



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 13

12TH UMRAH CAMP FOR MEDICAL STUDENTS HELD IN HOLY CITIES OF SAUDI ARABIA SUCCESSFULLY BY WAMY-IMAKSA AND FIMA

12th Umrah for medical students was organized and hosted by Islamic medical association in kingdom Saudi Arabia (IMAKSA) and World Assembly of Muslim Youth (WAMY) in collaboration with Federation of Islamic medical associations students affairs chapter (FIMASAC) from 13th -17th January 2023. The camp was conducted in both holy cities of Medina and Makkah el Mukaramah.

Objectives :

- Performance of Umrah and visit of Holy places.
- Interactions, exchange information and experiences among Muslim medical students of different IMAs.
- To involve students in IMA activities.



Medical students from Pakistan, Indonesia, Malaysia, UK, Uganda, Kenya, Somaliland, Bangladesh, Turkey, Palestine, KSA, Jordan and Ghana attended. Participating students (including female students) were nominated by their respective IMAs.

The delegates from different countries were warmly welcomed at the airport.

The accommodation in Makkah and Medina were Provided close to Haram for the convenience especially the female students. Male and female students were segregated nicely and were divided into groups each having three to four students from different countries. Room allocation was also Group wise to encourage mutual interaction and foster friendship and augment

relationship based on faith.

During this program, participants were taken to different historical and holy places in Medina & Makkah including visits to different museums and Quran printing complex etc.

After Isha prayer, social programs were arranged on daily basis on different locations. During visits to Holy places, professional



guides were there to brief detailed history of these holy places. Students performed Umra in groups.

I feel honored and blessed that Almighty Allah gave me a chance to visit the Holy Ka'ba and Shrine of his beloved Prophet SAW. Thanks to Pakistan Islamic Medical Association for nominating me along with two other fellows from Pakistan for this camp. It was a wonderful opportunity for all participants from different countries to share their ideas and experiences with each other. The whole camp was very exciting, well planned, well managed, target oriented & I learnt a lot from this program, not only I learnt knowledge about my field and Islam, but a blessed opportunity to stay close to people from different countries, with different backgrounds, languages

and perspectives about lives. The time spent together was memorable and very precious.

From the day one, till the last day of our stay, extra-ordinary care & hospitality of organizers was extended to everyone of us. The arrangements were impressive including boarding, sumptuous meals, ziaaraat, Ibaadaat and all the scheduled programs were commendable. In social programs, different scholars, highly professional and renowned speakers delivered lectures and made interactive sessions with students. Those presentations were a great source of motivation and inspiration for us. Not only they told us about medical field, but how they linked it with Islam, made my belief in Quran and Islamic teachings firm and I attained deeper understanding of Islamic principles. We have just

read the Islam from books, but listening to the tour guides and seeing the places where the great personalities of Islam used to live and preach Islam made me thank Allah a lot for making me a part of this camp. Motivational talks made me realize that we are future of Medical Profession and as being a Muslim Medical Student & a future doctor, we should be a role model for our community. The visit of Roza e Rasool, holy and historical places, museums, Quba' Mosque, The Quran Complex taught me a lot about the history of our religion.

Interaction among all participants on both male and female side was excellent. Though it was first umrah program arranged by PIMA for girls, the environment was very comfortable and safe Alhamdulillah.



On the last day, we exchanged souvenirs and gifts. The memories I made there and the knowledge and leanings I gathered about my religion and medical field, I bring back home will always remain in my heart and I would remember these with

profound fondness.

May Almighty Allah accept our Umrah and prayers and reward the organizers (FIMA, IMAKSA & WAMY) for their excellent arrangements and accept their efforts. Hoping to be a part of

more activities like this in the nearby future.

Miss Zaryab Rehman (3rd year MBBS Ayub Medical College, Abbottabad Pakistan).



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Sabiha Saleem Tamboli, Saleem B Tamboli

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INFORMATION

- For Readers
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CURRENT ISS

07-01
07-02
07-03

The latest issue (Volume: 07, Issue: 01, January 2023) of IJHHS have been published. Please go through the link and table of contents.

