

MENTORSHIP is Crucial for Success



**American Muslim
Women Physicians
Association**

**KNOWLEDGE
IS POWER
THROUGH ZOOM**



**FREE
MASKS
DONATED**



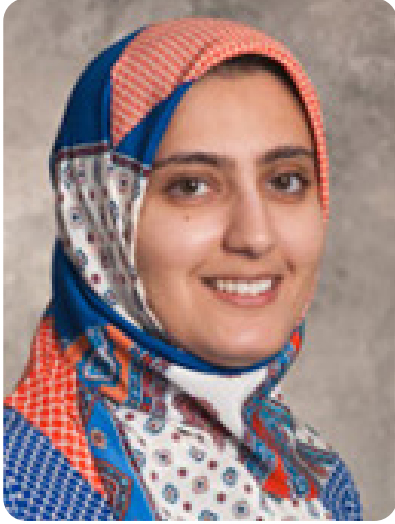
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AMWPA Mentoring Group



DR. SADAF KHAN
Chairperson Mentorship Committee
Assistant Professor of Nephrology
UT Southwestern Medical center, Dallas



MANAL AHMED
MS2 at UT Southwestern Medical School
Co-Chair Mentorship Committee

The AMWPA Mentoring Program's main aim is to provide mentorship and education to high school, pre-medical, pre-dental, medical, and dental students. Our goal is to help students learn more about medical and dental careers as well as guide them through their professional journey. The AMWPA Mentoring Program will provide a platform for participants to make meaningful contributions to the community.

We have created mentorship pairings between pre-medical/pre-dental students and physician and dentist mentors. This program allows students to build meaningful relationships and have a resource for career guidance. We also conducted a virtual meet and greet mentorship event to allow students to interact with physician and dentist mentors. During the program, we used zoom break out to facilitate small group discussions.

The medical students in the group have conducted two zoom information sessions for MCAT preparation and medical school application process. We are planning on more zoom programs to help guide students through the medical/dental application and interview process.

AMWPA Mentoring Program Goals

- * Foster multi-tiered mentorship at all levels of education
- * Expose high school senior students to the importance of post-secondary education along with an introduction to various careers in medicine and dentistry
- * Guide pre-medical/pre-dental students through professional school application and interview process
- * Establish meaningful relationships between students and clinicians to provide students with:
- * Shadowing and clinical experiences
- * Research opportunities
- * Career navigation.
- * Develop leadership and communication

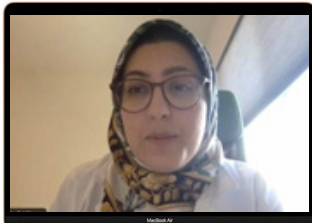
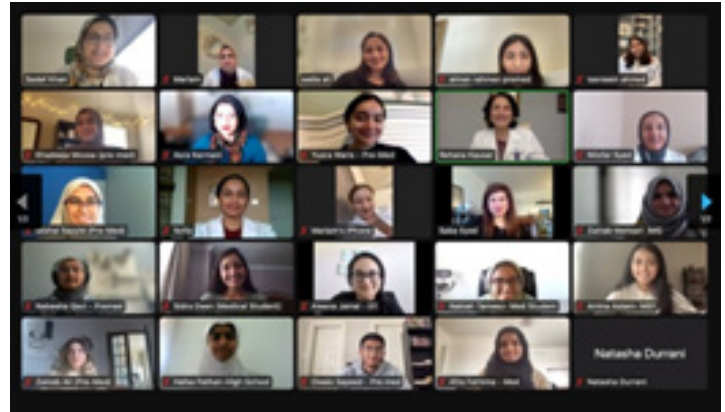
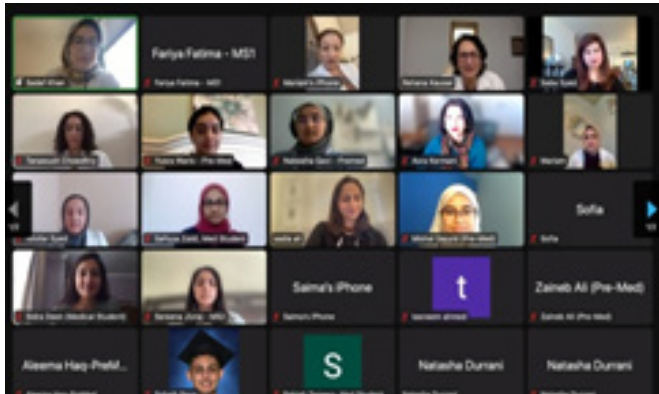
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Dr. Sadaf Khan
Chairperson Mentorship Committee
Assistant Professor of Nephrology
UT Southwestern Medical center, Dallas

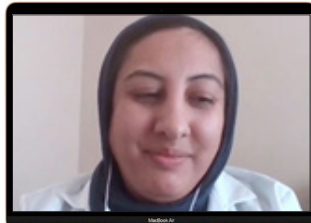
Manal Ahmed,
MS1 Co-Chair Mentorship Committee
UT Southwestern Medical School, Dallas



Virtual Meet and Greet Zoom Program



Dr. Sadaf Khan, Nephrologist
and Assistant Professor at UT
Southwestern Medical Center,
Chairperson of AMWPA Mentoring
Committee



Dr. Nilofar Syed, Rheumatologist
and Assistant Professor at UT
Southwestern Medical Center, Chair
of AMWPA Merit Award Committee



Dr. Saima Kayani, Pediatric
Neurologist and Assistant Professor
at UT Southwestern Medical Center,
Member of AMWPA
Merit Award Committee

AMWPA had a very successful virtual mentoring program. It was presided by the chairperson of mentoring committee Dr. Sadaf Khan Assistant professor at UT southwestern medical center, Dallas.

- 1: Program started with recitation by Dr. Sadaf of Sura Alaq, the first verses of Quran revealed to Prophet Mohammad (SAW) emphasizing the importance of knowledge given to Man and to seek knowledge of everything which God has created, so Man acknowledges the Glory of God and honors Him and serves humanity, for the purpose he was created.
- 2: Dr. Nilofar Syed Assistant professor at UT Southwestern medical center distributed the awards to the AMWPA merit award winners who were not able to come in person in December 2021 at the annual meeting.
- 3: Dr. Sadaf Khan introduced AMWPA mentoring program which is being offered to pre-med, pre-dental, medical, dental and junior and seniors of high school students. This was the first virtual mentoring program. The in-person session was canceled due to Covid surge.
- 3: Mentors and mentee were broken into 8 separate rooms for 30 mins. Each room had one physician, 1-2 pre-Med, 1-2 Med or dental students and one high school student. Everyone enjoyed the interactive program. All attendees re-joined the interactive section for 10 mins and program ended after 1 1/2 hour.

Zoom Participants

PRE MED

Summan Rahman, Pre Med
Owais Sayeed, Pre Med
Hadeer Saadeldin, Pre Med
Aiman Rahman, Pre Med
Nadia Khalil, Pre Med
Khadeeja Moosa, Pre Med
Nabeeha Qazi, Pre Med
Amna Khan, Pre Med
Danyal Chauhan, Pre Med
Yusra Waris, Pre Med
Aleema Haq , Pre Med
Zaineb Ali, Pre Med
Mishal Sayyid, Pre Med

MED STUDENT

Sundus Tameez, Med
Sidra Deen, Med
Rabiah Tameez, Med student
Khawla Aldamar, iMed
Safiyya Zaidi, Med
Fariya Fatima, Med
Sereena Jivraj, Med
Amina Aslam, Med
Afra Fatima, Med
Aishat Lawal, Med
Fatima Rahlouni, Med
Zainab Mehkari, IMG

DENTAL STUDENT

Aleena Jamal, Dental

HIGH SCHOOL

Aamena Baig, HS
Wafiqah Zubair, HS
Hafsa Pathan, HS
Abdallah Farooqui , HS
Sohaib Raza, HS

PHYSICIANS

Dr Tasneem Ahmed
Dr Nilofar Syed
Dr Saba syed
Dr. Asra Kermani
Dr. Sadia Ali
Dr. Mariam Saleem
Dr. Tanawush Chowdhry, DDS
Dr. Saima Kayani
Dr. Mariam Ahmed, DDS
Dr. Sofia Vaqar, DDS
Dr. Rehana Kausar
Dr. Sadaf Sana

Break out room 1

Dr. Nilofer Syed - lead
Dr. Sanober Kable
Summan Rahman
Sohaib Raza
Safiyya Zaidi
Fariya Fatima
Aamena Baig

Break out room 2

Dr Saba Syed
Owais Sayeed
Hadeer Saadeldin
Hibaa Thayyil
Sundus Tameez
Wafiqah Zubair

Breakout room 3

Dr. Asra Kermani
Aiman Rahman
Nadia Khalil
Sidra Deen
Raed Sharib

Breakout room 4

Dr. Fauzia Naqvi
Dr. Rehana
Asma Mohammed
Khadeeja Moosa

Breakout room 5

Dr. Sadia Ali
Nabeeha Qazi
Rusha Alzghoul
Amina Aslam
Afra Fatima
Rida Jialani

Breakout room 6

Dr. Tasneem
Dr Sadaf Khan
Amna Khan
Danyal Chauhan
Aishat Lawal

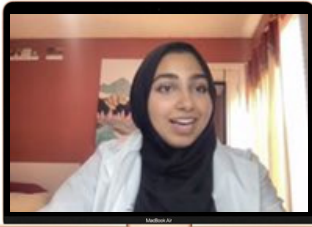
Breakout room 7

Dr. Mariam Saleem
Yusra Waris
Crystal Yestem, Awardee allied
Aleema Haq, UTA
Rabiya Mian, IMG

Breakout room 8

Dr. Saima Kayani
Sarah Siddiqui,
Zaineb Ali
Fatima Rahlouni
Zainab Mehkari, IMG
Break out room 9 (Dental)
Dr. Tanawush Chowdhry
Dr Mariam Ahmed
Aleena Jamal
Clarissa Mendiola

“Preparing for MCAT” December 19, 2021



Naureen Wajahat, Moderator and MS1 at UTSW Medical School Dallas



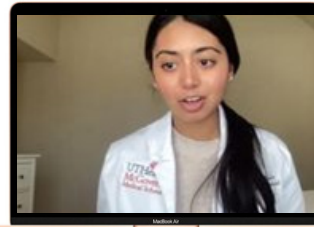
Afeefah Khazi-Syed, MS1 at UTSW Medical School Dallas.



