



# ASSOCIATION OF PHYSICIANS OF PAKISTANI DESCENT OF NORTH AMERICA



Junaid Syed

## DOW ALUMNI ASSOCIATION OF NORTH AMERICA

As the tradition goes, it was on the 23rd to 25th of April, 2010. A festive, educational and literally three days DOW Retreat at the Renaissance Grand Hotel in St. Louis, Missouri.

As I entered the beautiful hotel in Downtown St. Louis, I saw a mix of modern and old architecture and I saw the "DO-GANA WELCOMES" banner inviting me into the grand lobby. With the help of appropriate and well-placed directions, I reached the meeting area to be welcomed by the Registration Committee, chaired by Hadi Zaidi, Ali Javed and the Host Committee Dr. Malik who despite having been running around were glad to see us. At the registration desk got my copy of retreat magazine and retreat program details. Working side by side with them were the young residents and other members of the Host Committee who had taken care that we were well provided with a nice lunch in the Hospitality Suite.



The booths and the bazaar, as usual, captivated your attention and the smiling faces of my colleagues and old friends give me a warm, feeling of belonging. The Friday banquet started with speeches, and awards were given to the local Host committee, and rightly so, for all the hard work they did for us. Tasty Afghani Dinner was served while we listened to the sounds of the symphony. While still enjoying the tunes of the violin, we proceeded to the high ceilings and traditional architecture of the Crystal Ballroom where the Mushaira was held. Dr. Hafeez-Ur Rehman and his committee presided over the Mushaira keeping the attention of the literally minded, which even in this day, were about three hundred people

Up and ready for the CME, Dr Khalid Naseer busy with the arrangements making sure all audio-visual is in order



and CME goes smoothly we could see Drs Azfar Malik, Abid Nasir, Shazia Malik, Hadi Zaidi, Hasan Ali, Tariq Alam, Ali Javed and Umair Ali working tirelessly to make sure that all of our needs

Come lunchtime some of us went for a trip to the Arch and a boat ride organized by Dr Abid Nisar. The weather was not in our favor unfortunately. Some of my friends stayed in the hotel and relaxed while others continued to discuss politics. Others met with Dr. Masood Hameed Khan and discussed issues regarding DUHS.

The Saturday evening banquet was the Crown Jewel of the event as it was to full capacity and people listened attentively to our Keynote Speaker, Senator Claire McCaskill and to Dr. Arshad Hussain. Senator McCaskill spoke on healthcare issues and a question and answer session with active participation followed.



Sunday morning starts with the same scrumptious breakfast. While I listened to the Treatment of Venous Insufficiency and also learnt about ADHD, in the beautiful Crystal Ballroom overlooking the City of St. Louis. And so ends our retreat and we say our goodbyes with a lot of joy but a little sadness.

**ABOUT THE AUTHOR:** Dr. Junaid Syed is a Dow graduate of year 1991. He is practicing in the field of Psychiatry in St. Louis Missouri.

