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# AKU-NAMA

Aga Khan University Newsletter and Magazine for Alumni

2014, Vol. 7, Issue 2



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SONAM and MC alumni with organizers from the Advance Educational Institute & Research Center at the International Conference on Women Empowerment held from June 23-26, 2014 AKU/Dr Anita Allana

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## Nominations Wanted!

We want to hear from you. Tell us about an alumni who you think has made a significant contribution, who has made a difference.

Please send a short profile of your nominee to: [alumni@aku.edu](mailto:alumni@aku.edu)

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

# The Human Capital

Dr Adeel Butt, MBBS '90



*Students take part in various courses run by IED at its campus in Dar es Salaam, Tanzania*

*AKU/Sala Lewis*

While the concept of ‘human capital’ is as old as human history, explicit definitions and formal study of this concept are relatively new. Human capital may be defined as the aggregate of knowledge, skills, wisdom, experience, behaviour and attitude possessed and exercised by individuals and society. While the recent concepts and theories on human capital focus mostly on its conversion into economic value, such value is attained through a complex set of factors including its ability to induce positive social change, health, peace and talent development.

Education is an important part of human capital development. Horace Mann, a prominent scholar and reformer, called education “beyond all other devices of human

origin ... the great equalizer of the conditions of men, the balance-wheel of the social machinery.” The mission of the Aga Khan University is an exercise in development of human capital through education. In its very brief period of existence, the human capital produced and nurtured by the University has had a substantial global impact. Examples include improvement in literacy rates in impoverished and disadvantaged communities, substantial declines in infant mortality rates in areas served by medical and nursing students, contribution to primary, secondary and tertiary health care in Pakistan and Africa, and generation of new knowledge through innovative research by graduates of the University.

As the University has marked over a quarter century of contributing to the communities where it exists, it is important to quantify such impact. Such quantification is a difficult task, since the measures are so varied and our alumni graduate in so many disciplines. Additionally, there are no universally accepted benchmarks in many fields. The University has previously attempted such quantification and benchmarking, and time is ripe for reviving this initiative and formalizing the process. Each academic unit of the University should form a task force and determine its own methodology, measures and benchmarks. As in many other areas, the University stands to be a global leader in this endeavour. ■

## In Pursuit of Happiness

Asad Mian, MBBS '97

I've had a hard time rigidly adhering to my medical profession year in and year out. Don't get me wrong ... I love being a paediatric ER doctor. Furthermore, I've chronologically enjoyed the medical college, graduate school, residency, fellowship and faculty experience. Yet the older I get, the more I've felt there's more to my life than being a physician.

I had begun to feel an increasing urge to take up something in addition to my medical work. That's when I realized writing was my outlet: not the hard-core biomedical research kind of cut and dry words, but what they call 'creative writing' which, in my opinion, is better labelled 'writing creatively'. Continued validation over the years persuaded me to keep up with this kind of creativity. It has kept me going. It has kept me sane. Above

all, it has enabled me to honour my medical profession even more.

That's my story in a nutshell. But what about other alumni? Maybe there are other AKU alumni who have gone past their basic call of medical duty and have taken up additional roles – and in the process realized what they are really passionate about. I wanted to find

**“I slowly lost the fear of trying out new things that I did not know about and learnt not to be afraid of failure.” Dr Khan**

a few of them and document their journeys so that they could inspire the next generation of alumni.

I found two. Intriguingly, both are my immediate seniors at AKU, part of the Class of 1996.

Dr Khan M. Siddiqui is Chief

Technology Officer at Higi. This is a Chicago-based digital health platform with a mission to get people to take small but meaningful steps towards healthy habits and wellness strategies. Dr Khan has had a distinctly innovative career that has long gone past his profession as a radiologist and a clinical researcher in paediatric and fetal cardiac imaging. Assuming leadership roles in the health information technology industry, his most distinguished role has been as the Chair of the American College of Radiology's IT and Informatics Committee, from 2008 to 2013, during which time he was also part of President Barack Obama's National Broadband Plan advisory panel. As an entrepreneur, he successfully sold one company and is now running Higi.

On the other side of the globe, Dr Safiuddin Siddiqui is founder and CEO of the Karachi-based Meritorious Education Network. Dr Safiuddin's work in the education sector has been prodigious and today, in Pakistan, the Network includes 5 campuses in Karachi with 3,000 students and 300 staff; including a nursery, K-12 schools offering 'O' and 'A' Levels and Secondary School Certification, an intermediate science college and an education centre. The Network has also expanded to the UAE, with an education consultancy in Dubai Knowledge Village, and two nurseries and a training centre in Sharjah.

Given where both Khan and Safiuddin stand today, it can easily be said that AKU has had a great impact on them. "I was always interested in using technology to solve problems. My final year Community Health Sciences project



Dr Khan (centre) with his team

at AKU was based on mining the AKU electronic record for a project on nosocomial pneumonia,” says Dr Khan. Later, the tools he created through health IT projects delved into the real problems he was trying to solve. Most took years in the making, first “in his head” and “then in reality”. A lot of his projects were linked to what he had learnt at AKU in Dr H.R. Ahmed’s exercise physiology class.

