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AKU-NAMA

Aga Khan University Newsletter and Magazine for Alumni

2013, Vol. 6, Issue 2



Milestone Special

The University at

30

30th anniversary of
SONAM's first
graduating class

25th anniversary of
MC's first
graduating class

20th anniversary of
IED's inaugural class

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Faisal Qureshi '93 and Sadaf Khan '92 with Dr Farhat Abbas, Dean Medical College, at the alumni reunion in Orlando, Florida, July 5, 2013

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AKU-NAMA Goes Green

Responding to the on-going requests and growing preference for an eco-friendly version of the AKU-NAMA, the Editorial Board is delighted to announce that the newsletter now primarily appears in an e-version.

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

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

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A Time to Give

Adeel A. Butt, MBBS '90

Tsunamis. Floods. Earthquakes. Typhoons. These days there is news of natural disasters everywhere. Loss of life and property is colossal. Need for help is urgent. Preparation for the next disaster is poor or non-existent.

Whatever theory we subscribe to for the increasing frequency of these calamities, two things are certain: the ones that have happened need assistance, and the ones that will happen need planning to mitigate the losses. Whether in Pakistan, Bangladesh, Philippines, the US or any other country, we should be united in resolve and purpose to provide help to those affected.

In developing countries like Pakistan, a major concerted effort is urgently needed to invest in disaster relief and planning. Many of our own graduates from various educational units have excellent training in fields

that can help in such situations. While the government apparently does have a unit to plan and execute disaster management plans, clearly more is needed, as was evidenced by the earthquakes and floods in the last several years.

It may be a good time for our alumni to come together to brainstorm about an effective plan to help the country. Whether it is through formation of special logistics teams, medical relief, rebuilding efforts or even developing a comprehensive national plan and presenting it to the appropriate authorities, it would be of immense value.

Let's take a moment to recognize and remember all those who have lost so much in recent disasters, and to appreciate all those who provided help at great personal cost. ■

Alumni Association Appoints its Asia Chapter Officers



Last year, alumni of the Medical College based in Pakistan, Middle East and Asia-Pacific region decided to create a chapter of the AKU Alumni Association. For this purpose a steering committee was created with Dr Hasnain Zafar, MBBS '91 and Residency '97 as chair. After careful deliberations, elections were conducted electronically and in person on August 30, 2013.

Following are the chapter's first office-bearers:

President
Dr Saad Shafqat
MBBS '88

Vice-President – Undergraduate Programme
Dr Saniya Sabzwari
MBBS '92

Vice-President – Graduate Programmes
Dr Fyezah Jehan
Internship '02, Residency '07, Fellowship '11 and
MSc '11

Vice-President – Postgraduate Programmes
Dr Tayyaba Ansari
Internship '01, Residency '06 and Fellowship '11

Secretary
Dr Aryn Malik
MBBS '10

Treasurer
Dr Syed Asad Ali
MBBS '01

Learning New Tricks

Enos Kiforo's association with the Institute for Educational Development, East Africa began in 2007 when he was admitted to the Master of Education programme. At that time Enos was a high school teacher in one of the top public schools in the coastal town of Mombasa, Kenya. Enos had realised a change was needed – a change which his association with IED would help bring about.

For 10 years, Enos Kiforo had taught at a top public school in Mombasa but he was dissatisfied. He had realised that he wished to do something new and exciting – he wanted to be a student once again. After much deliberation, in 2007 he enrolled in the master's programme at the Institute of Educational Development, East Africa.

Academic life at IED was rigorous but manageable. It was not long before a redefining of Enos' definition of education took place and he realized that teaching was a lot more than just going to class as he had once believed. "The collaborative discussions that were held on a regular basis made me realise that each new lecture carried its own portion of newness and freshness about teaching," says Enos about his experiences.

Not only did Enos' understanding of teaching change but the year and half at IED gave him a perspective of the importance of cooperative learning, collaborative teaching, reflective practice and pedagogical leadership.

"When I finally graduated in the summer of 2008, I had a completely new world view about teaching. At

that point, I hoped to bring about the change in my profession that I had been made to believe was possible," he adds.

Now a Professional Development Teacher (PDT), his first step was to make changes in his own school. He wished to make the shift from the traditional teacher-centred pedagogy to student-centred learning.

"My students at first were apprehensive. They were not used to cooperative learning. They were too used to being told what to do rather than being asked what could be done," he recalls.

Before making his colleagues question the rationale behind the

new kind of teaching, he gradually began making changes in his own classes. Seeing the results, his colleagues found that the 'new way' was popular with the young learners.

This paved the way for his first professional development session on cooperative learning at his school. And to make it a real simulation of his courses, he used typical cooperative learning techniques such as jigsaw puzzles, gallery walk and graffiti.

Building on the hype he had managed to create, Enos managed to convince his colleagues to visit IED for their annual teachers' retreat.

The results of his labour were evident in just one year: in 2009,

15 teachers from his school applied for the Master of Education degree programme at IED.

Meanwhile, Enos was to hold another four workshops in his own school before being transferred to a neighbouring school.

According to him though his greatest achievement was the implementation of his Information and Communication Technology (ICT) action plan, which he had drawn up as part of his assignment in one



Cooperative learning techniques are at the heart of professional development

of the ICT classes at IED. “Both the teachers and the learners increasingly used modern technology in the instruction and learning process respectively,” he says, “ICT was no longer viewed as a discreet subject, but instead as a tool to aid teaching.”

In fact, Enos would go on to implement his knowledge and ICT skills beyond the boundaries of his school. Enos was chosen as District ICT Champion, a position he holds to date alongside his teaching position. As an ICT Champion in the district reporting to the District Education Officer, Enos has successfully helped implement ICT integration in six schools within the Changamwe district. His role includes advising schools on what ICTs to buy, checking that the equipment bought is within the government’s specifications and training teachers in these schools on how to successfully integrate ICTs and monitor implementation. He also evaluates ICT usage in the participating schools. Up to now, a total of 220 teachers and 5,200 students have benefited directly from Enos’ efforts.

On the side, Enos has continued to make a difference. In 2008, Enos helped establish a professional body called the Learning Teachers Company (LTC) in collaboration with three other colleagues from his MED course.