Mahnoor Nazeer, MS2 TCOM Fort Worth.

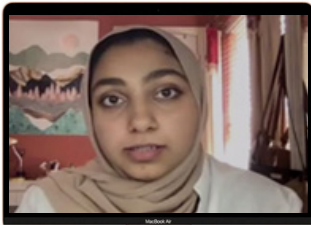


Salman Kazmi, MS2 at UTSW Medical School Dallas

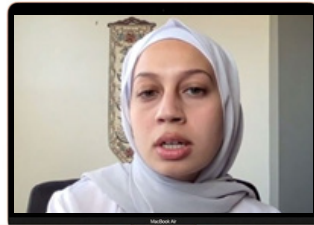


Amina Aslam, MS1 at McGovern Medical School Houston.

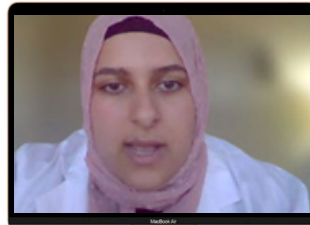
“Medical School Admission Application Process, March 20, 2022”



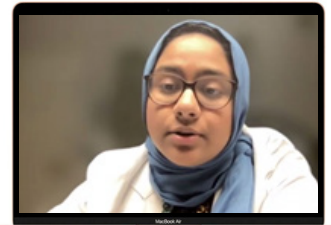
Naureen Wajahat, an MS1 at UTSW



Randa Habazi, MS1 at TCOM



Heba Zakari, MS1 at UTSW

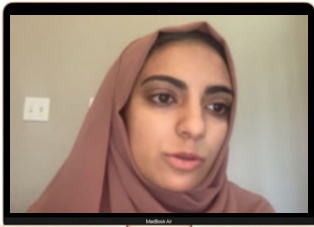


Afeefah Khazi-Syed, MS1 at UTSW

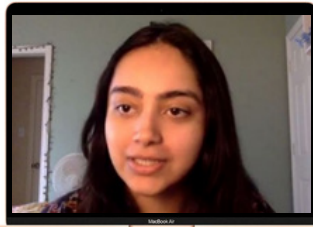
“MCAT Study Tips, Zoom Lecture on June 11th, 2022”

AMWPA organized a mentorship program for pre-medical students studying for the MCAT this summer. Students were paired based on their MCAT areas of weakness with mentors that had corresponding MCAT areas of strength. Each mentor was paired with only 1-3 mentees to help ensure each mentee had ample opportunity to ask their mentors any questions they may and to learn from them. We pray to Allah that this pairing will be a means of help to the potential med students.

Yushra Rashid MS1 Texas A&M and Yusra Waris Junior UTD



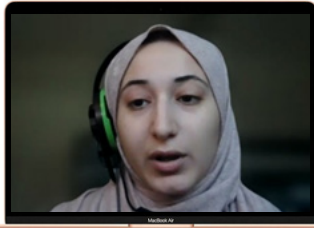
Moderator: Yushra Rashid,
MS1 at Texas Medical School



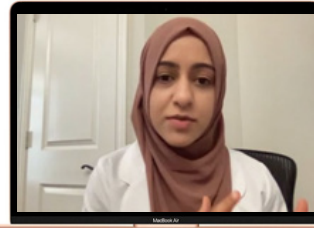
Presenter: Yusra Waris,
Senior at UTD



Panelist: Nashra Javed, MS2
at UT Southwestern Medical School



Presenter: Rusha Alzghoul,
Graduate of UTA



Panelist: Nida Ahmed, MS3
at UT Southwestern Medical School

“AMWPA Mentoring Meet and Greet Event, May 15th, 2022”



Dear all,

Thank you to all the physician/dentist mentors, students, and volunteers who attended and help make our first in person AMWPA meet and greet event a success. Thank you also the all the members on the Mentoring Committee who helped with the planning of this event.

The AMWPA Mentoring Program Meet and Greet was held at Andalous Mediterranean Grill in Richardson on Sunday, May 15th, 2022. Our program started with all the mentor and mentee informally socializing while enjoying lunch at their assigned tables.

Our program was moderated by Mentoring Program Co-chair Manal Ahmed (UTSW medical student). Dr Nilofar Syed (rheumatologist at UTSW) started the program with recitation of Surah Alaq. Dr Seema Haq, President AMWPA, welcomed everyone and updated everyone regarding the current activities and accomplishments of AMWPA. I shared an update of the AMWPA mentoring work to date. The mentors all introduced themselves.

Thank you again for everyone's participation and help. Our purpose was to allow students an opportunity to network, ask questions, and meet physicians/dentists mentors.

Sincerely,
Sadaf S Khan,MD
AMWPA Mentoring Program Chair

Mentors

Physicians who attended the event:

1. Aasia Ghazi, MD/ Allergist in Plano
2. Aasiya Janjua/ MD/ IM in FortWorth
3. Farah Shah/MD/ IM in Texas Health Denton
4. Fauzia Naqvi, MD/ Pediatrician in Parkland
5. Iram Hussain/ MD/ Endocrinologist at UTSW Medical Center
6. Kiran Siddiqui/ MD/ Psychiatrist
7. Nilofer Syed/ MD/ Rheumatologist at UTSW Medical Center
8. Obaid Malik/ MD/ Anesthesiologist/ Pain Management
9. Rasheda El Nazar / MD/ Neurologist in UTSW Medical Center
10. Sabeen Riaz, MD/ Psychiatrist in Plano
11. Sadaf Khan/ MD/ Nephrologist at UTSW Medical Center
12. Seema Haq/ MD/ Endocrinologist in Denton and Plano
13. Shabnam Ansari/ MD/ Radiologist in Plano
14. Shadman Baig/ MD/ Vascular Surgeon at UTSW Medical Center
15. Tasneem Ahmed/ DO/ Gastroenterologist at Texas Health Hospital in FortWorth

Mentees who attended the event:

Med Students:

1. Abeer Abdelrahim/ UTSW Med student
2. Kulsum Abdali/ Med student
3. Maleeha Ahmad/ Med Student Texas A&M
4. Manal Ahmed/ Med student UTSW
5. Maryam Siddiqui/ Med student Texas A&M
6. Reda Khan/ IMG
7. Seem Alwan/ TCOM Med student

Pre-Med Students:

1. Aaminah Imran/ premed
2. Amolika Saini/ UTD premed grad prep
3. Asma Mohammed/ UTD premed
4. Assiya Allen/ UTD premed graduate
5. Hanin Shakil/ premed
6. Huda Mian/ premed
7. Laila Mohammed/ UTD premed
8. Mehr Hakim/ UTD premed
9. Mehreen Ahmed/ UTD premed
10. Nawal Khan/ UTD premed
11. Ranya Siddiqui/ UTD premed
12. Ravina Goswami/ Masters at UNTHSC premed track
13. Rusha Alzghoul/ Pre-Med Graduate UTA
14. Samrah Akhter/ UTD premed
15. Sarah Vora/ UTD premed

High School Students:

1. Aaliyah Sherfuddin/ high school senior
2. Aleeza Qureshi/ senior, high school

Total number of guests who attended: 40



AMWPA Merit Awards

AMWPA is proud to offer AMWPA Merit award and TMA Merit award. AMWPA merit award is only for Muslim female undergraduate, Medical and Dental and Allied Health Professional students. The AMWPA TMA award is for female medical students from Texas medical schools open to all females.

So far AMWPA has awarded total 47 awards for Med and Dental students, 21 awards for Pre Med/ Pre-Dental students and 10 awards for Allied Health students.

The monetary value of award for medical and dental students is \$1000 Pre- Medical and Pre -Dental students is \$500 and the awards for Allied Health Professionals is \$750.

36 students applied for year 2021 and out of which 11 were selected for AMWPA merit award. These awards are given to only highly qualified applicants on an annual basis. Previous recipients have excelled in their studies and have been exemplary role models in the Muslim community. The application cycle opens in the summer and runs till the fall and awards are presented at the AMWPA annual meeting.