Dr Safiuddin’s journey into developing an education network also had its roots at AKU. “While studying medicine at the University, I gave tuitions from 4 to 10 pm at a small tuition centre in my locality to support my education.” By the time he reached third year, he had started a small institute on rented premises.

What started as a necessity turned into passion and then into a successful and enjoyable business. “I had a large family to support so I chose not to go abroad for a residency.” Instead, he started teaching basic medical sciences at Ziauddin Medical College, helping set up their problem-based learning methodology. After two years, he was offered a faculty position at AKU in the Department of Biological and Biomedical Sciences. For Safiuddin, this was a dream come true. “I worked at AKU for about four years and am proud to have been voted, through students’ evaluation forms, Best Teacher.” At the same time, he was also managing and running his own institute which by 2002 had expanded to such an extent that he had to resign from his position at AKU.

Entrepreneurs can take years to get to where they are at, and the circumstances need to be ‘right’ for them to create and innovate. “None of the things I have done or am doing happened suddenly,” explains Dr Khan. “In fact, they evolved over the years. It was not like I woke up one day and said I wanted to be an entrepreneur or start my own company. It happened because of

being at the right place at the right time and having the right people around me.

“I slowly lost the fear of trying out new things that I did not know about and learnt not to be afraid of failure. It took some years to build the confidence to move from a clinical career to one in informatics and then to become an entrepreneur.

it became profitable right in the first month. However, it involved a lot of investment in terms of time, energy and above all, my teenage and young adulthood years. I recall times when classmates were making plans for a get together or a dinner and I never had time to attend. It took Meritorious a long tough journey of over a decade to



Dr Safiuddin (second from right) at a school function

You can call me an accidental entrepreneur. When I finally decided to start my first company and take it on full speed, it was extremely hard. There was so much I did not know.”

However, not knowing did not stop Dr Khan from moving ahead and innovating. “I believe that one innovates at the edge of his experience. Out of the box thinking for me happens in teams with individuals from diverse backgrounds. It is much easier to build an out of the box thinking team, than finding out of the box thinkers.”

Dr Safiuddin’s dedication to his project did exact its toll, “I started Meritorious in 1994 with very little financial investment, and

be considered a respected educational institute.”

Although both Drs Khan and Safiuddin initially continued with their medical professions, they eventually had to quit, to give one hundred per cent of their time and energy to their entrepreneurial ventures. Needless to say, they did not want to compromise on the quality of their output. Quitting clinical practice did not generate bitterness nor any regret. In fact, taking the road less travelled led them to success, happiness and satisfaction. ■

*Asad I. Mian MD, PhD is a Paediatric ER Physician, Clinical Researcher and Associate Professor at AKU.*

## Megan's Story

Raised an hour and a half north of 'The City' in upstate New York, Megan Wang went to a school quite literally surrounded by apple orchards and farms. Highland was a

typical small town with small town sensibilities: everyone knew everyone else. Diversity did not really exist.



Megan Wang, MA in Muslim Cultures '12 receiving her degree from the late Ambassador Dehlavi as President Firoz Rasul looks on AKU

typical small town with small town sensibilities: everyone knew everyone else. Diversity did not really exist.

### NYC beckoned

In August 2006 Wang packed her belongings and boarded the Metro North to begin studies at New York University. For a while she waffled between majoring in Religious Studies and International Relations. When she thought she would fail to be accepted into the IR major she considered switching tracks completely to study engineering: building roller coasters had always been a dream of hers.

But, fate had other plans. Sophomore year she learned she was among the 35 students chosen

to major in International Relations. Picking an area of speciality – a requirement for IR majors at NYU – was easy. "I wanted to learn about the Middle East and about Islam

**“The title of the Institute and the degree uses the word Muslim rather than Islam – that spoke to me. It appeared to indicate a more nuanced approach that would avoid teaching about Islam and Muslims as static and universal,” says Wang.**

for myself. I was never the type to simply take someone's word for it.”

In 2009, while at NYU, she received a full scholarship to study at the American University in Dubai. Dubai proved a stepping-stone in many ways. The information she had received from AUD prior to setting off came in the form of a binder with a terrifying list of things she should not wear or do while

living in the UAE. No matter, this was an adventure.

“AUD was a wonderful learning experience. Not only did I get to interact with individuals from all over the world, but also learned a lot about myself,” says Wang. A year later, when she contacted her favourite professor from AUD and asked him to suggest a good MA programme in Middle Eastern and Islamic Studies, he asked her, ‘Are you opposed to leaving the US?’

### Enter the Aga Khan University's Institute for the Study of Muslim Civilisations

After reading up about the MA in Muslim Cultures, Wang decided to apply. “The title of the Institute and the degree uses the word Muslim rather than Islam – that spoke to me. It appeared to indicate a more nuanced approach that would avoid teaching about Islam and Muslims as static and universal,” says Wang.