“In one of our sessions, we had asked ourselves: ‘What next after IED? How do we remain relevant?’ The LTC was an answer to these questions,” he explains.

Interestingly, LTC transcends borders to feature like-minded IED alumni from both the Karachi and Dar es Salaam campuses. Enos was its first chairperson.

So far, LTC has actively been involved in research on educational matters such as school improvement, use of ICT in teaching and learning, teacher-peer mentorship and authentic communication. It has also mentored teachers on individual



Hands-on learning is an important aspect of Kiforo’s efforts



As a result of Kiforo’s efforts an increased number of teachers have enrolled in the MED programme at IED

levels through class observation and post-observation conferences.

Despite the passage of half a decade since his graduation, Enos’ association with IED, EA continues. In 2011, in an IED, EA-sponsored Certificate in Education Programme, Enos was the coordinator for the English language component for secondary school teachers in Mombasa.

Currently, he is a coordinator on another IED, EA sponsored project,

Information and Communication Technology for Enhanced Pedagogy, that targets teachers in Mombasa.

Enos plans to reach out to as many teachers as possible through his trainings and sessions. He attributes all his success to IED. “Had I not gotten a chance to take part in the Master’s programme, I would not be able to do the kind of things that I have done so far,” he says conclusively. ■

The University at 30



It is indeed a time to celebrate. Thirty years from the time of granting of the Charter, the Aga Khan University has come a long way with schools, colleges and institutes in Asia, Africa and Europe.

As the University has grown – adding new campuses across three continents and with expansion plans that will provide students a larger variety of disciplines to choose from – so has the number of lives it has touched.

The unwavering commitment, focus, discipline and dedication of the University leadership and its faculty and staff have been translated into over three decades of adherence to the highest ethical and academic standards. The result: a highly successful alumni body, no doubt the University's greatest asset, numbering in the thousands, carrying the AKU flag across the globe.

This year is particularly special as the University marks a number of milestones.

The School of Nursing and Midwifery, where it all began all those years ago in 1980, celebrates the

30th year of its first graduating class. Not only has the School over this time been involved in shaping modern teaching practices associated with nursing, the recent introduction of the bachelor's degree in midwifery is another first for a region where maternal and child health remain an issue.

The first class of the Medical College, the Class of 1988, marks 25 years of their graduation. And while their paths might have led them all over the world, one common bond of being AKU alumni has always been at the centre of their association.

The Institute for Educational Development also marks its 20th anniversary of admissions for its inaugural class. In a country where education receives little notice, IED has played an immense role in identifying and addressing issues such as teacher training and pedagogy in some of the remotest areas of the country.

As the Class of 2013 graduates it gives all of us who have gone before a sense of satisfaction that the road less travelled all those years ago has today made all the difference. ■

School of Nursing and Midwifery 30th anniversary of graduation of inaugural class



“The entire faculty at that time was from abroad and all of them were amazing teachers and human beings. They knew how to mix everyday lessons with humour and make students retain more from the class. I still remember that I had to go through a surgery and when I was discharged, I was still recovering at the hostel. All my teachers came to visit me. They made sure that I didn't lag behind in the course and provided me with utmost help to cover up. Even my classfellows were very helpful during that phase. This treatment was not only for me but was extended to everyone in my class. There was a personal touch back then which I feel is missing nowadays. It was

also during this time that I realized the difference a teacher is capable of making.

For many it might seem like a long time has passed but to me it's like 30 minutes have passed. All of us have worked hard to achieve success in life. However, I attribute my career and my success as an individual to this institute. The skills and expertise that I acquired here have given me the confidence to be part of international organizations such as World Health Organization. I feel that I have accomplished a lot in life – I am satisfied with life. Now I want to work towards the success of Pakistan.” ■



Dr Rafat Jan

RN Diploma '83,
Post-RN BScN '91

Associate Professor
and Director Midwifery
Programme, SONAM

MILESTONE SPECIAL



With barren land stretching all round, the School of Nursing was the first building to be constructed on campus

AKU



The campus in the early 2000s

AKU



Setting the trend, the first batch of nurses helped transform traditional thinking about the profession

AKU



“The Vision of the University’s Chancellor is to promote women empowerment in Pakistan. This is a dream come true in my case and I am privileged to reach the position I am at today. His Highness encouraged people to send their daughters to the School of Nursing. I joined Aga Khan University’s first batch of Nursing Diploma immediately after completion of my training from Women Hospital Karimabad. I worked very hard and took pride and learned how to become independent professional.

Living in a hostel was a memorable experience and I learned about importance of family in my life. When we started, the School was largely a bare ground. We only had one building as the School’s construction work was in progress. Things have changed over 30 years and today AKU is an international private teaching institution committed to providing the best possible option for management of patient care services. It is dedicated to preparing individuals for leadership roles through excellence in education, service and research.

There have been more than 3,000 graduates of the School of Nursing who over the years have benefited international communities. These graduates are spread all around the world and hold key positions and make AKU proud.

I returned to Aga Khan University Hospital and take pride in serving Pakistan as I remember the Chancellor’s speech at the inauguration of the School of Nursing in 1981 in which he said, ‘If you fail, I have failed. If you succeed, Pakistan will be rewarded.’”



Khadija Pir Muhammad

RN Diploma '83
Director, Nursing Services,
Aga Khan University
Hospital, Karachi

Medical College

25th anniversary of the graduation of the inaugural class




“I was the eldest of six kids in my family, and we didn’t have money growing on trees, so I was a bit hesitant to join the first private medical college of Pakistan. Nevertheless, my father didn’t budge from his stance and I am grateful to him to this day for that. I had a scholarship for my position in Inter Board and I received educational loans and scholarships from AKU later on, because of my academic performance. It helped a lot to pay the fees.

