

AMUAAGC Newsletter - September 2022

September 2022
Volume 2, Issue 1



Executive Committee:

President: Dr. Zafeer Ahmad
Vice-President: Dr. Shakil Khan
Secretary: Ms. Rubina Jamil
Treasurer: Mr. Ans Ahmed

Board Members:

Dr. Ahmadullah Siddiqi - Chairperson
Mr. Mohammad Shahanshah Ansari
Dr. Israrul Haque Ansari
Dr. Gulam Waris
Mr. Jawed Aslam



Zafeer Ahmad, Ph.D.

Contents

President's Message	
Highlights	2
Financial Update	2
Membership Update	
Standing Committee	
Update	3
Events	3
Local Adv	5
Health Corner	7
Upcoming	8

President's Message

Thank you for giving me the opportunity to serve as your president. We hope to continue the commitment of transparency and engagement with the new EC and Board members. We are committed to continue providing regular updates in the newsletter. In the first month's meeting, we formed a number of committees. The committee leads are empowered to have separate meetings with the committee members and have open discussions without any interference from the President.

AMUAAGC picnic was held on July 23, 2022, in person at Century Park, after 3 years. Everyone has a great time, and it was a very successful event with so many games and activities. A general body meeting was also conducted successfully after the picnic and meeting minutes are already sent. Dr. Saif Sheikh was appointed as an Independent Auditor in this meeting. Our goal is to get the meeting minutes approved electronically instead of waiting one year for another general body meeting. There was no election held because there was only one nomination for each position. The elected official names were announced by the election officer, Dr. Mohammad Mushtaq in the meeting. Dr. Mohammad Ahmadullah Siddiqi was elected as Chairperson later by the Board members.

We have been communicating and providing regular updates about the Construction of the Orphan Girls Hostel. The construction is almost complete as you can see in the Education Committee report. The next program is the Sir Syed Day celebration which will be held on October 22, 2022. Professor Muqtedar Khan is invited as a keynote speaker for this program who is very well known. We are glad to help out the small businesses by providing the ads in the newsletters. The members are getting a 50% discount which encourages people to become members.

We hope to build the organization with your input, involvement, and support.

"Coming together is a beginning, staying together is progress, and working together is success." – **Henry Ford**

Recent Events

- * Annual Sir Syed Iftar and dinner April 9th, 2022
- * Monthly EC/Board Meetings
 - Aug 2nd, 2022
 - Sep 6th, 2022
 - Oct 4th, 2022

Highlights

- Picnic and General Body meeting took place on July 23, 2022. The meeting minutes sent to GB for comments.
- New EC and Board members are elected for two years.
- Dr. Mohammad Ahmadullah Siddiqi is elected as new Board Chairperson.
- Orphan Girls Hostel construction is almost complete.
- AMUAAGC EC/Board and Standing committees Meetings were conducted regularly.
- New committees are formed.

Financial Status

Date	Bank Balance		
	Total	General Fund	Education Fund
Jul 15 th 2022	\$72,508.63	\$10,808.31	\$61,700.32
Sep 12 th 2022*	\$72,068.28	\$10,367.96	\$61,700.32

*Includes \$650 for Sir Syed Day Expense

Membership Update

Summary of Membership 2021-22	Total
Annual Members	77
Life Members	36
Total Members (As on June 26th, 2022)	113

New Members

Mr. Rizwan Shaikh and Ms. Nausheen Adeel (Annual member)

Standing Committee Updates

Committee Name and Members	Updates
1. Bylaws Committee Mr. Mohammad Shahanshah Ansari (Chair) Mr. Ajmal Sufiyan Dr. Israrul Haque Ansari Dr. Shakil Khan Dr. Gulam Waris	<ul style="list-style-type: none"> • Committee has plan to meet up next month and review all other recommendations by general body which were proposed but could not get finalized in last amendment.
2. Education Committee Dr. Israrul Haque Ansari (Chair) Dr. Saifuddin Sheikh Dr. Syed Shahabuddin	<ul style="list-style-type: none"> • Education project for girls in construction phase, read details report → here. • Regular project progress report being shared with EC and Board.

Dr. Gulam Waris Dr. Mohammad Ahmadullah Siddiqi	
3. Information Technology (IT) Committee Mr. Mohammad Shahanshah Ansari (Chair) Mr. Ajmal Sufiyan Mr. Shahbaz Alam Mr. Mohammad Irfan Khan Mr. Khalid Sayeed	<ul style="list-style-type: none"> IT Team has plan to revamp the website in coming months.
4. Membership Committee Mr. Ajmal Sufiyan (Chair) Dr. Asefa Ansari Mr. Javed Husain	<ul style="list-style-type: none"> Two new members have joined
5. Social & Cultural Committee Dr. Shakil Khan (Chair) Mr. Ajmal Sufiyan Dr. Syed Shahabuddin Dr. Asefa Ansari	<ul style="list-style-type: none"> Picnic was held, read details report → here. Sir Syed Day program organized, read details report → here.