She was nervous and uncertain about applying though, worried that she did not have enough “life experience” to be an appealing candidate for the programme – she had not even finished her BA let alone had a job related to what she studied! On the day she was to present her IR honours thesis at NYU she found out she had been accepted into the MA programme.

### Fast forward to 2011 and 2012

The MA programme was in full swing. It was intense and gruelling. Here Wang was learning to deconstruct questions and their inherent assumptions. Some students struggled with aspects of the programme more than others. Wang sympathized with those who, at times, found the lectures hard to reconcile with their faith. Coming

from a non-religious background, she could not even begin to imagine how difficult it was to endure. But they did, and she came to admire them greatly for it.

“Having such an eclectic student body proved to be an invaluable asset. The exposure to so many different cultures facilitated deep, meaningful and sometimes incredibly hilarious conversations,” recalls Wang. She fondly remembers an occasion during which she and her fellow American classmate were trying to explain the meaning and uses of the word ‘funky’. Or when having dinner with her classmates at a small Italian restaurant in Edinburgh, the manager was so intrigued by the diversity in accents, ages and ethnicities that he was compelled to ask how they knew each other. “Enthusiastically, we tried to explain the magic of ISMC, how it enabled us to be there together, regardless of our differences, sharing a meal as friends or even family.”

Recently, Wang was part of an open day at ISMC. On arrival, her neighbour at the table, Dr Farouk Topan, slipped her a brief note asking if this “felt familiar?” Wang smiled and wrote back “It feels like home.”

Without the Institute and its generous scholarship, “I would most likely be a different person,” Wang says. She is grateful to have had the opportunity to attend ISMC. To grow as an individual and to witness the same in her classmates was a humbling experience.

### Life post-ISMC

Currently, Wang is part-time coordinating editor for *The Middle East in London*, a bimonthly magazine published by the London Middle East Institute at The School of Oriental and African Studies, University of London. ■

*Megan Wang, MA in Muslim Cultures '12 with Public Affairs.*

## Pioneers Meet Again!

Nazleen Sindhwani, BScN '11

Henry Louis Gates once said, “If you share a common ancestor with somebody, you are related to them. It is like you share a DNA.” And often this relationship is lifelong. On the evening of June 20, the pioneering batch of the School of Nursing and Midwifery, the Class of 1983 met in San Antonio, Texas for a reunion. They were joined by alumni from other AKU classes, along with nurses who had graduated from the US.

Not only did the evening provide an opportunity for classmates to meet each other after what seemed like ages, it also allowed the graduates to share their experiences.

An informal ice breaking session was followed by a brief discussion. People talked about their backgrounds, journeys after graduating from the School and where they stood today in the field of nursing. The discussion made all present realize that SONAM graduates are spread around the world, have made tremendous progress and are making significant contributions to their communities.

Another noteworthy event of the evening was the valuable input from Khadija Pir Mohammed, Director, Nursing Services at AKUH, Karachi, also a graduate of the first batch, who joined the proceedings online. She congratulated her classmates for making an effort to keep in touch after all these years. She briefly explained the University’s recent activities and how it has evolved over the last 30 years. She appreciated the significant contributions made by its graduates over these years and encouraged participants to come forward and serve the institution.

The event ended with an informal get together. Old memories were recalled and the good old days spent at SONAM were re-cherished.

The get together made us realize that AKU has instilled a lifelong desire for learning in all its graduates. It has played a significant role in building skills and confidence amongst us to go out and face the challenges of this progressing world and then utilize those skills and knowledge to make a difference in our lives and our communities at large. ■



AKU SONAM's first Class

Nazleen Sindhwani



## AKU AANA Reunion 2014

Faisal G. Qureshi, MBBS '93

The Medical College Class of 1994 celebrated their 20th anniversary this year at the Gaylord National Harbor Hotel in Washington DC. This was the largest gathering ever with 190 attendees. There were over 110 alumni at dinner, with the classes of 1989, 1994 and 2004 celebrating their class milestones. AKU AANA is now the fourth largest component society at Alumni Association of Physicians of Pakistani Descent of North America and the fastest growing.

Dale Shaw, immediate past president of the Duke Medical School Alumni Association was the guest speaker. A surprise faculty visitor Dr Nasir Ahmed, one of the founding surgeons at AKU, was also present.

The group's biggest accomplishment of the night was ratifying the new constitution. A survey was also conducted about the direction the group wanted their Association to head in and the top three choices were:

- Philanthropy for health care projects in Pakistan/Medical School.
- Philanthropy for education related projects in Pakistan.
- Development of programmes in Pakistan that can engage the next generation, such as exchange programmes and volunteer opportunities.

After a lively dinner, the alumni enjoyed performances by Shazia Manzoor and Kumar Sanu.

The following evening Shreya Goshal entertained the audience at the banquet.

Looking into the future, one of the major projects this year will be to develop an AKU AANA based Endowment Fund that will link to projects at AKU and serve as a vehicle for giving back to the alma mater in a very defined and specific way.

The group is also in the process of constituting a board of trustees that will guide the Association in the future.