AMWPA Award Committee includes:

Dr. Tasneem Ahmed, DO, Chairperson, Dr. Nilofar Syed, MD, Co-Chair

Dr. Saima Kayani, MD, Member

MEDICAL STUDENT AWARDS 2021



SAFIYYA ZAIDI

Dell Medical School at UT Austin



SEREENA JIVRAJ

Texas College of Osteopathic
Medicine



SIDRA DEEN

MS3 Baylor College of Medicine



BISMA BALOCH

MS2 UTMB, Galveston

DENTAL STUDENT AWARDS 2021



ALEENA JAMAL

D2 Texas A& M College of Dentistry



**CLARISSA MENDIOLA-
GONZALEZ D2**

Texas A&M College of Dentistry

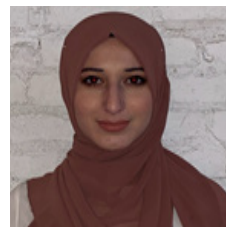
PRE-MED STUDENT AWARDS 2021



NABEEHA QAZI
Pre-Med University of Dallas

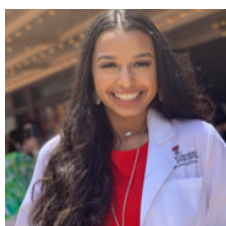


ALEEMA HAQ
Pre-Med UT Arlington

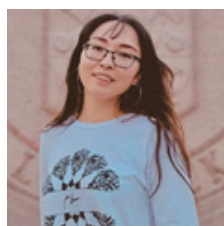


RUSHA ALZGHOUL
Pre-Med UT Arlington

MOHAMMAD KHALID MEMORIAL ALLIED HEALTH AWARDS 2021



JENAN MAHMOUD
Pharmacy Student from
Texas Tech Health Science Center



**CRYSTAL MOLDIR
YESTEMESSOVA**
Texas Tech Health Science Center

Thank you letters from AMWPA Merit Award Awardees



I am writing this letter to thank you for the generous offer of being selected to receive the AMWPA Merit Award for the 2021-2022 academic year. In such turbulent times, I was honored to learn that I had been selected as a recipient of this scholarship.

I had such a wonderful time attending my first AMWPA meeting, and I am looking forward to being more active within this organization, especially once I receive my medical degree. I even hope to see AMWPA extend its influence one day to cover the greater Houston area as well, as that is where I am based both personally and academically.

I loved networking with all the accomplished women at AMWPA and I am so grateful to have my efforts, especially as a medical student with a background in literature and poetry, be recognized by the scholarship committee.

In the past year, my family has had to deal with a lot of changes and challenges, and this current pandemic has definitely been a catalyst for many of them. Fortunately, scholarship awards like the one that I have been offered not only help me as a student and as a future physician, but also help lessen the financial and emotional burden on my family as a whole. Thank you very much for your generosity.

Sincerely,
Bisma Baloch,
Medical Student AMWPA Merit Award



My name is Safiyya Zaidi and I am a third-year medical student at Dell Medical School. I am currently pursuing an MD/MPH dual degree and plan to apply to OBGYN residency in the upcoming application cycle. My extracurricular interests include maternal substance use during pregnancy and COVID-19 vaccine promotion in diverse populations and the Austin adolescent community.

I was one of the awardees for the AMWPA Merit Scholarship for medical students. I wanted to thank Dr. Tasneem Ahmed, Dr. Nilofar Syed, and Dr. Saima Kayani and everyone else involved in the organization for offering this opportunity.

I plan to use this scholarship to fund away rotations for the upcoming residency application cycle. Because of this scholarship, I will be able to afford application fees, housing, and transportation costs during an audition rotation. It will be a huge blessing for me to be able to cover these expenses without additional loan costs. Once again, thank you for your generous gift.

I was involved in the AMWPA mentoring program that took place over Zoom earlier this year. It was extremely rewarding to answer the same questions that I had when I was a pre-med undergraduate. I intend to be involved in this program in the future.

I'd like to share a little bit about my background and how I became interested in medicine. I grew up in Katy and decided to attend the University of Houston where I received a B.S. in Honors Biomedical Sciences. I chose to pursue medicine after volunteering at Texas Children's Hospital and also observing a life-saving fetal laparoscopic surgery. Once again, thank you for your generous gift. May Allah reward you for organizing this scholarship and may He increase you in wealth because of it.

Safiyya Zaidi
Medical Student AMWPA Award Dell Med school

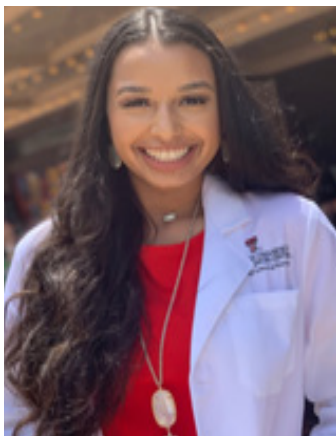


I am writing to thank you for your generous \$1000 merit scholarship. I was very happy and appreciative when I was selected as a recipient of this award.

Currently, I am a second-year dental school at Texas A&M College of Dentistry. I plan on continuing my education by specializing in Oral & Maxillofacial surgery or fields alike. I am passionate about the translational sciences and serving underserving communities and I am certain the fields above will help me make a meaningful impact in my community. By awarding me this scholarship, you have lightened my financial burden of the continuing increasing costs of professional school.

Thank you again for this scholarship. It is this kind of generosity and support that has continue to inspire me to do well so I can one day help students achieve their aspirations just as you have helped achieve mine.
Sincerely,

Clarissa Mendiola
D2, Texas A&M College of Dentistry
Dental Student Award

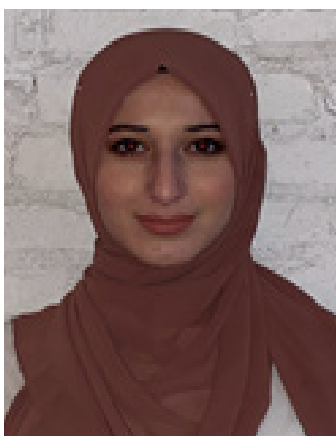


Dear Dr. Tasneem Ahmed, Dr. Saima Kayani, and all those involved in the selection process, I was ecstatic to learn that I was a recipient of the American Muslim Women's Physician Association (AMWPA) scholarship! I am writing to thank you for your generous, financial support towards my higher education. I am currently a third-year pharmacy student who plans to work in the pharmaceutical industry after graduation in spring 2023. I have always been interested in pursuing a career in healthcare and pharmacy is the profession that caught my eye.

Currently I am a pharmacist intern at MedWise RX where I spend my time doing comprehensive medication reviews with patients. Upon graduation, I hope to join a pharmaceutical company where I can focus on drug development research.

By awarding me the AMWPA scholarship, I will be able to focus on my education and put all my energy into doing well in my classes. Your generosity is allowing me to make my goals and dreams come true. I hope in turn I'll be able to give back to this organization like you have me and continue to help other students achieve their goals.

Sincerely,
Jenan Mahmoud
Mohammad Khalid Memorial Allied Health Award



Dear AMWPA Leadership Board;

I would like to take this opportunity to thank you for your generosity in funding the Pre-Med Merit Awards. I am very honored to be a recipient of this award.

While in my gap year I have been involved in volunteering and connecting with the healthcare community. Volunteering with AMWPA and learning more about the organizations goals has solidified my path into medicine and inspires me to give back to the community when I start medical school.

Receiving this scholarship motivates me to keep pushing forward and allows me to expand my MCAT study resources to prepare for the 2022 application cycle. I thank you for your confidence and willingness to help me achieve my goals.

Sincerely
Rusha Alzghoul
Pre Med AWMPPA Merit Award

TMA Administering AMWPA Merit Award 2021 and 2022

Every year AMWPA selects Texas Medical students for awards through the Texas Medical Association (TMA). The AMWPA Award Committee selects candidates. Each Award is for \$1000.

Recipients for these awards for 2021 are:

- 1: Sahifah Ansari: First -year Medical student at Baylor College of Medicine
- 2: Sejal Lahoti: Fourth -year medical student at UT Health San Antonio Long school of Medicine
- 3: Ida Vaziri: Second -year student at UT Health San Antonio Long school of Medicine

Committee comprised of:

Dr. Tasneem Ahmed, Chair Award Committee, Dr. Nilofer Syed, Co-Chair Award Committee



SAHIFAH ANSARI

First-year med student at Baylor college in Houston



SEJAL LAHOTI

Fourth -year medical student at UT Health San Antonio Long school of Medicine



IDA VAZIRI

Second-year med student
Second-year student at UT Health San Antonio Long school of Medicine

Recipients for 2022 TMA Administered AMWPA Award

Each student received \$ 1000 Merit award for excellence in academics and community service.

1. Blessing Johnny: First -year student at UT Southwestern Medical school, Dallas
2. Kim Nyguen: Second- year medical student at university Health Sciences Center Paul L. Foster school of Medicine.
3. Nadia Zulfa Quadri, First-year student at University of Texas Medical branch School of Medicine



BLESSING JOHNNY

First-year student at UT Southwestern Medical school, Dallas



KIM NYGUEN

Second- year medical student at university Health Sciences Center Paul L. Foster School of Medicine



NADIA ZULFA QUADRI

First-year student at University of Texas Medical branch School of Medicine

AMWPA Award Committee Members.

- 1: Nilofar Syed, MD Chairperson
- 2: Saba Syed, MD, member

- 3: Samreen Rizvi, MD, member
- 4: Raheela Ashfaq, MD, member

AMWPA Volunteers Who Have Gotten Admitted to Dental and Medical School



Congratulations to **Nuha Arefin** who got admission to Dell medical school in Austin. She is a graduate of UTD and a very committed AMWPA volunteer. We are proud of her and wish her great success.



