

AMUAAGC Newsletter – May 2022

May 2022
Volume 1, Issue 3



Executive Committee:

President: Dr. Zafeer Ahmad
Vice-President: Dr. Shakil Khan
Secretary: Dr. Asefa Ansari
Treasurer: Mr. Shahbaz Alam

Board Members:

Dr. Zeba Kidwai Siddiqui - Chairperson
Mr. Mohammad Shahanshah Ansari
Dr. Israrul Haque Ansari
Dr. Haris Jamil
Mr. Mohammad Qamar



Zafeer Ahmed, Ph.D.

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President's Message

We continued our goal being transparent and communicated you regularly. We made all the major decisions based on your feedback. One of the most important achievements was the Bylaws Amendments. This was a huge undertaking and took significant amount of time to complete. We considered all the comments and changes in the bylaws proposed by you. All the 21 amendments were approved by 2/3rd majority as required. We are greatly thankful for your cooperation and participation to complete such an important task.

We also worked tirelessly to find a suitable Education Project. We did receive a request for the construction of an Orphan Girls Hostel from "Aligarh Bachchon Ka Ghar", but the cost was **\$40,000**. As we have communicated the financial status regularly, only **\$8,681.80** was transferred to us on June 23, 2021. We could not wait to raise funds till Ramadan, so we started the fund raising immediately. We received an enormous support from all of you and the project was started within few weeks. We also managed to cut down the construction cost to **\$31,000** by finding a suitable builder who did not take any profit. We already raised more than **\$75,000** before the Sir Syed Iftar and Dinner fund raising event.

The Sir Syed Iftar and Dinner program was held on April 9, 2022, at the Sullivan Community Centre in Vernon Hills and over 120 people attended. We raised additional funds for Education projects during this event and many people are still donating. We have raised more than **\$86,000** till now. We believe this is the first time we ever raised such a huge amount in the history of AMUAAGC.

We have taken two **new initiatives** this month where we added a health-related information in the newsletter and hope to continue providing this information in the future. You can submit any short article to include in the newsletter and we will include if we find it relevant and beneficial to our members. We have also offered advertisement for businesses who are interested. For more details on advertisement policy with AMUAA-GC, please contact at info@amuaachicago.org.

"You can do what I cannot do. I can do what you cannot do. Together we can do great things."
- **Mother Teresa**

Recent Events

- * Annual Sir Syed Iftar and dinner April 9th, 2022
- * Monthly EC/Board Meetings
 - July 27th
 - August 6th
 - Sep 3rd
 - Oct 1st
 - Nov 12th
 - Dec 10th
 - Jan 7th
 - Feb 4th
 - Mar 4th
 - Apr 2nd
 - May 6th

Highlights

- All 21 proposed changes in the bylaws have been passed with more than 90% votes.
- Sir Syed Day Iftar and Dinner 2022 organized successfully on April 9th, 2022.
- AMUAAGC EC/Board and Standing committees Meetings were conducted regularly.
- Added 2 life members and 7 annual members this year.

Financial Status

Date	Bank Balance		
	Total	General Fund	Education Fund
Jul 23rd 2021	\$14,186.25	\$5,504.45	\$8,681.80
Dec 20th 2021	\$21,113.21	\$7,693.41	\$13,419.80
Feb 16th 2022	\$38,175.49	\$7,609.93	\$30,565.56
Apr 26 th 2022	\$68,978.16	\$9,492.05	\$59,486.11

Income and Expenses (April 26th, 2022)

Income		Expenses	
General Fund	Education Fund	General Fund	Education Fund
\$13,358.64	\$96,011.00	\$3,866.59	\$36,524.89

Note: Fund Raised for Educational projects after June 23, 2021: **\$86,692.00**

Membership Update

Summary of Membership 2021-22	Total
Annual Members	96
Life Members	35
Total Members (May 1st, 2022)	131

Members who joined AMUAA-GC Recently

Dr. Rashiqa Kamal
Ms. Shazia
Dr. Asadullah Khalid
Ms. Afrah Malik

Dr. Mohammad Ahmadullah Siddiqi
Ms. Tayyeba Siddiqi
Mr. Akif Jilani
Ms. Roohi Ali Khan (Life Member)

