



نشرة الاتحاد العالمي للجمعيات الطبية الاسلامية

e-newsletter of Federation of Islamic Medical Associations

Volume 71, Issue January 2023



MESSAGE FROM THE PRESIDENT



In the Name of Allah the Beneficent the Merciful

Peace and Blessing be Upon the Messenger

Dear Members of the FIMA Family,
Esteemed Sisters and Brothers,
Assalamu Alaikum

We praise and pray to Allah taala that this edition of the Newsletter meets our brothers and sisters

Continued on Page 21

20th INTERNATIONAL CAMP FOR MEDICAL STUDENTS Effective Habits of Successful and Influential Medical Professionals

The 20th INTERNATIONAL CAMP for MEDICAL STUDENTS was held at Amanah Resort in Karanganyar, Central Java, Indonesia on 30th November - 4th December 2022 G (06- 10 Jumada I 1444H) . Sponsored by the Islamic Medical Association in Kingdom of Saudi Arabia (IMAKSA)/ World Assembly of Muslim Youth (WAMY) in collaboration with Indonesia Islamic Medical Association (IIMA), the University of Muhammadiyah in Yogyakarta (UMY) and The Federation of Islamic Medical Associations Students Affairs Committee (FIMASAC)

The Camp is an annual gathering of Muslim medical students representing various Islamic Medical Associations (IMAs) from all over the world who participate in a comprehensive program of educational, cultural, social, and recreational activities and it lasted 5 days.

- The students themselves primarily ran the administration of the camp and its activities under supervision by senior doctors.
- Participants representing different Islamic Medical Associations from different parts of the World took part in the Camp.
- Male and female students were accommodated in separate premises in



Editor: Dr. Tanveer Zubairi, Ex. President, FIMA | **Assistant Editor:** Sajjad Saleem
Prof. Dr. Abdul Rashid Abdul Rahman, President, FIMA | Dr. Eka Ginanjar, General Secretary, FIMA

the camp.

- During the event activities, males and females were decently segregated. Both males and females shared the same scientific program sessions in the mornings from 8 AM to 2 PM). They were later separated for social and recreational activities.

OBJECTIVES OF THE CAMP

- To optimize Integral self-development of Muslim medical students in both Islamic and human aspects
- To foster connections among Muslim students of various Islamic Medical Associations (IMAs) and countries.
- To enhance mutual understanding and cooperation.
- To exchange information and experiences.
- To provide leadership training

and organizational skills.

- To strengthen the involvement of students in IMA activities.

THE REGISTRATION PROCESS

- All participating students were to be registered through their own IMAs, invitation letters together with registration forms were sent to their IMAs. The Registration Form in Excel sheet was to be filled and e-mailed to: FIMASAC@gmail.com.
- The registration deadline was 15 November 2022.
- Out of the more than 23 IMAs to whom invitation letters were sent, 11 responded to the call i.e. Jordan, Saudi Arabia, Turkey, Bangladesh, Palestine, Malaysia, Nigeria, Kenya, Somaliland, Afghanistan and Indonesia (Host).

- Unfortunately, due to unavoidable circumstances especially time, only 7 countries made it to the Camp i.e. Saudi Arabia, Turkey, Bangladesh, Pakistan, Palestine, Malaysia and Indonesia (Host).

SPEAKERS

- Eminent local and international speakers were invited for Participation in the camp activities.

Name	IMA	Country
Dr. Hafeezurrahman	PIMA	Pakistan
Dr. Abdallah Alshehri	IMAKSA	Saudi Arabia
Dr. Salih Babaer	WAMY	Saudi Arabia
Dr. Ihsan Karman	Hayat Foundation	Turkey
Dr. Ibrahim Al-Naami	IMAKSA	Saudi Arabia
Dr. Musa Nordin	IMAM	Malaysia
Dr. Riyadh Abu-Sulaiman	IMAKSA	Saudi Arabia
Dr. Fika Ekayanti Uni	IMANII	Indonesia



PROGRAM

- On arrival to the camp area, participants proceeded to the Registration Counter in the main lobby where they confirmed their registration. They were given the folder, the vests, caps, camp program itinerary and necessary distribution materials. From there they were directed to your places of accommodation and introduced to their group that were assigned in advance.
- Participants followed the dress code of the camp (Vests and Caps). The formal dress and the ID badges were compulsory and maintained throughout the camp and during all activities.

TOURS AND SIGHTSEEING

The participants had a wonderful tour to the tip of Lawo Mountain for a beautiful overlook above 3000 meter above sea level, in addition to trip to Tea plantation farms.

The resort is full of outbound activities for male and females separately, which include swimming pools, Zip line or flying fox, Football, River rides ,etc. The students also visited.

COMMUNITY SERVICE AND VOLUNTEERS PROGRAM

The participants visited two community centers in nearby villages, where they have

examined over 300 male and females for their General Health Parameters: BP, Wt. Ht. and Visual Acuity. The Blood sugar was measured, and health modification and lifestyle advice were endorsed by the students.

The students visited two important Islamic Boarding School in the area, AlAzhar Islamic Boarding School and Ish Kareman Islamic School.

EVALUATION

- Throughout this Medical students' camp, the feedback from students has been overwhelmingly positive.
- On arrival, students were given booklets in which they



SCIENTIFIC & TOURISTIC PROGRAMS

Day 1 Wednesday 30 November			
Time	Topic	Format	Speaker
8:30-9:00	Inauguration	1. Quran Kareem 2. Welcome Address (Indonesia) 3. Welcome Address (Saudi Arabia) 4. Program Overview	
9:00-10:00	IMAs Delegates Introduction		
10:00-10:30	Coffee Break		
10:30-11:00	Indonesia: Past, Present & Future	Lecture	TBA
11:00-13:15	Life Goals, Balance, and Focus	Lecture: 30 min Workshop: 45 min Groups Presentation: 45 min Conclusion: 15 min.	Dr. Ibrahim AlNaami
12:15-13	Prayer		
13:30	Lunch		