It contains articles from different countries of the World. It is recognised by HINARI (WHO database).

There are research and innovation based articles on Medical Ethics, History of Medicine, Medical Education,

Physiotherapy, Clinical Medicine, Surgery, COVID pandemic and vaccines.

Please share it with your friends and colleagues for it's highest readings and citations.

My gratitude to Dr. Aneesa (Malaysia), Mrs. Putri (Indonesia), Prof. Tayyibe, Prof. Handan Ankarali (Turkey), Dr. Sadat (Canada), Prof. Fahmida, Dr. Adel, Mr. Ashik Khondaker (BJMS team), Shaery Jahra (Bangladesh), Mr. Fahmid (IT consultant, Bangladesh Academy of Science) and NDF-Bangladesh for their support and cooperation.

Regards
Prof. Abu Kholdun Al-Mahmood

برنامج العمرة لطلبة الكليات الطبية الثاني عشر

12th UMRAH FOR MEDICAL STUDENTS

الجدول التفصيلي Detailed Program

Version 1

البرنامج Program	الوقت Time	التاريخ Date	اليوم Day
استقبال الوفود من مطار المدينة Arrival to Madinah Airport		١٢ يناير 12 January	الخميس Thursday
العشاء حفل تعارف التعريف ببرنامج العمرة Dinner Welcome Address Umrah Program	8:00 – 11:00		
صلاة الفجر - قراءة القرآن - صلاة الضحى Fajr Prayer – Quran Recitations – Dhuha Prayer	5:45 – 7:30	١٣ يناير 13 January	الجمعة Friday
الإفطار Breakfast	7:30-8:30		
زيارة الأماكن التاريخية والمقدسة (شهداء أحد – الخندق – القبيلتين) Tour to Historic and Holy Places	8:30 – 11:00		
صلاة الجمعة - الغداء - فترة حرة Jumaah Prayer – Lunch Free time	11:00-3:25		
زيارة المتاحف حول الحرم Visit to Museums around Holy Mosque	4:00 – 5:30		
الجلوس في الحرم بين صلاة المغرب والعشاء Maghrib to Isha Prayer in Holy Mosque	5:30 – 7:15		
العشاء برنامج اجتماعي - استضافات Dinner Social Program			
صلاة الفجر قراءة القرآن وصلاة الضحى Fajr Prayer – Quran Recitations - Dhuha Prayer	5:45 – 7:30	١٤ يناير 14 January	السبت Saturday
الإفطار Breakfast	7:30-8:30		
زيارة الأماكن التاريخية والمقدسة Tour to Historic and Holy Places	8:30 – 12:00		
صلاة الظهر الغداء فترة حرة Lunch Dhuhr Prayer Free time	12:30-3:25		