Standing Committee Updates

Committee Name and Members	Updates
1. Bylaws Committee Mr. Mohammad Shahanshah Ansari (Chair) Dr. Zeba Kidwai Mr. Ajmal Sufiyan Dr. Israrul Haque Ansari Dr. Shakil Khan	<ul style="list-style-type: none"> All Bylaws amendments were passed with over 90% of the votes. Details mailers send to each member about the result. Amended Bylaws came into effect after results declaration.
2. Education Committee Dr. Israrul Haque Ansari (Chair) Dr. Haris Jamil Dr. Syed Shahabuddin Dr. Gulam Waris Dr. Hamidullah Khan	<ul style="list-style-type: none"> Education project for girls in construction phase, read details report → here. One project in Aligarh has been successfully funded this year and work in progress. Regular project progress report being shared with EC and Board.
3. Information Technology (IT) Committee Mr. Mohammad Shahanshah Ansari (Chair) Mr. Ajmal Sufiyan Mr. Shahbaz Alam Mr. Mohammad Irfan Khan Mr. Nadeem Ahmad	<ul style="list-style-type: none"> IT Committee conducted its meeting this month. A budget of \$1500-2000 was proposed to EC & Board for approval to revamp the entire AMUAA-GC website for a better look and feel as per current industry practices. This will also include some additional advance features on the site and enhancement of overall website's performance which has degraded over a period of time. IT Committee has also proposed to connect with https://aligconnect.amu.ac.in/ Team and collaborate with them for a global AMU Network.
4. Membership Committee Mr. Ajmal Sufiyan (Chair) Dr. Asefa Ansari Mr. Javed Husain	<ul style="list-style-type: none"> Annual Memberships mailer send to all the members for renewal, and renewal process completed. Dr. Israrul H Ansari has converted into life member and Ms. Roohi Ali Khan has become new life member. Added 7 additional annual members this year.
5. Social & Cultural Committee Dr. Shakil Khan (Chair) Dr. Asefa Ansari Dr. Syed Shahabuddin	<ul style="list-style-type: none"> Sir Syed Iftar and Dinner program organized, read details report → here.

Educational Project, 2022

Report by: **Dr. Israrul H. Ansari (Chair, Education Committee)**

The Educational Committee is pleased to see the progress made in constructing a residential facility to accommodate an additional 32 orphan girls at the Aligarh Bachchon Ka Ghar (ABKG), Aligarh. The committee received continuous updates from the sponsor of this project (Sponsor/s: Ms. Haleema Subuhi w/o Dr. Zafeer Ahmad). These updates were also shared with the Executive council and Board

members of the AMUAA-GC. As of now, the AMUAA-GC has transferred a total amount of \$31,000 towards the construction of this project.

The chairperson of ABKG, Dr. Amanullah Khan, and other personnel have been very open in providing updates regularly. Please see the attached images confirming the ongoing construction. Earlier, a video clip of approx. 2 mins duration was shared with the AMUAA-GC general body members. The president of the AMUAA-GC also included this video during his presentation to attendees at SS Day Iftar/dinner event, which happened on April 09, 2022.



Feb 19, 2022



March 02, 2022



March 16, 2022



March 22, 2022



April 08, 2022



April 26, 2022

On the eve of the SS Day Iftar/dinner event, April 09, 2022, the attendees realized the importance of such a project. They appreciated the efforts of everyone involved with the AMUAA-GC organization. The current AMUAA-GC Executive Council and Board members sincerely thank all donors and well-wishers who contributed to this great cause.

Local Sponsors to AMUAA-GC

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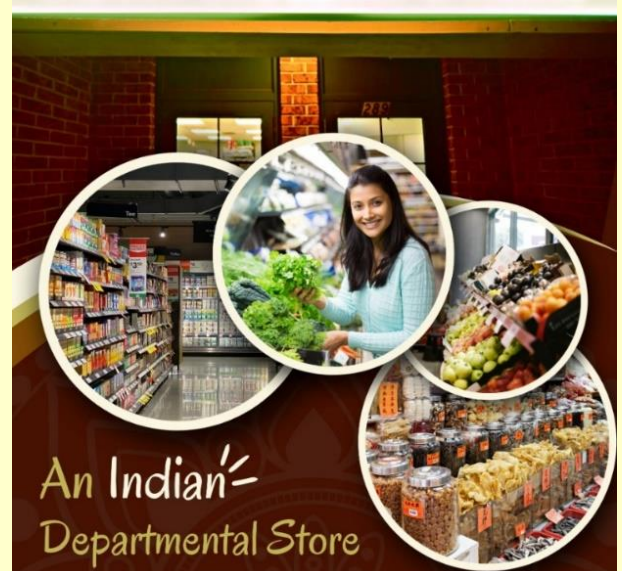
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Annual Sir Syed Iftar and Dinner, April 9, 2022

Report by: **Dr. Haris Jamil, Convenor of Sir Syed Iftar and Dinner**

The Sir Syed Iftar and Dinner was held on April 9, 2022. We thank Allah SWT for giving us the opportunity to gather in person with friends and family after more than 2 years.

This event was organized at the Sullivan Community Centre in Vernon Hills, Illinois. Over 120 members and their friends and families attended. It was a big success and provided us with the opportunity to see some of our old friends and meet some new Aligs who recently moved to this area.