Day 2 Thursday 1 December			
Time	Topic	Format	Speaker
8:00-8:30	Story of Success		Owner of Resort
8:30-10:30	Personal planning	Lecture: 40 min. Workshop: 40 min. Groups Presentation: 30 min.	Dr. Fika Ekayanti Uni
	Time management	Conclusion: 15 min.	Dr. Riyadh Abu-Sulaiman
10:30-11:00	Coffee Break		
11:00-12:00	The 9V's of Being the Instrument of His Rahmah & Shifa	Lecture	Dr. Musa Nordin
12:00-12:50	IMA's and Projects Presentations I	10 min each IMA	Team
12:50-13:15	Prayer		
13:15-14:00	Lunch		
14:30-18:30	Community Service Program I • Male Participants: • Female Participants:		

Day 3
Friday 2 December
Full Day Sightseeing and Tourism

Day 4 Saturday 3 December			
Time	Topic	Format	Speaker
8:00-10:15	Building Self Discipline, Habit of Continuous Learning and Positive Thinking	Introduction: 15 min. Workshop: 45 min. Groups Presentation: 45 min. Conclusion: 15 min.	Dr. Ibrahim AlNaami
10:15-10:45	Coffee Break		
10:45-11:30	FIMA in Brief		Dr. Ihsan Karman
11:00-12:30	IMA's and Projects Presentations II	10 min each IMA	Team
12:30-13:00	WAMY: Achievements and Activities		Dr. Salih Babaer
13:00	Prayer		
13:15-14:00	Lunch		
14:30-18:30	Community Service Program II • Male Participants: • Female Participants:		

Day 5 Sunday 4 December			
Time	Topic	Format	Speaker
8:00-10:15	Psychological Resilience, Social Intelligence and Communication	Introduction: 15 min Workshop: 45 min Groups Presentation: 45 min Conclusion: 15 min	Dr. Abdullah Alshehri
10:15-10:45	Break		
10:45-11:45	The International Biomedical Ethics: Islamic Prospective	lecture	Dr. Hafeezurrahman
11:45-12:45	IMA's and Projects Presentations III	10 min each IMA	Team
12:45	Prayer		

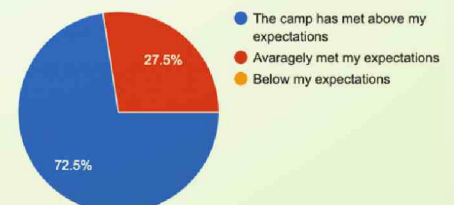
- wrote important notes, selected names from participants who impacted them during the camp and some of the issues they found amazing during the camp. The feedback turned out amazing.
- After the Camp, Participants were given evaluation forms to fill and give feedback on different aspects / activities in the Camp and the Feedback from more than 75% of the participants was either Beneficial, very good or excellent.
 - In particular, the trainings from the camp seemed to have dramatically changed the way that students viewed and

approached "Effective Habits of Successful and Influential Medical Professionals"

- An Individual expressively wrote, "I personally appreciate all the efforts And experience I have got and I am ready to create impact in The society' while another stated FIMA is an excellent Organization. I am privileged to be involved, the process is very Well planned and streamlined and the organization is very transparent.
- Importantly, the survey also reveals that we were successful not just in training students in the Effective Habits of Successful and

Influential Medical Professionals theory, but also in the practical bit of it considering the Habits of the professionals at the Camp.

- Following the camp, the activities were also extremely admired none was boring but rather super fun.
- Certificates of Recognition were issued to the participants on-line after the evaluation Process



EXPENSES

- There were NO registration fees for the camp.
- Accommodation, meals and local ground transportation were provided free of charge by IMAKSA/WAMY during the sole days of camp activities.
- The participating IMAs and/or individual delegates were responsible for the cost of their return tickets to hosting country as well as their entry Visa fees.

WAY FORWARD

We expect our newly trained camp

participants to return to their respective Countries and Universities and particularly their respective IMAs and put into action all that they acquired in the Camp.

They are also expected be signing up many new students to their IMAs, this experience has been so special to them that we expect more participants in the forthcoming camps Insha-Allah. Next year, we hope to be able to run another camp in Malaysia Insha-Allah.

Having learnt the lessons from this

camp, we expect the Malaysian camp to be even more successful and more beneficial to the students. This will play a great role in helping us reach our target of involving more IMAs in our Camps and hence training more Muslim students.

Looking further into the future, as our global networks and collaborations expand, we hope to run camps around the world to all FIMA registered Countries, helping the spread of FIMASAC partnerships to every Islamic Medical Institution in the world. Insha-Allah.







TRAINING CAMP OF IMA NIGER





6th CANADIAN MUSLIM MENTAL HEALTH CONFERENCE PROGRAM

DECEMBER

SUNDAY **11** 2022



Canadian Muslim
Mental Health
Conference



Psychiatry
UNIVERSITY OF TORONTO

muslimmentalhealth.ca

mentalhealth@muslimmeds.ca

6th

CANADIAN MUSLIM MENTAL HEALTH CONFERENCE

Sessions for Mental Health Professionals, Physicians,
Parents, Educators, Faith Leaders, and the General Public

Keynote Speakers



DR. RANIA AWAAD

Clinical Associate Professor
of Psychiatry
Director of the Stanford
Muslim Mental Health &
Islamic Psychology Lab



DR. JAYEED SUKHERA

Associate Clinical Professor,
Yale University's
School of Medicine
Chair of Psychiatry at the
Institute of Living

DECEMBER

SUNDAY **11** 2022



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CANADIAN MUSLIM MENTAL HEALTH CONFERENCE 2022



MORNING SCHEDULE

- 8:30 - 9:00 AM **Welcome Session**
Opening Prayer, Land Acknowledgement
MMAC and Department of Psychiatry Intros
- 9:00 - 10:00 AM **Keynote Session 1:
Patient-Centered Care: Adapted Mental Health
Assessment and Treatments for Muslim Patients**
Dr. Rania Awaad
- 10:00 - 11:00 AM **Keynote Session 2:
Anti-Muslim Violence and Islamophobia:
Supporting Individual and Community Mental
Health**
Dr. Jayeed Sukhera
- 11:00 - 12:00 PM **Research Poster Presentations**
- concurrent:
11:00 - 12:00 PM **MMAC Members ONLY Interactive Workshop:
Responding to Anti-Muslim Discrimination in
Education and Clinical Practice**
Dr. Zeynep Selaman & Dr. Medina Mohamed
- all times in EST



