTINGUISHED ALUMNI AWARD– DR ASHRAF KHAN

The recipient of our Distinguished Alumni Award, Dr Ashraf Khan, is no stranger to us in AMAANA. Dr Khan received his medical (MBBS) degree in 1980 from Jawaharlal Nehru Medical College, Aligarh Muslim University (AMU), Aligarh, India following which he did a three-year postgraduate training (MD) in Pathology at the same institution and then joined as a lecturer in 1983. Two years later, he moved to England where he trained in Histopathology at Lewisham and Guy's Hospital of the University of London. This training included experience of working at the Hedley Atkins Breast Unit of the Imperial Cancer Research Foundation at Guy's Hospital under the tutelage of Dr. Rosemary Millis, an internationally recognized breast pathologist. It was working with Dr. Millis that inspired him to become interested in breast pathology. After serving as a senior Registrar in Histopathology for 3 years at Guy's Hospital and passing the MRCPATH examination, Dr. Khan migrated to the United States in 1993 to join as a surgical pathology fellow at University of Massachusetts Medical Center. After one-year fellowship he was appointed as an Assistant Professor in Anatomic Pathology at UMMS, and worked his way up to his present position as Professor of Pathology (since 2005). He is currently the Chair of Pathology at Baystate Health, earlier he served as Director of Surgical Pathology and Director of Pathology Residency. He is actively involved in the medical center and medical school administrative functions serving on the Physician Leadership Council, Baystate Health Leadership Team, Medical School Executive Council, Faculty Council, Medical School Admissions Committee, and Cancer Committee among others.



Dr. Khan's clinical interests include Breast and Endocrine Pathology. He served as Secretary and later President of the Endocrine Pathology Society (a companion society of US and Canadian Academy of Pathology with members from North America, Europe and Japan) from 2002-05. He is on the Editorial Board of the journal Endocrine Pathology and is the Associate Editor (Anatomic Pathology) of Archives of Pathology. He regularly serves as a peer reviewer for several other pathology and endocrinology journals. Dr. Khan has published more than 100 original articles, invited review articles, book chapters and abstracts in the field of Endocrine and Breast Pathology. He is the Editor of a textbook entitled "*Surgical Pathology of Endocrine and Neuroendocrine Tumors*" published by Springer publications in 2009. He is also a co-editor of another book "*Molecular Pathology of Breast Cancer*" which was published by Springer publications in 2015. Dr. Khan is a Principal Investigator on research grants from NIH, Breast Cancer Research Program of the Massachusetts Department of Public Health and US Department of Defense. Dr. Khan's research interest in breast pathology includes evaluation of molecular markers in the diagnosis and progression of breast cancer; and understanding the mechanism of Herceptin resistance in HER-2 over-expressing breast cancer. In the field of endocrine pathology, he has published multiple papers on the evaluation of biomarkers in diagnosis and progression of thyroid cancer.

Despite his busy schedule Dr. Khan has found time to participate in multiple community service activities including Board Membership of several educational institutions here in USA, and promoting the Practice and Education of Pathology globally. Dr. Khan is an active member of the Association of Indian Pathologists in North America (AIPNA) ever since it was founded three decades ago and served as its President and also Coordinator of its Continuing Medical Education activities including as

overseas coordinator of the annual International Pathology CME held in India and AIPNA CME at the International Academy of Pathology meetings.

He is the founding president of Aligarh Alumni Association of New England (AAANE) and the Aligarh Medical Alumni Association of North America (AMAANA) and is regular visitor to AMU participating in educational activities at the JN Medical College including giving lectures, seminars and symposia. He was an active faculty member of the Aligarh Summer University coordinated by Late Professor Asad Ahmad. He is also an adjunct faculty in the Department of Pathology, JNMC since 2019. These activities are a testament to his love for his *Alma Mater* and India and his desire and commitment to pay back to both.

As the President of our association, Dr Khan's dedication and tireless leadership has been instrumental in bringing together alumni from different parts of the country. His unwavering commitment to a cause helped the association bring to fruition several initiatives including the collection of \$67,000 for the building of the state-of-the-art auditorium at JNMC. He spearheaded the collection and later on presented the check to the Vice Chancellor. He encouraged alumni to join the association and inspired us all to collaborate and 'give back' to our alma mater. He has been a constant source of knowledge and sane advice to us and is well respected for that. He built a strong team, bringing us together to work towards our common goals. For this, and much more we are profoundly grateful. We hope he will continue to guide us for years to come!



## PRESIDENT'S MESSAGE-

### TAZEEN BEG, MD

It is both an honor and a privilege to be the incoming President of our association. Thank you for placing your trust in me. It is a very humbling experience. When I look at our membership, I see not just alumni but mentors and friends, who are compassionate and always in pursuit of excellence in medicine. Let me first extend a warm welcome to you all and our esteemed guests, **Vice Chancellor Prof Naima Khatoon** who took time out of her busy schedule and travelled all the way from Aligarh to honor our request to be here. **Dr Frank Islam**, one of our most distinguished alumni, who despite his extremely busy schedule, always finds time for his beloved alma mater.



Whether you've traveled from across the country or just down the street, thank you for being here today.

I am a proud Aligarhian. And as the noted writer, Javed Akhtar Sb has said, you can leave Aligarh but Aligarh never leaves you. The same has held true about JNMC for me and not because all four of us siblings went to school there, but because I'm indebted to JNMC for all that it has given me. It is where I first donned a white coat, stayed up through the night in wards, did the first CPR, performed my first intubation (which was on a baby and inspired me to become an anesthesiologist), and we first learned that healing is half science and half humanity. This institution shaped who we are—not just as doctors, but as being human.

Some of you may know how our association came into existence. We had returned from one of the Aligarh Alumni Association's Sir Syed Day celebrations in Cleveland and talking to Dr Muzaffar Ali Beg, my brother-in-law, also a JNMC alum from the 2nd batch, who mentioned something about getting medical alumni together and creating a medical association. We later talked about it and had discussions with several alumni all over the country and Canada. And before we knew it, we had the first meeting in the February of 2013 at our home with Dr Ashraf and Rabab Khan on a Skype video call!! The constitution of this non-profit was typed on our kitchen computer! Dr Ashraf Khan had created a Facebook page also which helped reach more alumni, and as Majrooh Sultanpuri famously says-

*'Main akela hi chala tha janibe-e-manzil magar  
Log sath aate gaye aur karavan banta gaya '*

And here we are.

Medicine is an everchanging field. And so is technology. However, the value of connectivity remains constant. Between generations. Between institutions and individuals. Between knowledge and empathy. So, let us utilize our JNMC alumni network and make it into a **platform of impact** from a mere directory. An impact that hopefully echoes through generations.

And as alumni, we carry forward a legacy that began long before us and will continue long after we're gone. We are the bridge between the past and the future. And as President of this association, I believe it's our duty to strengthen that bridge—not just through reunions, dinners, entertainment and nostalgia, but through mentorship, outreach, and support, both financial and in-kind.

Let us mentor the next generation of doctors—who need, not just our knowledge, but our wisdom and experience. Let us support our alma mater—not just financially, but with ideas, opportunities, and collaboration like we have been doing under the able leadership of my predecessors, **Prof Ashraf Khan, Prof Abdul Wase, Dr Kohkan Shamsi and Dr Reshma Mahmood**, all distinguished alumni..I have some really big shoes to fill in! Let us reach out to alumni who are doing remarkable work in silence, and bring them into the spotlight. An example being our Lifetime Achievement Award recipient this year, a surgeon and philanthropist, Dr Mohsin Raza. Let us come together to strengthen our alma mater, not just for ourselves or our satisfaction but for the countless students who will walk its halls in the years to come.

And let us learn from them, in turn, and grow together. This is where **we** come in. Let us not wait for others to lead. Let us be the generation of alumni who stepped up—not just with praise, but with purpose.

Some of the causes that we have supported over the years and that have been realized include the **Cardiac Catheterization Lab, JNMC Auditorium, an Oxygen Generating Facility** and **collaborative webinars** during the devastating COVID-19 pandemic, and just in the past 2-3 years support for the **Gestational Diabetes Clinic** and a state-of-the-art **fertility center**. We have talked about giving out **scholarships** for deserving students who face financial barriers (and some of us continue to do that on a personal basis), **upgraded medical equipment** for patient care as well as teaching and simulation labs, and maybe in the future, **research grants** for students and junior faculty.

We are launching a renewed fundraising plan that is aimed at supporting our **Cancer Center Initiative**. We have already collected about \$20,000 to give it a jump start. The funds that we raise here will not just be investments in our college—they are investments in the future of healthcare.

I know we all have demands on our time and resources. But I encourage you to reflect on how your experiences at Aligarh shaped your journey—if JNMC, and AMU in general, has made a difference in your life, consider helping us make a difference in someone else's.

***No contribution is too small. Every rupee, every dollar, every idea counts.***

I am so proud of this association and sincerely thank our members and supporters who have worked tirelessly to keep us together and to keep this association thriving. And thank the seniors for guiding us and for continuing to embody the values of our alma mater in everything they do.

Thank you once again for your presence, your contributions, and most of all, your continued commitment to the values we all share—those of knowledge, integrity and service instilled in us through the teachings of Sir Syed Ahmed Khan which continue to resonate deeply.

Here's to the future—of medicine, of our alma mater, and of this incredible alumni family we call, AMAANA.

***JNMC ALUMNI FOR EXCELLENCE IN MEDICINE***

## SECRETARY'S REPORT– Syed Mohsin Alvi

### AMAANA's Activities since July 2022:

Presented here are the various initiatives and accomplishments of our organization in the recent past.

**July 23<sup>rd</sup>, 2022:** 5th Biennial Reunion was held in NYC at the beautiful Terrace on the Park. The Keynote lecture was delivered by Prof Vinay Kumar via zoom due to his ill health and inability to attend the meeting. It was well attended by alumni from different parts of the country and their families.

**Oct 16<sup>th</sup>, 2022:** Immediate Past President Dr Kohkan Shamsi was invited as Guest of Honor at the Inaugural function of the World Alumni Meet -2022 hosted by AMU on the occasion of Sir Syed Day Celebrations.



Multiple AMAANA members have since delivered Lectures/ conducted workshops at JNMC, including:

**January 4<sup>th</sup>, 2023:** AMAANA, in association with Aligs' Academic Enrichment Program (AAEP) organized a guest lecture by lifetime AMAANA member, Dr Anup Katyal on the topic of "Intermediate Risk-High Risk Pulmonary Embolism".

**January 30<sup>th</sup>, 2023:** Vice President, Dr Tazeen Beg delivered an Extension Lecture on Non-Operating Room Anesthesia (NORA). In this lecture, Dr Beg emphasized the peculiar nature of this particular sub-specialty in Anesthesiology in terms of preparation and management of patients in an unfamiliar environment. This lecture was arranged timely, since the hospital had recently started performing procedures outside the confines of the Operating Room within the past year.

**January 31<sup>st</sup>-Feb 1<sup>st</sup>, 2023:** Former President of AMAANA, Dr Kohkan Shamsi returned to conduct CME Lecture series 'Recent Advances in Radiodiagnosis with Focus on Artificial Intelligence'. This CME series was received enthusiastically by JNMC faculty as well as fellows/ residents.

**Ongoing:** The first President of AMAANA, Dr. Ashraf Khan has continued the JNMC Pathology Adjunct Faculty Post-Graduate Lecture Series since 2020; this series has since been highly regarded by the faculty and fellows of Dept of Pathology, JNMC.

**Ongoing:** Dr Shams Iqbal has conducted multiple workshops in his field of Interventional Radiology (IR) and he intends on continuing to do so. In addition to providing the clinical expertise, Dr Iqbal frequently, if not always, brings a significant donation of the equipment required for such IR services.

In addition to these academic visits, AMAANA has financially supported 2 initiatives related to

patient care in the Department of Obstetrics and Gynecology by covering their operational costs.