Congratulations to our great volunteer **Mariyam Siddiqui** who graduated with honors from university of Pacific San Francisco and has been admitted to the same Dental school to Pursue her degree in dentistry. She is daughter of Dr. Husna Iqbal a dedicated physicians and our treasurer. Both Mariyam and Dr. Husna helped at 12 Pfizer vaccination clinics last year. Total of 1540 vaccination were provided at 5 different area mosques when people would not go to the pharmacies to get vaccination but were very comfortable getting from their own community health care providers as they had more trust in us.



Congratulations **Asad Imran Khwaja** who volunteered with mask packing and distribution during covid. We are proud of him. He graduated from SMU just got accepted to UTSW medical school.



Congratulations to **Ammar Khan** who graduated from SMU and has been our volunteer in helping with mask packing and distribution. He has been accepted to Texas tech El Paso, Foster school of medicine. We are proud of him

AMWPA Volunteers



Our volunteers helped at the Red Cross Red Shirt event in Dallas for blood pressure screening. Khadija Moosa and Maryam Khurram from UTD from middle to left

Volunteers Who Graduated from Nursing School



Congratulations to our volunteer and mentee Esraa Almasri for completing her bachelor degree in nursing from Texas Woman's University Denton/Dallas campus this year. She has been a great enthusiastic volunteer and we are proud of her. She also past her board in nursing school exam and will be working in Children's Health Dallas on the Acute Care Clinical Resource Team & ER in July.



Our heartiest congratulations to Marvash Yousuf who volunteered with us during Pfizer vaccination drive while she was a nursing student. Now graduated from Texas women university with Bachelor of Nursing. She moved to Mayo clinic and working in Neuro ICU. We are proud of our volunteers. May God bless you her.



COVID-19 Vaccine, Get the Vaccine, It saves Lives!!

TOTAL VACCINES ADMINISTERED: 1,558



Dr. Husna Iqbal

AMWPA recognized the need of Covid vaccination during peak of Corona virus pandemic. Between April and June of 2021, we conducted Covid vaccine drive in 5 different mosques in Dallas metroplex area and immunized adults and children with Pfizer 1st dose followed by 2nd dose in 3 weeks. About 1558 vaccines were given.

People trusted AMWPA /masjid vaccine Recommendations along with CDC, and our group was successful in immunizing adults and children with the help of Volunteer physicians, pharmacist, nurses and students and cooperation of masjids staff.

Covid-19 vaccine was the key and still is the key in prevention. With the new variants emerging, getting the Covid vaccine was even more important to prevent serious complications for patients and prevent burdening our healthcare systems further. Thanks to all Masjids for partnering with us. Vaccines were provided by Dr. Husna Iqbal to be used at mosques.

Dr. Husna Iqbal
Family Practice
Duncanville, Texas
Treasurer AMWPA

Pfizer Vaccine given at the following Masjids:



1: Islamic Association of North Texas (IANT)

300 shots given



2: East Plano Islamic Center (EPIC)

113 shots given



3: Islamic Association of Collin County (IACC)

Plano 85 shots given



4: Islamic Center of Irving (ICI)

130 shots given



5: Mecca Masjid, Garland

75 shots given



Get your Flu shot Today, Keep the Virus Away

Immunization is the key to prevention and this time, with the pandemic, getting the Flu shot was even more important to prevent Co-infections, complications for patients and burdening our healthcare systems further. We thank THR for partnering with us. We provided Drive through Flu shots at Mosques, as seen below.

Seema Haq, MD, Endocrinologist
President AMWPA Executive Committee

TOTAL FLU SHOTS ADMINISTERED : 386

Free Drive through Flu Shots given at the following Mosques:



1. 79 Flu shots were given at Dar El Eman Islamic Center of Arlington, on Friday, October 1, 2021



2. 59 Flu shots were given at Islamic Association of North Texas (IANT), Richardson on Friday, October 15, 2021



3. 47 Flu shots were given at Islamic Association of Tarrant County (IATC), Fort Worth on Friday, October 15, 2021



4. 48 Flu shots were given at Islamic Association of Collin County (IACC), Plano on Saturday, October 9, 2021



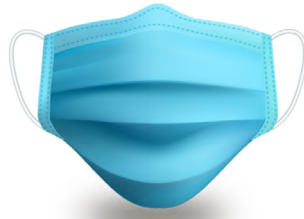
5. 36 Flu shots were given at Madinah Masjid of Carrollton, on Friday, October 22, 2021



6. 61 Flu shots were given at Islamic Center of Irving (ICI), on Friday October 8, 2021



7. 56 Flu shots were given at Islamic Association of Allen, on Friday October 29, 2021



Masks are our Defense against COVID-19

Wearing masks has been key to preventing the spread of COVID-19 and AMPWA purchased, collected, packaged, and donated masks to various community centers, targeting high-risk, underserved, or highly active locations, as seen below. We are grateful, appreciative, and very proud of our student volunteers from UTD, UTA, SMU, UT Southwestern medical school, A&M College of dentistry and high school who enthusiastically and bravely took part to save the DFW community from spreading of this highly contagious and virulent Covid-19 virus

TOTAL MASKS DISTRIBUTED IN 2020-2022

MORE THAN 100,000

Surgical/nonsurgical/ cotton reusable mask:	90,000
N95 Masks:	10,000

**Free Mass were Donated to the Following
Places during 2021-present and were donated to
more than 58 locations including Mosques,
Grocer Stores, Nursining Homes, Rehab Centers etc**



1. Iris Memory Care of Turtle Creek

Donated 260 Masks on March 29, 2021



2. Avalon Memory Care, Irving

Donated 250 disposable masks and 26 N95 on March 29, 2021

Masjid Al Noor, Irving

Donated 900 masks on April 1, 2021



4. Downtown Health and Rehab Center

Donated 150 masks and 50 sanitizers on April 1, 2021

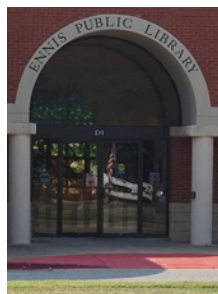


5. Arlington Heights Rehab Center, Arlington

Donated 150 masks and 50 sanitizers on April 1, 2021

6. Islamic Center of Frisco

Donated 5500 masks and 160 N95 in 2021 - 2022



7. EPIC Masjid Plano

Donated 1000 masks on April 4, 2021

8. Ennis Public Library, Ennis

Donated 250 masks on April 5, 2021

9. Ennis Children clinic, Ennis

Donated 250 masks on April 5, 2021



10. Amoud foundation, Irving

Donated masks on April 5, 2021



11. Brighter Tomorrow Women Shelter, Irving

Donated 400 masks on April 6, 2021



12. Arlington Residence and Rehab Center, Arlington

Donated 50 N95 masks on April 6, 2021



13. Valley Ranch Masjid, Irving

Donated 3000 masks and 60 N95 in 2021- 2022



14. Islamic Association of the Colony

Donated 2600 masks, 90 N95 masks and 8 face shields in 2021- 2022



15. Modern Senior Living, Dallas

Donated 100 N95 and 200 Nonsurgical on April 10, 2021



16. Senior Health care and Rehabilitation Ctr Dallas

Donated 100 N95 masks on April 10, 2021

17. Community Missionary Church

Donated 300 nonsurgical masks on April 10, 2021

18. African Community Missionary Church Dallas

Donated 300 nonsurgical masks on April 11, 2021



19. Masjid Al Islam Dallas

Donated 900 masks on April 11, 2021



20. Central Masjid of Arlington

Donated 1000 masks on April 11, 2021



21. IALFM (Islamic Association of Lewisville and Flower mound)

Donated 500 masks on April 11, 2021



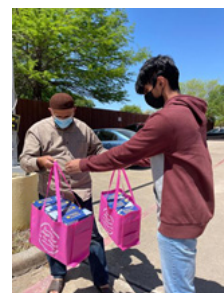
22. Islamic Association of Fortworth, Watauga