The next reunion will be held on August 14 at the Gaylord Resort, Orlando. Elections will be held then, so all alumni are invited to run for office as President, Secretary or Treasurer. ■



20th Reunion of the AKU Medical College MBBS Class of '94

## Let's Meet Up

Shirin Alwani, Nursing Diploma '94, Post RN BScN '00

God bless Mark Zuckerberg and his colleagues who founded the social networking site Facebook which has become a virtual café for so many of us. Well, for the SONAM Class of 1994, it all started with a creation of a group with the same name. In a blink of an eye, members of our class started joining this group and sharing old stories and pictures. This was such a nostalgic experience for so many of us. We shared our stories of moments spent at the School and our time together in the hostel celebrating festivals. We talked about sleepless nights to finish papers or the dread of going to clinicals the next day in some remote village or government hospital.

Well, one fine day, someone sent a post to our group page pointing out that the year 2014 marks the 20th anniversary of the class completing the Diploma in Nursing. Someone else followed by suggesting, "Let's meet up" and the ball started rolling. It ignited a desire in all of us to reunite and meet in person. Where and when to meet were the two big questions. Finally after six months of haggling we agreed to meet in Houston from August 29 to 31.

Those of us living in Houston took on the responsibility of organizing everything for members visiting from elsewhere. Eighteen girls (nurses would perhaps be more appropriate) from our class came



*Diploma in Nursing, Class of 1994 reunites in Houston after 20 years*

from across North America for the event. The three days passed really fast but we managed to reminisce and catch up on each other's lives. The event ended with all of us agreeing to meet in Tampa Bay, Florida in 2016.

All of us relived the feeling that being part of the AKU community is a great blessing where we not only learned to be lifelong learners and high achievers but also found lifelong friends and inspiration for the years ahead. ■

### Request for Contributions

The editors invite you to contribute to the next issue of the magazine. Articles should be 500-600 words, while images must be 300 dpi resolution digital photographs (jpeg files over 1MB). Submit articles at [www.aku.edu/alumni/articlesubmissionform](http://www.aku.edu/alumni/articlesubmissionform). Share your successes with other AKU alumni by

submitting your class notes at [www.aku.edu/alumni/classnotessubmissionform](http://www.aku.edu/alumni/classnotessubmissionform). Do you know any alumni still not on the AKU-NAMA mailing list? Direct them to [www.aku.edu/alumniinform](http://www.aku.edu/alumniinform). Thank you for all your previous submissions and suggestions.

## A Home Away From Home

### The Women's Residences Celebrates 10 years

For the past ten years the Women's Residences continue to be a safe haven for faculty and staff of the Aga Khan University. Spread over three buildings, the Karimi Residence, the Noor Residence and the Arman Rupani Residence provide 150 women with accommodation. If the need arises, outstation women professionals from the Aga Khan Development Network as well as volunteers are also provided lodging. Since 2004, more than 800 women residents have been provided a comfortable 'home' away from home, within walking distance of the work place.



▲ Resident busy working in a fully furnished air conditioned Studio Apartment, with access to a cafeteria, laundry and common rooms



▲ The calm and serene environment rejuvenates residents for the next hectic working day



▲ Since the Residences house women from different backgrounds and locations from across Pakistan, there is the opportunity to network widely

## From Fertile Lands to the Arid Desert

Dr Philomena Drago-Johnson was one of the first four surgical residents to graduate from AKU in 1990. “AKU actually gave me the platform, the vigour and the chance to fight for my career at a time when female surgeons were a rarity.” Today, she is a consultant surgeon at St. Theresa’s Hospital in Mirpur Khas, where she works to provide health care to the many thousands who live in rural Pakistan.

It is a story that began many years ago, in 1995, when she chose to move from Karachi, the country’s largest city, to Kunri, a small town at the edge of the Thar Desert. As Medical Superintendent at the Kunri

Christian Hospital, she was ready for the challenge of treating people in an area with negligible health facilities and high levels of poverty.

“As part of the clinical work at AKU’s Community Health Centre, I encountered a financially constrained client base. I was forced to come up with innovative, low-cost solutions for my patients,” says Dr Drago-Johnson. It was a rewarding experience that she was to use throughout her career.

During her seven-year association with the KCH, she assisted in setting up the Kunri Christian Hospital Midwifery School of Nursing. Her aim was

simple: to decrease the high level of obstetric trauma in the region.

Moving to St. Theresa’s Hospital, Mirpur Khas, 12 years ago did not reduce the challenges. There she supported the existing Community Outreach Programme through which a team from the hospital, working jointly with the local parish of St. Theresa, visits the villages around Mirpur Khas to create and improve awareness of various health issues, carry out consultations and even transport those in dire need of specialized care to the hospital where they are administered the necessary medical attention.



*Dr Drago-Johnson examining a patient in the OPD at the Love and Trust Hospital, Chachro*

*PC Paul Johnson*

On Fridays and Saturdays, three weekends every month, when she is not operating at St Theresa, Dr Drago-Johnson contributes her surgical skills at the Love and Trust Hospital (LTH) in Chachro, 149 km and nearly three hours away in the Thar Desert. She considers this as one of her more challenging health care initiatives.