**Gestational Diabetes Clinic:** A new initiative started by Prof Tamkin Khan to establish a gestational diabetes clinic run in collaboration with the Department of Endocrinology was proposed and presented to AMAANA for operational support funds. AMAANA has committed to support it for 3 years. The first installment was transferred in Feb 2024 and the Gestational Diabetes clinic was then inaugurated in Aug 2024.

**State-of-the Art Fertility Clinic:** AMAANA is also committed to support the operational cost for 2 years in the form of salaries for staff. The staff were hired in March this year and the first salaries have been disbursed to the staff as per the

AMAANA members have contributed generously to these causes and the funds are still being collected actively. However, the biggest initiative undertaken by AMAANA, after the oxygen plant in 2020, has been the dream of developing a **State-of-the-Art Cancer Center** at JNMC and AMAANA members have been eagerly supporting this initiative with their respective expertise and monetary donations. This initiative is still in its infancy but given the enthusiasm among AMAANA members as well as within JNMC community, it will not be long before this dream turns into reality.

We encourage our entire membership to actively participate and bring forth further ideas/ dreams that we can collectively achieve and help JNMC become the premier institute in India.

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## WHERE DOES THE MONEY GO? LETS TALK FINANCE!

Huma Ansari, MD & Barina Aqil, MD

This report is compiled from the last in-person reunion in July 2022, since the virtual General Body meeting in between was attended only by a small percentage of our membership.

Since July 2022, AMAANA has supported 2 initiatives at JNMC with financial aid covering operation cost for:

Gestational Diabetes Clinic: AMAANA is committed to support the operational cost for 3 yrs, the first installment of \$4,014 was transferred in Feb 2024 and the Gestational Diabetes clinic was then inaugurated in Aug 2024. Between the initial transfer and inauguration of the clinic, the minimum wage of employees increased and thus an additional annual amount was approved by EC and the additional \$900 were then sent in Mar 2025.

The second annual installment of \$4,920 has since been transferred in June 2025.

AMAANA received the first annual report from Gestational Diabetes clinic which is attached at the end of this report.

It is also of note that the work at this Gestational Diabetes clinic has received recognition in India:

AMU's Dr Hamid Ashraf Bags Prestigious A.R. Seth Award for Research on Gestational Diabetes 0 views

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to Public Relations Office, Aligarh Muslim University

Sep 10, 2025, 3:02:08 PM ☆ ⏪ ⋮

### AMU's Dr Hamid Ashraf Bags Prestigious A.R. Seth Award for Research on Gestational Diabetes

**ALIGARH, September 10:** Dr Hamid Ashraf, a distinguished faculty member at the Rajiv Gandhi Centre for Diabetes and Endocrinology, Aligarh Muslim University (AMU), has been honoured with the prestigious A.R. Seth Award at the 54th Annual Conference of the Endocrine Society of India (ESI), held in Kolkata.

The A.R. Seth Award, among the highest recognitions in Indian endocrinology, is conferred annually on researchers and clinicians for outstanding contributions to the understanding and treatment of hormonal and metabolic disorders.

Dr. Ashraf received the award for his pioneering research on maternal health, particularly on identifying early metabolic markers of gestational diabetes mellitus (GDM). His study revealed an alarming trend of dysglycemia in over 40 percent of pregnant women in the region, highlighting the urgent need for reliable predictive markers to ensure early detection and better fetomaternal outcomes.

"This recognition is not mine alone but belongs to the entire team that made this research possible," Dr. Ashraf said, acknowledging the support of colleagues from the Departments of Obstetrics and Gynecology, and Pediatrics at AMU, along with the contributions of students and patients who participated in the study.

Experts at the conference lauded his findings as a significant step in addressing one of India's most pressing public health challenges.

Public Relations Office  
Aligarh Muslim University



State-of-the Art Fertility Clinic: AMAANA is committed to support the operational cost for 2 years. The monetary transfer of \$8,000 was sent in Sep 2024 and was received by Prof Zehra Mohsin from Dept of Obs & GYN in early 2025; annual report is from Fertility clinic will be received post 1 year mark. Dr Shamim Khan has generously donated \$3,500 for this cause.

However, the current initiative, and dream of AMAANA, is to develop a State-of-the-Art Cancer Center at JNMCH, AMU. AMAANA members in particular and the entire AMAANA community in general, have been generous, not only with their expertise but also with monetary donations. For this very cause, Dr Shams Iqbal has been running the donation campaign for past 2 yrs. In 2024, AMAANA collected \$10,181.43 and in 2025 we have collected \$9,900 and counting.

You can contribute to any of these initiatives by dedicating your donation specifically to that cause. You can set up a monthly donation via Paypal or Zeffy.



PAYPAL



ZEFFY

**Prof. Shaheen**  
MS, ACME  
Professor & Incharge ART Centre



Department of Obstetrics & Gynecology  
J. N. Medical College, AMU  
Aligarh, U.P. India

**ART Unit & Training Centre, J.N Medical College, AMU, Aligarh**  
**Statement of Expenditure as on 29.09.2025**

**Total Fund Received: \$8000 (Rs. 652700 INR)**

Head	Duration	Expenditure (INR)
Salary of Lab Technician cum Data Entry Operator (Mr. Shariq)	08.08.2025 to 31.08.2025	9805
Semiskilled person trained in cleaning of embryology lab & IVF OT (Mr. Ashish Kumar)	08.08.2025 to 31.08.2025	8752
	<b>Total Expenditure as on 29.09.2025</b>	<b>Rs. 18,557/-</b>
	<b>Balance as on 29.09.2025</b>	<b>Rs. 6,34,143/-</b>

  
**Prof. Shaheen**  
Principal Investigator,  
ART Unit & Training Centre,  
JNMCH, AMU

  
**Prof. Zehra Mohsin**  
Chairman  
Deptt. of Obst. & Gynaecology  
J. N. Medical College  
A.M.U., Aligarh

Mobile No. (+91-9319861442)

Email ID:shahanjum73@gmail.com

Department of Obstetrics & Gynaecology  
JNMC, AMU, Aligarh.

D.No 962 /OG/20

Dated:19/08/2025

Income & Expenses Report of  
GDM Clinic

S No	Item/Head	Amount received	Amount spent	Balance/ Amount left
1	Printing of Patient Education Materials (Register, Diet Chart ,4-point monitoring chart, 6-point monitoring chart)	10000	9249/-	751/-
2	Salary of Dietitian cum counsellor	15000×12=180,000	180,000/-	Nil
3	Salary of Lab Technician cum Data Entry Operator	15000×12=180,000	180,000/-	Nil
4	Total number of glucometers purchased for to poor patients	40@625/-	25,000/-	Nil
	<b>Total</b>	<b>Rs.395000/-</b>	<b>Rs.394,249/</b>	<b>Rs 751/-</b>

Zehra,  
4.9.25

Prof. Zehra Mohsin

Chairman

Chairman

Deptt. of Obst. & Gynaecology

J. N. Medical College

A.M.U., Aligarh

Tamkin Khan  
4/9/2025

Prof. Tamkin Khan

Principal Investigator

Department of Obstetrics &

Gynecology, JNMC, AMU

Aligarh

## Progress report of GDM Clinic

**Project Title:** "Establishment of Gestational Diabetes Clinic at Jawaharlal Nehru Medical College and Hospital, AMU, Aligarh"

**Name of Principal Investigator:** Prof. Tamkin Khan,  
Department of Obstetrics and  
Gynecology, Jawaharlal  
Nehru Medical College AMU  
Aligarh

### Work Accomplished

- 1) **Patient Management:** 3038 of patients received individualized medical nutrition therapy (MNT), and blood glucose charting frequency along with life style modification counseling.
- 2) **Weight reduction:** 165 of patients counselled for weight management for PCOS and PCOD and other patients with obesity.
- 3) **Preparation of maternal patient Education:** Development and dissemination of IEC material on GDM management, nutrition, and lifestyle modifications.
- 4) **Provider Training:** Training and education for healthcare providers on GDM management best practices.
  - Nursing Students (Nursing college)-08
  - MSc in Home science students (Department of Home Science)- 20
  - Undergraduate students-12

**Collaboration with Other Departments:** Collaboration of Obstetrics and Gynaecology, endocrinology, Nursing College, Department of Home Science and other Departments to improve GDM care.

S.No	Patients counselled	Total Number of patients
1	Total Number of patients booked in ANC at JNMC, AMU, Aligarh from August 2024 to August 2025	7647
2	Total number of ANC patients diagnosed with GDM during the above period	3038
3	Total of GDM patients managed on Medical Nutrition Therapy	2918
4	Total number of GDM patients on Insulin	123
5	Total number of GDM patients on Oral Hypoglycemic Agent (OHA)	103
6	Total number of patients received free glucometer with strips from Aligarh Medical Alumni Association of North America funds	82

*Zehra*  
4.9.25.  
Prof. Zehra Mohsin  
Chairman

Chairman  
Deptt. of Obst. & Gynecology  
J. N. Medical College  
A.M.U., Aligarh

*Tamkin Khan*  
4/9/2025  
Prof. Tamkin Khan  
Principal Investigator  
Department of Obstetrics &  
Gynecology, JNMC, AMU  
Aligarh

## HEALING TOGETHER

Samina Salim

It would not be an exaggeration to say that most of us have been touched by cancer- of self, a family member, friend, colleague, or neighbor. For each of us, the memory of a battle against cancer lingers close to the heart. I do not use the word “battle” lightly because it surely feels like one, not only for cancer patients themselves but also for the caregiver(s). This is not to minimize the suffering of those directly fighting the disease, as they are the real warriors, but it is to acknowledge the battle of those who quietly bear the solemn responsibility of caregiving. Not too long ago, I found myself in this role, a role that I was poorly equipped for. All my life, I only knew comfort, and abundance, so stepping into the role of a caregiver was a tall order.



Let me give you a glimpse into my story. It was a luminous spring morning in 2015 when I felt the earth tilt beneath me. *I came to understand what it truly means when people say the ground has shifted beneath their feet. Until then, those words had been nothing more than a figure of speech to me. But that day, as sunlight spilled outside my window, I felt the weight of change press against my chest.* Everything inside me trembled as though some unseen axis had shifted. What was once steady and familiar seemed suddenly fragile, like a dream slipping away in daylight. That morning, I learned that the ground we walk on is never as certain as we believe and sometimes, all it takes is a single moment for the world to feel entirely new. *It was the kind of moment you don't see coming; the kind that quietly rewrites your story. That day cancer became part of my story.*

The battle began. I do not know what cuts deeper, the cruelty of the disease, the torment of its cure, or the silent plea for more time reflected in the eyes of the one we love. Long story short- some of my days were filled with hope while others were filled with sheer desperation. I had heard that listening to another's struggles helps us feel less alone in our own. Some suggest that one way to cope with our own struggles is by connecting with and understanding the struggles of others. It is believed that when we listen to or share in others' sorrow, we may feel less isolated in our own pain. Taking that advice, I connected with other cancer families and felt supported. This also helped me process my own emotions better.

*The next two years unfolded slowly, each day seemed a bonus, arriving like a gift, which I learned to cradle cautiously with gratitude. Time passed, every day carrying the quiet weight of a blessing; fragile, fleeting, but real.* It was the summer of 2017, there was pin drop silence in the intensive care unit (ICU) of the M. D. Anderson Cancer Center (MDACC) in Houston, all I could hear was the beeping of ICU machines and my pounding heart. It was the middle of the night, I was sitting alone in the waiting room reflecting on how despite having the world class treatment at our disposal, we were struggling to cope. I recall wondering, if this is so difficult for us, how hard it must be for the marginalized and the underserved in India. That same night I ended up calling a few friends in Aligarh, my hometown in India and bounced ideas on how to set up a mechanism to serve the underprivileged cancer community there. We ended up brainstorming all night, making sure we debated this idea hard and long, taking into consideration all the “ifs” and “buts” of setting up a system to enable conducting this work. Looking out of the window, I saw the sun turn the sky crimson red, a new day broke bringing with it the possibility of an organization which I named in my mind as “AligsCare”. As I was finishing up our call, I saw the ICU nurse walking towards me

with updates. Relieved to hear of an uneventful night, I quickly freshened up and went to give my lecture at the University only to return swiftly to the ICU upon receiving the message that there has been an event. Fortunately, things stabilized, it was our second night at the ICU. That night also was spent again calling up people asking for favors to help set up AligsCare. My energy was hitting the roof, taking my mind off from the grave situation we were in at the MDACC. The sun rose, I had not slept in two days, the same scene repeated- the nurse walking towards me comforting me that everything will be fine and that I should go home and rest. Rest, I could not, not until AligsCare is formed!