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CANADIAN MUSLIM MENTAL HEALTH CONFERENCE 2022



AFTERNOON SCHEDULE

SESSIONS FOR PHYSICIANS & MENTAL HEALTH PROFESSIONALS

- 12:00 - 1:00 PM **What's New? Pharmacological Tools for
Depression, Anxiety and Insomnia**
Dr. Bassam Salim
- 1:00 - 1:15 PM **Duhr Prayer Break**
- 1:15 - 2:15 PM **Suicide and Self-Harm in Muslim Patients:
Evidence-Based Safety Assessments and Tools**
Dr. Zainab Furqan
- 2:15 - 2:30 PM **Asr Prayer Break**
- 2:30 - 3:30 PM **Spiritual and Cultural Adaptations of Cognitive
Behavioural Therapy**
Dr. Farooq Naeem
- all times in EST



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CANADIAN MUSLIM MENTAL HEALTH CONFERENCE 2022



EVENING SCHEDULE

SESSIONS FOR GENERAL PUBLIC

- 3:30 - 4:30 PM **Mastering Painful Emotions:
Dialectical Behavioural Therapy Skills
for Muslim Youth and Families**
Dr. Samah Al-Khateeb & Imam Ibrahim Hindy
- 4:30 - 4:45 PM **Maghrib Prayer Break**
- 4:45 - 5:45 PM **Educators Session - Prevention: School Based
Intervention in Muslim Communities**
Dr. Hesham Hamoda & Dr. Farah Islam
- 5:45 - 6:45 PM **Eating Disorders and Muslim Youth:
Who Am I Fasting for?**
Dr. Sarah Smith, Dr. Nazila Isgandarova,
& Samiha Rahman
- 6:45 - 7:45 PM **Mental Health 101: Addressing Psychiatric and
Spiritual Misconceptions of Mental Illness**
Dr. Arif Syed & Imam Hat Patel
- 7:45 - 8:00 PM **Break**
- 8:00 - 9:00 PM **Parents Session - Navigating Common School
and Learning Challenges as a Muslim Parent**
Dr. Khalid Bazaid & Dr. Muhammad Zubairi
- all times in EST



Canadian Muslim
Mental Health
Conference



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mentalhealth@muslimmeds.ca

IAG MEETING WAS HOSTED BY THE ORGANIZATION FOR ISLAMIC COOPERATION (OIC) IN JEDDAH, SAUDI ARABIA

At its ninth annual meeting, the Islamic Advisory Group (IAG) reiterated its commitment to addressing current and emerging public health challenges in the Eastern Mediterranean Region and beyond and using religion to dispel misconceptions around public health.

This year's IAG meeting was hosted by the Organization for Islamic Cooperation (OIC) in Jeddah, Saudi Arabia, with the participation of the International

Islamic Fiqh Academy (IIFA), Al Azhar Al Sharif, and the Islamic Development Bank (IsDB). The theme of the meeting is “Partnering for change: leveraging faith to promote public health”, to highlight the role of the IAG and its partners in engaging communities around the Region to promote public health. The meeting was attended by IAG members and Dr Tanveer Zubairi ex President FIMA represented Muslim physicians.

An expansion of the role of the IAG, based on its success and lessons learned from implementation of polio and COVID-19 response interventions, was discussed during the meeting. The repositioning of its role is based on leveraging religious leaders and scholars for greater engagement on broader public health issues related to maternal and child health, routine immunization and healthier lifestyles. The new vision for the IAG is to “Promote health and



well-being of Muslim communities and populations at large through Islamic teachings to build ownership, solidarity and support for public health interventions.” This includes expanding the network of Islamic academic institutions, as well as a geographical expansion of IAG's interventions to countries beyond WHO's Eastern Mediterranean Region, specifically to the Sahel region in Africa.

Representing H.E Mr Hissein Brahim Taha, Secretary General of the OIC, Assistant Secretary General for Humanitarian, Cultural and Social Affairs Ambassador Tariq Ali Bakheet noted that the IAG repositioning plans, which include venturing into other geographical areas, is bound to bring dividends to its work and benefit the communities involved.

“The IAG is commended for having been far-sighted enough to know that even as we continue to focus on eradicating the virus, we must look beyond polio. After all, the communities that are most affected by polio face many other threats to health and lack access to the services and tools to protect them,” His Excellency added.

On behalf of His Eminence, the Grand Imam of Al Azhar Al Sharif,

Dr Abbas Shouman, Former Deputy of Al Azhar Al Sharif and member of the Islamic Research Academy, stated that Al Azhar had previously issued several fatwas that correct religious misconceptions and rumours on the polio vaccine and other vaccines.

“IAG's expansion to address areas such as maternal, child and newborn health is very important and we encourage the group to work on also addressing migrant health in the future. Finally, we hope that next year we can announce that we have finally eradicated polio globally during the tenth annual meeting of the IAG,” His Eminence stated.

Echoing his trust in vaccinations, his Eminence Sheikh Dr Saleh Bin Abdullah Bin Humaid, President of IIFA and a member of the Council of Senior Scholars, mentioned that the preservation of life and health were one of the essential priorities in the objectives of Shariah.

Representing H.E. President of IsDB Dr Muhammad Al Jasser, Mr Mohammad Jamal Al-Saati, Special Advisor to the President of IsDB, stated that the Ebola virus and COVID-19 had highlighted the role of religious scholars in raising awareness and further stressing to the public the importance of safety

procedures, such as physical distancing, from an Islamic Fiqh perspective.

H.E. Sheikh Dr Shawki Allam, Grand Mufti of Egypt, stated that on this day religious institutions were coming together to leverage the role of religion in promoting public health.

On behalf of WHO Regional Director for the Eastern Mediterranean, Dr Ahmed Al-Mandhari, Dr Rana Hajjeh, Director of Programme Management at the WHO Regional Office, was hopeful for a better and more integrated effort geared by the International advisory group. in Pakistan and Afghanistan, notably the flood relief efforts in Pakistan, earthquake response efforts in Afghanistan and the ongoing COVID-19 response in the Region. The statement also emphasizes the need for urgent steps to avert the risk of outbreaks of preventable diseases, including polio, consequent to the decline in immunization coverage due to the COVID-19 pandemic.