Donated 400 masks on April 12, 2021



23. ILLM center, Plano

Donated 1000 masks on April 12, 2021



24. Mecca Masjid in Garland

Donated 3000 masks and 60 N95 masks in 2021- 2022



25. Dar El Eman Islamic Center, Arlington

Donated 1500 masks in 2021-2022



26. Islamic Association of Allen

Donated 3330 masks, 60 N95 masks and 200 sanitizers in 2021- 2022



27. Islamic Center of Irving

Donated 3700 masks 272 sanitizers in 2021

28. Islamic Center of Colleyville

Donated 500 masks on April 10, 2021

29. Mesquite Islamic Center

Donated 300 masks and 200 N95 masks on April 13, 2021



30. Preston wood Rehab and Nursing

350 masks and 50 N95 donated on April, 14 2021

31. Emerson at Rosmeade Park

Donated 350 masks and 50 N95 on April 14, 2021

32. Mesquite Islamic center

Donated 500 masks on April 5, 2021

33. Bosnian American Cultural Center

Donated 100 masks on April 16, 2021

34. Islamic Center of Momin

Donated 600 masks and 72 sanitizers on May 1, 2021

35. City of Knowledge

Donated 500 masks and 48 sanitizers on May 1, 2021



36. Baytal- Karim masjid in Fortworth

Donated 300 masks and 96 sanitizers in May 2021



37. Ennis Public Library

Donated 250 masks on May 25, 2021

38. Hope Clinic

Donated 250 masks on May 28, 2021



39. IACC Masjid

Donated 8800 masks, 200 N95 masks and 5 boxes hand sanitizers in 2021-2022



40. Carrus Behavioral Health Center

Sherman donated 300 masks on June 8, 2021



41. ICI Masjid

Donated 400 masks and 48 sanitizers on June 9, 2021



42. IILM Center, Plano

Donated 4660 masks, 185 N95 masks and 96 sanitizer bottles in 2021



43. Islamic Center of Arlington

Donated 2000 surgical and 100 N95 mask



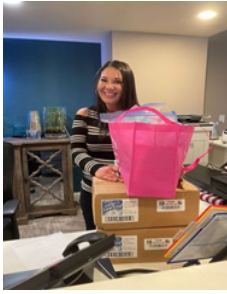
44. IANT, Richardson

Donated 2000 masks and 320 N95 masks in 2021-2022



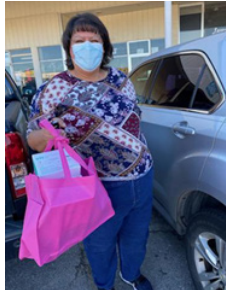
45. Irving Fire station

Donated 200 N95 and 130 snack bars on October 4, 2021



46. Heritage Nursing and Rehab center

Carrollton donated 160 N95 masks and 48 sanitizers on November 16, 2021



47. Cornerstone assistance Dental Clinic

Donated 100 N95 masks on December 1, 2021



48. Momin of Texas Islamic Center, Irving

donated 4000 masks on January 13, 2022



49. Islamic Association of Fort Worth, Watauga

Donated 2000 masks and 60 N95 masks on January 13, 2022



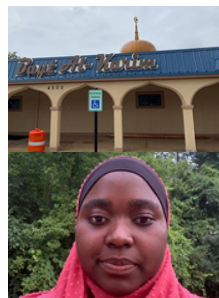
50. Islamic Society of Arlington

donated 4000 masks on January 15, 2022



51. City of Knowledge, Colony

Donated 2000 masks on January 15, 2022



52. Masjid Yaseen, Garland

Donated 2000 masks on January 19, 2022

53. Bayt Al Karim, Fort Worth

Donated 2000 masks and 60 N95 on January 16, 2022



54. Islamic Society of Denton

Donated 4000 masks and 60 N95 masks on Jan 26, 2022



55. Islamic Association of Colleyville

Donated 2000 masks and 60 N95 masks on Jan 26, 2022



56. Noor Masjid, Fort Worth

Donated 2000 masks on Jan 31, 2022

57. Islamic center of Irving

57. 2,000 masks and 2 boxes of sanitizers containing 48 bottles delivered



58. IACC Plano

58. 4,000 masks and 48 bottles of sanitizers donated to IACC Plano during Ramadan 2022

“KNOWLEDGE is POWER”

Be sure to check out our YouTube channel **AMWPA.ORG** for zoom recordings of the sessions. We had informative lectures to educate and guide the community about common concerns and various issues. We adapted to the current situation and reached out to the public all via Zoom and tried to meet the needs of our community in a socially distant way, as seen below.



Zoom Lecture: 1

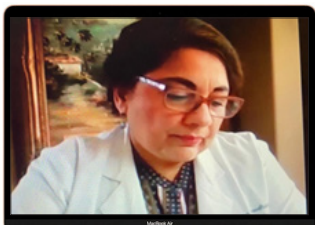
“Teen Suicide a Big Tragedy” How to Prevent it, April 9, 2021



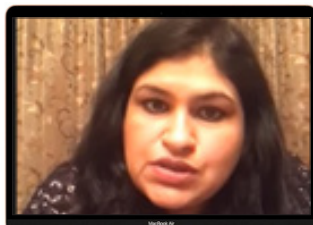
After a very tragic incident in DFW when two real brothers planned and killed their family members who were Muslim and then committed suicide themselves and which developed great anguish in the Muslim community, it became a necessity to educate parents and families about mental health issues and how to deal with it and when to seek help.

Our psychiatrist delivered an amazing program. Over 400 people attended the program on this sensitive but very important issue of mental health.

Humera Chowdhary, MD Child Psychiatrist in Plano



Dr: Humera Chowdhary,
Child Psychiatrist



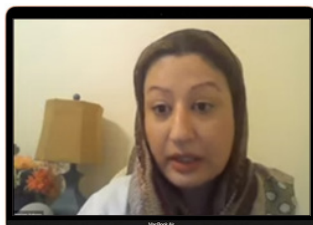
Dr. Mehvish Afrina,
Child Psychiatrist



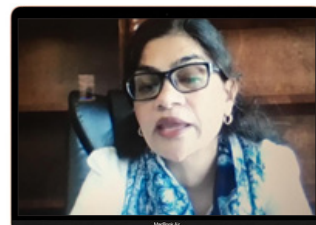
Dr. Sabeen Riaz,
Psychiatrist



Dr: Lubna Kamal,
Pediatrician



Dr. Mariam Saleem,
Pediatrician



Dr. Faryal Ghaffar,
Pediatrician

COVID PANDEMIC AND VACCINATION

The Covid -19 pandemic caused many families to suffer the effect of this infection and its long-term consequences. Many got vaccinated but many did not want the vaccination from misinformation. AMWPA decided to go to the communities directly through zoom to educate them. Thanks to our all DFW Mosques in their co-operation and help in disseminating this information through our zoom lectures. Following 3 Zoom lecture were given

Dr. Sanober Kable, Pulmonologist
McKinney and Denison, Texas

Zoom Lecture: 2

“Unvaccinated Dying from Covid-19; Get Vaccinated, July 25, 2021”



Dr. Sanober Kable,
Pulmonologist



Dr. Javed Akram,
Infectious Disease Specialist



Dr. Sabina Amin,
Internal Medicine

Zoom Lecture: 3

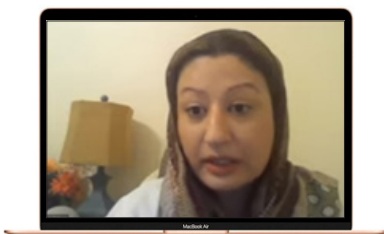
“ICI Masjid; Unvaccinated Dying from Covid-19; Get Vaccinated, August 1, 2021.”



Dr. Sanober Kable,
Pulmonologist

Zoom Lecture: 4

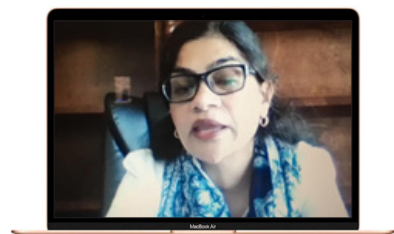
“COVID-19 and Children, August 22, 2021”



Dr. Mariam Saleem,
Pediatrician



Dr. Rani Siddiqi,
Pediatrician



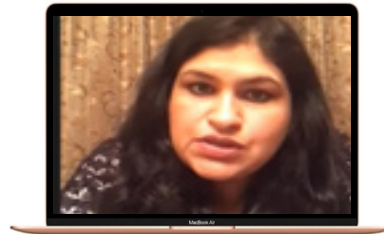
Dr. Faryal Ghaffar,
Pediatrician and Infectious Disease

Zoom Lecture: 5

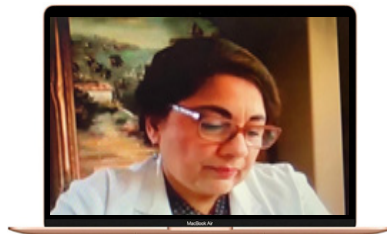
“How to Raise Healthy Children in Present Times, September 19, 2021



Dr. Rani Siddiqi,
Pediatrician



Dr. Mehvesh Afrina,
Psychiatrist



Dr. Humera Chowdhary,
Child Psychiatrist



Dr. Sabeen Riaz,
Psychiatrist

Zoom Lecture: 6

“Residency Interviews 101”, October 17, 2021



Residency interviews zoom program was held to help Foreign medical graduates develop interview skills and techniques. This program also provided them information on how to apply and write personal statements. We are very appreciative of following Faculty members from UT Southwestern in their participation in this informative and educational program.

Dr. Zubair Syed, Associate Professor and Residency Program Director department of Family Practice, Dr. Nilofar Syed Assistant Professor of Rheumatology, Dr. Zahid Ahmad, Associate Professor Division of Endocrinology.

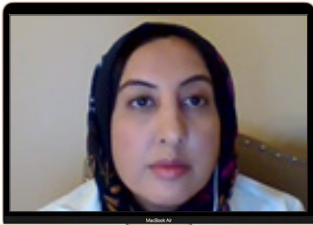
Dr. Tasneem Ahmad, Gastroenterologist Past Assistant Professor now in private practice at THR Harris Methodist Hospital, Fort Worth was being an excellent moderator.
Resident Dr. Madiha Khan, Chief Resident Internal Medicine,

Methodist Hospital Houston and Dr. Syeda Khadija Fatima, PGY1(2021) Internal Medicine Arizona, shared their experiences in educating the future applicants.