Days passed, our cancer ups and downs continued. Juggling between caregiving, work and family, I was able to make a few trips to Aligarh and met with many cancer families. Their resilience despite their challenges reinforced my conviction in AligsCare. I also met with some “movers and shakers” in Aligarh, who perhaps saw the sincerity of my purpose and stepped up to help. The ground was set, now the task of getting all the paperwork to register the organization was next. Stepping into the non-profit space with a naïve mindset was both daunting and exhausting. I called up a few professional firms to help set up a 501(C)(3) but was intimidated with their high cost and slow response. As is often the case when we set out to begin something new, we encounter mistrust, indifference, abandonment, and yes, even ridicule. The deepest sting was that it came from my own. I felt alone and hopeless teetering on the edge of discouragement. Yet, somehow, my passion refused to let go of me.

It was stronger than the pain I carried. I quickly counseled myself, why am I relying on others for help? why can't I do it myself? This is no hard science. The next two days were spent browsing IRS website, reading the fine print and gathering all the information and documents needed to fill up the forms. On day three I sat down after dinner and by 4 AM that morning, an application seeking a formal registration of AligsCare was submitted. I was thrilled to receive the news of the approval quickly. No errors were noted, no revisions were sought from the IRS, and no questions were asked from the deciding officer. In 2018 AligsCare was registered in Texas as a 501(C)(3) non-profit with the goal to offer free cancer treatment, rehabilitation opportunities, spreading cancer awareness, and educational empowerment for the cancer affected underserved Aligarh communities. AligsCare offers its services through the Jawahar Lal Nehru Medical College (JNMC) hospital, Aligarh Muslim University (AMU).



**ALIGARH January 17, 2023:** Aligs Care, a Houston-based non-profit organization from the USA, equipped a 4-bed Palliative Care Unit at the Jawaharlal Nehru Medical College, Aligarh Muslim University for the terminally ill marginalized patients.

Prof. Mohammad Akram, Chairman, Department of Radiotherapy and Prof. Ibne Ahmad, Chairman, Department of Radio diagnosis said that the pioneering facility is the first of its kind established at JNMC. They appreciated the humanitarian services done by the Aligs Care team.

Assuring all possible support to the JNMC, the founding President of Aligs Care, Dr. Samina Salim said that her organization will provide all possible help in the establishment of a full-fledged palliative/hospice facility at JNMC.

**Public Relations Office, Aligarh Muslim University, Aligarh, India**



Photo: JNMC team inaugurating palliative care facility at JNMC

I will admit, it was not easy. Yet I held on to the old belief that when the cause is good and intentions are pure; help finds its way from the most unlikely places. And so, it did. AligsCare started its formal work at first with only a few patients with a modest investment of funds but eventually with support of generous donors AligsCare has contributed towards treatment of over 300 patients. Since its inception, AligsCare has supported many initiatives including establishing a palliative care unit at JNMC, many cancer awareness camps in the rural areas surrounding the Aligarh city, co-sponsoring the first palliative care conference at AMU and providing various equipment during the pandemic. Asghar, my husband of 24 years, my soulmate, and trusted friend was a warrior, who fought his battle hard and long, but cancer prevailed. His battle ended in 2019, mine continues.



Photo: *AligsCare mission is to support cancer treatment, provide nutritional support, patient rehabilitation, family support (ration, clothing, education etc.) and spreading cancer awareness.*

**DONATION DETAILS:** ZELLE: [ALIGSCARE@GMAIL.COM](mailto:ALIGSCARE@GMAIL.COM) PAYPAL: [WWW.ALIGSCARE.ORG](http://WWW.ALIGSCARE.ORG) CHECKS PAYABLE TO ALIGSCARE: 26719 COLT BLUFF COURT, KATY TX 77494

**About the author:** Dr. Samina Salim was born and raised in India. After obtaining a Ph.D. in Biochemistry from AMU, she conducted post-doctoral studies at the Karolinska Institute, Stockholm, Sweden and the University of Texas Health Science Center at Houston, Texas, USA. She is a tenured Associate Professor at the University of Houston (UH), Houston, Texas. She leads a successful research program at the UH College of Pharmacy. Her work is focused on understanding the mechanistic basis of stress, and trauma. Racism, refugee health and health disparities are also a focus of her research. She is an active researcher with over 100 publications and is an award-winning scientist, mentor and teacher. Dr. Salim is an author, a poet, an artist, motivational speaker and a social activist. She is the founding President of a non-profit organization AligsCare, which delivers cancer care to the underserved communities in India.

## FROM ALIGARH TO THE WORLD: THE GLOBAL FOOTPRINT OF JNMC ALUMNI

### Farah Usmani, MBBS

Putting together the 1978 batch memoir publication for the Jawaharlal Nehru Medical College (JNMC) reunion, held at Aligarh on October 2, 2024, provided me an opportunity to reconnect with updates from all fifty-four batchmates. This small 1978 batch group exemplifies a remarkable global presence, with alumni spread across continents, countries, and cities. Notably, over forty percent of the batch (23 out of 54 who completed MBBS in 1983) are now based internationally, in locations such as the UAE, Kuwait, Oman, Abu Dhabi, Saudi Arabia, and cities and states in the USA and the United Kingdom. The words from the AMU Tarana, *“Jo abr yahaan se uththega, Vo saare jahaan par barsegaa; Khud apne chaman par barsegaa, Ghairon ke chaman par barsegaa.....,”* resonate strongly, reflecting how JNMC alumni have truly reached *“saare jahaan”*—across the world.



### Foundations of JNMC

Established in 1962 with the vision of producing competent and compassionate physicians, JNMC is now recognized among India’s top thirty medical schools. In 2024, India Today ranked JNMC 17th out of 55 colleges, while the Government of India’s National Institutional Framework placed it 27th among the top 50 medical colleges in the country. Over six decades, JNMC has cultivated talent, character, and commitment—traits that have propelled its graduates to distinguished roles throughout India and globally. The college’s foundation was inspired by Sir Syed Ahmad Khan’s commitment to combining modern scientific learning with moral and social responsibility. Under the guidance of visionaries like Dr. Sir Ziauddin Ahmed and pioneering faculty, JNMC has made a lasting impact through its worldwide alumni network.

### Imprint in Global Health

Over the years, JNMC alumni have made significant contributions to global healthcare. The 1978 batch, comprising fifty-four students—including fifteen women—has established expertise across a broad spectrum of medical specialties. They are leaders in fields such as orthopedics, cardiovascular and thoracic surgery, gastroenterology, general surgery, ENT, radiation oncology, obstetrics and gynecology, global public health, pediatrics, pharmacology, anesthesia, pathology, urology, urological surgery, ophthalmology, pediatric neurology, interventional cardiology, bariatric surgery, general and internal medicine, among others. These professionals are now based in countries including the United States (Buffalo, California, Illinois, Las Vegas, Maryland, Massachusetts, New York, and South Carolina), the United Kingdom (London, Manchester, Weston), and the Middle East (Abu Dhabi, Kuwait, Oman, Dubai, Saudi Arabia/Riyadh, Makkah, and Sharjah). Remarkably, nearly half of the women from the 1978 batch ( 7 of the 15) are also working globally, mainly in the USA and UK. This widespread diaspora represents not just individual success stories but the export of Aligarh’s intellectual and moral heritage worldwide. Their achievements demonstrate that combining excellence with values allows one to transcend borders.

## Ideas for a flourishing global JNMC network

As the alumni footprint continues to grow, there is a compelling need to link this community more closely. A digitally connected Global JNMC Alumni Network could offer many benefits, including:

- \* **Mentorship and Career Guidance:** Senior alumni abroad could mentor recent graduates seeking opportunities in international residencies, research fellowships, or public health.
- \* **Collaborative Research:** Partnerships between JNMC faculty and alumni at advanced research institutions could boost the college’s academic reputation and global presence.
- \* **Healthcare Missions:** Alumni can organize medical camps, telemedicine consultations, and health awareness initiatives to support communities in India and beyond.
- \* **Funding and Infrastructure Support:** A structured alumni endowment could help modernize laboratories, sponsor scholarships for talented students, and support faculty development programs.

To maximize its global influence, JNMC should formalize international alumni chapters, particularly in metropolitan areas where many graduates live and work. Expanding digital platforms would facilitate ongoing exchanges of expertise through webinars, peer learning, and collaborative projects, connecting alumni across borders. Regular global alumni meetings, such as the AMAANA reunions, would strengthen professional bonds and institutional loyalty. Acknowledging outstanding alumni contributions in practice, research, or social service at annual events would further encourage engagement. These efforts would not only reinforce JNMC as an institution but also enrich the professional lives of its graduates by fostering a shared purpose and collective identity.

## A Living Legacy

As JNMC advances into the future, its greatest asset remains its global community—hundreds of alumni united by common memories and a shared mission. The challenge and opportunity lie in transforming emotional connections into collective action, furthering their profession, their institution, and the society they serve. More than just a physical campus, JNMC is a living legacy of vision, excellence, and service. Its graduates uphold the highest traditions of medicine: knowledge, compassion, and humility. From the wards of Aligarh to hospitals in New York, London, Riyadh, and beyond, they exemplify the principle that science must always serve humanity. The true legacy endures not only in international accolades achieved, but in the opportunities created for future generations who will walk these hallowed halls.

**About the author:** Dr. Farah Usmani is an international health and development expert with over 25 years’ experience working with the United Nations in several countries. She is currently based in New York and can be reached at: email: [dr.farahusmani@gmail.com](mailto:dr.farahusmani@gmail.com)

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5th AMAANA Reunion in New York

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**AMAANA** members



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MBBS (JNMC 1994)  
MS Ortho (JNMC, 2001)

## DEPARTMENT OF SURGERY ALUMNI MEET



*Best compliments  
to  
AMAANA and JNMC  
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### **Dr. Huma Kazmie**

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Diplomate American Board of Obesity Medicine.

### **Consultant Pediatrician**

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Dentistry,

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Office:

Phone: 519-253-6112

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# GLIMPSES OF JNMC ALUMNI, HERE AND THERE....



## A DREAM FULFILLED: THE LEGACY OF SIR ZIAUDDIN AHMED

**Jawed Aziz, MD** (Class of 62)

It was once the dream of a young colleague of **Sir Syed Ahmad Khan** — a brilliant student named **Ziauddin Ahmed** — to pursue a **PhD in Mathematics** in Germany. Sir Syed, always a champion of education, agreed to support his ambition on one condition: that after completing his PhD, Ziauddin would return and serve as a teacher at the **Mohammedan Anglo-Oriental College** for at least three years.

To this, Ziauddin humbly replied:

**"What if I choose to dedicate my entire life to Aligarh?"**

Sir Syed was overjoyed by this response. He embraced him with deep affection, recognizing the sincerity of the young man's commitment.



Fast forward — **Dr. Ziauddin Ahmed** returned from Germany as one of the most distinguished mathematicians of his time. His brilliance and dedication did not go unnoticed. The British Government honored him with the title of "**Sir**", and he became **Sir Ziauddin Ahmed**. He was also the recipient of the prestigious Sir Isaac Newton Scholarship at Cambridge University.