It was decided during the end of the one day-meeting that Al Azhar Al Sharif will host the tenth annual meeting at Cairo, Egypt, during the second week of December 2023.

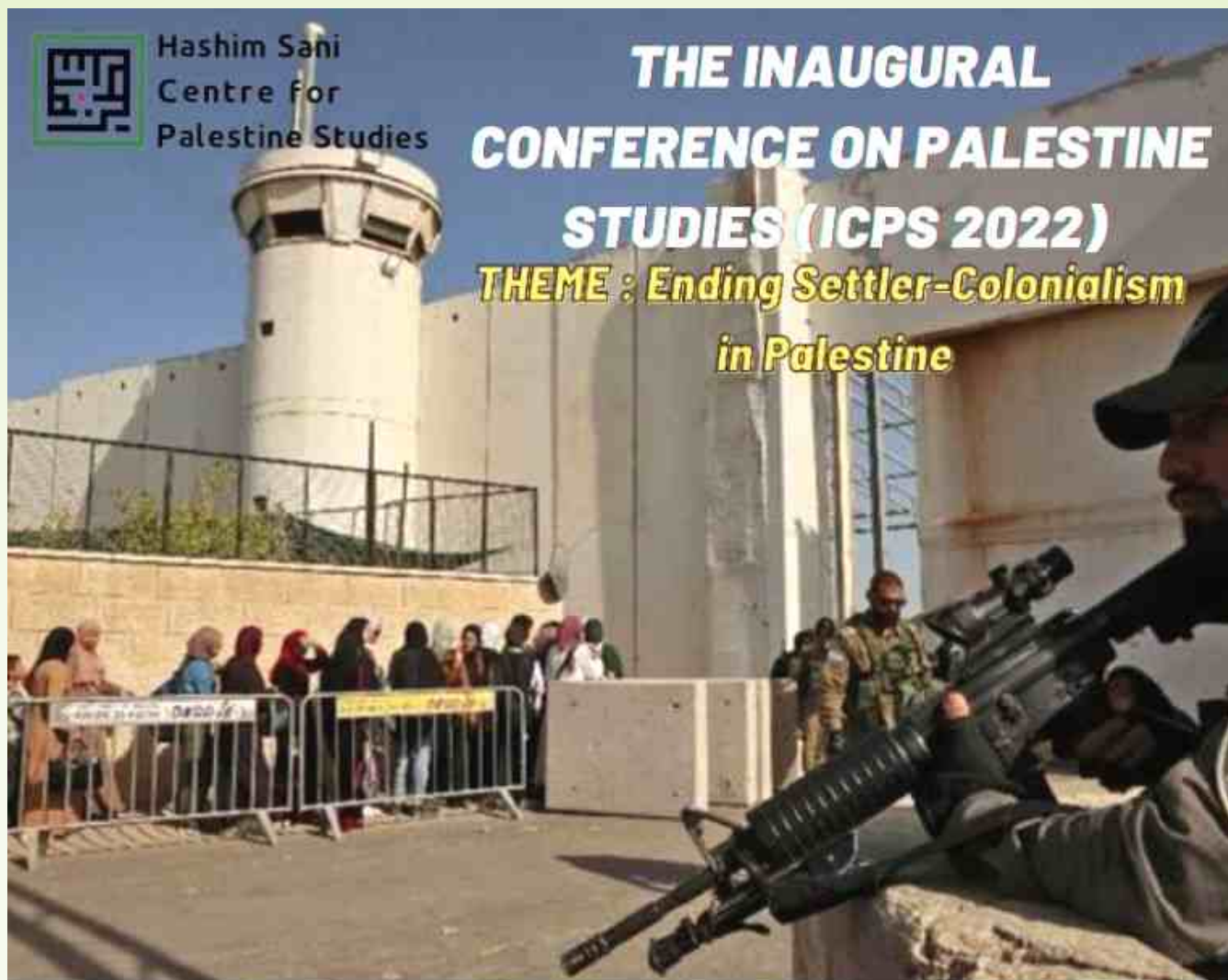


IMAN National President and Council Members addressing the youths at the students leadership pre-conference workshop. Grand Opening ceremony and award presentation comes up tomorrow insha Allah. 10.00am West African Time.



Hashim Sani
Centre for
Palestine Studies

THE INAUGURAL CONFERENCE ON PALESTINE STUDIES (ICPS 2022) THEME : *Ending Settler-Colonialism in Palestine*



VENUE

Postgraduate Conference Room, 3rd
Floor, Postgraduate Building (Block
H12), Faculty of Business and
Economics, University of Malaya.

DATE

In-person conference

29th November 2022

On-line conference

30th November 2022

(Zoom link will be provided)

Keynote Speakers



Associate Prof. Dr.
Peter Slezak,
UNSW, Sydney.



Dr. Malaka Shwalkh,
University of
St. Andrews,
Scotland.



Prof Ilan Pappé,
University of Exeter,
United Kingdom



Prof Saul Takahashi,
Osaka Jogakuin
University, Japan.

Hashim Sani Centre for Palestine Studies
Faculty of Business and Economics
University of Malaya
Email: hscpalestine@gmail.com



FREE REGISTRATION

Scan or click the link
below to register

<https://forms.gle/V2aFZdbunhZkdHkP8>

FIMA YEARBOOK 2021

Assalamu Alaikum

Among the foremost objectives of FIMA was to promote hospital, healthcare services education and research through the application of Islamic principles. One of the major initiatives to achieve this aim was the formation of the Islamic Hospital Consortium (IHC) in Sarajevo, Bosnia in June 2001.

The IHC is driven by FIMA's Islamic Hospital leaders to foster cooperation and collaboration in healthcare delivery, education,

training, research, ethics and operational and financial management.

The IHC promoted the concept and practice of Ibadah Friendly Hospitals which embraces a faith (tauhid) paradigm, with a holistic approach to health towards the attainment of Allah's (S.W.T) pleasure (mardhatillah).

