



FIMA
Federation of Islamic
Medical Associations

نشرة الاتحاد العالمي للجمعيات الطبية الاسلامية

e-newsletter of Federation of Islamic Medical Associations

Volume 87, Issue Jan. - Feb. 2025



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

Alhamdulillah the new year of 2025
is upon us. Alhamdulillah 1st

Continued on Page 18

A JOURNEY OF FAITH AND UNITY: REFLECTIONS FROM THE FIMA 14TH UMRAH PROGRAM

Introduction: Setting the Stage:

The Umrah program has always been more than just a pilgrimage; it is a transformative experience, a journey of spiritual renewal, cultural exchange, and profound companionship. This year, the program united 50 exclusively female participants from 14 different countries around the globe, bringing together diverse cultures and backgrounds for a shared purpose: to strengthen their connection with Allah the exalted and one another.

The Spiritual Highlights

The journey began in the city of Madinah, the beloved home of the Prophet Muhammad (peace be upon him). Here, participants prayed in the Prophet's Mosque and had the blessed opportunity to visit Rawdah, a garden from the gardens of Paradise. One participant, Nurin from Malaysia, shared her awe: *"It's still hard to believe I was able to see the Kaabah and visit Rawdah with my own eyes. My heart*



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

felt at peace every moment I was in the Haram."

Guided tours of significant historical sites in Makkah and Madinah offered a deeper connection to Islamic history. Stops at Quba Mosque, Mount Uhud, and other landmarks were accompanied by captivating stories from Mrs. Sawsan Al Menaey, whose narration brought to life the legacy of the Prophet Muhammad (peace be upon him). These experiences not only enriched participants' understanding of the Sirah but also served as a reminder of the trials and triumphs of early Islam.

Upon arriving in Makkah, participants were overwhelmed with emotions as they laid eyes on the Kaabah for the first time. The group performed Tawaf, circling the sacred Kaabah, with hearts filled with prayers for

forgiveness, guidance, and blessings. Zahara from Uganda shared her feelings: *"Seeing the Kaabah for the first time brought tears to my eyes. I felt an indescribable connection to my Creator."* The shared experience of standing shoulder to shoulder with Muslims from around the world underscored the **"Universality of Islam"**.

Performing Sa'i, the walk between the hills of Safa and Marwah, was another deeply moving experience. Participants reflected on the unwavering faith of Hajar (peace be upon her), drawing strength from her story as they sought Allah's mercy. Haneen Almufarrij from Saudi expressed: *"As I walked between Safa and Marwah, I felt a deep connection to Hajar's story. Her faith and perseverance are lessons I will carry with me forever."*

Night prayers at the Haram were particularly powerful. The tranquility of the holy site, coupled with the melodious recitation of the Qur'an, created an atmosphere of profound spirituality. Participants found solace in long hours of sujood, pouring their hearts out to almighty Allah. Gina from Indonesia shared: *"Praying in the Haram at night, surrounded by the serene beauty of Makkah, was the most peaceful moment of my life."*

Exploring Historical and Holy Sites

The program included an enriching exploration of the significant historical and holy landmarks of both Madinah and Makkah. In Madinah, participants visited Quba Mosque, the first mosque built in Islam, and experienced the blessings of praying there. The tour also included Mount Uhud,



where participants were moved by the recounting of the Battle of Uhud and its lessons of sacrifice and resilience. Visiting these sites deepened participants' connection to the Sirah and highlighted the enduring legacy of the Prophet Muhammad (peace be upon him) and his companions.

In Makkah, beyond the Haram, participants visited Jabal al-Nour, home to the Cave of Hira where the first revelation was received. This visit offered a moment of quiet reflection, connecting participants to the monumental beginning of the Qur'anic revelation. Other stops included Mina and Arafat, sites of key rituals in Hajj, where

participants were reminded of the unity of the Muslim Ummah during the pilgrimage. These visits underscored the historical and spiritual significance of the region, leaving participants with a renewed appreciation for their faith.