The vision for the Love and Trust Hospital, Chachro, originated almost 17 years ago, during her time at Kunri. Bringing together the Chachro community leaders with nurses and midwives from KCH, she and her team answered a long desired community need for a Mother and Child Health Centre staffed by women to address neglected or mishandled cases in the district. Within two years of successfully running the Centre, the reins were handed over to Thar Saath, a local NGO. KCH and later St. Theresa's Hospital continued to backstop Saath, providing them with the relevant staff till they were self-sufficient. Unfortunately, the Centre faced a number of problems and was not able to provide secondary health care – unplanned emergencies – to patients who would arrive at its doorstep.

As luck would have it, Dr Drago-Johnson had trained Dr Min Hyung Rae, a South Korean general surgeon, in caesarean and other gynaecological procedures at KCH. Accompanying her on a visit to Chachro, he was moved by the vision to address health care issues in remote areas of the desert. By 2013, Dr Rae had constructed and set up the Love and Trust Hospital (LTH) as a secondary health care facility with well-equipped laboratories, radiology facilities and operating theatres, at Chachro. While the Mother and Child Health Centre continues to operate, any patients that require secondary health care are referred to LTH.



*Dr Drago-Johnson performing a surgical procedure at the Love and Trust Hospital, Chachro*  
PC Paul Johnson

Myth and superstition continue to negatively impact health care in rural Pakistan. “Operating in a male-dominated society, preconceived notions about child birth and denial of basic health rights for rural

**“As part of the clinical work at AKU’s Community Health Centre, I encountered a financially constrained client base. I was forced to come up with innovative, low-cost solutions for my patients,” says Dr Drago-Johnson.**

women are constant issues,” said Dr Drago-Johnson.

To address some of the challenges she faced when she first began her work in Mirpur Khas, Dr Drago-Johnson attempted to develop a good working relationship with the local doctors, to demonstrate how they together could provide better service to

their patients and complement each other’s strengths. She has also been instrumental in training local family health physicians and general practitioners in surgical procedures.

Her top priority continues to be establishing a close relationship with the local community, building awareness through education, and helping women to improve health and hygiene practices in their households.

Her advice to recent AKU graduates? “Come out and spend two weeks or a year in a rural area like Kunri, Chachro or Mirpur Khas for a different perspective on dealing with medical problems. See what is happening in the real world. Here you will see a different set of problems; you will witness the problems that persist for a majority of Pakistani residents”. ■

*Janelle Dias, Assistant Manager, Communications, Medical College, Pakistan.*

## Physician par Excellence

*Dr Syed Mohibur Rab passed away on September 15, 2014.*

Born in 1931 in Bihar, India, Dr Rab received his medical education at Dhaka Medical College and MRCP degrees from Edinburgh and London, UK.

He was a founding father of the College of Physicians and Surgeons, Pakistan, later served as its president and patron, and was also the overseas adviser to the Royal College of Physicians, UK. For his great contributions to the field of medicine, Dr Rab was awarded the *Sitara-e-Imtiaz* by the Government of Pakistan.

In 1972, he moved from Dhaka and joined Jinnah Postgraduate Medical Centre as Head, Department of Medicine, from where he retired in 1991. In 2000, he was appointed as the provincial health minister for the caretaker government, and also served as a member of the Board of Trustees, Aga Khan University from 1986 to 2001.

Professor Rab was a true role model; one of the greatest teachers who pushed you beyond your zone of comfort; a caring mentor who made you feel special; and a dedicated, ethical and exceptional physician.

Professor Rab raised the standard of medical education at JPMC, so that nearly everyone wished to complete their postgraduate studies in medicine with him, and those who did were truly blessed.

His ward rounds not only focused on medicine and ethics, but also touched on a love of literature and fine arts. Extremely altruistic and humane, he was known to visit his elderly and non-paying patients at home, especially those he had known in Dhaka, where he was considered someone just less than God.

Professor Rab has left a great legacy, with thousands of his students carrying on his work. It



may be the end of an era – but the legend lives on. ■

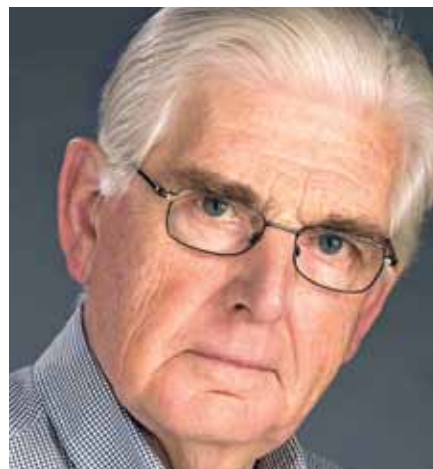
*Dr Rukhsana W Zuberi, Noor Mohammad E Mewawalla Professor of Family Medicine; Associate Dean, Education; and Chair, Department for Educational Development, Faculty of Health Sciences, AKU.*

## An Extraordinary Person

*Dr Roger A. L. Sutton, former Dean of the Faculty of Health Sciences, from 1996 to 2000, passed away on September 10, 2014.*

Dr Sutton led an extraordinary life of accomplishments. He was a highly respected individual, an inspirational leader, a strong advocate of academic progression, and made profound contributions to the growth of the University during his years as dean at AKU. In recognition of his selfless contributions to its academic mission, the University of British Columbia conferred Dr Sutton with the title of Professor Emeritus of Medicine.