Free time			
صلاة المغرب زيارة معلم الحرم Maghrib Prayer- Tour Inside Holy Mosque	4:00 – 5:30		
العشاء برنامج اجتماعي - استضافات (مزرعة) Dinner – Social Program Farm	8:00 – 11:00		
صلاة الفجر Fajr Prayer	5:45	١٥ يناير 15 January	الأحد Sunday
الإفطار في الفندق Breakfast at hotel	6:45-7:30		
الخروج من الفندق Check-out from Hotel	7:30 – 8:00		
المشي في درب الهجرة من الحرم النبوي إلى مسجد قباء وصلاة الضحى فيه Walk in Hijrah Path from Holy Mosque to Qubaa Mosque Dhuha Prayer	8:00 – 10:00		
السفر من المدينة المنورة إلى مكة المكرمة بالحافلة Travel from Madinah to Makkah by Bus	10:00 – 2:30		
العمرة Umrah	3:30 – 7:30		
العشاء في الفندق - راحة Dinner at Hotel - Rest	8:00		
صلاة الفجر قراءة القرآن وصلاة الضحى Fajr Prayer - Quran Recitations - Dhuha Prayer	5:45 – 7:30	١٦ يناير 16 January	الاثنين Monday
الإفطار Breakfast	7:30-8:30		
زيارة الأماكن التاريخية والمقدسة Tour for Historic and Holy Places	8:30 – 11:30		
صلاة الظهر الغداء فترة حرة - Lunch Dhuhr Prayer Free time	12:30-3:25		
زيارة المتاحف Museums	4:00 – 5:30		
الجلوس في الحرم بين صلاة المغرب والعشاء Maghrib to Isha Prayer in Holy Mosque	5:30 – 7:15		
العشاء برنامج اجتماعي - استضافات Social Program - Dinner	8:00 – 11:00		
صلاة الفجر قراءة القرآن وصلاة الضحى Fajr Prayer - Quran Recitations - Dhuha Prayer	5:45 – 7:30	١٧ يناير 17 January	الثلاثاء Tuesday
الإفطار Breakfast	7:30-8:30		
زيارة الأماكن التاريخية والمقدسة Tour for Historic and Holy Places	8:30 – 11:30		
صلاة الظهر الغداء فترة حرة Lunch Dhuhr Prayer Free time	12:30-3:25		
وقت التسوق Shopping time	4:00 – 5:30		
الجلوس في الحرم بين صلاة المغرب والعشاء Maghrib to Isha Prayer in Holy Mosque	5:30 – 7:15		
العشاء برنامج اجتماعي - استضافات Social Program Dinner	8:00 – 11:00		
صلاة الفجر - قراءة القرآن - صلاة الضحى Fajr Prayer - Quran Recitations - Dhuha Prayer	5:45 – 7:30	١٨ يناير 18 January	الأربعاء Wednesday
الإفطار Breakfast	7:30 – 8:30		
التوصيل إلى المطار Transport to Airport			

CHRONIC DISEASES in Ramadhan



DR SALMAN WAQAR
Department of Primary Care and
Public Health, Imperial College
London

SHARING THE
BRITISH
ISLAMIC
MEDICAL
ASSOCIATION
APPROACH



DR AMMAD MAHMOOD
Clinical Lecturer in Neurology,
Queen Elizabeth University Hospital,
Glasgow

A BIMA-IMAM ONLINE
WEBINAR EVENT

18TH FEB 2023
8 - 10 PM

**FREE
WEBINAR**



DR NAZIM AHMED GHOURI
Honorary Clinical Associate Professor,
Consultant in GIM, Diabetes &
Endocrinology, University of Glasgow

Moderator:



**AP DR ANEESA ABDUL
RASHID**
Dept of Family Medicine, Universiti
Putra Malaysia-UPM



BRITISH ISLAMIC
MEDICAL ASSOCIATION



Itinerary:

CPD points
provided!
2 CPDs FOR
DOCTORS
1 CPD FOR
NURSES/ALLIED
HEALTH

Time	Agenda	Speaker
8:00 pm	Registration & Introduction	AP Dr Aneesa Abdul Rashid (IMAM)
8:15 pm	Introduction to the BIMA Compendium	Dr Salman Waqar (BIMA)
8:25 pm	Ramadhan Consultation Principles, Risk Stratification & Acute Illnesses	Dr Ammad Mahmood (BIMA)
9:00 pm	Chronic disease management through case studies	Dr Salman Waqar (BIMA) Dr Ammad Mahmood (BIMA) Dr Nazim Ahmed Ghouri (BIMA)
9:45 pm	Questions & Answers session	AP Dr Aneesa Abdul Rashid (IMAM)

TO REGISTER FOR THIS EVENT:



CLICK HERE

OR SCAN QR CODE



BRITISH ISLAMIC
MEDICAL ASSOCIATION

+60192280223

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<https://britishima.org/>

Please keep the date!
Assalamu alaikum,

The History of Islamic Medicine (HIM) team of The Federation of Islamic Medical Associations (FIMA) invites you to attend a webinar on the History of Islamic Medicine.