He continued his association with Aligarh, helping guide it through a period of remarkable transformation. In **1920**, thanks to the tireless efforts of visionaries like him, the British Government granted the institution a **charter**, and it became the **Aligarh Muslim University (AMU)**.

Sir Ziauddin was a true visionary. He believed AMU should be a complete university — not only a place for the study of arts and sciences but also medicine. He dreamt of establishing a **Medical College** that would serve the nation and elevate the university's academic standing.

Some 20 to 25 years later, as **Vice Chancellor of AMU**, Sir Ziauddin took concrete steps toward realizing that dream. Although deeply involved in the expansion of various faculties, the idea of a **Medical College** was especially close to his heart.

However, such an undertaking required significant funding. Undeterred, Sir Ziauddin began mobilizing his network of friends and well-wishers to raise money for the project.

This was during the **closing years of World War II**, a time when the **British forces were withdrawing from India**. In a strategic move, Sir Ziauddin began purchasing **hospital equipment from the retreating**

**British Medical Division** — beds, trolleys, partition curtains, porcelain serving dishes, and many other essential items.

One day, by chance, a door beneath the high stairs of **Lecture Theatre One** in the old **Physics Department** was opened. Behind it, students saw a large storeroom stacked with hospital beds, trolleys, side tables, and other medical supplies — quietly stored there years earlier by **Sir Ziauddin**.

That hidden storehouse stood as a **silent but powerful reminder** of his unwavering determination to see a **Medical College at AMU** — even when there were no funds or official plans.

Though **Sir Ziauddin Ahmed** did not live to see his dream fulfilled, his close associate **Professor Hadi Hasan** — who had worked alongside him and taken charge of fundraising after his passing — played a pivotal role in making it happen.

Finally, on **2nd October 1962**, in **Lecture Theatre One**, of the Physics department the dream came true. The **Medical College at AMU** was officially inaugurated. It was an emotional and unforgettable day for all of us — the start of the first MBBS batch, the realization of a vision born decades earlier.

### **Remembering Our Founders**

**Sir Ziauddin Ahmed** now rests beside **Sir Syed Ahmad Khan** near the **University Mosque** — two great men who gave everything they had for the future of generations to come.

**Whoever attends Juma prayers at the mosque**, may they always remember to offer *Fateha* for these two legends. It is because of their vision and sacrifice that **we became doctors, scholars, and professionals**. May **Allah (SWT)** reward them with the highest place in **Jannatul Firdous**. **Aameen**.

Stay tuned for some more historical facts in the next edition!!

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## WRITING AS A PHYSICIAN

Faiza A. Khan

*Bookworm.* I love books in all forms and formats (e-books and audiobooks have grown on me due to time constraints, though a physical book in my hands is still a treasure!) Even as a child, I remember finding my way into books and would often be found curled up in crooks and corners, buried into a book. Along with this, I discovered my love for writing. I found solace in creating and being in worlds created with words.

As I grew, my love for reading and writing did not diminish, instead, I found different stories that drew me into their folds, nurtured me, nourished me even. Hectic schedules, dark times and then fun days, all harbored some time for reading and writing. However, as time went on, I got lost in the different roles and duties and rhythms of life; and somewhere along the way, writing took a backseat.

As with many other things, COVID made space for that moment to shed its armor and step out of the darkness. Amongst busy shifts and airway duty nights, strict routines both at work and at home, a pen found its way into my hand, and I started pouring my thoughts unbidden into the void. A void that was filled with chaos and noise, brimming with sounds and yet, often silence. During those times, amongst many other stories being written by many other weary souls, I discovered narrative medicine and writing to heal. *Heal with words.* Words emerged, tentative and hesitant, then tumbled out unbidden. I was drawn back into the world of writing. This time, with an intent to not only write my own stories, but to share different perspectives. To nourish. To teach. To heal.

Since then, I have written and published my thoughts on social media platforms, written children's books (how I stumbled onto that is a tale for another day), discovered the meaning and passion of narrative medicine and have brought this into my day-to-day life as a physician, a teacher, a healer and a mentor. I teach narrative medicine techniques to residents and students; I watch them look at me skeptical at first, then hesitantly, as we talk about feelings and emotions and desires, hopes and dreams, demons and darkness; I encourage them to shed their armor, ease into their communication with patients, peers and family members – and write.

I write this today to encourage you all to awaken your inner writer; we are all writers. As a physician, we spend our lives writing, notes, history and physical exams, documents and essays, texts and patient replies and often tweets and posts. We write our tiredness into our bones, our desires into oblivion and our patience into stone. I encourage you to take the time to put it onto words, share your thoughts and your troubles and your persistence into words that can then bring light into darkness for someone else. Let them be beacons of hope, lessons to follow, steps to take and paths to tread.

It doesn't matter what shape the words take, or if they follow a rhythm or falter, let them pick up speed and speak your voice.



As a physician, our voices matter.  
Take a stance.  
Shape opinion.  
Write.  
Heal with words.

**EXCERPTS FROM UN-ED-IT-ED; HEALING WHISPERS**

**ca·dav·er**  
**/kə'davər/**

**pain**  
**/pān/**

Day one;  
bright light burn my eyes  
or is it the formalin?

Hands steady  
I mark my domain;

*skin the thoracic  
wall  
reflect the pectoralis major muscles  
dissect the thoracic wall  
explore the contents of the thoracic cavity;*

The dark abyss pulls me  
into it My heart skips a  
beat.

*Situs Inversus*  
The professors voice from behind.

Where does it hurt?  
What does it feel like?  
When did it start?  
What makes it worse?  
What lessens the pain?  
What medications do you take at home?  
*aching  
burning  
sharp  
stabbing  
deep  
visceral  
superficial*

On a scale of *one to ten*, how bad is it?  
*I debate*  
*What do I want to be seen as today?*  
*drug seeking*  
*or opioid naïve?*

**About the Author:** Dr. Faiza A, Khan graduated from JNMC (AMU) in 2003 and moved to the US with her family. She is currently working as an Associate Professor in the Department of Anesthesiology, UAMS, Little Rock. In her spare time, she explores her passion for writing by using narrative medicine to share stories that bridge the relationships of the patient, the physician and their lives beyond. You can follow her on twitter @Faiza\_AKhan and share her creative journey on [www.GrandeReads.com](http://www.GrandeReads.com), IG and Twitter @FAKhan\_Author.

## REPORT OF THE EARLY INTERVENTION TRAINING OF TWO SCHOLARS FROM JNMC-AMU (4/16/2025 - 5/14/2025)

We feel privileged to have been given the opportunity to receive training in Early Intervention, organized by the Department of Early Childhood Education and Arts Education at Brooklyn College, City University of New York from April to May 2025. This training was made possible only due to the enormous efforts undertaken by Prof. Jacqueline Shannon, Chairperson of the Department and Prof. Shaheen Usmani, Director of the Early Intervention Center, India who envisioned this project. Two of our colleagues have had the same opportunity to receive training in the past.

Our stay in New York proved to be a remarkable one, providing us with valuable insights into the assessment and management of newborns, infants, and young children in both home and center/hospital settings. Given below is a brief description of the variety of experiences we gained as we went through the training.

### Key elements of the Early Intervention Training

#### A. Participated in various workshops, conferences, child developmental assessments, parental counseling, and access to various study resources, including books, articles, various screening tests, etc.

- \* Gained a perspective on the structured design of the Early Intervention Center at Brooklyn College with Ms. Katy for children aged zero to three. The visit provided valuable insights into appropriate age-room setups, as well as the critical role of staff in facilitating developmentally appropriate activities and play-based learning. A detailed discussion on screening and assessment of the children at the Brooklyn Early Education Center was conducted by Ms. Irina Kritskaya.
- \* Attended various online courses and meetings at Brooklyn College-
- \* Interacted with Dr. Sharon Beaumont Bowman at Brooklyn College Speech and Hearing Clinic to understand the assessments and interventions of hearing and speech, as well as feeding issues in children.
- \* Virtual meeting with Ms. Allison Leiber of Healthy Steps, gained insight about the "Zero to three Healthy Steps program"
- \* Attended the New York's Zero to Three conference on the topic- "Adversity and Resilience in Children's First Years: How to Transform the Future of Childhood"
- \* Meeting with Ms. Silvia Juarez Marazzo from "Chances for Children". The group aims to enhance caregivers' interactive parenting skills, enabling them to support their children's social and emotional development.
- \* Attended a meeting with Dr. Caitlin Canfield (Assistant Professor- Department of Pediatrics at Bellevue Hospital) and Dr. Alan Mendelsohn (Developmental Behavioral Pediatrician), who is associated with a very innovative project involving age-appropriate play toys.



*At Brooklyn College with Prof. Jacqueline Shannon and Prof. Shaheen Usmani and at Helen Keller Services for the blind.*



**B. Observed infants, toddlers, and children with autism spectrum disorder in inclusive classroom settings. Gained comprehensive insights into the pedagogical strategies and interactive approaches employed within these environments. The centers visited by us included-**

- \* Hellen Keller services for the blind with Dr. Avien Henry
- \* Emilia's Kids with Ms. Rosalba Maistoru
- \* Corlear School with Dr. Colleen
- \* Kennedy's Children Center with Ms. Jeanne Alter and Ms. Mary Mckillop
- \* SPOTS OT Gym (addressing sensory challenges in kids) with Ms. Prudence Heisler

**C. Conducted hospital and NICU visits to gain insight into post-discharge follow-up protocols and parental counseling practices related to developmental delays.**

- \* Observed NICU simulation with Prof. Sonia Ortiz, which aims to provide a realistic environment for medical students to practice and refine their skills in caring for premature and critically ill newborns.
- \* Visited the NICU at Brooklyn Hospital with Ms. Leanne Spiatalieri. She provided an overview of the Developmental Evaluation of the NICU graduates after their discharge.
- \* Visited Queen's Hospital with Dr. Jennifer Arvelo Taylor (Psychologist), and discussed the evaluation process of NICU graduates and their referral to services tailored to their needs.
- \* NICU visit at New Brunswick, New Jersey Hospital with **AMAANA member, Dr. Imteyaz Khan.**

**D. Visited the centers working for children with traumatic brain injuries as well as various physical challenges.**

- \* iHope Academic Brain Injuries (educating students, ages 5-21, with traumatic brain injury and multiple disabilities)
- \* Adaptive Design by Ms. Tamara Morgan- (Helping individuals with disabilities by creating and manufacturing affordable, innovative adaptive design solutions). Hands-on involvement in creating a chair for children with special needs with Mr. Adam and Mr. Erik (Adaptive Design fabricators)

**E. Connecting with doctors in the AMAANA network at Dr. Tazeen and Irfan Beg's residence on Long Island.**

**Acknowledgments:**

**Brooklyn College:**

Dr. Jacqueline Shannon, Department of Early Childhood and Arts Education

Dr. Shaheen Usmani, Director - Early Intervention Center, India  
EC Faculty and Instructors/ Colleagues/Teachers

**AMU, DEIC-COE JNMCH:**

Dr. Tabassum Shahab (Ex-Convener)

Dr. Kamran Afzal (Convener)

Dr. Uzma Firdaus (Nodal Officer)

**Aligarh Alumni Associations: New York, Atlanta, Washington, DC.**

Participants in the Exchange Program:

**Dr. Uzma Firdaus (Pediatrician and Nodal Officer DEIC-COE)**

**Dr. Sanjeeda Noor (Medical Officer, DEIC-COE)**



Adaptive Design Solutions with Adam /Eric



Emilia's Kids with Mrs. Rosalba Maistoru



Brooklyn College Speech and Hearing Centre with Ms. Sharon



Sensory room at SPOTS OT Gym



Classroom at BC Early Education Centre



Music class at Hellen Keller Services



NICU visit at Bellevue Hospital



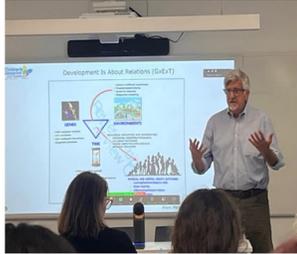
Dr. Colleen at Corlear's School



Dr. Tazeen & Irfan Beg's residence



A classroom at Kennedy's Children Centre



New York Zero to Three Years Conference



AMAANA members at Dr Beg's home



WITH BEST  
COMPLIMENTS  
FROM  
DR SYED  
MOHSIN ALVI  
&  
LILIT ASATRYAN



## JUST FOR THE MEETING

Barina Aqil, MBBS

*“Woh sheher jo dil mein basa hai, uski ek shaam hai yeh,  
Aligarh ki rooh se milne ka ek paighaam hai yeh.”*

*This evening is a message from the soul of Aligarh;*

*A city etched in our hearts, calling us home.*

*Who knows at which modh life chose to steer,*

*As lehr of guzra waqt draws quietly near.*

*That aas to reunite, so tender, so true,*

*Has brought us to DC, me and you.*

*Let’s pause this daud of chasing the self,*

*And place old yaadein back on the shelf.*

*Let’s breathe in the khushboo of moments gone by,*

*Of Aligarh’s lamhe that still make us sigh.*

*Those memories Sir Syed carved in our rooh,*

*Still whisper their wisdom, timeless and smooth.*

*This karwaan of yaadon we carry with grace,*

*Let’s share its zakheera with pride, face to face.*

*We are all Aligarh ke bachay, no less,*

*And Aligarh within us continues to bless.*

*Toh chaliye, let’s gather, let joy take its swing,*

*For shaayad no more may such shaam ever cling.*



### **Anecdotes (JNMCH)**

**Medical school—especially at Aligarh, where I was born and raised—holds a special place in my heart. It was a glorious mix of academic rigor, practical chaos, and personal evolution.**

I made lifelong friendships, bonded over meaningful conversations and utterly disastrous cooking experiments. We stretched pocket change at restaurants (great for math skills), bunked classes for movies that defied logic, and survived on dabba food so watered down I once questioned if daal was just a myth.

Our teachers were brilliant—wise, inspiring, and somehow unfazed by our birthday celebrations, which once included me receiving my first branded perfume labeled “Amitabh Bachchan.” *Gender category: unclear. Scent profile: heroic.*

Viva-voce exams in pharmacology and physiology felt like roulette—no one knew where the ball would land or who’d get flunked. And then there were Siffat ma’am’s medicine rounds, where one brave soul tried to test a patient’s sixth sense by shoving a clove up their nostril and asking, “What do you smell?” Another brewed sugar syrup mid-exam to “test sweetness.” That day, chaos wasn’t just theoretical—it was aromatic.

And of course, the dissection hall: the ultimate anatomy turf war. One person claimed the torso, another the arm, someone else the leg. It was like a very educational episode of *Survivor*, but with scalpels.

***Aligarh didn’t just teach me medicine—it taught me resilience, resourcefulness, and how to laugh through the madness. And for that, I’ll always be grateful.***

## A MEMORABLE CLASSMATES HOLIDAY IN KASHMIR - OCTOBER 2023

### Mohsin Alvi '89 and Lilit Asatryan

**Travelers-**Ms Lilit , Dr Mohsin, Dr Fawad, Dr Arshad, Dr Tariq , Dr Mannan, Dr Rizwan, Dr Wasique, Dr Amjad, Dr Farooque, Dr Asif

It was a journey long dreamt of and finally lived — a homecoming of memories and friendship, a pilgrimage of the heart. In October 2023, my fiancé, Lilit and I joined our Jawahar Lal Nehru Medical College, 1989 batch friends on a much-awaited trip to Kashmir, the “Switzerland of India.” Organized with warmth and precision by Dr. Fawad, our ever-energetic boutique travel guide, and lovingly planned in consultation with my dear friend Dr. Arshad, a proud son of Kashmir and my dissection table companion from our first year at Medical College, the trip was everything we had hoped for — and more.

I had often heard Arshad speak of his homeland — the snow-kissed mountains, the apple orchards heavy with fruit, and the gentle murmur of rivers that ran through pine valleys. During our long, sleepless nights in the anatomy lab, he would often escape into stories of his Kashmir — stories so vivid they became a part of my imagination. I had always wanted to see the place that shaped him, and this trip was finally the fulfillment of that wish.

### The Enchanting Nigeen Lake-

Our journey began on the tranquil Nigeen Lake in Srinagar. As the golden autumn light shimmered across the water, we boarded a shikara — the elegant wooden boat that glides silently across the lake’s mirror surface. That night, we stayed on the lake, surrounded by silence so pure it felt sacred. Dinner was served under a canopy of stars — fragrant Kashmiri pulao, saffron-infused kahwa, and the laughter of old friends echoing across the still waters.

In the early morning, the lake was wrapped in mist. The sun rose slowly behind the distant Himalayas, and Lilit and I sipped hot tea on the deck, wrapped in warm shawls we had just bought from a local craftsman. It was one of those rare moments where time itself seemed to pause.

### The Valley of Pahalgam:

From Srinagar, we drove through winding roads framed by chinar trees glowing crimson to reach Pahalgam — the famed Shepherds’ Valley, resting at 2740 meters above sea level. Our base was the Hotel Heevan, nestled on the banks of the River Lidder, where the rushing water sang a melody of its own. The hotel’s views were breathtaking — snow-capped peaks gleaming above, and below, the lush green valley cradled in silence. We set out on pony rides to explore Baisaran Valley, fondly called Mini Switzerland. The ascent was steep, but the sight at the top was pure magic — emerald meadows bordered by white peaks, wildflowers dancing in the cold breeze, and the laughter of friends filling the air. It was the Kashmir of postcards — only far more alive, far more intimate. Later, we rode down to the legendary Betaab Valley, named after the 1983 Bollywood film *Betaab* that was shot there. Standing by the Lidder River, where crystal waters rushed over smooth stones, we recalled how *Jab Tak Hai Jaan*, *Laila Majnu*, and *Sam Bahadur* had also been filmed in these valleys — each capturing a fraction of the beauty that surrounded us.



As evening fell, we gathered by the riverside at Hotel Heevan. Someone played old Hindi songs on their phone, and Arshad recounted tales of his childhood — of snowball fights, apricot harvests, and how the first snowfall would bring his village alive. Those stories, told under a starlit Kashmiri sky, were more precious than any souvenir.

**Land of Fruits and Friendships:** Kashmir truly deserves its title as the land of fruits. We stopped at orchards where apples, pears, and pomegranates hung heavy on the branches. Lilit picked a few ripe peaches, their sweetness mingling with the crisp mountain air. Everywhere we went, we were met with warmth — shopkeepers who smiled easily, children who waved, and strangers who offered kahwa to travelers. But what made the trip unforgettable was not just the landscape — it was the bond we shared. The 1989 batch had grown older, yes, but the laughter, the teasing, and the camaraderie remained as youthful as ever. Time melted away as we reminisced about our medical college days — our chaotic college life, sleepless exam nights, and those countless pranks that defined our friendship. As we left Pahalgam, I looked out at the valleys one last time. The mountains stood tall, eternal and watchful, as if guarding our memories. Kashmir had given us more than beauty — it had given us stillness, laughter, and a renewed sense of gratitude for the people and moments that define our lives.

In the years that followed, the news of the 2025 Pahalgam attack cast a shadow over those peaceful valleys. It was heartbreaking to imagine violence touching a place so serene, where we had once felt only joy and belonging. Yet, even amid tragedy, I hold onto the image of that trip — of friendship, love, and the timeless splendor of Kashmir — a land that will always remain the Switzerland of our hearts.

**Organizing a holiday with classmates requires careful coordination, communication, and clear expectations to ensure everyone has a memorable and enjoyable trip. Choosing a destination that balances budget, interests, and availability is key to a successful group vacation.**

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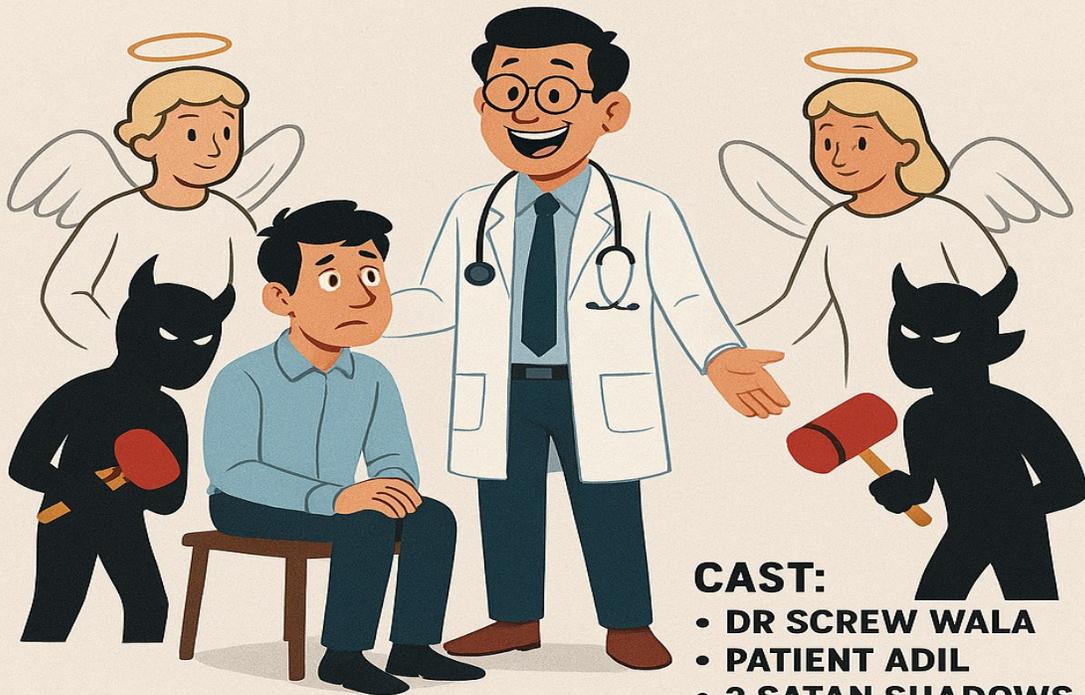
**“It provides a wonderful opportunity to share our life experiences, to reminisce and most importantly, to exchange ideas to support our alma mater”**

**Kohkan Shamsi, MD, PhD, Co-Founder & Principal,  
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**AMAANA MEDICAL THEATRE**  
**AUDITIONS**  
**FOR THE SKIT**  
**THE JARGON JAM**



**CAST:**

- DR SCREW WALA
- PATIENT ADIL
- 2 SATAN SHADOWS
- 2 GUARDIAN ANGELS

**DOCTORS OFFICE**

**WRITTEN AND DIRECTED BY :**  
PROF F S SHERANI

**PRODUCED BY :**  
DR SYED MOHSIN ALVI (SYMBIAN HEALTH)

**CAST:**  
Dr Screwwala– Dr Shams Iqbal  
Adil- Dr S Mohsin Alvi  
Shadow 1-Dr Tazeen Beg  
Shadow 2-Dr Huma Kazmie  
Angel 1-Dr MAhpara Qureishi  
Angel 2– Dr Gaurav Gupta  
Child– Dr Abhishek Gupta

## AMAANA EXECUTIVE COMMITTEE 2025

### EXECUTIVE BOARD

#### **PRESIDENT-**

**TAZEEN BEG MBBS, MD** (Class of 1985)

**JNMC Year of Graduation:** MBBS 1991, MD (Anesthesiology) 1994.

**Work at JNMC:** Clinical Instructor in Anatomy and Forensic Medicine 1994-96

**Post JNMC:** Volunteered as an Extern at VAMC, Washington DC for a year. Internship in Surgery and Residency in Anesthesiology at Stony Brook University Medical Center, Stony Brook, New York.

