



DAANA NEWSLETTER



March 2021 | Volume 1, Issue 3

IN THIS ISSUE

Meet Our Alumni	1
THRIVING during COVID-19	3
Corona - Go Away!	
Announcements	4
~ Residency Match	
~ Matrimonial Match	
~ Congratulations	
Journey to BITS-Dubai	5

Clickable links in RED

RESIDENCY MATCH 2021 SECRETS OF SUCCESS



WHEN
Sat March 27th, 2021
9pm - 10:30pm CST
(India Sun 7:30am - 9:00am)

WHERE
DAANA Mentorship Zoom Meeting
<https://us02.zoom.us/j/80427206400>
<https://www.daanadocs.org>

FEATURING - DCMS Alumni who watched this year's DAANA Mentorship Committee

DCMSMENTORS@GMAIL.COM

WWW.DAANADCS.ORG

FREE TO ATTEND

TO BENEFIT FUTURE RESIDENCY APPLICANTS

LEARN FROM FIRST HAND EXPERIENCE OF ALUMNI

Cracking USMLE Application process Interview tips He's and How to And much more...

DAANA MENTORSHIP COMMITTEE

Leadership Who we are How we can help Internship prep Observerships Research positions Publications Mentorships Scholarships etc.

Mohammed Moizuddin ('88)

"To air is human, not to wheeze, devine!"
~ A pulmonologist's motto

I was born in Hyderabad & resided in Noor Khan Bazaar & recall visiting Salarjung Museum multiple times during childhood. It was a very warm neighborhood & I am still in touch with many childhood friends, spread across the world. We literally knew each other's family details & could enter any home & always invited to eat during mealtimes. Playing street badminton & cricket after Fajr prayers (before school) was really memorable.



DAANA President
Mohammed Moizuddin

My beloved father (Late Mohammed Muniruddin) always instilled a strong sense of confidence in me right from childhood, of achieving the impossible. He grew up in a small town to parents who were farmers, and made it all the way to Osmania College of Civil Engineering. He understood the importance of a good foundation and enrolled me at St Paul's High School. I graduated to Little Flower Junior College, which was tough and I recall my Botany teacher telling me 'do well next time' when I scored 85% in a class test. Nothing less than 90% was acceptable to them! My mother idolized her elder brother - a trained surgeon working in Alabama since 1970's and hence my career track was already settled.

Joining DCMS in September 1988 was an experience to remember for the rest of my life. We were the fourth batch (no admissions in 1987) and the college admitted 100 students instead of the permitted 50; so first few weeks were rough with court battles. I vividly remember writing our Biochemistry theory exams at Osmania Medical College, scared and anxious. We were told by NTR University to take the practicals there as well, but our college lawyer won the case in A.P. High Court. Yes, I was there to witness this triumphant and historic event! Salar was a true gentleman & I had a few opportunities to visit his home with my batch-mate Mugeem. He was a true visionary and always cared for us all, kept his promise and we won every case till the end! Don't think I will do any justice in describing the fun filled next 6 years, at DCMS, in this newsletter so shall move on.

My non-medical accomplishments have included participating in 'Sports Quiz' (hosted by Narotham Puri on National Doordarshan Television), winning first prize and second prizes in Solo & Group Instrumental Music at Spandan'92 at JIPMER, Pondicherry and getting a Budokan Karate Black Belt. I did receive formal music training for 3 years and learnt to play harmonium/keyboard at Babu Sangeet Vidyalaya besides working out my Martial Arts skills for 4 years. Immediately after my DCMS internship. I joined Osmania General Hospital and completed one year Senior Internship in Acute Medical Care Unit under Prof. Binode Kumar Sahay. He was a difficult task-master who challenged me to excel, and instilled the confidence to yearn for post-graduate education in General Internal Medicine. I was selected as the first DNB (General Medicine) Candidate at Princess Durrreshahwar General & Children's Hospital (PDSCH) and had the honor of training under Professor Jamaluddin- a gentle soul and an excellent physician. Work was extremely fun, specially managing old city mafia related patients! We all learnt our first lessons in managing disruptive, aggressive and uncooperative folks, a skill set much need to work in acute care environment.