The next phase in the IHC work process has witnessed the successful accreditation of shari'ah compliant hospitals in a few countries.

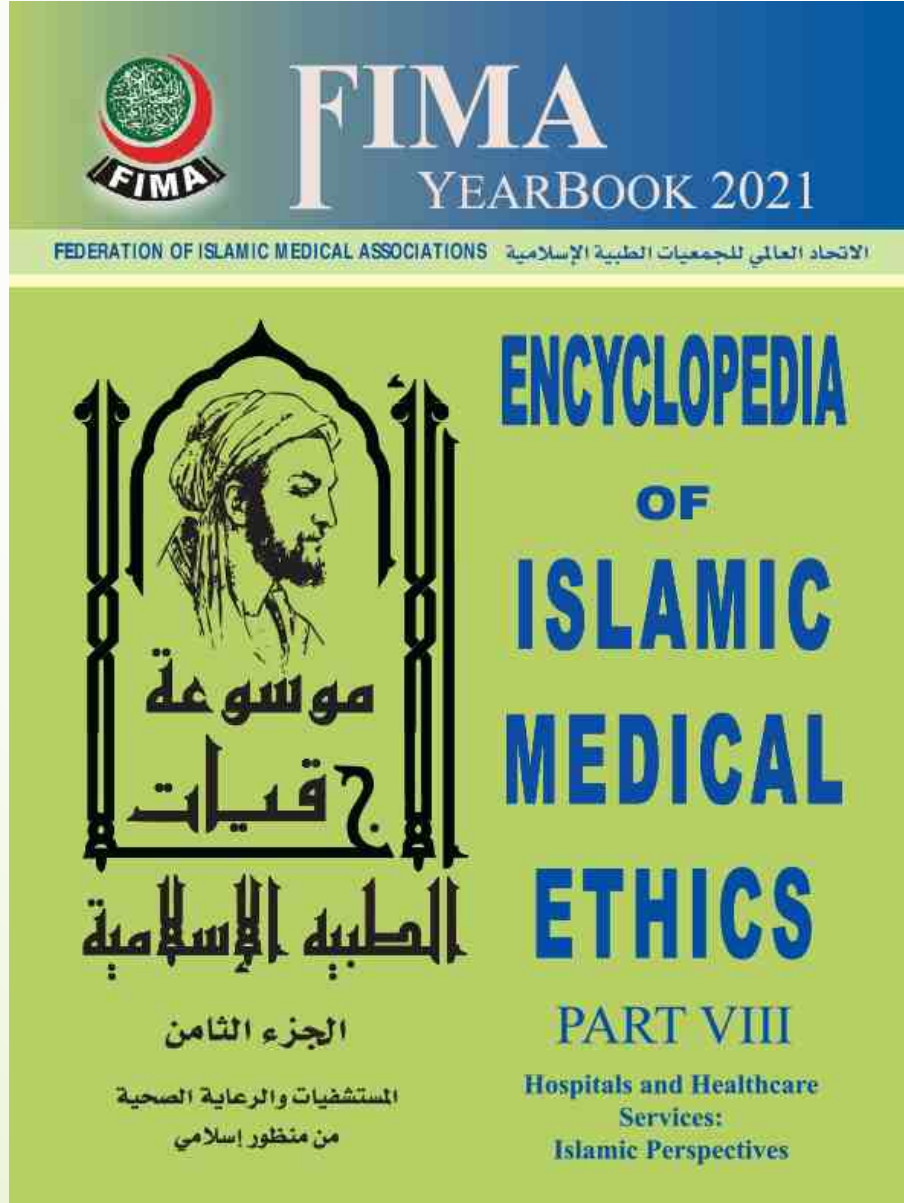
The FIMA Yearbook 2021 attempts to capture some of the highlights of the IHC and our Islamic Hospital leaders in their endeavours to instill Islamic values and spirit in the day to day operations of the hospitals and healthcare services.

Dr. Musa Mohd Nordin

Chief Editor FIMA Year Book

musamn@gmail.com

<https://fimaweb.net/fima-yearbook-2021/>



THE GLORIOUS HISTORY OF ISLAMIC MEDICINE: AN OVERVIEW



Federation of Islamic
Medical Associations

The team of the History of Islamic Medicine project at FIMA (Federation of Islamic Medical Associations) invites you to attend this webinar.

ZOOM LINK: [HTTPS://TINYURL.COM/FIMAHIM](https://tinyurl.com/fimahim)

MEETING ID: 870 8572 0769

PASSCODE: 562079



GUEST SPEAKER

Prof Ihsan Karaman

- Director of Urology at Medistate Hospital, Istanbul & Chairman of Medical Ethics and History of Medicine at Istanbul Health and Technology University, Istanbul, Turkey
- Former president of FIMA



MODERATOR

Dr Sharif Kaf Al-Ghazal

- FIMA, History of Islamic Medicine (HIM) Project



SUNDAY 25TH OF DECEMBER



4.00 PM (GMT - LONDON)

7.00 PM (ISTANBUL)

11.00 AM (EST - NEWYORK)



BRITISH ISLAMIC
MEDICAL ASSOCIATION



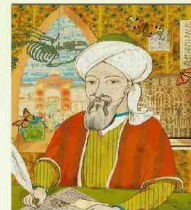
Foundation for Science
Technology and Civilisation





Circumcision of a child

Cystoscopic evaluation of an adult patient



Ibn Sina (Avicenna) (980–1037)

- Islam's "Prince of Physicians". He was the first scholar to create a complete philosophical system in Arabic.
- The innovations that Ibn Sina brought to medicine have shown their effect in Europe and the East for centuries.
- Ibn Sina's major medical text, **The Cannon of Medicine (Kitābu'l-Kānun fī'l-Tib - El-Kanun)**, which contained 5 sections, became the basis for medical education in Medieval and Renaissance Europe.
- Critics complained that his influence inhibited further developments, because no physician was willing to challenge the master of philosophy, natural science, and medicine.