**Current Professional Appointment and Location:** Associate Professor of Clinical Anesthesiology, and Section Chief, Anesthesia for Endoscopy, Non-Operating Room Anesthesia (NORA) at the Renaissance School of Medicine at Stony Brook University, Stony Brook, NY.

**Personal/Professional Accomplishments:** Dr Beg is the first division chief of Non-Operating Room Anesthesia (NORA) at the hospital and was instrumental in its evolution. Her interests are focused on teaching the residents and improving the safety of patients in the Endoscopy Unit and other NORA areas. During the COVID peak in New York, she volunteered to be on the Airway Team for intubating the COVID patients admitted at her hospital. She is also an active member of professional State and National Anesthesiology Societies and regularly presents at the annual conferences. She has given talks on NORA, both nationally and in India.

**Past Contributions to AMU and AMAANA:** Apart from working full time as an anesthesiologist, Dr Beg volunteers her time to the advancement of mostly educational and medical facilities for the impoverished. She is very passionate about her alma mater and has been an active member of the Aligarh Alumni Association of New York (AAANY) since 2000, has served as their Vice President in the past and is currently a member of the Executive Committee. She received the '2021 Distinguished Service Award for her selfless service' during the first COVID-19 surge in New York from AAANY.

Dr Beg is one of the Founding Directors of AMAANA, and since its inception in February 2013, AMAANA has been her main focus. As the first Secretary of AMAANA, she was part of the team that initiated the process for the establishment of Cardiac Cath Lab and raised funds for the JNMC Auditorium. She has helped organize and host Biennial meeting events, published the Newsletter 'AMAANA's Pulse, has helped organize/host the virtual General Body meeting and numerous COVID -19 related webinars and tumor board meetings in collaboration with JNMC.

**Future Vision for AMAANA:** Dr Beg hopes to continue work towards fostering a strong bond between JNMC and its alumni and hence, AMAANA's mission and goals.



**VICE PRESIDENT-**

**SHAMS IQBAL MBBS, MD, FSIR**

(Class of 1997)

Dr Iqbal did his MBBS and Radiology residency from JNMCH and then joined the Massachusetts General Hospital (MGH) to do a Fellowship in Interventional Radiology following which he was appointed as staff at Harvard Medical school, Boston MA. He is spearheading the AMU Cancer center efforts, actively raising funds to support this endeavor.



He is a highly skilled Interventional Radiologist with advanced training from Massachusetts General Hospital (MGH). With expertise in both vascular and non-vascular procedures, Dr. Iqbal specializes in interventional oncology, liver transplant interventions, and complex vascular treatments. He is recognized as a leader in his field, has published pioneering research in GI and pulmonary intervention techniques.

In addition to clinical work, Dr. Iqbal is deeply committed to expanding Interventional Radiology globally. As the Chairman of the Society of Interventional Radiology's (SIR) "Giveback" program, he has spearheaded global outreach initiatives, establishing IR programs in countries such as India, Bangladesh, China, and El Salvador. Dr. Iqbal is also a passionate educator, mentoring residents, medical students, and being instrumental in developing advanced residency programs. He is well-traveled and has given lectures across the globe. His latest work is focused on JNMCH cancer center and Zambia IR initiatives.

Dr. Iqbal's research interests include molecular imaging involving multiplex diagnostics for early cancer and to analyze, at a systems level, how biological molecules, proteins, and cells interact in both healthy and diseased states, specifically working on EV's in the setting of Cholangiocarcinoma. In addition, he is also into device development. In collaboration with MIT, he is working on a new IR procedure for detection of acute bleed in the battlefield, and for neuromodulation in management of Gastroparesis and urinary bladder dysfunction. His significant contributions to the field have earned him the prestigious Fellowship of the Society of Interventional Radiology (FSIR).

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PHYSICAL THERAPY PC**

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**Dr. Nazia Sayed, PT, DPT**  
25-40 30th Rd, Ste A1 Astoria, NY 11102

**SECRETARY-**  
**SYED MOHSIN ALVI MBBS, MBA**  
(Class of 1989)

**JNMC Year of Graduation:** MBBS 1996

Dr. Mohsin Alvi is a board-certified hospitalist with over 25 years of experience delivering care across academic, urban, community, and critical access hospital settings. A respected clinician and healthcare leader, he combines deep frontline expertise with strategic insight to improve patient outcomes and operational performance. Dr. Alvi holds an MBA from Johns Hopkins University and has served as faculty at the University of Massachusetts Medical School, where he taught evidence-based medicine. As Founder and CEO of Symbian Health, he leads the company's mission to transform healthcare delivery through technology, with a focus on clinical quality, safety, and cost-efficiency. Passionate about innovation, Dr. Alvi brings a forward-looking approach to digital health and informatics, shaping scalable solutions that meet the evolving needs of hospitals and health systems.



**Past Contributions to AMU and AMAANA:** Dr. Syed Mohsin Alvi served as the General Secretary of the J.N. Medical College Society in 1994 and University Secretary for the Music Club in 1995. He is the founding President of non-profit organization Medical and Social Services in Helping Asia, supports Worcester Chapter of StandUp for Kids, a non-profit helping homeless, at-risk youth and was President of Aligarh Alumni Association of New England (AAANE). He was the first Joint Treasurer, and subsequently, Treasurer of AMAANA for two consecutive terms.

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### WE THANK OUR PROUD SUPPORTERS



Dr Intizam Khan: Neurologist, affiliated with Mt Sinai Hospital and LI Jewish Med Center, NY.

2531 30th Rd #1F, Queens, NY 11102

**Congratulations, Intizam Khan**  
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**Intizam Khan, MD**

Congratulations  
Intizam Khan, MD  
America's Most Honored Doctors  
Exp. 09/2022

**TREASURER-**  
**HUMA ANSARI MBBS**  
(Class of 1999)



**At JNMC:** MBBS 1999-2005

**Post JNMC:** Psychiatry Residency (2008-2012), Mount Sinai Services at Elmhurst Hospital Center, Queens, NY

**Present Position:** President and Founder  
Mind Matters Psychiatry, LLC  
Basking Ridge, NJ

**Previous Positions:** Staff Psychiatrist at Robert Wood Johnson University Hospital, Somerville, NJ

Staff Psychiatrist at Penn Highlands DuBois, PA

Chief of Psychiatry at Robert Wood Johnson University Hospital, Somerville, NJ

Medical Director at Somerset County Psychiatric Emergency Screening Center, Somerville, NJ

I have been serving AMAANA EC consistently since 2016. Currently, I am serving as Treasurer since Jan 2022. I served as Joint Secretary in the previous term from Aug 2019-Dec 2021. AMU is a family tradition as my father went to City High School, followed by POC (+2 equivalent back then) and then Diploma in Engg. Uncles, cousins, and then me and my siblings followed suit although I am the first JNMCiite in the family; my parents and brother still live in Aligarh. I am also married in Aligarh to another AMU alum (ZHCET), so Aligarh is still very much a day-to-day presence in my life. I live in Basking Ridge, NJ with my husband Faraz Ahmad and 2 teenage boys Zain and Adam.

\*\*\*\*\*

**JOINT SECRETARY-**  
**GAURAV GUPTA MBBS, MD, PhD**  
(Class of 1999)



Dr Gaurav Gupta is an Attending Physician in Transfusion Medicine and Cell

Therapy and the Director of Apheresis Service at Memorial Sloan Kettering Cancer Center in New York. He earned his MBBS and MD in Biochemistry from JNMC, Aligarh (1999–2008), followed by a PhD in Biomedical Sciences at Creighton University, Omaha, and a postdoc-

toral fellowship at Massachusetts General Hospital, Harvard Medical School. Dr. Gupta completed his residency in Anatomic and Clinical Pathology at Tufts Medical Center in Boston, and went on to pursue fellowships in Hematopathology and Transfusion Medicine at the National Institutes of Health, Bethesda, and Yale University, respectively.

He has been a member of AMAANA since 2015, previously serving on the Executive Committee and acting as the AMAANA liaison for the AMAANA–JNMCH Joint Tumor Board Initiative. He currently serves as Joint Secretary.

Gaurav lives in Long Island, New York, with his wife, Dr. Tanupriya Agrawal, and their 9- year-old daughter, Aashi.

\*\*\*\*\*

**JOINT TREASURER-**

**BARINA AQIL**

(Class of 1999)



Dr. Barina Aqil’s journey began at Aligarh Muslim University, where getting to class meant navigating traffic, puddles, and the occasional cow with more confidence than most residents handle a bone marrow slide. She quickly found her groove in debates that spanned lymphoma subtypes, political theories, and food recipes—embracing the structured chaos that now defines both her diagnostic style and her soul.

As part of AMAANA’s executive committee, she answered the alumni Bat-Signal and helped beam clinical expertise back to JNMCH through tumor boards and workshops with an aim that they can diagnose faster than she can find parking at a downtown conference.

By day, she squints at cells that refuse to behave. By night, she crafts analogies to make sense of them. Known for turning diagnostic dilemmas into insights—and occasionally punchlines—Barina brings clarity, curiosity, and a touch of theatrical flair to everything she does.

Her diagnostic philosophy?

***“Seven pathologists, seven opinions, and one atypical lymphocyte silently judging us all. Welcome to hematopathology.”***

\*\*\*\*\*

EDITOR: TAZEEN BEG

ASSOCIATE EDITORS: Asiya Kabir and Faiza Khan

CONTRIBUTORS: AMAANA MEMBERS/JNMC ALUMNI

All articles, poems are written by members/alumni themselves and published with their permission

All pictures are taken by JNMC alumni and AMAANA members shared on whatsapp groups

**IMMEDIATE PAST PRESIDENT-**  
**RESHMA MAHMOOD ALI MD, FACP**  
(Class of 1979)



**JNMC Year of Graduation:** MBBS 1984, MD OBGYN 1987

**Work at JNMC:** Assistant Professor of OBGYN, 1987-93

**Post JNMC:** Residency (Internal Medicine)

University of Pittsburgh Medical Center – Shadyside, Pittsburgh, PA

**Current Professional Appointment and Location:** Internist & Medical Director of Primary Care, West Los Angeles and San Luis Obispo/Santa Maria, CA

**Personal/Professional Accomplishments:** I am currently working as Medical Director of Primary Care at two community-based clinics for the West Los Angeles Veterans Healthcare system based in San Luis Obispo/Santa Maria, CA.

On a personal note, I have two kids and two cats with attitude -Max and Smokie, and am a newly minted Dadi (Grandmother). My husband and I are empty nesters and welcome anyone coming to CA to stay with us --you do have to drive down the coast from SFO 240 miles and up 180 miles from LA.

**Past Contributions to AMAANA:** AMAANA has been a great source of connection with my colleagues and has been a positive experience since I joined. I have served as a member of the Executive Committee 2019-2021.

**Future Vision for AMAANA:** My sincere hope moving forwards is to get more of our alumni involved in helping our *Alma Mater* through various programs - both financially and by imparting knowledge to the younger generation of doctors.

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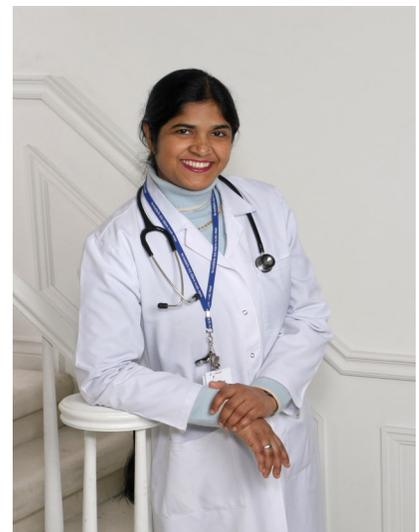
**CANADIAN LIASION-**  
**HUMA KAZMIE MBBS MD** (Class of 1984)

Upon joining the Jawaharlal Nehru Medical College (JNMC) in the first year of MBBS in 1984, I stayed in Sarojini Naidu Hall. After completing my degree, I pursued postgraduate residency in Pediatrics since I loved taking care of the most vulnerable population, and completed the training in 1993.