TITLE:

"The Bimaristan: How Muslims Developed the Modern Hospital"

Guest Speaker:

Dr Wajid Akhter

- GP in London
- Medical Tutor in social media @ St George's University
- Co-Founder - Islamic History channel
- Council member - BIMA
- Assistant secretary general MCB
- LifeSaver FIMA project lead

Host:

Dr Sharif Kaf Al-Ghazal

- Consultant Plastic Surgeon
- History of Islamic Medicine (HIM) FIMA Project Lead
- BIMA ex-President

- Date:

Sunday 19th Feb 2023

- Time :

- 4.00 pm (GMT - London)
- 7.00 pm (Istanbul)
- 11.00 am (EST - New York)

Join Zoom Meeting

Click link below: <https://tinyURL.com/FIMAhospitals>

Thank you,
HIM FIMA Team

THE BIMARISTAN: HOW MUSLIMS DEVELOPED THE MODERN HOSPITAL



Federation of Islamic
Medical Associations

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

ZOOM LINK:

[HTTPS://TINYURL.COM/FIMAHOSPITALS](https://tinyurl.com/FIMAHOSPITALS)



GUEST SPEAKER - DR WAJID AKHTER

- GP Principal in Essex (London),
- Medical Tutor in Social Media and Medicine at St George's University, London
- Co-Founder Islamic History Channel,
- Council member of BIMA,
- Lead, National Muslim Covid Response Group
- Assistant Secretary General, MCB
- LifeSavers FIMA project lead,



MODERATOR - DR SHARIF KAF AL-GHAZAL

- Consultant Plastic Surgeon, Bradford
- Project Lead, FIMA-HIM
- BIMA ex-President
- FSTC - Board member
- ISHIM - General Secretary



SUNDAY 19TH FEBRUARY 2023



**4.00 PM (GMT - LONDON)
7.00 PM (ISTANBUL)
11.00 AM (EST - NEW YORK)**



BRITISH ISLAMIC
MEDICAL ASSOCIATION



Foundation for Science
Technology and Civilisation





FREE EYE CAMP

MOGADISHU, SOMALIA



500 surgeries performed with foldable IOL implantation.



Team FSV (FIMA Save Vision) and POB (Prevention of blindness trust) Pakistan has now completed

its free surgical eye camp, operated on 500 patients for cataract. Did mostly

phacoemulsification with foldable intraocular lenses. Camp was held in Mogadishu, Somalia.



FREE SURGERIES AT DEDZA AND NTCHEU DISTRICT HOSPITALS, COURTESY OF ISLAMIC HEALTH ASSOCIATION OF MALAWI (IHAM)

A team of 13 specialist doctors from Jordan and Palestine is in the country conducting free surgeries at Dedza and Ntcheu district hospitals, courtesy of Islamic Health Association of Malawi (IHAM).

They are set to complete the initiative this coming Wednesday.

The doctors embarked on the initiative on Saturday last week, targeting 100 patients with hernia,

hydroceles, ganglion cysts and thyroids among others in the two districts.

IHAM executive director, Hajj Daitoni said the aim of the initiative is to help government treat patients at their nearest facilities, where there is normally a lack of specialized medics.

Ntcheu district medical officer, Dr. William Chimsanga and the wife of one of the beneficiaries of the

initiative in Ntcheu Kate Sosola lauded the initiative as timely.

Reported by
Pemphero Malimba



PHACOEMULSIFICATION CATARACT SURGERY USING PHACO MACHINE FOR CATARACT PATIENTS AT KCH (ALHAMDOLILAHS)



WORLD HEALTH ORGANISATION HELD A MEETING AT WHO COUNTRY OFFICE ISLAMABAD

There was an important meeting of World Health Organisation held today at WHO Country Office Islamabad. The meeting was arranged in connection with Malaria Eradication Program in flood affected areas of Pakistan. PIMA and AKF were specially invited to attend this meeting. Dr. Iftikhar Burney G.S, PIMA and Dr. Usman Zafar G.S Alkhidmat Health Foundation represented their respective organisations. The participants were highly impressed by relief activities of

AKF and PIMA in flood affected areas.

WHO has intended to arrange such meetings fortnightly with a view to enhance their relief work jointly with AKF and PIMA in flood affected areas of Pakistan. Malaria Endemics will be main focus of the joint efforts. Many national



and international consultants of WHO were participants of today's meeting.