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It was the Medical Director, Dr. Fakhruddin's forethought and able help from my cousin Dr.Saleem (Flint, MI), besides others that the first medical library was established at PDSCH. We not only got an opportunity to moonlight/work at the hospital but utilized this free library, which was instrumental for our success at many licensing exams. Dr.Mateenuddin Saleem was Director of ICU and he was a towering figure in my life who inspired me to find my niche in acute care medicine. It was tough for Indian medical graduates to obtain US student or visit visas during mid-1990's. India didn't have an examination center, which meant travel to Far-East for USMLE exams, an added expense, unaffordable for many middle-class students. I traveled to Saudi Arabia to earn money and passed my exams from Riyadh, **paper pencil two-day ordeal each step!**



It took me two attempts at US consulate before I arrived in Chicago, November 7th, 2001 on H1B visa.. I immediately started working towards networking all our alumni here and remember playing tennis matches with Raheem Bhai'85 in downtown. Biggest support system besides my sister living in Mundelein, IL came in the form of my medical batch-mates and seniors who made it to US before me. They never left me behind in the true sense! The foundation of DAANA Mentorship was laid during my initial struggle abroad and here. Touheed'88 paid my Step 2 fee (Scholarship Program), Sameer'90 and Suhail'88 opened their homes for stay and helped me with travel (Host program), Muqem'88 polished my interview skills (Mentorship Program). I am thankful to many other extended family members & friends without whose help my success today would not have been possible.

I was successful in obtaining a prematch H1B Internal Medicine Residency position at St Barnabas Hospital, Bronx. After residency, I was working as Hospitalist in New Orleans when Hurricane Katrina hit & I survived this ordeal. Both home & hospital were underwater & I was homeless and jobless for few weeks. One friend provided me shelter for 8 weeks before I moved to Wisconsin. I worked as an Academic Hospitalist at Marshfield Clinic, Wisconsin and then, after obtaining my immigration, completed Fellowship in Sleep Medicine from Medical College of Wisconsin. I had a prematch offer for PCCM, but my wife Quresh also our alumni, got matched in Massachusetts. So we moved to Pittsfield, MA. I followed it up with three year Pulmonary, Critical Care Fellowship from University of South Carolina. Quresh then completed her fellowship in Rheumatology from Ochner Medical Center, New Orleans and now we reside in Dallas, Texas.



Alhamdulillah, we are blessed to have three wonderful children: Noor, Mudassir and Muzammil. We like to watch movies & travel as much as we can, around US and other countries, and love to attend/have alumni family get togethers in Dallas. In this pandemic, it is indeed stressful being a Pulmonologist but the love and affection I get from my patients at this hospital & support from Quresh at home, motivates me do my best. Besides my immediate family, DAANA is my second home! It is indeed an honor, a privilege and a blessing to be among you all here today. I sincerely hope all our lives' journeys will continue to inspire the junior alumni to succeed here.

“The practice of medicine is an art, not a trade; a calling, not a business; a calling in which your heart will be exercised equally with your head. Often the best part of your work will have nothing to do with potions and powders, but with the exercise of an influence of the strong upon the weak, of the righteous upon the wicked, of the wise upon the foolish.”
 — Sir William Osler

GRAND OPENINGS



Nazimuddin Talha Mohammed '91, Frisco, TX
[WATCH PROMO](#)



Ravikanth Vydyula '98, Krishna Chaitanya Arudra '98 & Shireesh Kumar Bhrunji '98



THRIVING, not just surviving (in the time of COVID-19)

Rehma Qazi (16yr, Sophomore in high school) d/o Baseer Qazi '96

Hi! I'm Rehma Qazi! I, along with the rest of us, am living through a time where a five letter word, two numbers, and a hyphen has drastically impacted us physically, mentally and emotionally. My goal has been to spread positivity and uplift spirits during the COVID-19 era. I am a teenager in this day and age, not too different from yourself or your child, dealing with multiple feelings and emotions. I have no idea how long E-learning will continue, what will happen to my AP courses, when I'll be able to get my driver's license, if sports will be back in full swing, when I'll be allowed back into my favorite restaurants, place of worship, etc.

On the bright side, I have used this time, that I have at home, to accomplish some personal goals. I started a blog focused on COVID-19 and how this virus has impacted teenagers in particular. In addition, I created an Instagram page filled with daily doses of motivation, positive quotes, and inspirational stories from other teens and people alike.