During my residence in Aligarh, I participated in various sports and cultural activities of the college very enthusiastically and was a member of the sports committee and other committees.

By the grace of Allah, I won many awards in sporting events as well as in academics.

After completing the postgraduate residency program at JNMC, I went to work as a Specialist Pediatrician in Riyadh Medical Complex, Saudi Arabia where an Aligarian, Dr. Jamshed Khan, a radiologist (Thank you, Jamshed bhai!) helped me get a volunteer position at first and then a permanent job.



Meanwhile, I also prepared for and passed the USMLE and MRCP Part 1. I was able to get interviews for some Pediatric residency programs in the US but couldn't get the visa to attend to them. Then I passed the Canadian exams and joined the Pediatric Residency in Sick Kids Hospital in Toronto. We moved to Toronto in 2003. Since 2004, I have been living in Windsor with my family, practicing Pediatrics, teaching students and learning from our adorable patients and students.

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### EXECUTIVE COMMITTEE MEMBERS

#### ANAND SHARMA, MBBS, DLO, MS

**JNMC:** MBBS (1983), DLO, MS ENT ( 1987, 1990)

**Post JNMC:** Keith & Wendy Wellin distinguished Professor of Radiation Oncology and Head and Neck Surgery ( 2001-2021)

**Current:** Director, Head & Neck Radiation Oncology  
HCA, South Atlantic Division ( 2001 to present)



I have followed AMAANA's progress with admiration over the years and have formally joined the organization relatively recently. I am honored to be included in the executive committee and look forward to contribute to the great work that AMAANA is doing. I am grateful to my Alma matter for giving me the education that has enabled me to have a successful and meaningful career. I am deeply committed to return the favor.  
I live in Charleston, South Carolina with my wife.

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#### ASIYA KABIR, MBBS, MD (Class of 1996)

I presently live in New York, and work as a Child and Adolescent Psychiatrist for the New York State Office of Mental Health. As a psychiatrist, my expertise includes assessment and treatment of complex and refractory psychiatric illnesses. I also serve Vice-president of the Medical Staff Organization in an administrative capacity. What has stood by me throughout these years is the strong education and sense of belonging bestowed by my alma mater, JNMC at AMU (1996 - 2002). I did my Residency training in General Psychiatry from Creedmoor Psychiatric Center/ NY Presbyterian. I did Fellowship in Child and Adolescent Psychiatry from Northwell-Hofstra program.



As Rumi said, “Warmed by a sun inside, you can see wonders”, I believe that the warmth inside can be enhanced by surrounding yourself with a loving and supportive community. Being in a home away from home, I have attempted to participate in AMU alumni platforms. I have served as the Secretary of FAAA, Secretary of AAANY, and presently as Executive Committee Member of AMAANA.

In a small attempt to create mental health awareness in our community, I have presented lectures on Adolescent Mental Health Awareness (FAAA NY, 2023), and Trauma & PTSD (FAAA Atlanta, 2024). My article on Depression was published in the *Times Of India* (2020). My interview on the basics of psychiatric assessment and treatment, given to Jawaid Danish sahab (AMU alumnus), is available online in Urdu language.

My hobbies include creating new memories and experiences via travel, reading, and socialization.

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**NAHEED RIZVI, MBBS, MD (Class of 1989)**

Board Certified Internist with over 20 years clinical experience in Out patient, In Patient and Skilled Nursing Facility Patient care. Graduated from JNMC Aligarh followed by residency at St Barnabas Hospital, Bronx. I had the honor of being Vice Chair then Chairperson Department of Medicine at Mymichigan. I transitioned to Out Patient Medicine only at Mclaren and served as Assistant Medical Director Of Quality. Involved in teaching Medical Students from Michigan State University and Central Michigan University. Also had the opportunity to work as Core Faculty at Crozer Chester Internal Medicine Residency. Currently working at Bassett Healthcare in Cooperstown New York. I am passionate about Preventive Health and Evidence Based Medicine.



My hobbies are learning Hindustani Classical Music, Reading, writing Poetry and Cooking.

**Future Vision for AMAANA:** Understand the needs during MBBS and MD for Internal Medicine teaching opportunities as well as focus on Population Health to best serve the community.

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**SADIA CHAGHTAI, MBBS, DO (Class of 1989)**

**Dates at JNMC:** 1989-1998

- Degrees obtained and year: MBBS (1995), Diploma Ophthalmology (1998)
- Other experience at JNMC: participated in SPORTS UTSAV, musical events, chess and carrom competitions.

**Current affiliation :** teaching Math in state of Massachusetts

**Contribution to AMAANA:** member since the inception. Served as AMAANA Jt. Secretary (3 years) since its inception followed by the post of Secretary until 2024. Currently serving as an executive member of AMAANA.



I reside in Shrewsbury, Massachusetts. My husband Shujaat is also a JNMC alum. We have 2 adult kids who are also affiliated with medicine. I love music, serving my local community, my alma mater and socializing with friends.

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**ANUJA KURICHH, MBBS, MD (Class of 1989)**

**At JNMC:** MBBS 1996

**Post JNMC:**

Managing Member & Founder  
PHC Healthcare LLC  
Greenbelt, MD



My professional career has been solely in the United States. After completing my residency with Georgetown Program/DC General Hospital, I served as an internist with a highly acclaimed HMO. I have also had the privilege of serving as one of four physicians serving the US Department of State Foreign Services Corp, a very unique and prestigious position in the US Government. Today, I am among very few women sole practitioners running my own medical practice in Maryland, a “suburb” of Washington DC.

I have been involved with AMAANA since 2005. As a third generation Aligarian, I take great pride to be a part of my alma mater. All of my siblings studied at AMU and are blessed to be doctors and engineers from such a reputable university. It is truly my honor to serve as an executive member of AMAANA.

I live in Clarksville, Maryland with my husband and son.

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**ASIF SULTAN, MBBS, MD**

Place of birth: New Delhi

I was at JNMC from 1991 to 2001.

I did my MBBBS and then MS Gen Surgery from JNMC , wrote my thesis under guidance of Professor Imran Ghani.

An eager participant in university and college cultural activities and I was in organizing committee of annual college festival.

Currently working as nephrologist at University of Tennessee medical center and other hospitals in Knoxville, TN.

Founding partner and director at Knoxville Nephrology Associates, Knoxville, TN.

Medical Director of Davita Dialysis Center Morristown, TN. Tazewell, TN and NHC Knoxville, TN. Assistant professor at Lincoln Memorial University Debusk college Osteopathic Medicine.



**SHAMIM KHAN MBBS (Class of 1986)**

**JNMC Year of Graduation:** MBBS 1992, MD Radiology (1992-95, did not finish, moved to US)

**Post JNMC:** Residency and Cardiac Fellowship in the US

**Current Professional Appointment and Location:** Interventional Cardiologist, Long Island, NY; Assistant Professor of Clinical Medicine at Stony Brook University Hospital, Stony Brook, NY.

**Past Contributions to AMU and AMAANA:** I served as the first Treasurer of AMAANA. During our first meeting (2013), I actively lobbied the then VC AMU (along with other cardiologist members of AMAANA) to establish Cardiac Catheterization Lab at JNMC which has been accomplished & has been extremely successful. During my trips to India I try to interact with Cardiology Faculty at JNMC; gave a talk to the Cardiology department on my last visit.

**Future Vision for AMAANA:** Going forward my goal is to provide best possible forum for JNMC Alumni where we can interact, network & work for the betterment of our alma mater.



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**HINA KHAN, MBBS, MD**

Dates at JNMC: 2001-2006

Degrees obtained and year: MBBS 2006

Other experience at JNMC: 11, 12 grade

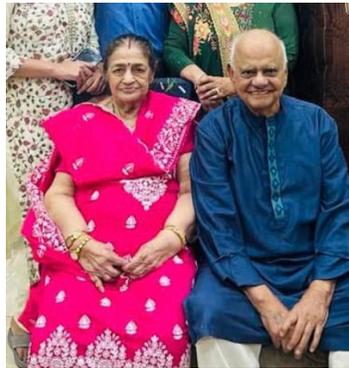
Current affiliation: Director of Thoracic Oncology, Assistant Professor of Medicine, Brown University

AMAANA member since date: 2016

Dr. Hina Khan is an Assistant Professor of Medicine in the Hematology and Oncology division. She is a Thoracic Oncologist at the Brown University Health Cancer Institute in Providence, Rhode Island. With her clinical and translational expertise, Dr. Khan has led several University, pharmaceutical and NIH-funded projects as a principal investigator. Her ongoing translational work focuses on enhancing responses to immune checkpoint inhibitors in preclinical and lung cancer organoid models; and build on the role of Chi3L1 in response to immune checkpoint therapy in metastatic lung cancer. She is the site investigator for the CCC-19 (consortium for COVID-19 and cancer) and TERAVOLT (Thoracic cancers international COVID-19 collaboration registry) registries, and heavily invested in studying outcomes of COVID-19 in lung cancer patients. Dr. Khan also has a truly informed commitment to increasing diversity in clinical trials, given her background as a South Asian immigrant and an academic lung cancer expert. In Rhode Island, she has studied the burden of Radon exposure and its genomic imprints on lung cancer. She is identifying areas with significant exposure and studying ways to improve patient outcomes. She leads a comprehensive program of public education and nodule management to increase Lung Cancer Screening in the Underserved Populations of Rhode Island.



**REST IN PEACE (2022-2025)**



- Prof Ashraf Malik
- Prof Y Gehlaut
- Prof K N Singhal
- Prof L M Bariar
- Prof and Mrs Ahuja
- Dr Sarkar Haider
- Dr Lavneesh Agarwal
- Prof S G Tewari
- Prof Parveen Ahmed
- Prof Abida Malik
- Dr Saquib (JNMC 1st batch)

**In Memoriam**

*And when great souls die,  
after a period peace blooms,  
slowly and always  
irregularly. Spaces fill  
with a kind of  
soothing electric vibration.  
Our senses, restored, never  
to be the same, whisper to us.  
They existed. They existed.  
We can be. Be and be  
better. For they existed.*



**-Maya Angelou**



2017



2019



## COMING OF AGE IN ALIGARH-

Jalal Zuberi,

I came to Aligarh in 1960 as a young child when my father got transferred from another city in his government job. My earliest memory of Aligarh is tagging along my elder sister to AMU girl's school, which allowed boys till fifth grade after which I got transferred to all boys' school, *Mintocircle*. Although school's official name had been changed a few years back to Syedna Tahir Saifuddin (STS) HS it retained its original identity among locals. The school comprised of several buildings inside a circular wall, hence the name, with a massive entry gate. One side of the school



housed primary grades and the other side held senior grades on the upper story and hostels on ground floor. School day began with morning assembly, announcements by the principal, teachers, and monitors. School's uniform was khaki pants, white shirt, and green blazer during winters. Occasionally, rowdy students got punished in front of whole school! Out of town students, named *residents* lived in hostels on school campus, outnumbering students with homes in Aligarh, like me, called *Day Scholars*, giving AMU a 'residential' university designation. For administrative purposes all residents hostels were grouped under different *Halls*, like SS Hall, MM Hall, HH Hall, Abdullah Hall (for girls), for socializing and creating competitive teams for extracurricular activities and tournaments for games. Day Scholars also had their Non-Resident Students Clubs (NRSC) for the same, where we enjoyed our evening playing table tennis, badminton and other board games. A popular evening pastime for boys was hanging out in front of Abdullah Girls college gate just for the glance of passing girls and for any rare and daring romantic rendezvous in the conservative college town. A loud alarm at 8:30 pm signaled curfew time for resident students to head back. We had an Alsatian dog I had named Jack, who would start mimicking the alarm sound as soon as it began and when scolded to be quiet, would get upset refusing to eat his evening meal unless cajoled by his masters!