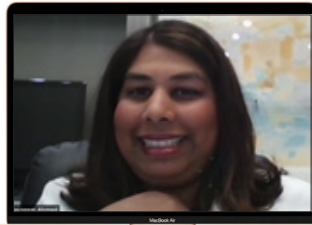
It was an excellent Zoom presentation with Q&A. There were 120 attendees.

Dr. Rehana Kausar, Anesthesiologist
AMWPA Board member
Past President Board of Directors

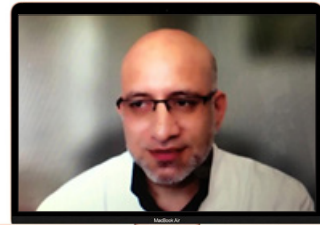
Zoom Lecture Participants



Dr. Nilofer Syed,
Rheumatologist



Dr. Tasneem Ahmed,
Gastroenterologist



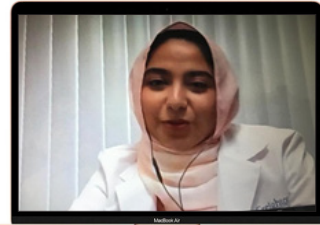
Dr. Zubair Syed,
Associate Professor and
Residency Program Director
department of Family Practice



Dr. Zahid Ahmad,
Associate Professor
Division of Endocrinology



Dr. Madiha Khan,
Chief Resident Internal Medicine



Dr. Syeda Khadija Fatima,
PGY1(2021) Internal Medicine

Zoom Lecture: 7

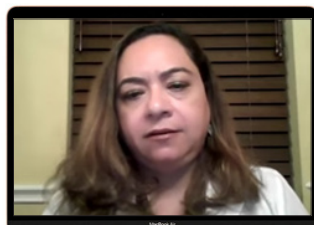
“Increase your Immunity with Covid-19 Booster shot”, November 14, 2021



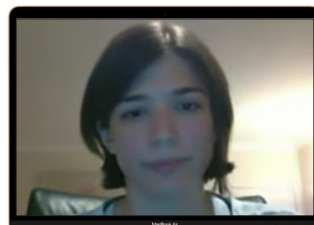
Dr. Sanobar Kable,
Pulmonologist

Zoom Lecture: 8

“Eat Healthy, Stay Healthy”, December 12, 2021”



Dr. Fauzia Naqvi,
Pediatrician



Emin Gibica,
Certified Dietitian

Zoom Lecture: 9

“High Blood Pressure, How to Treat it?” Jan 16, 2022



High blood pressure is a highly prevalent, unrecognized and under treated condition. AMWPA has held dozens of health fairs over the last several years. We found that several individuals had high BP and were unaware. Unfortunately, these activities were halted due to the pandemic. We, therefore, turned to Zoom to reach out directly to our community for education.

Dr. Zarin Kidwai.
Internal Medicine, AMWPA Member Board of Directors



Dr. Zarin Kidwai,
Internal Medicine



Dr. Aasia Janjua,
Internal Medicine

Zoom Lecture: 10

“Seasonal Allergies”, February 27, 2022



Allergic rhinitis can be seasonal or all year round.

The symptoms can affect quality of our lives.

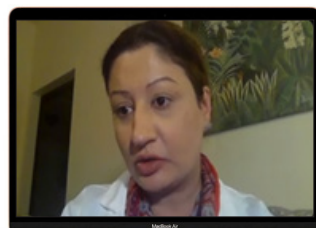
The symptoms can not only be controlled by appropriate measures and medications but can be cured by immunotherapy.

So while spring is here and you want to enjoy the beautiful outdoor weather but your allergies are keeping you home bound, please listen to what Dr Aasia Ghazi, the allergist suggests you to do see the Zoom on AMWPA YouTube.

Dr. Aasia Ghazi,
Allergy and Immunology Plano, Texas



Dr. Aasia Ghazi,
Allergist



Dr. Mariam Saleem,
Pediatrician

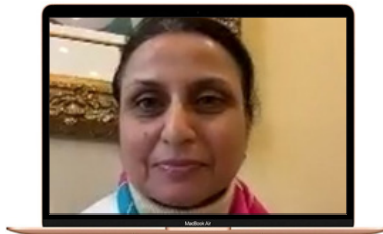
Zoom Lecture: 11

“Dental Considerations for Pregnant Women during all Trimesters”, February 20, 2022



Many community members requested information dental on treatment during pregnancy. This was an important topic for public and healthcare provider.

Mariam Ahmad, DDS Irving, Texas
Chairperson Membership Committee



Dr. Yasmin Khan,
OB/GYN



Dr. Mariam Ahmad,
DDS

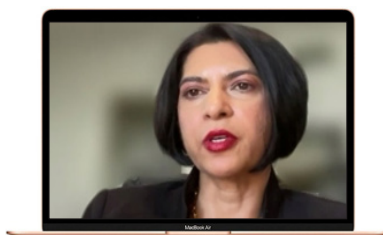
Zoom Lecture: 12

“Eating Healthy During Month of Ramadan”, March 27, 2022

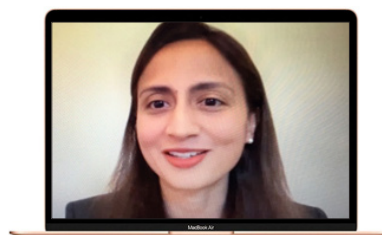


As the Holy month is approaching which results in fasting and feasting, we decided to provide a zoom lecture which would help the community stay healthy by eating healthy Suhr and iftar meals to enhance their health in addition to their spiritual wellbeing.

Asra Kermani, M.D. Associate Professor Dept of Endocrinology,
UT Southwestern medical center Dallas, Texas



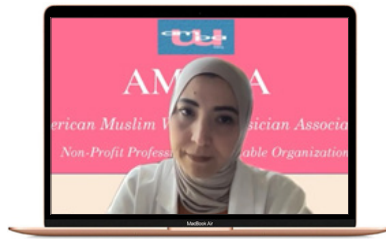
Dr. Asra Kermani,
Associate Professor of
Endocrinology



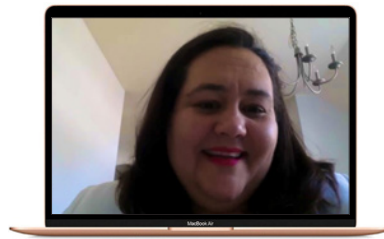
Dr. Sadia Ali,
Associate Professor of
Endocrinology

Zoom Lecture: 13

“What you need to know about GUM DISEASE and its connection to DM, Smoking and Oral Hygiene”, April 17, 2022



Dr. Amal Nour El-Din,
DDS



Dr Indira Jusic,
DDS

Zoom Lecture: 14

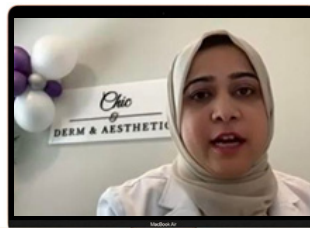
“How to Become and Advanced Practice Provider (PA, NA,) June 19th, 2022”



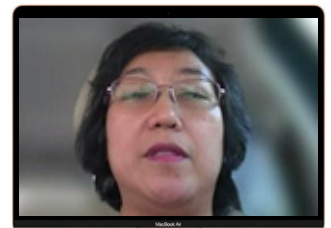
Moderator: Ayesha Rahman,
FNC-C



Panelist: Nawal Joulani,
PA-C



Panelist: Faseeha Raza,
PA-C



Panelist: Dahlia Ferilina,
FNP-C

“AMWPA YOUTH GROUP”



AMWPA started AMWPA Youth Chapter to get kids involved in the preventive care and community service. To inspire them to make a difference, be motivated to give back to the community and develop leadership qualities at the same time encourage team spirit and rebuild resilience.

They have been very active and participated in multiple masks distribution drives, packing and delivering food bars to front line workers, canned food donations to food pantries and creating a newsletter for community awareness.

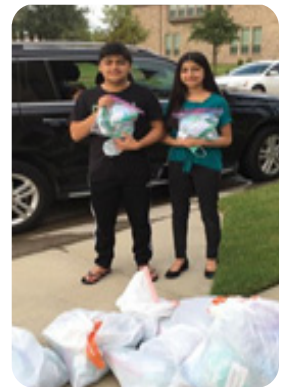
Dr. Saadia Farooq, Secretary AMWPA Executive Committee
Internal Medicine
Chairperson of AMWPA Youth Chapter

YOUTH GROUP MEMBERS AGES (12-15)

- | | | |
|--------------------|--------------------|----------------------|
| 1. Nibras Saya, | 10. Aymen Khurram, | 19. Mediha Siddiqui, |
| 2. Bashir Khan, | 11. Farah Khan , | 20. Imaan Maalik, |
| 3. Zakiya Khan, | 12. Ali Khan, | 21. Emaan Syed, |
| 4. Tara Alim, | 13. Rafay Azeem, | 22. Ushba Saya, |
| 5. Anum Haq, | 14. Huda Sbeit, | 23. Maryam Batayneh |
| 6. Faiza Haq, | 15. Umair Ansari, | 24. Sarah Batayneh, |
| 7. Jasmine Saleem, | 16. Humza Sheikh, | 25. Zayd Batayneh |
| 8. Ali Ghaffar, | 17. Hiba Sheikh, | |
| 9. Marjan Ahmed, | 18. Gibran Saleem, | |

YOUTH ACTIVITIES

1: 1200 Plus Masks donated to Masjids by our Youth Members



2: Packed and delivered 1080 snacks to Children Hospital, Dallas



3: Packed and delivered 100 snack bags to Texas Health Presbyterian Hospital, Dallas for frontline workers



4: 400 cans donated by Youth group to Grace Food Pantry in Grapevine



5: Canned food drive at Minnie Pantry



6: 1250 Masks packed and donated by Youth group to Islamic Association of Lewisville and Flower mound (IALFM)



Madinah Masjid Health Fair March 26, 2022



We would like to thank all volunteers for their support of the Madinah Masjid Health Fair on March 26, 2022. We would also like to thank the management of Madinah Masjid for their cooperation. We were able to provide preventative care to a total of 68 patients.