THE 12TH EDITION OF JBIMA HAS BEEN PUBLISHED RECENTLY

Assalamo Alaikom

The 12th edition of JBIMA has been published recently.

There are articles on a variety of different topics (Ethics, History, advocacy, .. etc) .

To access all the articles of the Journal please click here

<https://www.jbima.com/wp-content/uploads/2023/01/Dec22-Journal.pdf>

Please visit the journal website <https://jbima.com> to view the individual articles.

Also, in order to view the archive and the previous issues you may go to: <https://www.jbima.com/archive/>

You are welcome to submit your article, opinion piece, or research by emailing the Journal secretary: jbima@britishima.org

May Allah (SWT) bless you all.

Wasalam

Sharif Kaf Al-Ghazal
JBIMA, Editor



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AWARENESS LECTURE ON WORLD CANCER DAY AT SUKKUR, PAKISTAN UNDER THE AUSPICES OF PIMA





COMMUNITY HEALTH DAYS



FREE health checks & advice
No need to book
For men & women

Saturday 11th February

Green Lane Mosque, Birmingham (1-4pm)
Markazi Jamia Masjid Bilal, Leeds (3-7:30pm)

Saturday 18th February

Sheffield Grand Mosque, Sheffield (2:30-6:30pm)
Masjid Sultania, Nottingham (12:30 - 6:30pm)

Saturday 25th February

Masjid al-Khazra, Nottingham (12:30 - 6:30pm)

Saturday 4th March

Khizra Mosque, Manchester (1-4:30pm)
Masjid Bilal, Leicester (12-4pm)



Website: www.britishima.org
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CANCER AWARENESS DAY & PUBLIC AWARENESS MEETING HELD IN MULTAN UNDER THE AUSPICES OF PIMA AND AKF



REMAINING MESSAGE OF THE PRESIDENT

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

Let us begin with seeking Allah's help in alleviating the hardship currently felt by our brethren's in south eastern Tukey and neighboring Syria as a consequence of a major earthquake which occurred on the 6th of February

Alhamdulillah we are now in the month of Rejab. It has been narrated by At- Tabarani and Ahmad that when the Prophet (peace and blessing of Allah be upon him) sighted the moon of Rejab, he used to pray to Allah the following words “ Oh Allah!, Grant us Barakah (blessings) during the months of Rejab and Shaaban , and allow us to reach Ramadhan ”, Let us all start preparing ourselves physically and spiritually for the auspicious month of Ramadhan

As part of preparation for Ramadhan FIMA though its various IMAs will be busy organizing awareness program on Ramadhan aimed specially for the health practitioners and the public to enable them to look after their health and practice the ibadah of fasting . One such program in the pipeline is highlighted in this issue of the Newsletter featuring collaboration between BIMA (UK) and IMAM Malaysia. I take this opportunity to encourage all IMAs to follow suit. I remember in the past major medical journals like the Lancet and BMJ had editorials and dedicated articles on Ramadhan

Last issue we highlighted the FIMA International student camp. As mentioned in the previous, the student Umrah Camp was to held early this year . Alhamdulillah despite some challenges faced by the

organizers and participants, the 12th Umrah participated by students from 13 IMAs was successfully held from the 13-17th January 2023. May Allah bless all involved in this important program and may the ukhuwwah fostered and spiritual upliftment experienced be a source of strength for FIMA

In every issue of the Newsletter we also like to highlight ongoing projects which are pillars of FIMAs strength . In this issue we have news of the latest program involving FIMA Save vision in Somalia and a surgical camp in Malawi with the help of IMA Jordan and Palestine . We praise Allah for allowing these projects to succeed especially those involving our newer affiliate members like the Islamic Health Association of Malawi (IHAM).

Lastly we praise Allah that other FIMA activities are progressing well. Notably as highlighted in this issue our 7th Volume of International Journal of Human and Health Sciences. This meant that the Journal is into its seventh of publication and we take this opportunity to thank all from various IMAs who have been working hard to make it a success thus far.



Walaikum Salam

Prof. Dr. Abdul Rashid Abdul Rahman

President, FIMA

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