His Highness believed that the faculty needs to be the strongest pillar of an institution and that is what he delivered by blessing us with the most distinguished faculty of our time. Our bond with the faculty was so strong that till this day we remember and stay in touch with each other. My favorite subject was Microbiology for two reasons. Firstly, it is an interesting subject. Secondly, Dr Rumina taught the subject, which made it extremely attractive. Other than her, I liked Dr Pervez Iqbal, Dr Anwar Siddiqui, Dr Shoro, Dr Vellani, Dr Hizbullah, Dr Wiqar Zaman, Dr Rabia, Dr Farhat Moazzam, Dr Fauzia Qureshi, Dr Rizwan Azami, Dr Daudi, Dr Arjumand Faisal, Dr Khurshid, Dr Arshad Saeed, Dr Suraiya, Dr Wasim Jaffry, Dr Ata Khan,

Dr Iftikhar Salahuddin, Dr Javed Rizvi, Dr Rahat Qureshi, Dr Bhutta, Dr Thobani, Dr Karmani, Dr Akhtar Jamal and Dr Shahzad.

I would like to ask everyone to be truthful with themselves. Don’t displease God and be grateful to Him. Whenever you do wrong, immediately repent and placate Him. Adversity brings out the best in you, therefore, feel blessed for the hardships that you go through in your line of service to humanity. There are few people who are chosen to go through difficulties. Value your parents and respect them. They are the only beings who shower their love selflessly and unconditionally. Always exercise positive thinking;



Dr Azam Ali
MBBS '88
Associate Professor, Section of Ophthalmology, Department of Surgery, Aga Khan University

it will make you achieve the impossible. Always be grateful for your parents, family and friends. Never be arrogant of your skills. Always try to help people as much as you can and be good to them as much as possible.

Lastly, but, most importantly, don’t forget to have some fun along with studying at the undergrad level. This is your last chance to do so as it gets very serious and sober after you graduate. That is what I try to ensure when students rotate with me.” ■



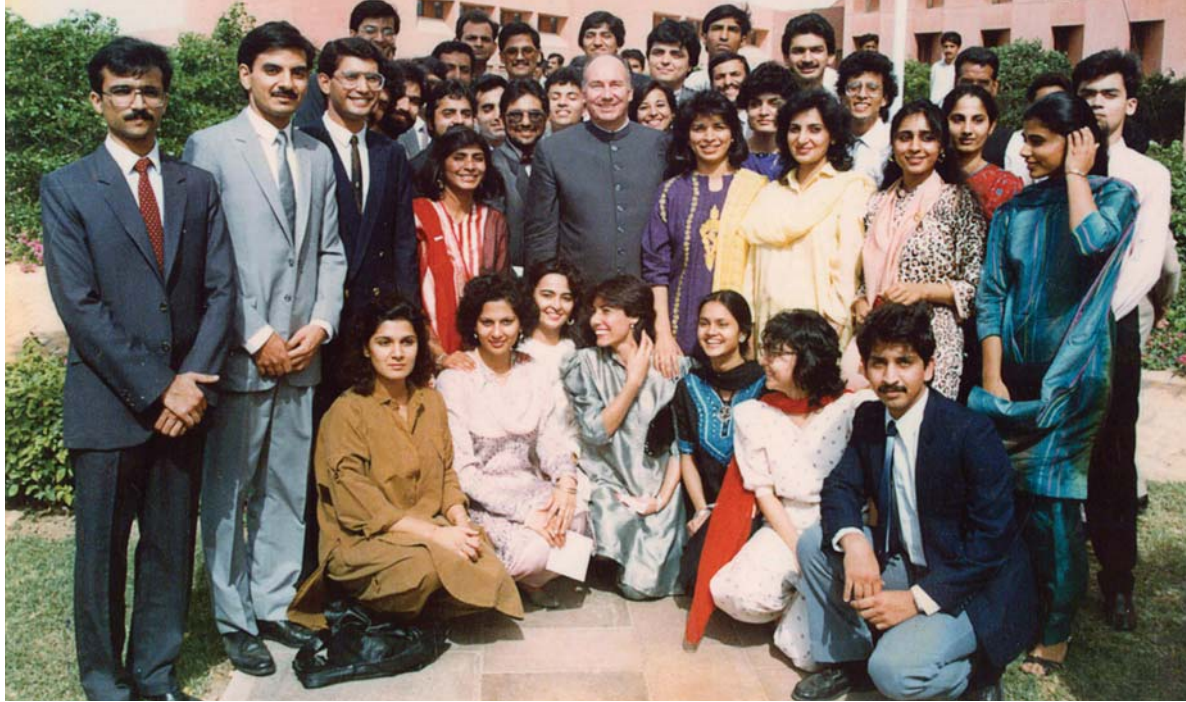
“I felt privileged to be a part of the first class. The college atmosphere was nurturing and supportive. We were taught to think big. The teachers prepared for classes well and were readily available after hours. This was a positive incentive for me to work hard and meet deadlines. I learnt a lot from so many fine teachers, Dr Shoro, Dr Mushtaq, Dr Suria, Dr Iqbal, Dr Haleem Khan with his

encyclopaedic knowledge and Dr R. Smego with his humour and insights. Dr Farhat Moazzam was a dynamic role model for us. She taught us how to be scholarly and at the same time not take yourselves too seriously. I particularly admired Dr Shehla Naqvi who was multifaceted, a superb clinician, a scholar, a poet, a mother and she effortlessly appeared to manage it all.

AKU will always hold a special place in my heart ... In Houston, I frequently have students from AKU rotate with me during their elective rotations. They enlighten me with wonderful news of the faculty and the programmes at the University.” ■



Dr Mehnaz A. Shafi
MBBS '88
Associate Professor of Medicine and Director of GI Motility at University of Texas, MD Anderson Cancer Center, Houston, Texas, USA



Kneeling (L-R): Uzma Malik, Mehnaz Shafi, Farahaba Lakhdar, Yasmin Khan, Uzma Ahmed, Anita Zaidi, Omar Tirmizi; Standing 1st row (L-R): Tauqir Goraya, Moazzam Sardar, Shahid Shafi, Shamim Badruddin, His Highness The Aga Khan, Faryal Sardar, Zubia Mumtaz, Sarah Hussain, Rubina Sial; Standing 2nd row (L-R): Karim Meghani, Aasim Shaikh, Amin Haiderali, Kamal Mubarrak, Ghazala Khan, Rabia Bhatti, Abdul Alim, Lubna Zuberi, Azam Ali; Standing last row (L-R): Kamal Syed, Arif Nawaz, Khalid Saeed Khan, Usman Chachar, Saad Shafiqat, Naseer Mahmood, Anwar Ahmad, Ejaz Khan, Abid Jamal



“Being the first class with no precedent, as students, we were always comparing our coursework to what was being done at other medical colleges. For example, we were concerned that nobody was teaching us anatomy the way it was supposed to be taught. Many among us believed that we were being subjected to different experiments to see which one was going to work. We used to share our apprehensions, concerns and suggestions with the faculty and this close interaction enriched our relationships. That is also one of the reasons that we respected and cherished all our teachers. Some of my favourites were Dr Raymond Smego who has now passed away, Dr Salahuddin Sheikh, Dr Bhutta, Dr Samia Altaf, Dr Amin Surya and Dr Mushtaq Ahmed.