Life in Aligarh in the 60's was simple; most people rode bikes and man-pulled *rickshaws*. Inter-city travel was mostly by trains, as air travel was unaffordable for most. The joyous train rides from my younger years have stilled a passion for trains in me ever since. We would often take day's train trips to New Delhi for latest Hollywood flicks, not screened in smaller towns like Aligarh. After school, we played cricket, hockey and *Gilli Danda* with friends, and had also joined *Bal Biradari* a neighborhood boys club for games and tournaments between local teams. Summers were extremely hot and winters made us bundled up as most home didn't have AC. During summer, household members slept outdoors in the open-air courtyard on wooden cots with mosquito nets. Memories of scrambling to get inside the adjoining veranda when it rained in the middle of night are etched in my mind like it was yesterday!

As most Indian youth, we loved Bollywood movies as an escape from reality. Long lines and scuffles at movie theaters tickets counters was a common site. Film magazines were a craze to get as soon as they came for the latest news on movies, famous stars and tinsel town gossip. Shamshad market,

nearby AMU campus was a go-to place for AMU students for its book stores, stationary and related student needs on one side of the street and restaurants and shops for other daily use items on the other side. From there, students could venture to close by Tasveer Mahal, a popular movie theater for an evening show. Listening to Radio Ceylon's *Binaca Geet Mala* every Wednesday evening in Amin Sayani's melodious voice was a joyful ritual and guessing which song would top the popularity chart of the week as they were played! University's main cultural activities like drama, musical evenings were staged at the Kennedy Hall auditorium while smaller events like debates, bait baize and sporting competitions were held at various Halls of residence. These programs usually began with recital of the AMU tarana by a pre-selected team of students with better voices who would practice the singing for a few days before the event. Such extracurricular activities added to the richness to AMU life that Aligs savor throughout their lives long after leaving the town, creating many Aligarh Alumni Associations throughout the world, and perhaps fulfilling AMU's founder's dream as depicted in its final lines of its famous tarana, *Jo Abr Yahan SeUtthe Ga, Woh Sare Jahan Par Barse Ga....!*

While stale food served in the hostels has been a butt of many jokes, Day scholars had the luxury of home cooked meals prepared on demand by cooks, who lived in outhouses along with house cleaners. Breakfast wasn't complete without famous *matry* biscuits, made by a special baker in the city, with locally made butter, *malai*, *omellete* and delicious homemade jellies. Occasional treats of fresh jalebis, aloo sabzi with puri from Taj Sweet from Dodhpur market would be an added delight for the palate. Having two cups of tea in one setting was customary in Aligarh and guests were served tea without question as tea stalls were a common site for meeting points at AMU and all over the city. We lived in a rented house on Dodhpur road leading to medical college and surrounding *Malah ka Nagla* before moving in our own home in close by neighborhood we helped name as *Sir Syed Nagar* just before my medical graduation. We were very excited in finally becoming a homeowner and a true Aligarian!*Dodhpur* bazar was a short walk to get seasonal fruits, *seikh kabobs*, meat at butcher shops and day to day items at the *Banya* store from where I learned pearls of marketing as they would lend us stuff even when we were out of cash, making us their lifelong happy customers! Every month or so we venture to main city markets for household shopping in man-pulled rickshaws. At the bridge connecting civil lines with market area called *kathpula*, male members would often get off to ease rickshaw puller's burden. Seeing resident friends off at the railway station was customary when the traveler was expected to pay for the tea for everyone from the platform stall.

My years at AMU and the Medical school were a lot of fun, creating lifelong friends with whom we still keep in touch daily on WhatsApp. Ragging of junior students by the seniors was a necessary evil but brought the students closer after the initial ordeal! On finishing medical school and specialization in Pediatrics for a Diploma in Child Health, I looked for job prospects locally and considered overseas opportunities created by the recent oil boom in the Middle East and opening of several new medical centers and hospitals. My dad's willingness to let his doctor son leave, while he would support my younger siblings on his limited income, cemented his legacy of self-sacrifice for children's future and love for family which has guided me throughout my life.

Memories of Abbaji include never seeing him sitting idly even after his retirement, keeping himself busy reading newspapers for latest news, explaining politics, complex world events to his kids, reading books on different topics, making notes in his journals, telling stories and jokes, fixing things around the house with his tool box have inspired me to embrace these lifelong habits and trying to pass these on to my own kids.

I arrived in the US in 1985 in Springfield, IL just a few months after my marriage in Pakistan. After finishing Pediatric residency there, I moved to Atlanta in 1989 for fellowship training at Emory, then joined medical school as a professor teaching medical students and residents for almost 30 years. For past few years, I run a private medical clinic in suburban Atlanta adding a new chapter to my professional journey enabling me to provide care to a more diverse group of people while continuing teaching medical students and residents from private Caribbean medical schools for the joy of teaching. As a father of four grown up and successful children and now a grandfather, life seems to be completing a full circle!

On coming to ATL I served Aligarh Alumni Association of Atlanta, as its Treasurer, Vice President, President, advisor and recently as member of Board of Trustee. Organizing a first joint India-Pakistan Golden Jubilee Independence Day celebration (1997) at Ga Tech Auditorium where Aarti Pandiya, an Ophthalmologist in training and an upcoming singer performed reciting famous songs and ghazals from the subcontinent to enthrall the audience for a memorable evening. Although AAAA was already more than 10 years old when I joined, Youth Programs were organized for the first time under my tenure as President, including debates on interesting topics, awarding them prizes and certificates for the participant's delight and as an incentive for the youth to remain engaged. Other highlight of my tenure includes extra efforts in organizing AAAA's signature annual *Mushairas* to make it a household name in the desi Indo-Pak Atlanta community.

I hold the belief that you may leave Aligarh, but Aligarh never leaves you! In my recent visit to Aligarh a few years back, I couldn't recognize any neighborhood I used to visit including my own home, now converted into a duplex, with drastic changes in infra structure, I urge all Aligs to plan your trip to Aligarh or other hometowns sooner than later to preserve cherishable memories as the landscape everywhere is changing at an unrecognizable pace.

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**About the author:** Jalal Zuberi, MD, DCH, FAAP is a Pediatricist Specialist in metro Atlanta, GA and has over 45 years of experience in the medical field. Dr. Zuberi has worked as an Associate Professor of General Pediatrics at Morehouse School of Medicine, Atlanta. Dr. Zuberi has been AAAA President from 1996-97.

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## AMAANA REUNION

Huma Kazmie, Oct 5, 2025

Suno merey bhai suno meri bahna, Suno merey sab doctor dost dana  
AMAANA hai sabka AMAANA hai apna, AMMANA ke function mein sabko hai ana

Gile shikwey kar lein magar na na bolein, jigar sey jhagad lein akad lein bigad lein  
Humein khoob aata hai roothay manana, Khilaana pilaana aur hansna hansana

AMAANA ka maqsad hai insaan ki khidmat, Aligarh ki Syed ki Azmat badhaana  
Ye sabki ho khwahish, sabhi ki ho mehnat, Chaman apney College ka behtar banana

AMAANA ka function, hai mausam suhana, Milein doston sey aur gayein tarana  
Ghazab ka hai mauqa ye VC ka ana, SN ki padosan ka tashreef lana

Hamara hai pasha maraz ko mitana, Cancer care ka centre JNMC mein banana  
Hai maqsad hamara badhey dostana, Sabhi ko pasand aye khaana aur gaana.

Nahin chalney wala koi bhi bahana, Sabhi ko hai ana, har ek baar anaa

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YOUNG JNMC ALUMNI



FOREVER YOUNG ALUMNI



## AMAANA MEMBERS AT OTHER ALIGARH EVENTS



AMAANA members at the Federation Meeting in New York, 2023



AMAANA members at the Federation Meeting in Dallas, TX, 2022

**6<sup>th</sup> AMAANA Biennial Meeting and Reunion Program**  
**Saturday, October 25<sup>th</sup>, 2025**

- 4:00 pm Registration and Hors D'oeuvre
- 5:00 pm Recitation from the Holy Quran- Dr Huma Kazmie
- 5:05 pm Introductory Presidential Remarks- Dr Tazeen Beg
- 5:15 pm Outgoing President's Message- Dr Reshma Mahmood
- 5:20 pm Cancer Center Initiative- Presentations by Dr Shams Iqbal and Dr Mohammed Akram (Dept of Radiotherapy, JNMC)
- 5:30 pm Announcement of the 'Jawaharlal Nehru Lifetime Achievement Award'
- 5:35 pm Introduction of the Vice Chancellor Sahiba-Dr Shamim Khan
- 5:40 pm Vice Chancellor's address- Prof Naima Khatoon
- 5:55 pm Introduction of the Keynote Speaker- Dr Tazeen Beg
- 6:00 pm Keynote Address by Dr Frank Islam-Entrepreneur, Philanthropist, Civic and Thought Leader
- 6:20 pm Alumni Picture Session with the honorable guests followed by Tarana
- 6:30 pm AMAANA Theater presents 'The Jargon Jam'- Dr Syed Mohsin Alvi (Producer)
- 6:45 pm Self-introduction and Talent show by AMAANA members
- 8:00 pm Closing remarks- Dr Gaurav Gupta
- 8:30 pm Dinner followed by Entertainment with Mr Isumatorra (Asmat) Mohamada) and DJ Monty

\* Master of ceremonies- Dr Barina Agil

## University Tarana (Anthem)

Ye mera chaman hai mera chaman, main apne chaman ka Bulbul huñ  
Sarshaar-e-nigaah-e-nargis huñ, paabasta-e-gesoo-e Sumbul huñ  
Ye mera chaman, ye mera chaman,  
Ye mera chaman hai mera chaman, main apne chaman ka bulbul huñ!  
Jo taaq-e-haram mein roshan hai woh shama yahan bhi jalti hai,  
Iss dasht ke goshey goshey se ik jooy-e-hayat ubalti hai  
Ye dasht-e-junuñ deewanoñ ka, ye bazm-e-wafaa parwanoñ ki  
Ye shehr-e-tarab roomanoñ ka, ye khuld-e-bareen armaanoñ ki  
Fitrat ne sikhayee hai humko uftaad yahan parwaaz yahan  
Gaaye haiñ wafaa ke geet yahan, chheda hai junuñ ka saaz yahan  
Ye mera chaman hai mera chaman, main apne chaman ka Bulbul huñ!  
Iss bazm mein teghein khiñchiñ hain, is bazm mein saagar todey haiñ  
Iss bazm mein aankh bichhaayee hai, iss bazm mein dil tak jodey haiñ  
Har sham hai shaam-e-Misr yahan, har shab hai shab-e Shiraz yahan  
Hai saarey jahan ka soz yahan aur saarey jahan ka saaz yahan  
Zarraat ka bosa lene ko sau baar jhuka aakaash yahan  
Khud aankh se hamne dekhi hai baatil ki shikast-e-faash yahan  
Ye mera chaman hai mera chaman, main apne chaman ka bulbul huñ!  
Jo abr yahan se utthega, wo sarey jahan par barsega Har jooy-e-rawaan par barsega,  
har koh-e-garaan par barsega Har sarw-o-saman par barsega, har dasht-o-daman par barsega  
Khud apne chaman par barsega, gairon ke chaman par barsega  
Har shahr-e-tarab par garjega, har qasr-e-tarab par kadkega  
Ye abr hamesha barsa hai, ye abr hamesha barsega Ye abr hamesha barsa hai,  
ye abr hamesha barsega Ye abr hamesha barsa hai, ye abr hamesha barsega  
Barsega, barsega, barsega!

(Asrar-ul-Haq Majaz Lakhnavi)

## **Our Mission**

*To promote the interests of JNMC by fostering a strong bond between the alumni and their alma mater, and in the process, contribute to the advancement of the medical profession and technology and sharing of knowledge and ideas.*



**AMAANA**

15 Franklin Avenue, East Setauket, NY 11733