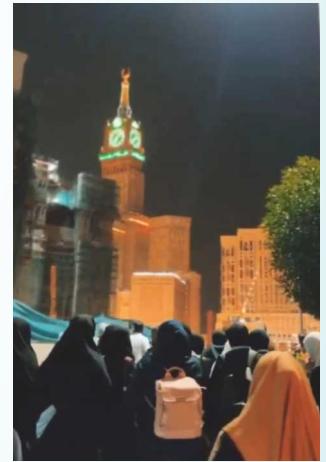
Building Sisterhood through Social Activities

Beyond the sacred sites, the program included social activities that strengthened the bond between participants. A highlight was the visit to Jam'iyah Mulabbiyah, where the group was honored as the first delegation to visit their new headquarters. The event featured a motivational talk by Dr. Hanan

Sultan, a Senior Consultant Obstetrician & Gynecologist, The Secretary General for Saudi Scientific Society for Medical Jurisprudence Studies, tackling jurisprudence and ethical challenges Muslim women face in medical professions.

One participant remarked, *"The social program brought us closer together as sisters. These moments of connection are memories I will carry with me forever."*

Social interactions during the program were carefully woven into the schedule, creating a perfect balance between worship and fellowship. Delegates



exchanged cultural gifts, shared traditional foods, and learned from one another's experiences. Gina from Indonesia brought traditional prayer clothes to a Saudi friend she was introduced to in the FIMA 2024 international camp, while the South African team shared tea, and Palestine brought Palestinian herbals used in traditional medicine and an aromatic tea addition. These gestures symbolized the deep connections formed, as noted by another participant: *"It feels like we've been a family forever, strengthening and supporting*

one another in faith."

The Role of the Organizers

Behind the scenes of this life-changing journey was the extraordinary dedication of the Saudi Medical Students delegation, IMAKSA and WAMY. Their meticulous planning ensured that every logistical detail—from comfortable accommodations to seamless transportation—was handled with precision.

Participants were quick to

acknowledge the tireless efforts of the organizers. Nurin from Malaysia shared: *"I want to thank the Saudi team for their hospitality, patience, and kindness. You made this journey possible for so many of us who never thought it would happen."* Another delegate echoed this sentiment: *"Your unwavering support allowed us to focus on worship and reflection. May Allah reward you for making this journey unforgettable."*

Personal Transformations



For many, this journey was a turning point in their spiritual lives. Participants left inspired to deepen their connection with Islam and implement positive changes in their daily routines. One participant, Khadija from Canada, remarked: *"I've always struggled with Quran memorization, but seeing non-*

Arabic speakers recite beautifully inspired me to stop making excuses and start improving."

Others reflected on stepping outside their comfort zones and embracing new experiences. Haneen from Saudi Arabia shared: *"I used to avoid big*

social circles, but this trip taught me the beauty of embracing new experiences and trusting Allah's plan. I can't imagine my life without having met all of you."

The cultural diversity within the group also served as a source of inspiration. Participants learned to appreciate their differences



while focusing on their shared faith. Shamirah from Uganda described the experience as "a beautiful reminder of how Islam unites us all, regardless of where we come from."

Looking Ahead

As the program came to an end, participants returned home with hearts full of gratitude and a renewed sense of purpose. The bonds formed during this journey transcended borders, uniting sisters in faith across the globe. Renad Alduhaim from Saudi Arabia noted: "The

interesting thing about FIMA's programs and those participating is that you are all courageous! Knowing that you'll have to get along with people you've never met, live with them every single minute for a whole week, and then leave them behind, perhaps forever. Yet, we still take the call, become vulnerable, sharing personal stories. And then, as we knew from the start... we part ways." Zahara from Uganda beautifully summarized this sentiment: "Though we part ways now, I find solace in knowing I have sisters all over the world to look for in

Jannah."