For the past 6 months I have been working as front desk staff at a local fitness studio called Gainz Fit Club. Though this was a new environment and I learnt a lot in a short time, I wanted to step it up a notch. With this in mind and working at a gym, I took the opportunity and registered into a program to become a personal trainer through NASM. After successfully completing the program, I am now a certified personal trainer and have started Workout Wonders! Workout Wonders is my series of fitness sessions geared towards teenage girls. I took this specific initiate as Workout Wonders gives girls the opportunity to get out of their houses, get together, and do something healthy while socializing in a safe and distanced environment, which due to the pandemic, many teens are lacking. Studies show that your physical health is correlated strongly to your mental health. My hope is that through this program I will be able to cultivate girls who are spiritually, mentally, emotionally and physically strong.

blog - <https://rehmaq6.wixsite.com/innerpieces>

podcast - <https://anchor.fm/rehmqazi>

Instagram handle - [@inn.erpieces](https://www.instagram.com/inn.erpieces)

GRATITUDE POSTS شكريه

I would like to thank and commend Dr Asif Baig ('99) & Dr Akheel Ahmed ('99), for execution of giving COVID-shield vaccine at Mythri hospital. My parents took it Alhamdulillah at their hospital. Appointment booking was done online. JazakAllah Asif Baig and Akheel again for their wise steps to secure & give vaccinations during challenging times. I am also aware other hospitals owned by our alumni and other alumni are helping others too. JazakAllah.

Mohammed Ismail Shakaib ('93)

I wish to express my appreciation for the helpful nature of our alumni & their thoughtfulness. I have sought help for family & friends, who have loved ones admitted with COVID-19 in ICUs. Always, the alumni working at the hospital messaged me within **MINUTES**, asking how they could help (even before I messaged them!). Special thanks to Mohammed Riyaz Mohiuddin ('95), Anaesthesia & ICU, Bahrain Defence Forces Royal Military Services Hospital, Bahrain & Aminuddin Owaisi ('99), Cardiologist, Century Hospital, Hyderabad. Blessed to be part of this community.

Aiman Muneer ('96)

Corona - Go Away!

by **Maahin N Hussain**
(10yr/5th Gr)
d/o Mohammed Sadique
Hussain ('98)



Oh, coronavirus, please go away
How I wish to go outside and play
I hope and wish day by day,
You pay no heed to whatever I say...
Oh, when, oh, when, will you ever go away?
I wash my hands and do errands...
I jog up and down and look all around
And I see everyone wearing masks...
Everyone disinfecting everything, and doing tasks.
Everyplace suffers in terrible lockdown,
Farms, schools, and whole large towns,
I only wish this pandemic to go away,
But, you know, does it matter what I say?
I pray to God, for all this to vanish
Oh, Allah, make this disease to be banished,
I look around and hope to see my dreams...
But those are distant, flowing away in streams.
Will these wishes ever actually come true?
Will this pandemic ever be gone?
Everyone prays and hopes and wishes-
At home, on the couch, or on their lawns...
Everyone prays and does have high hopes...
While eating bananas or doing jump rope...
Oh my god, what a disease,
Please go away, please, please, please.

ANNOUNCEMENTS

RESIDENCY MATCH

DAANA Mentorship Committee takes this opportunity to congratulate the following Alumni who matched in 2021 Residency Program. DAANA really appreciates all the efforts and hard-work from mentors, and candidates involved, in guiding them to success.

Adeebah Afrah (2010)

Pediatrics, Detroit, MI

Farhan Ahmed (2012)

Internal Medicine, NY Metropolitan Hospital, NY

Azeem Arastu (2013)

Internal Medicine, Queens, NY

Hema Kondakindi (2002)

Internal Medicine, Texas Tech, Permian Basin, TX

Thank you so much. The dedication and efforts of the mentors from Deccan Alumni is inspirational. Thanks to all the mentors. As we move forward, I hope to make DCMS proud at every step.

Maheen Rahman (2011)

Internal Medicine, Advocate Illinois Masonic, Chicago, IL

Irshan Shaik (2006)

Internal Medicine, Prime Health, NJ

Faisal Syed (2011)

Internal Medicine, Howard University, Washington DC

Congratulations once again! We look forward to you all joining as mentors and giving back to others.

We'll do our best to continue to help all those who didn't make it this year; don't lose hope as success is still around the corner. Please email any comments, suggestions, questions & critique at daanamentors@gmail.com.

Altaf Aman '90

Chair, Mentorship Council & Committee

Mohammed Moizuddin '88

President Elect - DAANA

اعلان

MATRIMONIAL MATCH

Assalamualaikum &Hi!