Born in Lancashire, England, Dr Sutton received his primary



medical training at Oxford University and his post-graduate training at University College Hospital, London before immigrating to Canada. Initially he served in important positions at the Royal Victoria Hospital and McGill University in Montreal. In the mid 1970s, Dr Sutton became the Head of the Division of Nephrology and subsequently Head of the Department of Medicine at Vancouver General Hospital, and was elected President of the Canadian Society of Nephrology.

Dr Sutton is a recipient of a number of awards and honours including the prestigious Medal in Medicine presented by the Royal College of Physicians of Canada. He became internationally recognized and acclaimed in his specialty of nephrology and was widely admired for his clinical, research and administrative abilities.

Dr Sutton joined the University as Chair, Department of Medicine in 1993 and was subsequently appointed as Dean, Faculty of Health Sciences in 1996. During his tenure as Dean, he undertook a number of significant, high-impact initiatives which included, among many others, smooth integration of the separate Departments of Physio-Pharmacology, Anatomy and Biochemistry into one consolidated Department of Biological and Biomedical Sciences and the introduction of postgraduate medical education programmes in East Africa. His research interests included basic aspects of renal calcium handling and clinical studies in renal stone disease.

Those who had worked closely with Dr Sutton knew that he possessed an insatiable passion for ornithology. Later in life, his bird watching desire and expertise was accompanied by an equal accomplishment in bird photography (and the many travels he made to find and photograph birds in regions as distant as the African Serengeti and Nepal).

Dr Sutton's achievements were associated with a quiet calm, a great sense of humour and enviable modesty. He was well admired by faculty, staff and students for his straightforward manner, organized work ethic, courteous demeanour and candour. He was a caring physician and will be much missed by his family, numerous patients, colleagues and friends. ■

*Dr Farhat Abbas, Dean, Medical College Pakistan.*

## FHS Library in Nairobi wins the Maktaba Award

The Faculty of Health Sciences Library in Nairobi won the 2014 Maktaba Award in recognition of the excellent library and information services it provides. The award was presented to the University at a colourful ceremony at the Louis Leakey Auditorium, National Museums of Kenya presided over by Dr Auma Obama.

The Kenya Library Association;

to a series of impromptu visits, allowing interviews with staff and library users, as well as accepting a detailed examination of the services provided. The FHS Library won over much larger university libraries nationwide essentially because of the quality of services it provides, its use of information technology and the services it renders to the community beyond AKU.



*Proud librarians of the FHS Library in Nairobi*

the Goethe-Institut Kenya; the Kenya Ministry of Sports, Culture and the Arts; the Jomo Kenyatta Foundation; Book Aid International; Worldreader and the Radio Africa Group sponsored the Maktaba Award.

The FHS Library beat 76 competitors to scoop the overall Library of the Year Award and win first place in the Academic Libraries category too. The award process is rigorous and involves submitting a detailed application, consenting

Inaugurated in 2010, the annual awards aim to recognise libraries that have made a difference to the lives of people. It was driven by the realization of the key role information plays in the modern world – Kenya, after all, is part of a global information society.

The library of the year is awarded a cash prize of Kshs 350,000; two trophies and three certificates; printing equipment; and 200 books in the field of health sciences. ■



## Preparing to Excel

*The Institute for Educational Development, East Africa extensively works on improving the quality of teacher education and encourages socio-economic growth in the region. Principally, it gives teachers the skills and opportunities they need to educate future leaders through human resource development, institutional capacity building, policy analysis and research.*

*Two future graduates speak about their experience at IED.*

Andrua is from Uganda's West Nile region, one of the poorest regions in Uganda and one that was until recently in and out of conflict. Andrua became an English and Social Studies teacher at a school in her village and then Head Teacher. She heard about AKU from a friend and wanted to attend, but in her district there was no money to pursue a master's degree. Andrua applied, knowing that she would be judged based on merit, not whether she could pay. Still, she was worried she would not be accepted because

*"I will apply the leadership skills I am learning and help my schools excel."*

Andrua Harriet Maiku

she was pregnant. But this is not a barrier at the IED. In fact, Andrua was accepted and came all the way to Dar es Salaam with her 3-month old baby.

Andrua is proud to be in the Educational Leadership and Management programme. "I will apply the leadership skills I am learning at the IED to help my schools excel," she said. She will be graduating later this year – and will be the first teacher in her region to earn a master's degree. Andrua has also taken courses in Information and Communication Technology and she can now produce her own videos to share her knowledge with other teachers.



Students attending a session at IED, East Africa

Sala Lewis

Adoke spent half his life in exile from Uganda, first in the Democratic Republic of the Congo, then in South Sudan. But in 1990, he returned and completed his undergraduate degree in physics and chemistry. After graduation, he taught at a secondary school. He speaks the local language of the Kobuku District, plus Arabic, English and now some Swahili.