Conclusion

The FIMA Umrah program exemplifies the essence of Islam: unity, spirituality, and compassion. It is more than a pilgrimage—it is a journey that transforms hearts, strengthens bonds, and inspires a lifelong commitment to faith and service.



URGENT APPEAL FOR

GAZZA

MEDICAL RELIEF



Assalamu Alaikum

While we watch this ceasefire unfold with much anticipation and trepidation, this is also an opportunity to escalate humanitarian aid, medical relief and active rehabilitation of the entire health sector

Please organise your urgent response over the next few weeks and months whilst we develop a framework for the rehabilitation of the health sector in collaboration with our local and international partners

We will urgently need the following resources:

- *essential medicines and medical supplies
- *surgical teams and equipment
- *mental health professional services
- *physical therapy and rehabilitation services and supplies
- *reconstruction and rehabilitation of the health facilities including equipment and ambulances
- *health kits
- *clean drinking water
- *daily meals including feeding formulas
- *shelter including tents, blankets, clothing
- *fuel and electricity

Your contributions are vital

to the success of this ceasefire

Our banking details for all cash contributions:

Standard Bank of South Africa

FIMA

Constantia branch

Account no: 071848770

REF: FIMA4GAZA

Jazakumallah Khairan

May Allah accept your efforts and reward you Inshallah

Dr Ashraf Jedaar

FIMA Relief

A HEALTH EDUCATION (EPS) CAMPAIGN TO RAISE AWARENESS OF HIV/AIDS

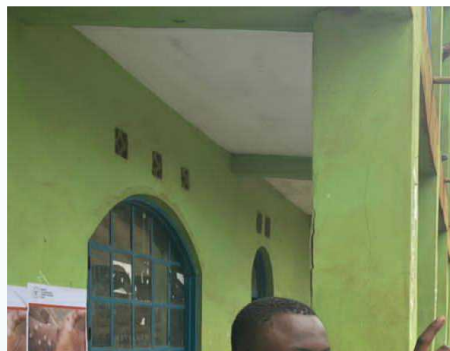
On the occasion of World AIDS Day, December 1, 2024

IMA-DRC launched for the first time in South Kivu Province, Kadutu commune, at NIDUNGA Primary School, in collaboration with the Islamic Community of Congo (COMICO), a Health

Education (EPS) campaign to raise awareness of HIV/AIDS in school environment among youth and adolescents.

#ministèredelasanté/rdc
#OMS
#FIMA
#DR Congo

#Sud-Kivu
#UNAIDS
#USAID
#UNICEF
#WorldAidsDay2024
#InternationalMuslimLeadersConsultationsonHIV/AIDS (IMLC)
#OIC



FIMASAC INSPIRE

SERIES
22

By:

The Islamic Medical Association of South Africa (IMASA)

The World Assembly of Muslim Youth (WAMY) invites you
to attend the Fimasac Inspire Series 22

The Medical Fiqh (Islamic Law) of Fasting



DR YUSUF AMEER

Urologist in private practice for the past 10 years

Graduated Alim Faadil course in Durban in March 2022

Albalaagh Academy UK - Medical Fiqh (Islamic Law) Graduate - 2020 to 2021

Special interest in medical fiqh and contemporary related fatawa (Rulings)

Tuberculosis - a Prototype Disease for Muslim Action



PROF NAZIR ISMAIL

Head of the Department for Clinical Microbiology & Infectious Diseases at Wits University and NHLS' Charlotte Maxeke Academic Complex in Johannesburg, South Africa.

Formerly led the diagnostics team at the WHO's Global Tuberculosis (TB) Programme in Geneva, Switzerland. Former head of the Centre for Tuberculosis at the National Institute for Communicable Diseases



Sat, 25th January, 2025



4pm Makkah Time, GMT +3



Meeting ID: 869 1511 6721

Passcode: IMAKSA



FIMA
Federation of Islamic
Medical Associations



PIMA and Alkhidmat Foundation Azad Kashmir arranged a free medical camp in a village in

outskirts of Bhimber for two days. Child Specialist, gynecologist, urologists, and eye surgeon

examined more than 200 patients. Free medicine and lab tests were conducted.