Use of mandrake as an anesthetic

- "Pull off the outer skin of the luffah (mandragora officinalis, **mandrake**), pound the core and rub it with sweet almond oil. Leave it for a day and night. Whoever you want to perform surgery on, give him a dirham from this remedy while hungry. After a while, you will see that the patient fell asleep and didn't know himself. After that you can perform any operation on him.



- From this medicine, you should give one dirham to an adult man, and enough amount to the little ones. I have never used any other murkidd (anesthetic) in my life."

Serefeddin Sabuncuoğlu, Amasya, 15th century

Seljukian Medicine / Some important dar al-shifas



Sivas Izzeddin Keykavus Dar al-shifa, 1217

The Pause of Islamic Science and Civilization

The Crusades

- The people settled far from the seas and interaction and contact with the outside decreased.
- The wars left the people tired, exhausted and weary.
- Material and moral support for scientific pursuits disappeared.

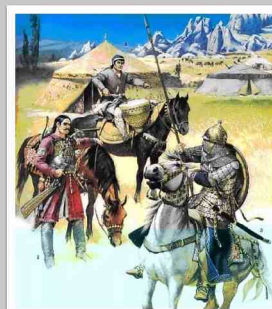
Mongol invasions

- Libraries, madrasas, hospitals were burned.
- Scientists were murdered.
- The number of people equipped to do science decreased.
- People were worried about their own lives.



Seljukian Medicine (11th-13th century)

- After the victory of Alp Arslan in Malazgirt in 1071, the doors to Anatolia opened for many Turks. By the 13th century, Anatolia has become the homeland of Turks.
- Cities like Konya, Kayseri, Sivas had become important centers with many mosques, bridges, madrasas, baths and hospitals.



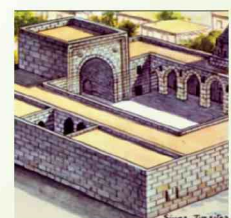
Seljukian and Ottoman Medicine



Seljukian Medicine / Some important dar al-shifas

Sivas Izzeddin Keykavus Dar al-shifa, 1217

- The largest Seljukian hospital.
- Its constitution and bylaws dated 1220 is the only example that has survived and remained from the Seljuk period.
- We can obtain general information about the architecture, functioning, working order and physician staff of the Seljukian hospitals.
- It was built like a madrasa with antechambers and a courtyard.



Medieval Islamic Medicine

Hospitals & Medical Education

- These institutions also functioned as the centers of medical education, much like today in a modern medical educational environment, as medical students followed preceptors on rounds to observe the treatment of patients.
- Some examples:
 - Damascus Hospital (Caliph Abdul Malik, 707)
 - Baghdad Hospital (Caliph Harun Resid, 800)
 - Cairo-Fustat Hospital (Tolunoğlu Ahmed, 874)



Medieval Islamic Medicine

Hospitals & Medical Education

- When we look at the everyday Islamic practice of medicine and other forms of health care, we find a system established to meet the needs of a large segment of the urban Islamic populace, not just the upper-class, which had been the pattern in all previous societies.
- All large cities in the Islamic empire had a number of hospitals which served the general public.
- They are also known as:
 - Darussifa-Darusshita-Darulafiye-Darulmerza
 - Bimarhane-Bimaristan-Sifaiye-Imarhane



THIS IS A SURGERY CAMP IN MALAWI WITH PHYSICIANS ACROSS THE CONTINENT! SPECIALISTS FROM JORDAN AND PALESTINE IN MALAWI

We had a team of about thirteen Specialists from Palestine and Jordan

There were split in two rural Hospitals, 70 km apart and one Tertiary Hospital where only

Ophthalmology cases were done using a new technique

91 Surgeries we're conducted on one rural site and 50 in another and 6 ophthalmology cases were done

mainly due to the fact that training of local practitioners was the main target.

We are planning one more in May this year, Inshallah! With Physicians Across the Continent



BRITISH ISLAMIC MEDICAL ASSOCIATION HOLDS ITS ANNUAL CONFERENCE ON NOVEMBER 2022. DR SALMAN WAQAR ELECTED AS PRESIDENT BIMA

Please join me to congratulate brother Salman Waqar @+44 7772 666369 as the new BIMA-UK president MashaAllah.

May Allah (swt) help him and guide him. Allahoma Ameen

BIMA has held its national conference and the AGM this weekend.



BIMA Council 23/24

With great pleasure, we announce our newly elected Council for 2023/24.

Thank you to everyone who participated in our AGM! We would also like to sincerely thank our outgoing Council, who have shown incredible resilience, strength and dedication in the past two years, and have built this house over the last decade mA!

We hope our new Council will only continue progressing towards our vision insha'Allah!

British Islamic Medical Association

MEET THE TEAM

OUR NEWLY ELECTED COUNCIL 23/24



DR SALMAN WAQAR
President



DR HAFSAH QURESHI
Vice President



DR AHMED BACHELANI
Vice President



DR SAHIRA DAR
Chair of Council



DR SALEENA BIBI
Vice-Chair of Council



DR THRON MIAH
Council Member

MEET THE TEAM

OUR NEWLY ELECTED COUNCIL 23/24



DR WAJID AKHTER
Council Member



DR SAMEER AHMED
Council Member



DR EJAZ RAHMAN
Council Member



MRS SHERIFAT KAMAL
Council Member



DR ARSHAD LATIF
Council Member



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DR SALMAN WAQAR

PRESIDENT



Salman is a GP in Berkshire and has several roles as a Medical Examiner, Community Paediatrics GP, Clinical Lead for Cancer Inequalities, Medical Tribunal Member, LMC Representative, and as an academic GP.

He was previously an Associate Medical Director for a large urgent care and out of hours GP provider, and is an alumnus of the FRCM National Medical Director's Fellowship – where he co-authored the national return to practice scheme for GPs. He is also involved in medical education and assessment as a GP Training Programme Director, a PLAB examiner for the GMC, an examiner for MMI medical school entry and final year MBBS OSCEs, and a Faculty Education Lead and e-learning author for RCGP.

He is also the Secretary of the Federation of Ethnic Minority Health Organisations (FEMHO), an alliance of over 40 networks that advocate on behalf of ethnic and faith minority staff groups, which BIMA was a founding member of. He sits on various national boards addressing population and workforce inequalities. He is the Trustee of the Yusra Jinaan foundation, created in memory of his late daughter.