We are very thankful to all the volunteers, physicians, nurse practitioners, nurses, medical students and Pre-med students without whose help these community health fairs would not be possible. Following are the number of patients seen

Sincerely,
Seema Haq, MD
Madinah Masjid Health Fair Chairperson

Total Registration: 68
Adults: 57
Children: 11

Lipid Screening 56
Vision Screening: 32 patients examined;
Glasses given to 32
patients Dental: 27
Tooth brushes and Tooth pastes given to patients to 40 pts
Bone Health Education: 17
Nutrition Counseling: 23
Mental Health/ Depression: 4
Mammograms: Total 8 Patients seen and provided the vouchers
Helmets given to children 11

VOLUNTEERS

Doctors:

Aasia Janjua, MD
Ayesha Khan, MD
Farhana Amir, MD
Fatima Malik, IMG
Helena Tapias, DDS
Husna Iqbal, MD
Kanwal Kamal, IMG
Mahwish Ahmed, IMG
Mehvesh Afrina, MD
Rehana Kausar, MD
Saadia Farooq, MD
Sameera Sherwani, MD
Sania Daudpota, IMG
Seema Haq, MD
Tehmina Tasneem, MD
Zafreen Siddiqui, MD
Zohra Khan, MD

Nurses/Allied:

Dahlia Ferlina, RN
Halah Nachawati, RN
Ameena Hassam, RN, NP
Frances Leung, Mammogram
Amber Khan, Mammogram
Kris Beagle, Blood Screening

Maritza Juarez, Blood Screening
Juan Juarez, Blood Screening
Steve Beagle, Blood Screening
Noor Nachawati
Ossama Nachawati, Optometrist
Heena Jiwani, Pharmacist
Neha Asif, Counselor
Aliya Fazal, Counselor

Paid RD:

Aarthi Pauldass, RD
Anita Pereyda, RD

Med / Dental Students:

Haafiz Hashim, Med UNTHSC
Qadir Khan, Dental
Rama Alzhele, Dental
Mahnoor Shahzad, Dental
Clarissa Mendiola, Dental
Husban Shahid, Dental
Nadia Najafi, Dental
Baseme Osuamkpe, Dental
Zacariah Elkhatib, Dental
Ashley Onwu, Dental

Phillippa Rausch, Dental
Eric Kessler, Dental

Pre Med/ Students:

Aaminah Imran, Pre Med
Assiya Allen, Pre Med
Yusra Waris, Pre Med
Hannah Qureshi, Pre Med
Asad Khawaja, Pre Med
Khadeeja Moosa, Pre Med
Areeba Shaikh, Pre Med
Muznah Khan, Pre Med
Maryam Batayneh, High School
Jasmine Saleem, High School

Volunteers:

Shoeb Khan, Vol
Areefa Hingora
Farrukh Noorie
Omar Kevin
Muammad Hingora
Samina Ami
Bethany Allgood
Mubashar Iqbal



Ramadan

“Feed the Hungry” Food Drive 2022

Asalamoikum Dear Members and Friends,

We deeply appreciate your very loving and generous contribution towards Ramadan donation for food drive to feed the hungry again this year. It is one of the most important part of Ramadan and you all did your obligation. It was a bigger contribution this year than years before and we urge you to continue to keep this tradition stronger every year and always.

Total Collections: \$43,575

Donated to following food banks:

1: North Texas Food Bank: \$ 34,000

2: Tarrant Area Food Bank: \$ 9,575

Thanks, and JZK,

Dr. Rehana Kausar,
Past-President Board of Directors
American Muslim Women Physicians Association (AMWPA)

AMWPA Annual Meeting Report, Sunday, Dec 12, 2021

Dr Humera Chowdhary's Residence



Dr. Saima Kayani with the AMWPA Merit Awardees 2021

AMWPA Stopped all in person activities for 2 years because of Covid-19 pandemic and in 2021 we were fortunate to hold a small gathering for Annual meeting with all protection in place. All attendees were vaccinated. We restricted the gathering for only 40 people. We all wore masks and used sanitizers as we entered. It was a great joy to see each other in person and not on Zoom.

Total Attendees: 34

- Dr Husna Iqbal, Treasurer EC, was the moderator of Program and welcomed all guests and introduced the speakers
- Prayers were recited by Dr Rehana Kausar
- Dr Seema Haq, President EC, gave a PowerPoint presentation on AMWPA efforts during Covid-19 era in 2020- 2021. Thanked all the volunteers who helped in AMWPA Mask drive, AMWPA Zoom Programs and AMWPA flu shots drive.
- AMWPA Merit Awards were announced by Dr Tasneem Ahmed, Chairperson AMWPA Award Committee and Dr Saima Kayani, Co-chair Award committee 6 students were present to receive their awards. The remaining awards will be given out at the upcoming Mentoring group meeting.

4 Medical Awards \$1000 each were given to

1. Bisma Baloch, 2nd year Med Student UTMB, Galveston, Texas.
2. Sereena Jivraj, 2nd year Med Student UNTHSC/Texas College of Osteopathic Medicine, Dallas, Texas.
3. Sidra Deen, 2nd Year Med student at Baylor College of Medicine, Houston, Texas
4. Safiyyah Zaidi, 2nd Year Med student at Dell Medical School, Austin Texas.

2 Special Awards \$250 each for community service were given to

1. Manal Ahmed, 3rd Year Medical student at UT Southwestern Medical Center, Dallas, Texas
- a. Amolika Saini, Pre- Med-Student at UTD, Dallas, Texas

3 Pre Med-Awards \$500 each were given to:

- 1: Nabeeha Qazi, Pre Med student at UT Dallas, Texas
2. Aleema Haq, Pre Med student at UT Arlington, Texas.
3. Rusha Alzghoul, Pre Med student at UT Dallas, Texas.

2 Dental Award for \$1000 was given to

- 1: Aleena Jamal, 1st year Dental Student, Texas A&M College of Dentist Dallas, Texas
2. Clarissa Mendiola Gonzalez, 1st year Dental Student, Texas A&M College of Dentistry, Dallas Texas.

2 Mohammad Khalid's Memorial Award \$750 each were given to

1. Crystal Moldir Yestemessova, Biology Senior student at Texas Tech University, Texas
2. Jenan Mahmoud, 3rd Year Pharmacy student at Texas Tech University, Texas Dr Sadaf Khan, Chairperson of Mentoring group and Manal Ahmed, Med Student and Co- Chair of the Mentoring group were not present at the meeting so Dr. Kausar, explained about the AMWPA Mentoring group and the mentee and Mentor group process. The Chair and Co chair are assigning the mentees to the Mentors and will follow up on the process.

Dr. Kausar requested all physician dentist to participate in this program and come forward and volunteer to mentor the Pre Med and Dental students who need life skills teachings and other coaching. Interested Mentors can contact the EC members or email amwpa.sec@gmail.com.

- Dr Mariam Saleem, Board Member AMWPA updated all on the Membership drive and requested all to renew their memberships for year 2021- 2022
- Dr Sanober Kable, Board Member AMWPA gave a brief intro on Covid-19 variants and requested all to spread the message of getting Booster shots.
- Introduction of guests

GUESTS LIST Doctors

Farah Shah,MD	Naseem Jagani, MD	Samreen Raza,MD
Farhana Amir, MD	Rehana Kausar,MD	Seema Haq, MD
Fauzia Naqvi,MD	Reda Khan, Associate	Sanober Kable,MD
Husna Iqbal, MD	Raheela Ashfaq, MD	Sofia Vaqar, DDS
Humera Chowdhary, MD	Sajeela Malik, MD	Sobia Yaqub, MD
Khalida Yasmin, MD	Amal Nour El Din, DDS	Tasneem Ahmed, DO
Mariam Saleem, MD	Anum Mubasher, MBBS	Zohra Khan, MD
Naja Chisty, MD	Fatima Malik, MBBS	
Nazia Haque, DDS	Saima Kayani, MD	

Allied Health/Associates:

Zainab Naveed, RN

Students:

Aleena Jamal, Dental Student,
Texas A&M Baylor college of Dentistry
Clarissa Mendiola, Dental Student,
Bisma Baloch, Med Student,
Fatima Rahlouni, Med Student TCOM
Rusha Alzghoul, Pre Med
Aleema Haq, Pre Med
Amolika Saini, Pre Med



Dr. Seema Haq
President of AMWPA EC
welcoming all the attendees



Dr. Husna Iqbal
Treasurer AMWPA Moderator



Rusha Alzghoul
from UTA receiving her AMWPA
pre-med merit award



Aleena Jamal
receiving her AMWPA award
for dental students



Bisma Baloch 2nd year med student UTMD,
Galveston, receiving her AMWPA
Medical award



Aleema Haq from UTA receiving her
AMWPA pre-med merit award



Clarissa Mendiola-Gonzalez receiving
her AMWPA Merit award for
Dental students



Left to right: Dr. Tasneem Ahmed, Amolika
Saini from UTD who received AMWPA
special volunteer award, with
Dr. Rehana Kausar and Dr. Saima Kayani



Dr. Sanobar Kable speaking
about Covid-19 Pandemic



Dr. Mariam Saleem
AMWPA Board Member



Dr. Saima Kayani with
the merit awardees



Group of all Attendees

Ramadan AMWPA Iftaars

“Ramadan Physician’s Iftar at Dimassi’s Plano on April 17th, 2022”

Covid had halted all in person activities but there was a break in surge of Covid AMWPA so physician members decided it was time to sit together for an iftar.