FREE MEDICAL CAMP IN CHIRRYAWLA, NEARBY DISTRICT BHIMBER

In a collaborative effort, the Alkhidmat Health Foundation, PIMA, and the generous support of Haveli Malik Abid Hussain and Brothers, organized a free medical camp in Chirryawla, nearby District Bhimber. This remarkable initiative provided comprehensive healthcare services to 450 individuals, including men, women, and children, addressing a wide range of medical concerns, from general health to eye and gynecological issues.

Attendees were offered free medications and laboratory testing facilities. Notably, 93 patients received complimentary eyeglasses, and 15 were scheduled for free phaco surgeries.

This endeavor underscores our unwavering commitment to serving the community and ensuring equitable access to quality healthcare for all.



ادخلوا في السلم كافة



PIMA BIENNIAL CONVENTION PUNJAB CENTRAL

 Sunday, **13th April** 2025

 Gujranwala Medical College



Medical Ethics
and Professionalism

Continuous Professional
Development

Dawah & Tarbiah
and Thematic Talks

Pakistan Islamic Medical Association (PIMA)
Punjab Central

BABY FORMULA CANS BEING DISTRIBUTED IN GAZA BY IMANA

6,200 cans of baby formula being distributed on behalf of IMANA, and also purchased \$100,000 worth of medicine and food items. IMANA Relief also secured approval and delivery into Gaza through the vendor, and now it's being distributed.



Today we delivered 19,680 cans baby formula in Gaza. In last two weeks imana has delivered 25,880 cans of baby formula. Close to \$500,000 in baby formula. AlhumdulilAh our team has worked tirelessly.



November was packed with events and campaigns. We conducted:

- Scholars' Roundtable
- Cancer screening events
- Webinars
- Mindsavers workshops
- ACE events



What is Cancer Screening?

FREE EVENT

Join us to learn about cancer screening and awareness for:

Breast, Lung, Cervical, Bowel & Prostate Cancer

Presentation and Q&A

SPEAKERS:

- Rifmatulish Khan (Medical Oncology Trainee)
- Iqra Ali (Year 3 Medical Student)

Open to all
Register via Eventbrite

Virtual Zoom Meeting

Sunday 24th Nov
11am

Facebook, Twitter, Instagram, LinkedIn icons

@BritishIMA @british.ima



MUSLIMAH IN HEALTHCARE OVERCOMING CHALLENGES WITHIN THE WORKSPACE

Be part of the discussion with our panel:

SABINA HAFESJI

Co-chair and Co-founder of the NHS Muslim Women's Network will have a discrimination approach

DR USHNA JAVED

Ophthalmology resident and BIMA Dresscode project lead




Understanding your NHS Pension & Budget 2024

- ✓ How could October 2024 budget impact you
- ✓ Legacy NHS Pension schemes (1995/2008)
- ✓ How does the 2015 scheme differ
- ✓ Impact of the McCloud Judgement changes

Tuesday 12th November at 8pm




BIMA
BRITISH ISLAMIC
MEDICAL ASSOCIATION

Dental Career Pathways

Sat. 7th December 2024 - Free Online Event
9.30am-1.00pm

Associate dentistry, DCT and specialty training | Maintaining faith at work | Insights into non-clinical pathways

 Bibi Aalam
  Zain Ravi
  Julia Harry
  Jann Wong
  Zain

DECEMBER 2024

December was a culmination of our effort and activities throughout the year. We gathered together to reflect, celebrate and share plans for what's to come next year.

On December 14th, we hosted our yearly Gala Dinner to celebrate the dedication and contributions of our volunteers. The evening brought together healthcare professionals, students, and supporters who have played an instrumental role in BIMA's initiatives throughout the year.