AKU is an important part of my life. Had it not been in Pakistan, I don't think I would have been able to acquire the same standard of education that I did when I was a student here. It makes a commitment of excellence and meritocracy to each and every student and it has lived up to this standard. After I joined AKU as a faculty member in 2002 I realized the opportunities the University provides for people to make an impact. That is what I have been trying to do since I came back. In that regard, throughout, AKU has been ‘a miracle institution’ for me.

Being from the first batch does make me feel special. I consider myself to be a part of the tradition of excellence that was set back in 1988. We truly are as we called ourselves in our yearbook, ‘First Class’. Being the first class also puts a huge responsibility on us to set a precedent of giving back to AKU.” ■



Dr Anita Zaidi

MBBS '88

Professor and Chair,
Department of
Paediatrics and Child
Health, Aga Khan
University

Bittersweet Symphony



A quarter of a century is a long time. Things change, generations grow up, events happen and circumstances move on. When AKU graduated its inaugural Medical College class back in September 1988, Imran Khan was still a cricketer, Ronald Reagan was still in the White House, Margaret Thatcher was still prime minister of Britain, and Ziaul Haq had just suffered a plane crash. As members of that pioneering class, our memories from that time are dominated by bittersweet feelings of leaving our beloved AKU, of friendships about to scatter, and of anxiety and uncertainty about the days ahead.



Saad Shafqat

MBBS '88

Professor & Head,
Section of Neurology,
Department of
Medicine, Aga Khan
University

Twenty-five years have now passed. Starting from an email conversation earlier this year, our class decided to commemorate this silver jubilee by getting together to relive our cherished memories and renew our bonds. Ours was a class that graduated before the Internet Age (and certainly well before the days of social media), so setting up the email list was a challenge in itself. But word quickly spread and within a few weeks a Google Group was in place, linking all 40 class members. Discussions were heated and occasionally even fractious, but the debate kept inching forward. Decision-making was entirely democratic, ensured through a series of Survey Monkey polls.

Eventually three main action items were agreed upon: (a) we would have a private class gathering during the summer somewhere in the US, where the majority of class members now reside; (b) we would have a formal class reunion on an official AKU platform later in the year; and (c) we would contribute towards a substantial gift of some kind from the class to AKU.

The summer gathering took place in Tarrytown, a picturesque river-front estate in upstate New York

known for its quaint old town setting. A majority of the class – 25 members, including four from Pakistan – attended. Many of us had lost touch with each other, or had kept up only very intermittently. Yet the moment we assembled, it was like slipping into an old, comfortable, and trusted set of clothes. We felt immediately transported to our earliest student days at AKU, except that instead of apprehension and awkwardness, we felt warmth and nostalgia.

Most of us had checked into our rooms by Friday evening on June 28, and some impromptu

Starting from an email conversation earlier this year, our class decided to commemorate this Silver Jubilee by getting together to relive our cherished memories and renew our bonds. Ours was a class that graduated before the Internet Age (and certainly well before the days of social media), so setting up the email list was a challenge in itself.

gatherings took place stretching late into the night. The next morning, we assembled for breakfast in a private meeting room and systematic proceedings began. The opening session was devoted to making introductions and bringing class members up to date with each other. We did this by reading out a select few lines from each classmate's yearbook profile and just letting the discussion flow. The targeted classmate shared their life story over the last 25 years, while the rest of us listened with keen interest, clapping and admiring, while also pulling his or her leg in every direction. After nearly three hours we broke up for what turned out to be a sumptuous lunch, taken in a sunny atrium overlooking sweeping hills and a thick pine forest beyond.

The afternoon session was devoted to discussions around the class gift. Opinions were divided and we had been braced for a turbulent dialogue, but it went smoothly. The eventual consensus was a donation of US \$0.5 million to be spent on education and training initiatives from



Back row (L-R): Aasim Sheikh, Umar Mian, Tauqir Goraya, Jamal Mubarak, Shahid Shafi, Kamal Mubarak, Omar Tirmizi, Nashila Mohamed; Middle row (L-R): Saad Shafqat, Anwar Ahmad, Naseer Mahmood; Front row (L-R): Karim Meghani, Amin Haiderali, Uzma Ahmed, Mehnaz Shafi, Zubia Mumtaz, Faryal Sardar, Ghazala Khan, Lubna Zuberi, Anita Zaidi, Arif Nawaz, Uzma Malik, Naveed Yousuf

which the AKU community and those who engage with it will have the potential to benefit. By an accident of history we have been a pioneering class, and it is in that pioneering spirit that this gift, a modest token of our affection for AKU, is tendered. We fervently hope that a tradition of gift-giving becomes enshrined on the silver jubilee of each subsequent graduating class, and that each class that follows will be motivated to exceed its predecessors.

Following the gift debate we spread out on the estate grounds. Many of us were there with our families, and everyone mixed and mingled as the shadows lengthened and the afternoon headed

We fervently hope that a tradition of gift-giving becomes enshrined on the silver jubilee of each subsequent graduating class, and that each class that follows will be motivated to exceed its predecessors.

into evening.

Dinner was arranged in a formal sit-down setting with a delicious menu combining east and west. An atmosphere of repartee and bonhomie prevailed. As people finished their meals, a slideshow was presented, during which we remembered our classmates Aryn Pirani and Basith Ghazali, the two dearly remembered departed souls. Several people came forward and spoke movingly about them. There was a tear in every eye and a lump in every throat.