Salman is a founding member of BIMA and has involved in many of its projects over the last decade, and has also represented the organisation to local and national Government, public health, media, and NHS bodies. He created and co-edited the evidence-based BIMA Ramadan Compendium, and from this has published multiple peer-reviewed papers on the clinical management of patients fasting Ramadan with long term conditions.



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DR HAFSAH QURESHI

VICE PRESIDENT



Dr Hafsa Qureshi is a founding member of BIMA, being on the Council since BIMA's founding in 2013. She has led various projects in BIMA, including the theatre hijabs dress code and bare below the elbows project, regional events and previous women's conferences.

She is also a mother of 3 children, a GP in Lincoln and a certified life-coach who supports professional women optimise their physical and mental health.



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DR AHMED BACHELANI

VICE PRESIDENT



Ahmed is a GP in central London. He qualified from the Royal Free Hospital, London in 1997 and joined BIMA in 2017. He has been involved in the Conference team in 2017 and was the National Director for the most recent one in 2022. He is also a Senior Advisor of the Finance team. His interests include developing successful teams, writing children's stories, painting and sign posting "the road less travelled".



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DR SAHIRA DAR

CHAIR OF COUNCIL



Assalaam alaikum to you all, I am a mum of 3 and a portfolio GP in Glasgow with an interest in Lifestyle Medicine and Women's Health. I also have a small wellbeing clinic and I am passionate about health education in the Muslim community.

I joined BIMA after being inspired by the first BIMA conference and became part of the regional Scottish team in 2017. In 2019 I joined the Blood & Organ Donation (BOD) team due to my interest and studies in Islamic Medical Ethics. I was asked to help organise awareness events and in 2020 became National Director of the BOD team, having supported a successful NHSBT grant application.

I am now Senior Advisor of the BOD team and in the last 2 years have also volunteered in Lifesavers at a local level. During the pandemic, I was part of a small team representing BIMA at meetings with Scottish Government and Public Health and we supported them in vaccine hesitancy initiatives.

I am honoured to become Chair of BIMA Council and hope to support the team in furthering the vision and goals of BIMA. I pray Allah SWT keeps us steadfast and maintains the high ethics of those that laid the foundations.



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DR SALEENA BIBI

VICE CHAIR OF COUNCIL



I am a GP trainee currently living in the West Midlands. At medical school I was one of the founders of the Islamic Medical Association of Nottingham (IMAN). I joined BIMA in 2014, in which I have been the General Secretary in the East Midlands, the Lead for the 'Women Excelling in Healthcare' conference in 2018 and the Lead for the BIMA National Conference in 2019. I am currently on maternity leave with my second child but alhamdulillah I have now been elected onto the BIMA Council, as the Vice Chair. I hope to work closely with the Chair of BIMA Council to ensure we are fulfilling the duties expected of Council and to strive to reach the aims and objectives we set out in the development of BIMA.



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DR THRON MIAH

COUNCIL MEMBER



Thron is a GP trainee working in the West Midlands with a growing interest in Public Health. Whilst studying graduate entry medicine at the University of Nottingham, he co-founded the Islamic Medical Association Nottingham - an Islamic medical student society, aimed at improving pastoral care and training students to be the next Muslim leaders of tomorrow. Thron first got involved with BIMA in 2014 - where he brought BIMA Lifesavers to the East Midlands, and then coordinated its expansion to the West Midlands the following year.

He was the National Co-Lead for BIMA Ramadan Education Initiative, a national project focused on training clinicians on how to optimize care for fasting patients.

He was awarded the BIMA Bright Spark Award in 2017 and British Muslim Awards - Rising Star of the Year in 2019. Thron worked as an Intensive Care doctor in the midst of the Covid pandemic where he saw first hand how the health inequalities predominantly affecting Muslim communities, resulted in poorer outcomes. He is passionate about tackling health inequalities, and improving healthcare in Muslim communities.



DR WAJID AKHTER

COUNCIL MEMBER



Dr. Muhammad Wajid Akhter MBBS MRCP BSc (Hons) MFMLM PgDip (Cardiology) is a GP Principal in Essex and a medical tutor in Social Media and Medicine & History of Medicine at Barts and the London Medical School.

He has held roles as: Assistant Secretary General, MCB (2020-2022.) International director, FIMA Lifesavers, Founder of Charity Week for orphans and children in need and co-founder, Islamic History Channel.



DR SAMEER AHMED

COUNCIL MEMBER



Sameer is a Consultant Anaesthetist and International Medical Graduate Lead for his trust. He has been part of BIMA for more than 8 years and has previously served on the BIMA Executive Committee as the National Director for the Blood & Organ Donation and Health Promotion teams, and more recently as Senior Advisor for International Medical Graduates team.

He is also the founder and project lead for Levelling the Field organising annual conference and has helped in many national projects to champion ethnic diversity in the NHS.

He can often be seen huffing and puffing riding his ebike across the Moor and loves a sumptuous Hyderabad Biryani.



DR EJAZ RAHMAN

COUNCIL MEMBER



Dr Mohammed Ejaz Faizur Rahman is an Interventional Cardiology Registrar currently based in Sheffield, South Yorkshire. He is an International Medical Graduate from South India. He has been a BIMA member since 2016 and has volunteered for various BIMA projects before taking on roles such as National Director for the Regional Events team and People team. He is a part of the welfare committee of his local masjid and has a keen interest in learning about Islamic Medical Fiqh in addition to being an avid follower of the NBA and Formula 1!



MRS SHERIFAT KAMAL

COUNCIL MEMBER



Sherifat is a Pharmacist, Member of the General Pharmaceutical Council, Royal Pharmaceutical Society and The Royal Society for Public Health.

Sherifat also holds a Post Graduate Education Certificate in Management & Leadership, a PGDip in Public Health and in her spare time, Sherifat leads a Muslim women's charity with focus on enlightenment, women's health, parenting and personal development (FOMWAUK) including the management of an education centre and resource centre for the women and her family (Muslimah Education Centre).