Volunteers were recognised for their commitment to community health initiatives, professional development and advocacy work.

In addition to the awards and recognitions, attendees enjoyed an evening of networking, reflection, and appreciation, strengthening the bonds that make BIMA a thriving organisation.

We extend our gratitude to all the volunteers and supporters who make our mission possible. Here's to another year of growth, service, and community impact!



XCEED

On December 14th, 90 students from across the UK gathered at Imperial College London for the BIMA Xceed Development Day.

The event featured inspiring talks from various speakers. Students left with insights on goal setting, setting intentions, and achieving personal and professional aspirations. Attendees also participated in dynamic workshops with networking opportunities, gaining valuable skills for future success.

The day provided a unique opportunity for students to connect, learn, and empower themselves to reach their full potential in the evolving healthcare landscape.



I often get asked, how and what can I do to help the crisis happening to Muslims around the world in the current climate. My response, amongst many things, is education, advocacy and unity. Conferences like this where we aim to get all Muslim healthcare professionals are a great foundation for networking and

creating new idea about how we can help our Ummah. I strongly encourage everyone here to attend and bring your Muslim friends and colleagues to also sign up and attend. Making the difference starts with signing up. We have a session on rebuilding the healthcare system in Gaza and your ideas and input would not

only be invaluable, but potentially a sadaqqa jareya if your ideas are implemented. Sign up now at aimaconference.com and let's do the best for our deen, our Ummah and each other. Dr Mohammed Awad Neurosurgeon & spinal surgeon Royal Melbourne AIMA executive member.



**AUSTRALIAN ISLAMIC
MEDICAL ASSOCIATION**





RACGP CPD Approved Activity

Educational Activities	Reviewing Performance
10 hours	4 hours

Navigate Healthcare and Foster Resilience at

AUSTRALIA'S LARGEST ISLAMIC HEALTHCARE CONFERENCE

AIMA 2ND NATIONAL CONFERENCE 2025

SATURDAY
19 APRIL 2025
7:00 AM - 5:30 PM

&

SUNDAY
20 APRIL 2025
7:00 AM - 5:00 PM

Melbourne Convention and Exhibition Centre (MCEC)
1 Convention Centre Pl, South Wharf VIC 3006

Stay at Oakwood Premier Melbourne with exclusive discounted rates. Book your stay at tinyurl.com/aima-oakwood

Early Bird Tickets END 31 Dec 2024
Buy now at aimaconference.com



Open to: Muslim healthcare professionals, Doctors, Nurses, Allied Health, Pharmacists, students, and anyone in a health-related field.

International Speakers



Resilience in Healthcare
Ambassador
Ebrahim Rasool



The Myth of Normal in a Toxic Culture
Dr Gabor Mate



Leadership in Health
Dr Musa Mohd Nordin



Islamic Innovation and the future of health technology
Professor Shafi Ahmed



Islamic ethics of death and end of life care
Dr Aasim I. Padela

Featuring local inspiring speakers, interactive sessions, hands-on learning, and career connections. Explore the full program at aimaconference.com

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THE ANNUAL GENERAL MEETING AND SCIENTIFIC CONFERENCE OF THE ISLAMIC MEDICAL ASSOCIATION OF NIGER REPUBLIC

The annual General meeting and scientific conference of the Islamic Medical Association of Niger Republic just concluded. FIMA was well represented during the Conference. Members of IMA Niger Republic stressed their commitment to join our efforts to extend the Mission of Islamic Medical Association to all West African countries.