It had become late but no one was in the mood to turn in. We spilled out of the dining hall and drifted towards the estate's central building. Soon we found ourselves seated and scattered around the lobby, reflecting, remembering and reminiscing.

The next day, around noon on Sunday, we gathered for a picnic at a nearby park. It proved an ideal aftertaste as a gentle breeze blew across from the Hudson River and everyone enjoyed a traditional American cookout under the shade of elms and oaks. The mood, appropriately, was bittersweet – perhaps the perfect note on which to conclude the get-together. ■

Institute for Educational Development 20th anniversary of the inaugural class



*Sitting (L-R): Anjum Halai, Zeenat Siraj, Iffat Nayar, Sahabzada Yaqub Khan, Dr John Dirks, Idress Ahmed, Farah Imam and Razia Fakir Mohammad
Standing (L-R): Bernadette Louis Dean, Noor Mohammad Sheikh, Fatima A. Rahim, Yasmin Mehta, Pancras Khatta, Muhammad Zahid, Sarfaroz Niyozov, Moula Dad Shafa, Abbas Chemoare, Saeed Nasim, Shahida Jawed, Khalid Rehman, Rakhshinda Mehr and Fatima Ali*



“It was an honour for me to learn from AKU. After graduation I joined my high school services and started practising what I had learnt during the degree programme. It was important to improve and implement new pedagogical knowledge and skills in my own classrooms as well as those of other colleagues.

All lecturers were excellent but my favourite was Dr Muhammad Memon – for me, he was not only a lecturer but a mentor and facilitator. Under his guidance and support, I developed professionally.

Looking back, it was an honour and pleasure for me to be in the first batch. It was a completely new experience for me and helped me develop into a teacher educator.

After 20 years, I still feel proud to be an MEd graduate from IED. It has been a long journey of professional development and I feel lucky to have had the opportunity to develop and serve my alma mater back after graduating.

Over the years, I have been able to keep in touch with a number of my colleagues, among them Dr Bernadette Dean and Dr Anjum Halai. While many have moved on with their lives, our colleague, Noor Mohammed Sheikh sadly passed away.

For me, AKU is the embodiment of quality education and committed and trustworthy services and I believe that it will continue to provide quality education and research facilities and develop leadership capacity through its programmes.” ■



Rakhshinda Mehr

MEd '95

Teaching Associate,
STEP Project, IED,
Pakistan



“The first cohort of the MEd programme started in a small bungalow in KDA Karachi. There are many fond memories of the time: faculty and students sharing lunch in a make-do dining hall under a *shamiana*; being aghast at the watering eyes and rush for water of our East African classmates when presented with the mildly-spiced Pakistani food; traveling with half the class to the UK for an alternative exposure and living in shared accommodation.

Invariably, I feel very proud at being referred to as the first batch. While the first batch was a guinea pig in a number of ways, it was also special simply because of that and received many more privileges. It is amusing today to hear the subsequent cohorts refer to the first batch almost as a reverential special case.

Being in the first cohort is special, there is no history! Your class makes history!

In the end, my programme of study had a strong influence on my understanding of and perspectives on education but more importantly it gave me a broad experience and confidence to be who I am today.” ■



Anjum Halai

MEd '95

Professor and Head
Research, IED,
East Africa



“After completing my degree, I taught at IED initially as a Professional Development Tutor and then as a full-time faculty at the Senior Instructor level. Later, I received an IED-sponsored scholarship to pursue my PhD.

The time that I spent as faculty, Head, Academic and Student Affairs, and Team Leader, Citizenship Rights and Responsibilities Programme Pakistan, have all had a great impact on me. I used to enjoy all the lecturers but my favourite was Dr Yatta Kanu as she encouraged us to read widely and challenged us to think critically.

It is from an IED classroom that I also carry my fondest memory: during the mathematics lessons, I found out that I was a great math student and it had been the teaching methods during my school days which made me believe that I was no good at the subject.

I don't think there were extra pressures of being the first batch ... Obviously the expectations were high, but the faculty challenged and interacted closely with students, and with the small class size students were part of everything.” ■



Bernadette Dean

MEd '95

Director, VM Institute
for Education, Karachi,
Pakistan

Request for Contributions

The editors of AKU-NAMA invite you to contribute to the next issue of the magazine. Your story may highlight interesting career options, unique job experiences, ground-breaking research, innovative public service initiatives or other materials of particular interest to the alumni. You can also contribute opinion pieces on trends in education and modern technology, book reviews and travelogues. Letters to the editor are also welcome. Article length should be approximately 500-600 words. Images must be 300 dpi resolution digital photographs (JPEG files over 1MB). Submit articles at www.aku.edu/alumni/articlesubmissionform. Class Notes provide you an opportunity to make announcements and share your successes with other AKU alumni. Submit your class notes at www.aku.edu/alumni/classnotessubmissionform. Do you know any alumni still not on the AKU-NAMA mailing list? Direct them to www.aku.edu/alumniform. Thank you for all your previous submissions, feedback and suggestions. Now let's keep the ball rolling for the upcoming issue!

Celebrating in Baltimore, USA

Adnan Hyder, MBBS '90

On August 10, Momina and I (both MBBS '90) hosted an Eid get-together for Medical College alumni in the Baltimore-Washington, DC area. We were helped by our daughters Myra and Maryam.

Eid offered the perfect excuse to get everyone together and for many of those attending this turned out to be the first time when they were meeting their juniors and seniors.

The event was attended by 26 MC alumni – all the way from the Class of 1989 to 2011 – who were accompanied by their spouses, children and even parents! Reyaz Haque (MBBS '89) was recognized as the most senior alumnus while Zain Shahid and Hadia Maqsood (both MBBS '11) were welcomed as the youngest alumni (and couple).

Four alumni – Kaleem and Uzma Haque (both MBBS '90) together with Momina and I – represented the famed 'Mighty 90'!

On a personal note, the dinner brought back memories of the time when I had developed and registered the first AKU Alumni North American Association (working with the late AKU Dean James Bartlett), and hosted the first alumni reunion event in Washington in 1993.