The event started with a welcome message by Haris Jameel (convenor of the program), followed by the Maghreb prayer, Iftar and dinner. After dinner, the main program started with Tilawat-e-Quran followed by Yearly Report and the Orphan Girls Education Project presentations by President Dr. Zafeer Ahmad. While most of the funds were raised for this project before the event, Dr. Jaseem Anwer helped in raising additional funds after the presentation of the project. The event ended with a note of thanks by the Chair of the Board of Directors, Dr. Zeba Siddiqui.

The event was a big success, the food was delicious, everybody enjoyed meeting in person instead of online. The Board of Directors and the Executive Committee would like to thank everybody who helped raise funds for the Orphan Girls Education project. I would also like to take this opportunity to thank all the volunteers who helped me to organize the event, brought food and worked very hard to make this a success.



Photo: Sir Syed Dinner 2022

Health Corner: Screenings Saves Lives

Article By: **Dr. Mohammad Athar**

Health changes often sneak upon us. Sometimes the changes are so trivial, we do not even notice a change in our health at all. We barely even notice those minor changes in our health until they start to affect our ability to do the things important to us.

Another equally important dimension of wellness and being healthy is Preventive Healthcare, which includes screenings, check-ups, and counseling that are imperative to prevent illnesses and other health issues, or to detect illness at an early stage when the treatment is likely to work best, especially with cancers and keep from getting sicker.

Screening Saves Lives

Detecting symptoms of certain health conditions early, when they are more easily treatable, saves lives.

Age 18-39

- Blood Pressure Screening
- Cholesterol Screening
- Diabetes Screening
- Weight Check & Obesity
- Receive required age related immunizations
- Dental check up

Essential
Screening
For Men

Age 40 – 65

- Blood Pressure
- Cholesterol Screening
- Diabetes Screening
- Colon-rectal Cancer Screening
- Prostate Cancer Screening
- Dental and Eye Examination
- Immunization: regular Flu Shots
- Screening for osteoporosis

Consult your Health Care Provider regularly and enquire for age appropriate screening tests. Discuss your risk for future medical problems keeping in view your family history and risk factors, if any, to prevent the complications.

Regularly exercise, proper diet, no smoking and alcohol, weight watch & lead healthy Lifestyle!

Remember, every individual is responsible for her/his own health and well being! Mohammad Masood Athar, MD, MPH

Preventive health care has been shown to reduce premature death, keep physical functioning, help you stay healthier throughout your life, and enhance overall quality of life. Hence, getting recommended preventive procedures which includes screenings of diseases according to age and sex and making healthy lifestyle choices, are key steps to good health and well-being.

You do not have to wait until you are symptomatic, discuss screening options with your healthcare provider. Screenings can detect the presence of diseases and cancer before you have any symptoms at all. Therefore, preventing disease before it starts is critical to helping people live longer and healthier.


One of the greatest tools to fight health conditions is through the power of human connection and raising awareness in the community. Through increasing the awareness, the people acquire the knowledge, skills, and information to make healthy choices, enabling them to have better control over their own health and wellbeing, and adopting healthier lifestyles which supports the prevention of serious health conditions.

Screening Saves Lives

Detecting symptoms of certain health conditions early, when they are more easily treatable, saves lives.

Age 18-39

- Blood Pressure Screening
- Cholesterol Screening
- Diabetes Screening
- Weight Check & Obesity
- Receive required age related immunizations
- Dental check up



Essential
Screening
For Women

Age 40 – 65

- Blood Pressure Screening
- Cholesterol Screening: to prevent Heart Disease
- Cervical Cancer Screening
- Breast Cancer Screening
- Diabetes Screening: Blood sugar level
- Colon-rectal Cancer Screening
- Osteoporosis Screening
- Dental and Eye Examination
- Immunization: Regular Flu Shots

Consult your Health Care Provider regularly and enquire for age appropriate screening tests. Discuss your risk for future medical problems keeping in view your family history and risk factors, if any, to prevent the complications.

Regularly exercise, proper diet, no smoking and alcohol, weight watch & lead healthy Lifestyle!


Remember, every individual is responsible for her/his own health and well being! Mohammad Masood Athar, MD, MPH

Hence awareness matters. Enclosed pictures show a list of national health observances, developed to help to promote a healthy lifestyle for the community.

Upcoming Events:

- * **General Election:** Electronic Voting starts on **15th July** and ends on **17th July 2022**
- * **Picnic and General Body Meeting:**
 - o **Date:** Saturday, July 23, 2022 **Time:** 12:00 PM
 - o **Venue:** Century Park Boat Dock, 1001 Lakeview Parkway. Vernon Hills, IL 60061

Support AMUAAGC:



ALIGARH MUSLIM UNIVERSITY ALUMNI ASSOCIATION
OF GREATER CHICAGO

Support Education Projects
(Target Minimum \$20,000 for 2021-2022)

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Thank You

FOR YOUR SUPPORT!