New executive committee for IMA Niger Republic



ANNUAL MEETING OF NDF- BANGLADESH HELD IN EXPO CENTER DHAKA





**Federation of Islamic
Medical Associations**



الجمعية العالمية
للشباب الإسلامي
World Assembly
of Muslim Youth

عضو المنظمات غير الحكومية - هيئة الأمم المتحدة
Member of the UN NGOs

The sixth surgical convoy In the Republic of Tanzania

THE FINAL REPORT



TOTAL OPERATIONS



279

TOTAL MEDICAL EXAMINATION



598

Plastic surgery

Medical examination

41

Surgical operations

40

Orthopedic surgery

Medical examination

102

Surgical operations

29

Urology surgery

Medical examination

155

Surgical operations

60

General Surgery

Medical examination

180

Surgical operations

80

Pediatric surgery

Medical examination

120

Surgical operations

70

REMAINING MESSAGE OF THE PRESIDENT

January 2025 in some parts of the world coincided with 1st Rejab 1446 Hijriah. It was akin to a double celebration, heralding the new Gregorian year and being reminded that the long awaited Ramadhan is only 2 months away, in sha Allah

Alhamdulillah one piece of good news we had in early January was the announcement of the long awaited ceasefire in Gaza. Pictures and videos showing tens of thousands of internally displaced Gazan making the long track on foot to their original abode was greeted with joy and trepidation. Most of their previous residences have been flattened by the Zionist aggressors some with remains of murdered loved ones. We pray that Allah will ease their sufferings and help them rebuilt what ever remains of Gaza. The rebuilding process with require the international community to galvanize efforts to assist them. To this aim a special conference was held in Amman Jordan entitled "Gaza Beat of the Heart" from the 23rd to the 24th January. FIMA Relief and Al Khidmat Foundation Pakistan was invited to deliver lectures and share our commitment to rebuilding Gaza. Dr. Ashraf Jedaar Head of FIMA Relief and Prof Hafeez ur Rehman Executive Director of FIMA and President of Al Khidmat were in attendance at this important Conference. A session dedicated to Empowering Future Generation - Medical Education and Training Opportunities in Gaza was held with FIMA and Al Khidmat invited as resource persons. Also contributing to the session was Dr. Fadel Naiem who spoke from Gaza. On the subject of training doctors from Gaza, Alhamdulillah 25 Gazan Medical Students graduated from the Medical School of Madniyat University Istanbul on January 26th. These are students sponsored by Al Khidmat. Prof Ihsan Karaman immediate Past President of FIMA was the Vice Chancellor to this University. Jazakumullah to all whose efforts made this important milestone possible.

Another important occasion took place recently. On the 25th of December 2024, while the Christian nations were celebrating Christmas, The National Doctors Forum of Bangladesh organized a National Conference attended by 6,000 delegates from all over the country. The significance of this gathering cannot be overstated.

This is the first time in at least 2 decades NDF was allowed to officially organize a formal gathering at a national level. The excitement and happiness among the delegates were evident. Alhamdulillah I was there to deliver a speech and savour the wonderful ambience and ukhuwwah. I see a bright future going forward for NDF and FIMA in that Region insha Allah.

As always this issue of the Newsletter covered event organized by IMAs and FIMA projects over the last 2 months. One project which stood out is the 14th Umrah Camp held from the 4th to 9th January in Makkah and Madina. What was unique this time was that it was an exclusively female Umrah camp with 50 female students from 14 different countries attending. In the past the Umrah camp had been organized exclusively for male students and on 1 occasion for both male and female. We pray that these students with be better muslimahs on returning to the countries and be an integral part of FIMA moving forward in future. Congratulations FIMASAC for organizing such a successful Camp. FIMASAC also continues to organise online FIMA INSPIRE webinar with its 22nd series of lecture on the 25th of January.

Jazakumullahu khairan to PIMA, IMANA, BIMA (UK), AIMA (Australia), AMIN (IMA Niger) and IMA DRC for furnishing us with information on your recently accomplished program and future program in this issue

It will be Ramadhan the next time we meet again in this Newsletter. May Allah give us good health physically and spiritually to savour the offerings which Allah prepare for us in the Blessed month, Aameen



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

HEADQUARTERS: 101 West 22nd Street, Suite 106, Lombard, IL 60148, USA.
Phone: (630) 932-0000 Fax: (630) 930-0005

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