It's been 21 years since Momina and I started living in the Baltimore-Washington, DC area. Momina is now a cardiologist with Medstar Health in Baltimore, while I am a Professor of International Health at Johns Hopkins Bloomberg School of Public Health. ■



Melbourne Reunion for SONAM Alumni

Ann Felstead, BScN '94; Gulzar Malik, Diploma '97, BScN '02; Nadia Ramzan, BScN '02

We are proud alumni of the School of Nursing and Midwifery currently settled in Melbourne, Australia. In May this year the International Council of Nurses held their conference in Melbourne, an important event no doubt but what made it even more cherishable was that the keynote speaker was none other than the distinguished Dr Rozina Karmaliani, Associate Professor and past Interim Dean of the School of Nursing.

We met up with Dr Karmaliani in Melbourne and explored the possibility of forming an alumni association in the city. After corresponding with AKU in Karachi, we were surprised to know that there were at least 16 other alumni settled in Melbourne.

The first reunion of the SONAM Australian Alumni was an informal gathering at Ann Felstead's home on June 8, 2013. Eleven alumni arrived punctually to attend the get-together despite the cold and rainy weather.

Dr Karmaliani updated us all on the developments underway at SONAM and future commitments at AKU, and reminded us that as alumni we are all stakeholders

in the future of our alma mater and should take an active part in the University's development and not be complacent. She emphasised that alumni need to contribute and help.

During the informal gathering, we also reminisced the wonderful time we had spent at AKU.

Most alumni in Melbourne are employed in diverse settings: one is pursuing a doctorate in evidence-based nursing while another with a Master in Public Health is working in infectious diseases in a leading teaching hospital attached to the University of Melbourne. A couple of alumni are working in cardiac operating room as well as catheter lab nurses.

We strongly believe that our academic and work experiences have empowered us to be effective mentors and preceptors as well as to be clinically-competent nurses.

Before dispersing we promised to meet regularly and explore ways through which we could give back to AKU. ■

AKU Alumnus Becomes Mayor

Saud Anwar, MBBS '91, is the first Muslim mayor of South Windsor as well as the first in Connecticut and all the New England states.



A renowned pulmonologist, Dr Anwar completed his fellowship in pulmonary medicine, critical care medicine and occupational environmental medicine from Yale in 1995. He also has a Master's in Public Health.

Representing the Democratic Party, Dr Anwar will hold the post for the next two years. In the lead-up to the election, he had urged the Town Council not to raise taxes at a time when families found themselves in homeless shelters.

Speaking to the AKU-NAMA, Dr Anwar said, "The Aga Khan University taught me not only about medicine but about myself. Learning about the human body and various diseases and the influence of environment and policies on the diseases through teachers in community health, basic and clinical sciences has provided me with the basic foundation. This foundation helps me work hard every day to do better than the day before to make a positive change for those around me."

Throughout his career, Dr Anwar has been involved in social service. He was profiled in our Winter 2011 issue, accessible on our website: www.aku.edu. ■

In Search of Knowledge

Peter Chacha Magabe, MMed '10

"We will get back to you," is the last I hear from the head of the interventional radiology unit at the Aga Khan University Hospital, Karachi. I presume that this means they do not have a vacancy for me. Before I know it I am on a plane headed to Hadassah University Hospital in Jerusalem, Israel. I remember wondering, will the plane land safely and offering a silent prayer as we received instructions from the cockpit to prepare for landing at Ben Gurion Airport in Tel Aviv. An uneventful foray through customs and immigration follows and I find myself heading towards Jerusalem.

The 40-minute drive to Jerusalem is so peaceful that I wonder what the media hullabaloo about fighting in Israel is all about.

I marvel at the Judean Hills around Jerusalem, pray at the Wailing Wall of the Second Temple and am taken aback by the tunnel in the historical old city of Hezekiah.

I settle down to the fellowship training. It is quite vigorous. The workload is heavy. There is no tolerance for complications here so one has to work smart and fast. I am working for the first time with world-renowned authors and editors of top journals in my field – I didn't know that so many of them are here. Israelis are quite friendly and peace loving and at every corner you hear *shalom* meaning peace. I'm invited to almost every feast and enjoy each one of them.

There are security checks everywhere. Never in my life have I seen such security surveillance. During the weekends I visit the beautiful countryside, float in the Dead Sea and climb Masada, an amazing fortress in the Judean Desert. It's great fun.

One year goes by so fast and it is time to pack up and return home, having completed my training in one of the most advanced hospitals in the world. ■



Peter Magabe travelled far for his radiology fellowship

Peter Magabe

New Office in Nairobi

Reflecting the University's commitment and its plans for substantial growth in the East African region, the Office of the Provost has moved to a new location in Nairobi. The premises spread over half of the third floor of Park Place will accommodate staff from the Provost's Office as well as other AKU entity heads in East Africa. ■



People in New Positions

Dr Kweku K Bentil has been appointed Vice Provost, AKU. Dr Bentil has nearly three decades of experience as a faculty member and administrator at six institutions of higher education including the University of Washington in Seattle, Washington, and the University of Florida in Gainesville, Florida. Dr Bentil, who was born in Ghana, West Africa, possesses an earned PhD degree in Civil Engineering. He served in industry/private sector for 10 years prior to beginning his academic career.

Dr Bentil has held progressively responsible offices of academic department chair, dean, associate vice chancellor for academic affairs and campus president. He served as the Founding Vice Chancellor and President of the Botswana International University of Science and Technology between 2008 and 2011, where he led the development and start-up of a brand new University of Science, Engineering and Technology. His areas of research include the use of statistical modelling to predict and prevent injuries on construction sites, transfer of technology to developing countries and mitigation of health

problems in developing countries through the use of micro-sewage treatment systems.

The new Dean of AKU's Graduate School of Media and Communications is **Mr Michael Meyer**. Prior to joining AKU, he had worked as Communications Director and Chief Speechwriter to the United Nations Secretary-General Ban Ki-Moon.

Mr Meyer holds a BA in government from Hamilton College, an MS from Graduate School of Journalism, Columbia University, and an MA in international affairs from Fletcher School of Law and Diplomacy, Tufts University.

An award-winning journalist and an acclaimed writer, Mr Meyer has been largely associated with *Newsweek* in his high-profile career. From 2001 to 2007, he was the Europe-Middle East editor for *Newsweek International*. Earlier, he had worked at *Newsweek* as general editor for business and technology from 1993 to 1999, covering the computer industry and the Internet revolution. From 1988 to 1992, he was the magazine's bureau chief for Germany, Central Europe and the Balkans, with offices in Berlin, Bonn and Warsaw and a network of correspondents and stringers throughout the old East bloc.