Annual Picnic, July 23, 2022

Report by: **Dr. Shakil Khan (Social Committee Chair and Convenor of Picnic)**

Annual picnic of AMUAA-GC was held on July 23, 2022, from 12:00 to 3:30 PM at Century Park, 1001 Lakeview Parkway, Vernon Hills, IL, 60077 after a gap of three years. Due to Covid this event could not be held in 2020 and 2021. 80 attendees attended the fun filled picnic and everyone enjoyed the good BBQ and other veg and non-veg food items. This year we had a lot of fun filled game and activities for kids and adults organized by Sr. Fauzia that included food tasting, hot potato, sui dhaga (needle-thread), Lemon and spoon race and Cup-pong.

My special thanks to Picnic lead volunteers Ajmal Sufyan and Gulam Waris for their extra-ordinary hard work. Thanks to BBQ Team members Gulam Waris, Ajmal Sufiyan, Anis Khan and Haris Jamil for handling BBQ and to other volunteers for making this event a great success. Special thanks to Mrs. Fauzia Waris for organizing the game and for preparing the gaming stuff. This year we had no issues with undercooked or overcooked chicken or beef burgers. Everything was just perfect.

General Body Meeting and Election, July 23, 2022

Report by: **Dr. Zafeer Ahmad (AMUAAAGC President)**

General Body meeting took place on July 23, 2022 at Century Park, Vernon Hills. The meeting minutes are sent to the general body for comments on September 9, 2022. Our goal is to get the minutes approved by electronically instead of waiting for a year. Dr. Saif Sheikh was appointed as an Independent Auditor in this meeting.

There was no election held because there was only one nomination for each position. The elected official names were announced by the election officer, Dr. Mohammad Mushtaq in the meeting. The Election Officer, Dr. Mohammad Mushtaq announced the election results as follows:

Board of Directors

Mr. Mohammad Shahanshah Ansari
Dr. Israrul Haq Ansari
Mr. Jawed Aslam
Dr. Mohammad Ahmadullah Siddiqi
Dr. Gulam Waris

Note: Dr. Mohammad Ahmadullah Siddiqi was elected as BOD Chairperson

Executive Council (EC)

President	Dr. Zafeer Ahmad
Vice President	Dr. Shakil Khan
Secretary	Mrs. Rubina Jamil
Treasurer	Mr. Ans Ahmed

Educational Project, September 2022

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

With the grace of Allah SWT and generous support from the AMUAA-GC members, the project is nearing completion. Per the AMUAA-GC guidelines, the sponsor regularly updated AMUAA-GC EC and Board, and members of the EC and Board found the progress report very transparent and satisfactory. We are providing the following new images again to confirm the progress made since July 2022.

The AMUAA-GC EC and Board members thank sponsors and donors for realizing the importance of this project. This residential accommodation will house approximately 32 orphan girls and provide them with a place to stay and get an education in a safe environment. The AMUAA-GC also thanks the entire ABKG administration for showing their commitment to completing the project in time.



Sir Syed Day Program, October 22, 2022

Report by: Mr. Ajmal Sufiyan (Convener of Sir Syed Day)

The AMU Alumni Association of Greater Chicago
 Invites you to join in celebrating
Sir Syed Day 2022
 SATURDAY, OCTOBER 22, 2022 @ 6:30PM
 Community Arts Center, 225 McHenry Road
 Buffalo Grove, IL 60089. Ph: 847.850.2175
Dinner: Single: \$25; Family (4): \$60

Keynote Speaker:
Prof. Muqtedar Khan
 Dept. of Political Science and International
 Relations
 University of Delaware, USA

Mr. Ajmal Sufiyan (Convener): 847-909-5325, Dr. Zafeer Ahmad (President): 847-400-4286
 Dr. Ahmadullah Siddiqui (Chairman, Board of Directors): 309-255-6598
 AMUAA PO Box 67. Wadsworth, IL 60083 | amuaachicago.org

Metropolitan Asian Family Services (MAFS) and Universal Metro and Asian Service (UMAS)

Report by: **Mrs. Santosh Kumar, AMUAAGC Life Member, MAFS Executive Director**

Metropolitan Asian Family Services (MAFS) is a Not-for-Profit, Tax Exempt 501(c)(3) organization in 1993 with a mission to provide comprehensive and integrated services to the community at large. MAFS is a multi-cultural and multi-ethnic organization and has at its core, a commitment to educate, assist and empower the immigrant community to adjust to life in the United States and become productive members of society instead of dependent on government aid. To achieve this we have initiated many educational programs such as English literacy and computer training. Through our basic etiquette sessions in dressing, speaking and resume writing we have touched and changed many lives."