Sherifat has held and she's part of community development committees across UK in different capacities, she's currently a School Governor for Blenheim Primary School, the Vice President of the PDABAME Pharmacist Network and a member of its South East Regional Committee (Locum Sector), UKPBA, HIVPA, PCPA & the Welfare Secretary for KWASANG UK.



DR ARSHAD LATIF

COUNCIL MEMBER



Arshad is a GP based in Nottingham. His passion is to help reduce health inequalities in Muslim communities through education, empowerment and advocacy by working at grassroots level. He is an advisor to the Nottingham Council of Mosques and also represents the local Muslim community at the Nottingham City Council's BAME Network. He has been involved with various BIMA teams since 2016. He has served as a Senior Advisor for BIMA's Cancer Screening, Healthy Ramadan and Blood & Organ Donation teams.



IMANA SENT HELP TO UKRAINE, PAKISTAN, SUDAN, PUERTO RICO AND WITHIN THE US

This year we were able to respond to several emergencies around the world. In addition to our regular missions and projects, we sent help to Ukraine, Pakistan, Sudan, Puerto Rico and within the United States.

You are a vital part of this undertaking, helping us with the funds that enable us to react and respond when the need arises. The more support we receive, the more work we can do to bring the gift of

health to others.

Donate today and let's continue to make a difference together
www.imana.org/donate



Emergency Relief

Ukraine 20,000 KG (20 tons) of medicines and supplies

Pakistan Floods 80 medical camps, 6,500 kg (6.5 tones) of medicines and supplies, food distribution

Sudan Floods 1,600 kg (1.6 tons) of medicines and supplies

USA (*Uvalde, TX Incident*) Grant for Grief Support and Counseling

Puerto Rico (*Hurricane Fiona*) Medicines and supplies

www.imana.org

BIMA ADVICE DURING CURRENT WINTER EMERGENCY

There are multiple reports of 24hr+ waits in A&E, ambulances being critically delayed, overflowing intensive care units, and people coming to harm as a result.

There are many complex reasons for this, but we advise the following short term measures for safeguarding their health.

The photo version is for easy sharing, the PDF for easy reading.

Please share both for general advice with your communities.

Your BIMA Team
info@britishima.org
britishima.org







Winter crisis Advice for our communities

The Prophet ﷺ said:

"...Tie (your camel) & trust in Allah."

Sunan Tirmidhi

There are multiple reports of 24hr+ waits in A&E, ambulances being dangerously delayed & overflowing wards. There are multiple, complex reasons for this, not only because of winter viruses. We are advising the following SHORT term measures to protect one another:

- 1 Take precautions.** Wear masks and isolate completely if you have flu or covid symptoms. Take special care around vulnerable individuals and avoid close contacts during gatherings. 
- 2** If not **vaccinated** against flu or covid please get it done. It may protect your life or the lives of others by reducing the risk of transmission of these diseases. 
- 3 Consider the urgency** and who you need to see. Pharmacies, walk-in centres, and calling 111 are some options for urgent care instead of your GP and A&E. Escalate and be **assertive** if concerned. 
- 4** Ambulance services are very overstretched and may take longer to come. In an emergency call 999, but where safe consider alternative **transport**. 
- 5** GPs, hospitals, and A&E departments are beyond breaking point. **Be patient** with the long waits and overcrowding. Have **one relative** as a coordinator. **Be kind** to staff working in challenging conditions. 
- 6 Go prepared.** Show relatives how to use their devices to communicate. Take a power bank, write a list of medications, emergency contact details and allergies. Pack food, clothes, medication for a 24hr+ stay. Have a salah/qiblah app and prayer mat. 

This is generic community guidance at a time of unprecedented crisis. Consult your own health professional for individualised advice.



BRITISH ISLAMIC
MEDICAL ASSOCIATION

REMAINING MESSAGE OF THE PRESIDENT

from the global FIMA fraternity in the best of health, physically and spiritually. Aameen

Alhamdulillah we are now in the new year of 2023 Masehi. All praise be only to Allah for making 2022 a fruitful year for FIMA, culminating in the highly successful 20th International Camp for Medical Students held in Central Java in December 2022. Almost half of this issue of the Newsletter covers highlights of the Camp. On the same theme of training leaders for the future, IMA Nigeria (IMAN) also held a Student Workshop in conjunction with IMANs Annual General Meeting. Training Camps for youth were also held by IMA Niger (AMIN). It is indeed important for FIMA and all IMAs to focus on grooming leaders, for the future of FIMA hinge among others on our commitment to train our youth to take over the leadership role. FIMASAC under the leadership of IMAKSA has made concrete plans to strengthen this important project of FIMA

This issue of this Newsletter continues to cover activities of IMAs including that of IMA Canada (MMAC), IMAN North America (IMANA) and IMA of Britain (BIMA UK). I take this opportunity to congratulate the new leadership of BIMA UK now under the leadership of Dr. Salman Waqar. I pray that BIMA will continue to flourish and will play an important role in stimulating Muslim health practitioners in Europe to be part of FIMA fraternity in the near future in sha Allah. At the last Council Meeting FIMA approved the formation of a new project called the History of Islamic Medicine under the leadership of Dr. Sharif Kaf Al Gazal immediate past President of BIMA UK and a FIMA Executive

Member. This most recent project of FIMA got off to a flying start on the 25th of December 2022 with a presentation by Dr. Ihsan Karaman (immediate past President of FIMA) on the contribution of the Seljuk and Ottoman period to Medicine. Judging from the enthusiasm shown by of the audience from 12 different time zones, this Project like many projects initiated by FIMA has a bright future, bi iznillah.

Lastly, befitting its role as an international organisation, FIMA continues to engage itself in the global international arena. Dr. Tanveer Zubairi represented FIMA at the 9th Annual meeting of the Islamic Advisory Group hosted by the Organisation of Islamic Cooperation (OIC) in Jeddah in December. In attendance was also WHO regional Director for the Eastern Mediterranean.

Lastly as we welcome the new year of 2023, we pray to Allah to grant us the health and commitment to serve Him through this global platform and by so doing seeking His pleasure in sha Allah.



Walaikum Salam
Prof. Dr. Abdul Rashid Abdul Rahman
President, FIMA

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