Mr Meyer wrote over 20 cover stories chronicling the break-up of communist Europe, the German unification and the wars of former Yugoslavia.

Later, he would author *The Year that Changed the World: The Untold Story of the Fall of the Berlin Wall*, an eye-witness account of the revolution of 1989, published in 10 languages and rated one of the 10 Best Books of 2009 by the *Washington Post*. Mr Meyer appears regularly as a commentator for MSNBC, CNN, Fox News, C-Span, NPR and other broadcast networks and is a staff writer with the *Columbia Journalism Review*.

Dr Ayesha I. Mian, MBBS '98 has been appointed Chair, Department of Psychiatry, AKUH, Karachi. She received her training at the University of Texas Medical School, clearing the American Boards in Psychiatry in 2005 and in Child and Adolescent Psychiatry in 2007.

Dr Mian joined Texas Children's Hospital, Baylor as an Assistant Professor in 2007 and was promoted to Associate Professor in 2012. She has to her credit a number of awards for educational leadership, teaching and evaluation and brings to AKU diversified experience in clinical service, education and research. ■

School of Nursing and Midwifery, Pakistan

1989

Nasreen Abdul Mohammed Gangani, nee Panjwani, Diploma, Post-RN BScN 1993, worked in the day care area, lithotripsy and post-anaesthesia recovery room at Aga Khan University Hospital (AKUH) following the completion of her Diploma in Nursing. After her bachelor's, Nasreen worked in the Emergency Room at AKUH and then had an opportunity to serve the School of Nursing and Midwifery as a faculty for about seven years.

1993

Khairunnisa Essani, Diploma, Post-RN BScN 2005, moved to UAE in 2009 and is currently working as Training and Education Coordinator for a private hospital in Dubai. Earlier this year, she was given the responsibility of quality improvement and is now busy preparing two hospitals for an upcoming Joint Commission International audit.

Rozina Badruddin Jiwani, Diploma, has successfully defended her PhD dissertation in nursing at the University of Texas, San Antonio. The title of her dissertation was *Illness Perceptions, Coping Behaviours and Appraisal of South Asian Immigrants with Coronary Artery Disease: A Mixed Methods Study*. She would like to extend her gratitude to all the faculty and staff of the Aga Khan University. Earning her Diploma in 1993 ignited the light of motivation that has helped her achieve her goal of higher education.

1999

Erum Shamsuddin Kabani, Diploma, Post-RN BScN 2004, is thrilled to share the news of the

latest addition to her family, named Soha. Currently, she is working as an instructor of EKG (basic and advanced) and is also involved in teaching a phlebotomy course.

Shireen Asif, nee Lalani, Diploma, Post-RN BScN 2009, is working as senior instructor and pursuing her MScN at Ziauddin University's College of Nursing.

2000

Zahida Murad Haji, Diploma, Post-RN BScN 2007, is working at the King Fahd Medical City in Riyadh, Saudi Arabia, and sends her best wishes to her fellow alumni.

2001

Mehtab Qutbuddin Jaffer, Diploma, Post-RN BScN 2007, has been busy in research activities and recently published two articles titled *Importance of Folic Acid in Daily Life* and *Peaceful End of Life Theory for Older Patients in Nursing Practice*. She also presented a poster at AKU titled *Domains of Accountability in Health Care Profession*, the abstract for which was published in the June 2013 issue of *JPMA*, and entered a writing competition with her entry *Determinants of Maternal Mortality: A Thorn Remains in Our Side*.

Shahina Essani, BScN, is excited to become an AKU alumna all over again when she receives her MScN degree at the AKU Convocation 2013!

2002

Nazish Barkat Ali Khimani, BScN, is currently working as a clinical nurse in oncology, haematology, and bone marrow transplant at the McGill University Health Care Centre. She is grateful for the opportunity she received at the University, and how it changed her life.

2003

Rozina Jalauddin Kygiani, Diploma, Post-RN BScN 2009, earlier this year was part of the first Master of Science in Nursing graduating class from Ziauddin College of Nursing.

2004

Nadia Karim, Diploma, Post-RN BScN 2011, is enjoying her work as an Assistant Head Nurse in psychiatry at AKUH. She has since completed courses through Sigma Theta Tau International, the Honor Society of Nursing, and is planning to enrol in a master's programme in mental health in the near future.

Naureen Anwer Ali, Diploma, recently completed a Post RN-BScN from the Dow University of Health Sciences' Institute of Nursing.

2005

Sarfraz Masih, Post-RN BScN, MScN 2008, in July moved from Liaquat National College of Nursing to Dow University of Health Sciences' (DUHS) Institute of Nursing, and is the first male nurse leader in a public-sector university to be named an assistant professor. Sarfraz serves as the MScN Programme Coordinator at DUHS and has presented papers in Kathmandu, Nepal and Karachi.

2006

Anita Hussain Damjee, Diploma, has recently moved to Toronto, Canada.

Rozina Kashif, nee Maknojia, Diploma, is working as a registered nurse in Melbourne, Australia where she is helping young mothers and babies with early parenting and adjustment issues.

Shabana Lakhani, Diploma, Post-RN BScN 2011, has been promoted to Senior Instructor, Nursing Education Services at AKUH, Karachi.

2007

Monia Saleem, Diploma, completed a nurse midwifery programme in April 2013 and was named the Best Student. In addition, she was promoted to Head Nurse Private Wing II, AKUH, Karachi.



Monia Saleem receiving her Diploma in Midwifery from Dr Keith Cash, Dean SONAM, at the graduation ceremony in April, 2013.

Samreen Mohammad Ali, nee Shafiq, Diploma, Post-RN BScN 2012, moved to Toronto, Canada, where she has cleared her nursing licensure exam and is awaiting her licence.

Shaista Feroz Ali Boricha, BScN, is working as an Assistant Medical Trainer at the Marie Stopes Society, an internationally renowned NGO. She has been training nurses, doctors and LHWs all across Pakistan in reproductive health.