Adoke notes, “As a teacher in my remote district in northwest Uganda, I have lots of leadership and management experience already. Teachers here are called upon to officiate at weddings and funerals, at fundraisers and in many other ways. I am a responsible and respected person in my community.” In his school, the Board of Governors awarded him the responsibility of head of academics.

A friend suggested he apply to the Aga Khan University and Adoke is now in the Educational Leadership and Management Programme at IED. Adoke will complete his master’s degree to help his

*“AKU is a way out of impoverishment of resources and ideas.”* Adoke Simon



*Discussions are an integral part of learning at IED*  
Sala Lewis

district and improve the status of his family. “I see my studies at AKU as a ‘way out,’ not out of Uganda or the Kobuku District, but out of impoverishment of resources and ideas. I am excited to make a better life for others.” ■

*The Aga Khan University, Awali Status Report, October 2014*

## Alumni in the News

### AKU alumna honoured with Order of the British Empire

Dr Aymna Sultan, a graduate of the University’s Medical College, Class of ’89 and a former faculty member (Assistant Professor Ophthalmology, 1998-99) has received one of the highest accolades from the British Government: she has been awarded the Order of the British Empire in recognition of her service in medicine, healthcare and eye surgery in Papua New Guinea (PNG).

Dr Sultan is the CEO of Pacific International Hospital in Port Moresby which is the first facility to introduce advanced healthcare technology such as CT and MRI scans, mammography, cath lab, cardiac and

neuro surgery, phaco cataract surgery and haemodialysis in PNG. She has previously served as the Hospital’s Medical Director and practises as an ophthalmologist since its establishment in 2001.

She specializes in cornea and uveitis and runs a free vision screening and cataract surgery programme for the underserved.

The Order of the British Empire, founded in 1917, recognises distinguished service to the arts and sciences, public services outside the Civil Service and work with charitable and welfare organisations of all kinds. ■

### AKU alumnus successfully implants non-surgical, wireless cardiac pacemaker

Dr Sohail Hassan, MBBS ’93, conducted the first procedure in southeast Michigan to implant a miniature pacemaker, Nanostim, designed to be placed directly in the right ventricle of the heart during a procedure similar to an angioplasty.

Dr Hassan is currently the Director of Electrophysiology at St. John Hospital & Medical Center, Detroit. The Nanostim lead-less pacemaker is less than 10 per cent the size of a conventional

pacemaker and is the least invasive pacing technology available today. The small size of the device and lack of a surgical pocket, coupled with the exclusion of a lead, improves patient comfort and can reduce complications, including device pocket-related infection and lead failure.

The miniaturised device is designed to be fully retrievable so that it can be readily repositioned during the implant procedure and later retrieved if necessary. ■

## School of Nursing and Midwifery, Pakistan

1992

### Zohra Ratnani née Lalani,

Diploma in Nursing, is currently working as RN-RM in Consulting Clinic 4 at AKUH, Karachi. She is pleased to share that her two daughters are pursuing professional degrees in D-Pharm and Physical Therapy from Jinnah Medical and Dental College and Liaquat National Hospital, respectively.

1993

### Rozina Nizar née Pirwani,

Diploma in Nursing, has successfully completed her Post-RN BScN from Ziauddin University College of Nursing in 2012 and was twice awarded a scholarship during her studies. She is presently working as Head of Nursing at Medicare Heart Hospital in Karachi, and credits her alma mater for her success in management and leadership positions that she has held over her 21-year career.

2001

**Hina Imran Khoja**, Diploma in Nursing, Post-RN BScN 2013, recently moved to the UAE after having been affiliated with AKU for the last 16 years, first as a student and later as a practicing nurse. She feels that last year's convocation ceremony served as a perfect send-off, an event she remembers very fondly.

**Shahina Pirani née Essani**, BScN, enjoyed becoming an AKU alumna all over again with the completion of her MScN with Honours degree in 2013.

2005

**Munira Amin née Karam**, BScN, is Head Nurse, Surgical Day Care,



*Shahid Shafi, Class of '88, taking oath of the office, with wife Ayesha Sayany*

### Alumnus in Elected Office in the US

On May 10, 2014, Shahid Shafi, MBBS '88 became the second AKU alumnus to join a unique group of individuals in the United States – elected officials. He has been elected by the people of Southlake, Texas to represent them on the city council.

Dr Saud Anwar, MBBS '91, was the first AKU alumnus to be elected to as Mayor of South Windsor, Connecticut.

AKUH. Supported by a grant, she presented at the Association of periOperative Registered Nurses Conference held earlier this year in Chicago.

2006

**Syed Mian Sir Ali Shah**, BScN, based in Abu Dhabi is working as a Health and Administration Officer at the National Drilling Company, a subsidiary of the Abu Dhabi National Oil Company.

**Muhammad Basharatullah**, BScN, is working as a Clinical Nurse Manager at Shaukat Khanum Memorial Cancer Hospital & Research Center, Lahore, Pakistan.