AMWPA Sponsored the iftars for their members.

Dr. Saadia Farooq, Sec AMWPA and Dr. Seema Haq, President AMWPA, welcoming members at Iftar.



Physicians Attended

Farah Aftab, MD
Fauzia Naqvi, MD
Fazeela Qureshi, MBBS
Hina Rizvi, MD
Huda Arif, MD
Humera Chowdhury, MD
Imrana Khalid, MD
Naja Chisty, MD
Naseem Khan, MD
Naveen Haq, MD
Rasheda el Nazer, MD
Rehana Kausar, MD
Saadia Farooq, MD
Sabeen Riaz, MD

Salma Anis, MBBS
Saman Aziz, MD
Samina Zakiuddin, MD
Samreen Raza, MD
Sanobar Kable, MD
Sarah Imtiaz, MD
Seema Haq, MD
Shabnum Ansari, MD
Shehla Naz, MD
Shehla Saghier, MD
Uzma Jaffery, MD
Zainab Mehkari, MBBS
Zarin Kidwai, MD
Zohra Khan, MD

“TCOM Med Students Iftaar, April 21st, 2022”



Finding opportunities to give back to the community and mentor future medical students and healthcare professionals is an important goal for the students at the UNTHSC Texas College of Osteopathic Medicine (TCOM). We appreciate the efforts of AMWPA in fostering the Dallas Muslim women student population in healthcare, as well as the services to the Muslim community, and are eager to take part. TCOM Muslim female students are currently working to establish our own chapter of AMWPA. We have had planning meetings as well as a Ramadan Iftaar to welcome new members, and plan to start our chapter by the next academic year, Insha Allah. We look forward to being a part of the AMWPA community.

-Hibaa Thayyil MS1 TCOM

UTSW Med Student's Iftar, Sunday, May 15th, 2022

AMWPA hosted an Iftar for female med students from UT Southwestern med school at Andalous which was great for networking with other Muslim Women Physicians and students in healthcare.

We ate great food while sharing stories about the development of AMPWA and its mission.

Furthermore, we talked about how we can be better mentor and and receive mentorship for innovation in the medical field and beyond. More events like this should be done so that women physicians and health care workers from all over can meet and plan goals for the future.

Heba Zakaria, MS1 UT Southwestern Medical School



“UTD Pre-Med Students Iftar, April 25th, 2022”

Salaam! Khadeeja Moosa, Maryam Khurram, and I had the opportunity to establish an AMWPA chapter at the University of Texas at Dallas.

We started off with an introductory Zoom meeting followed by a social lunch sponsored, by AMWPA allowing us to connect with other students on campus and spread the word about our organization. Through these endeavors, we have recruited more than 40 prospective members.

At the end of our spring semester, we were also able to organize an iftar for around 20 fasting students. This was the first time we had planned and organized such an event, but alhamdulillah we were able to secure a Fiery Hot Chicken Plano food sponsorship, decorate the venue and ultimately create a space for all AMWPA students to network and learn from.

We are working hard to continue to grow in the semesters to come and are excited to see what comes next inshAllah!

-Yusra Waris junior UTD

Our Leaders from UTD who organized the iftar on behalf of AMWPA. The First ever Iftar done by AMWPA at UTD. Pictured above from left to right: Maryam Khurram, Yusra Waris, and Khadeeja Moosa. We are proud of them for taking a leadership role in this event.



“Annual AMWPA Allied Health Meeting, June 5th, 2022”

This was the first in person lunch sponsored by AMWPA for Allied health since 2020 Covid -19 pandemic.



Dear AMWPA Allied Health members,

I am very thankful to have everyone join us today.

I would like to first want to share the vision and mission of AMWPA. AMWPA strives as a nonprofit organization with the goal of spreading preventive healthcare to our community and empowering our younger generation Muslims with the tools to enter the healthcare workforce.

Preventative health care is a very important priority in the community due to the epidemic of chronic diseases and lack of access to appropriate healthcare, especially within the Muslim community. Our community has one of the highest patient populations encompassing “silent killer” diseases, such as diabetes and hypertension. These “silent killers” often present in our patients without symptoms until late stage of disease, and thus creates a sense of skepticism by our patients to seek out care due to the thought, “if am not having symptoms, then I must be fine.” However, the reality of this is usually from lack of financial well being to afford health insurance and low health literacy to understand healthy lifestyle measures.

Unfortunately, there are countless number of times that patients are limited to appropriate access of medications, healthcare services, or access to regular health check ups due to either absence of health insurance or having poorly structured insurance plans that limit coverage availability. Chronic medical conditions require long term medication therapy for adequate control and appropriate patient outcomes. Unfortunately, the type of medication a patient is prescribed is always determined by financial aspects due to influences from big pharma and insurance companies.

The bureaucracies of big pharma and insurance companies overtaking healthcare and affecting our patients will probably never change. However, if we can intervene and protect our patient from developing chronic disease conditions, then the stigma and burden of poorly managed chronic disease conditions can be prevented.

The Allied Health chapter within AMWPA is a very strong asset to this non-profit organization in that we are not an ancillary member to health care but rather an alliance of interdisciplinary specialties that solidifies the medical management of patients to provide high quality care. One person alone can't do it all, nor does one person have all the knowledge in the world. However, as a team we can accomplish so much more and help share wisdom from multiple disciplines of medicine to grow as health care providers. Many parents often desire for their children to become either a physician or an engineer, largely due to lack of awareness about so many other healthcare roles available that carry just as much credibility and importance in the workforce industry. It is important for us to educate the community about Allied Health roles that are available to our younger generation Muslims so that they may have equal exposure in finding a passionate career option that they enjoy.

Through this organization, we hope to introduce a mentoring program for students desiring to enter allied health care roles, provide educational lectures pertaining to allied health, and engage in proactive programs empowering our community (such as community CPR programs and involvement in AMWPA health fairs).

Allied health was involved and helped in many programs including CPR training for family and friends and health fairs, because of Covid -19 every activity was suspended but we did Zoom programs on CPR education and how to Become a Nurse 101.

These programs were well attended. We helped with 12 vaccination clinics with Pfizer vaccines at different area mosques.

We are planning on future CPR programs for the community and preventive health care lectures.
We are in a process of forming an Allied Health Committee

Ayesha Rahman,FNC-C



Guests Present

- | | | |
|------------------------|-------------------------------|----------------------------|
| 1. Ayesha Rahman, FNP | 8. Helah Hassan,RN,NP | 15. Sabiha Shaikh, PharmD |
| 2. Dallah, PA | 9. Kanwal Kamal, MBBS | 16. Sadia itani, Dietitian |
| 3. Farah Shah, MD | 10. Lubna Kamal, MD | 17. Samreen Asif, RN |
| 4. Farhana Saeed, RN | 11. Mariam Hafiz, PhD Student | 18. Shabana Mohammed, NP |
| 5. Farhat Qureshi, RN | 12. Nadia Amin, RN Student | 19. Zahra Amin, RN |
| 6. Fouzia Junaid, NP | 13. Noshi Wazir, NP | 20. Zarin Kidwai, MD |
| 7. Halah Nachawati, RN | 14. Rehana Kausar, MD | |

AMWPA Executive Committee 2020-2022



SEEMA HAQ, MD
Endocrinologist President
AMWPA Executive Committee
serving her 2nd term as
President of AMWPA



SABEEN RIAZ, MD
Child and Adolescent
Psychiatrist
Vice President AMWPA
Executive Committee
Past Treasurer of AMWPA



HUSNA IQBAL, MD
Family Medicine
Treasurer AMWPA Executive
Committee



SAADIA FAROOQ, MD
Internal Medicine/ Hospitalist
Secretary AMWPA Executive
Committee

AMWPA BOARD MEMBERS



REHANA KAUSAR, MD
Board Member



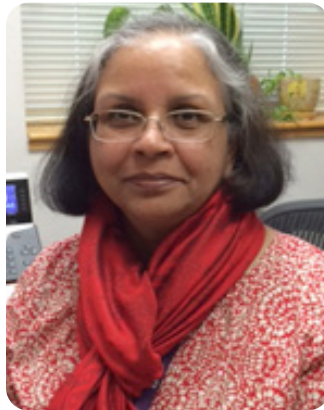
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President Board of Directors



RAHEELA ASHFAQ, MD
Board Member



INDRA JUSIC, DDS
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ZARIN KIDWAI, MD
Board Member



MARIAM SALEEM, MD
Board Member



SANOBER KABLE, MD
Board Member



HUMERA CHOWDHARY, MD
Board Member



AMAL NOURELDIN, DDS, PHD
Board Member