2009

Adnan Anwer Sachwani, BScN, is working as a Quality Consultant in Abu Dhabi and is also enrolled in a Master of Health Administration programme.

Naurin Badruddin Abdul Karim, Diploma, is enrolled in a fast-track BScN programme at Ziauddin University College of Nursing, where she received 4.00 GPA in her second semester.

Sadaf Faiz Ali, Diploma, is currently working at King Faisal Specialist Hospital and Research Centre, Jeddah, Saudi Arabia.

2010

Liza Azad Hirani, Diploma, is pursuing her Post-RN BScN at AKU while working as a registered nurse in the oncology unit at AKUH, Karachi.

Sahreen Malik, nee Sahreen Siraj Nathani, BScN, is enrolled in the MScN programme at AKU.

2012

Ali Baksh, BScN, returned to his native Afghanistan in September 2012 and joined the Paediatric ICU at the French Medical Institute for Children, Kabul. He recently joined the Quality Assurance department as JCIA Officer responsible for quality and patient safety.

Kiran Qasim Ali, BScN, worked as a nursing intern following graduation. In order to build a strong linkage between education and nursing, she has since joined the Master of Education programme at IED.

Medical College, Pakistan

1991

Masood Umer, MBBS, Internship 1992, Residency 1997, was selected as Chair of the Scientific Committee for the National Orthopaedic Conference, which will be held in Karachi in 2014.

1994

Khalid Matin, MBBS, reports that he recently moved to Richmond, Virginia where he joined Virginia Commonwealth University as an Associate Professor and Medical Director of Community Oncology and Research Affiliations at the Massey Cancer Center.

1996

Namirah Jamshed, MBBS, is currently Programme Director, Geriatrics Fellowship at MedStar Washington Hospital Center, Washington DC. She is also Principal Investigator with the Chief Resident Immersion Training Grant for Care of Older Adults from the Reynolds Foundation.

2001

Asma Zakaria, MBBS, edited a book titled *Neurocritical Care: Questions and Answers* published by Demos Medical, USA.

2002

Muhammad Ali, Residency, was one of 11 paediatric residents who graduated from the AKU paediatric residency programme in 2002. He went on to complete a paediatric haematology oncology fellowship at The Hospital for Sick Children, Toronto, Canada, following which he proceeded to complete another one-year fellowship in paediatric bone marrow transplant sub-specialty. He has recently joined as faculty in the section of Bone Marrow Transplant at The Hospital for Sick Children.

Sharjeel Ahmad, MBBS, has joined the University of Illinois, College of Medicine-Peoria as Assistant Clinical Professor of Internal Medicine, Section of Infectious Diseases. Prior to that

he was working at Community Health Services, Inc. in Hartford, Connecticut as Associate Director, Adult Medicine Department.

2003

Muhammad Irfan, Fellowship, received a promotion to Associate Professor in Pulmonary and Critical Care Section, Department of Medicine, Aga Khan University, Karachi.

2006

Aqueel Pabaney, MBBS, and wife, Sabika, were blessed with a beautiful daughter, Amal Fatima Pabaney on June 25, 2013. She weighed 7 lbs 10 ozs and was 21 inches tall.

2007

Muhammad Kashif, Residency, since leaving AKU in 2010, has been working as Section Head of Haematology, at the Prince Salman Hospital in the northwestern Tabuk region in Saudi Arabia.

2009

Zaheer Alam, Residency, joined the Paediatric Urology Fellowship programme at Cincinnati Children's Hospital and Medical Centre, ranked third nationally by *US News & World Report*.

2010

Amyr Malik, MBBS, after completing a Master of Public Health from Johns Hopkins Bloomberg School of Public Health is now back in Pakistan working as Programme Manager at Interactive Research and Development. Dr Malik was recently elected as the Secretary of AKU Medical College Alumni Association – Pakistan, Middle East, and Asia-Pacific Chapter.

2011

Amina Adil, MBBS, got married to classmate **Faraz N. Kazmi**, and the couple matched at Hennepin County Medical Centre.

Muhammad Humayun Hameed Khan, Residency, is living in Quetta and working as the Senior Registrar in the Orthopaedic Department at the Civil Hospital, Quetta. In addition to his private practice at the Heart and General Hospital, Quetta, Dr Khan completed a fellowship in Orthopaedics in Ilizarov Surgery in Italy and a fellowship in Adult Reconstruction Surgery in Karachi.

Institute for Educational Development, Pakistan

2003

Sawan Khan Khaskeli, AdvDip in Primary Education, is working as Manager, Monitoring and Evaluation in Pakistan.

2006

Najma Raja, AdvDip in TEFL, recently presented a research paper titled *Quaid-e-Azam's Vision of Pakistan* at a three-day conference organised by the Quaid-e-Azam Academy, Ministry of Culture and Heritage.

2007

Ayesha Irfan Khan, AdvDip in Education, is residing in Ontario, Canada where she is teaching in a private school.

2008

Shamsah Sher Ali Sajwani, MEd, has been working as full-time faculty at Aga Khan Primary

School in Dar es Salaam, Tanzania. She was recently appointed as Language, Arts and Mathematics Coordinator across the school from early years to grade six. Among other things, her responsibilities include preparing learners to develop their knowledge, concepts, skills and attitude.

2011

Mumtaz Hussain, MEd, writes from district Ghanche, Gilgit-Baltistan and says he is pleased to share that he and his wife, **Nasra Jaffar**, MEd 2005, have been provisionally selected for two important positions with the Federal Public Service Commission, Islamabad.

2012

Saniya Sultan Ali Punjwani, MEd, got married and moved to Dubai, UAE in January 2013. She is currently working as Assistant Head of the English Department at the American International School, Dubai.

Institute for the Study of Muslim Civilisations

2008

Fatemeh Shams Esmacili, MA, received a Jaleh Esfahani Poetry Prize at the Jaleh Esfahani Foundation's annual poetry festival. Young Persian poets take part in the competition by submitting 10 poems in both classical and modern styles. The poems are refereed by a group of Iranian poets, including the famous poet Ismail Kho'ei.

2010

Yaser Mirdamadi, MA, is currently a PhD student in Islamic Studies at the University of Edinburgh.