2009

**Naureen Hussaini**, Diploma in Nursing, Post-RN BScN 2013, is Nursing Instructor, Department of Emergency Medicine, AKUH, Karachi. She recently visited a health care facility in Singapore in February 2014, where she observed best practices in quality care and safety that could be replicated at AKUH for positive patient outcomes.

**Farida Amin**, Diploma, Post-RN BScN 2013, is Assistant Manager, Medical Development Team at the Marie Stopes Society, Lahore, Pakistan.

2010

**Salima Deedar Ali**, Diploma in Nursing, joined the Intensive Care Unit at the Aga Khan University Hospital, Karachi soon after completing her Diploma and has enrolled in Post-RN BScN programme. She feels excited and blessed to be completing her Post-RN BScN this year and looks forward to joining the Midwifery programme soon thereafter.

2011

**Muhammad Younas**, BScN, is enrolled in the MScN programme at AKU.

2012

**Ali Bakhsh Nasrat**, BScN, is working with Aga Khan Health Services, Afghanistan, in Bamyán Provincial Hospital as Nurse Manager and is managing, supervising and evaluating nurses.

**Kiran Qasim Ali**, BScN, is currently enrolled in the Master of Education programme at IED and looks forward to strengthening the role of education in promoting health in developing countries.

2013

**Anum Gujrati**, Diploma in Nursing, shares her achievement of securing first position in SNEB exam in 2013.

**Reena Lalji**, Post-RN BScN, recently got married and moved to the US. She is presently preparing for her NCLEX exams. She feels privileged to be an AKU alumna and acknowledges SONAM for adding to her professionalism and confidence.

## Medical College, Pakistan

1996

**Namirah Jamshed**, MBBS, was named the 2014 House Call Educator of the Year by the American Academy of Home Care Medicine in May 2014.

2011

**Sadaf Zia**, Residency, is working as Assistant Professor in the Department of Otolaryngology Head & Neck Surgery at Dow Medical University of Health Sciences. In May 2014 she travelled to Munich, Germany for a fellowship in endoscopic nasal and skull base surgery.

2013

**Tooba Ali**, MBBS, was elected to the General Council of the Professional Association of Residents of Ontario from McMaster University, Canada.

## Institute for Educational Development, Pakistan

2012

**Kiran Zubair née Yunus**, MEd, is Project Coordinator at Idara-e-Taleem-o-Agahi.

## In Memoriam

**Dr Arif Amin Khan, MBBS '89** passed away on July 10, 2014.

Dr Khan was amongst the top graduates of his class and later trained as a general surgeon in the US with a specialisation in endocrine and minimally invasive surgery.

Between his residency and fellowship, he was also involved in research at the Hammersmith

Hospital in the UK. At the time of his passing he was heading a successful private practice in San Francisco, California.

He has been described by his friends and classmates as possessing “a brilliant and genius mind and was also very considerate, generous and caring— a true friend’s friend.”

**Dr Tausif ur Rehman, MBBS '02** passed away in a plane crash in the suburbs of Chicago on October 12, 2014.

Dr Rehman has been described by his classmates as nothing short of a prodigy, who, upon graduating soon after turning 22, was amongst the youngest to complete an MBBS from AKU. His interaction with patients from early on reflected high levels of professionalism and compassion, which served as an ideal foundation on which he based his stellar postgraduate training and subsequent career in neurosurgery.

Soon after graduating, Dr Rehman undertook a research assistantship in neurosciences at

AKU after which he proceeded to the United States for further training in 2004.

He first completed an internship in general surgery at Brown University, which was followed by an additional year of training in general surgery at Weil Cornell Medical College and New York Presbyterian Hospital in New York City. In 2006, he began a residency in neurosurgery at the University of New Mexico, which he completed in 2011, along with an infolded fellowship in Neuroradiology.

Most recently, Dr Rehman was working as a neurosurgeon at Stormont-Vail HealthCare in Topeka, Kansas.

**Dr Aisha Latif, MBBS '07** Committed to serving Pakistan from the very beginning, Dr Latif returned to her hometown of Islamabad following graduation, and in subsequent years, worked at PIMS and Shifa International Hospital; she also found time to

pass her FCPS Part 1 on her way to postgraduate training.

She was specifically focused on helping the underprivileged segments of society and extended valuable emotional support in addition to needed medical care.

**Dr Khurshid Khowaja Nursing Diploma '84** passed away after a two-year long illness. A member of the second batch of AKU nursing graduates, Dr Khowaja joined AKUH Nursing Services soon after her graduation and quickly rose to the position of Head Nurse. In 1993 she completed a Post RN BScN. Over time she continued to progress in her career at AKUH and reached the position of Director,

Nursing Services in 2001. She also completed her PhD from Ballarat University in Australia, and later a postdoctoral fellowship from McMaster University in Canada.

Her association with SONAM continued as well as she concurrently held the position of Assistant Professor. In 2009, Dr Khowaja assumed responsibilities as Director, Outreach, where she served until she moved to the UAE in 2010. ■



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