First of all, I thank Allah SWT. Then, I thank from the depth of my heart, the organizers of DCMS Matrimonial group Dr Ilyas, Dr Farheena & Dr Fatima Zaidi. Though matches are made in heaven, due to their untiring efforts, many of us got benefited & I am one of them. My special thanks to Dr Fatima Zaidi, who took personal interest in fixing my daughter's alliance despite her busy schedule. She not only convinced me but also convinced the groom side & settled every matter nicely. As if she is doing for her own daughter! I pray to God to give them strength to continue this work of sawab-e-jariya, so many more people get benefited. JazakAllahu-khairan kasiran!

Irfana Sultana ('86) & family 🙏👪

CONGRATULATIONS

Hafiz Aleemuddin Naveed MD ('95) HOD Pulmonology, DCMS, facilitated by state TB cell as "Best Supporting Private Practitioner" referring to maximum number of cases for treatment in entire Telangana.



Women Excellency Awards on World Women's Day 7th March 2021

Nasreen Ashfaq '90

Fareeda Begum '96



JOURNEY to BITS - DUBAI

by Mohammed Abdul Hafeez Khan (19yr)

s/o Naseem Majid ('94) - General Secretary of DAA



College life is known as one of the most memorable years of one's life. It is entirely different from school life. College life exposes us to new experiences and things that we were not familiar with earlier. For some people, college life means enjoying life to the fullest and partying hard. While for others, it is time to get serious about their career and study thoroughly for a brighter future.

I am very thankful to my grand-dad, grand-mom and mom, who gave me a wonderful opportunity to learn and grow on such a big platform i.e Bits Pilani Dubai Campus. I am currently a second year student directed in the stream of Computer Science Engineering.

In high school I thought attending college consisted of me working hard to achieve a degree that would in turn help me land a job, but after attending Bits for my freshman year, I realized this college was so much bigger than what I thought originally.

Bits Dubai is a deep ocean for opportunities. I learned and specialized in so many different things apart from my normal course and the professors are always pushing us towards exploring new things. We get to choose which faculty we want for our subjects and set our timetables accordingly. How cool is that!

Apart from studies, Bits is a very eventful college. It hosts the biggest sports festival in UAE which is known as Bits Sports Festival, where all the universities meet to compete against each other. I am glad to be a part of this event which takes place every year. I play in the University Cricket team and we have won a tremendous number of cups in the past year.

Before I came to Bits, I was scared to live in the hostel and was worried if I'd get homesick. But the day I landed in Dubai and came to the campus, my whole perspective about it changed. The hostel life is amazing in Bits, with so many people around all the time and great facilities. There wasn't a single day I felt homesick 😊. The time just races over here. Sometimes it just feels like there's so much to do, and so little time. No matter how many things I try to cover in a day, there's always something that I will be missing on.

My mother has worked really hard for me, day in and day out for giving me such a luxurious life and quality education. My brother does a lot for me too and makes sure that I don't lack anything that I need and want. Inshallah I will make them all very proud one day and do my best in life!

Recently I had written a research paper on The Great Lockdown During COVID-19 - The short term challenges, long term consequences and the road to recovery and it got published in the Wall Street Gazette. Do give it a read!

<https://medium.com/the-wall-street-gazette/latest>

<https://medium.com/the-wall-street-gazette/the-great-lockdown-during-covid-19-8c023e8e7c8>

Yet another very successful Zoom meet by the Career group of DAAE under the capable leadership of Dr. Mohamed Zackaria.

Dr. Umair Khan ~ chair for this session
 Dr. Zackaria ~ 'Healthcare in UK'
 Dr. Ubaidur Rahman's ~ 'GP training pathway'
 Dr. Huda Naaz ~ 'GP training'
 Q&A session ~ speakers & GP Dr. Wasif Siddiqui



Thank you Dr. Farhan Syed, Dr. Abdul Rahman and Dr. Khizer Ali for all your behind the scenes help. Huge thank you to all the BOD members of DAAE & the Career group members for your precious feedback & suggestions.

Nazima Waliulla ('90) ~ VP DAAE

Editors' message:

Dear Alumni,
 We aim to bring you both informative & entertaining news from our Alumni Community. While the senior & younger generations have been superb in actively participating, we request our 90s-00s batches to be more forthcoming in sharing their experiences & talents via articles, pictures, poems, etc. This issue includes many external links (for further info) & future contributors, please remember, we can add links to various media (blogs, video & audio files on our youtube channel), so don't limit yourself !!
 Afshan Khan '96 & Aiman Muneer '96
 PS. send your contributions, suggestions & feedback to daananewsletter@gmail.com