Universal Metro Asian Services was incorporated as a Not-For-Profit organization on December 7th, 2000. Our aim is to serve immigrant populations of India, Pakistan, Bangladesh, the Middle East, Latin America and Europe. The organization received its first contract with Illinois Department on Aging (IDOA) to administer homecare services to ethnic seniors in 1993 via Universal Industries.

Our Community Care program is unique. For the past three decades we have been at the forefront of meeting the requirements of the South Asian immigrant community and have since evolved to serve all communities. We are dedicated and determined to provide services to the elderly in their home rather than institutionalized in a nursing home. We consider our participant's cultural and social preferences very carefully before assigning a Caregiver in order to best match their needs.



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- Access to Care Insurance
- Senior Health Insurance Program (SHIP)
- KidCare
- Medicaid
- Medicare
- Immigration & Citizenship Assistance
- OCI, Passport, Visas
- Social Security Services (Obamacare, ACA)
- Social Security Benefits
- Social Supplement Income
- Disability Benefit
- Transportation
- Nutritious Meals
- Food Stamps (SNAP)
- Energy Assistance Program (LIHEAP)
- Weatherization

Contact Us
847.824.9414
mafsinc.com

Nutritious hot lunch Program

We Collaborate with:



MAFS is a Not-for-Profit tax exempt 501(c)(3) organization. MAFS does not discriminate on the basis of race, color, sex, religion, national origin, or disability in its programs and services. MAFS is an Equal Opportunity Employer. MAFS is a 501(c)(3) organization. MAFS is a Not-for-Profit tax exempt 501(c)(3) organization. MAFS does not discriminate on the basis of race, color, sex, religion, national origin, or disability in its programs and services. MAFS is an Equal Opportunity Employer. MAFS is a 501(c)(3) organization.



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- ✓ Escort to appointments

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Do you have elderly at home that want to enjoy their golden years with friends, activities and great food?
Our adult day centers provide a venue for the elderly to get involved in structured and fun-filled activities. We offer door to door pick-up & drop off services for qualified individuals.

- ✓ Hot Nutritious Meals
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Health Corner:

Article By: **Dr. Mohammad Athar**

Breast Cancer

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer

Breast cancer is the most common cancer in women in the US, about 30% (or 1 in 3) of all new female cancers each year. In 2022 about 287,850 new cases of invasive breast cancer will be diagnosed in women and about 51,400 new cases of ductal carcinoma in situ (DCIS) will be diagnosed and approximately 43,250 women will die from breast cancer. Mainly occurs in middle-aged and older women. The median age at the time of breast cancer diagnosis is 62 and the average risk of a woman developing breast cancer sometime in her life is about 13% (1 in 8). During last 15 years the incidence is steady in women younger than 50, however, continued to decrease in older women, are believed to be the result of finding breast cancer earlier through screening and increased awareness, as well as better treatments.

Currently there are more than 3.8 million breast cancer survivors in the United States. Finding breast cancer early and getting state-of-the-art cancer treatment are two of the most important strategies for preventing deaths from breast cancer. Screening refers to tests and exams used to find a disease in people who don't have any symptoms. The goal of screening tests for breast cancer is to find it early before it causes symptoms (like a lump in the breast that can be felt). The American Cancer Society has screening guidelines for women.

-Women between 40 and 44 have the option to start screening with a yearly mammogram

-Women 45 to 54 should get mammograms every year.

-Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.

The major risk of developing Breast Cancer: being female, getting older, inheriting certain gene changes, positive family history of breast cancer (mother, sister, or daughter), cancer in one breast has a higher risk of developing a new cancer in the other breast or in another part of the same breast, race and ethnicity (under age 40, is more common in African American women).

Tests: Clinical breast exam (CBE) by the healthcare provider and breast self-exam (BSE), breast ultrasound, mammograms, newer type 2D/3D mammograms (digital breast tomosynthesis). Women are to be encouraged for BSE, the many of breast cancers are detected by patients. Overall, 1% of the males are diagnosed with breast cancer.

Breast cancer is preventable and mostly treatable, and with the modern technology and treatment the survival is very good if detected early. Please consult your Health Care Provider/Doctor/Physician for screening tests.

For more information Check at American Cancer Society.

<https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>

-Breast cancer is one of the most common kinds of cancer in women.
 -About 1 in 8 women (about 12%) born today in the US will get breast cancer at some point.
 -On an average, every 2 minutes a woman is diagnosed with breast cancer in the US while every 19 seconds, someone in the world is diagnosed with breast cancer, unfortunately, one woman will die of breast cancer every 13 mts.
 -Female breast cancer represents around 15% of all new cancer cases.



OCTOBER
 IS BREAST CANCER AWARENESS MONTH



What can I do?
 Please call your relatives, loved ones and friends, ask whether have got their age-related Mammography & Screening tests done? If not, request to consult their Health Care Provider.
If your call could save one life, worth it!
 And whosoever saves a life, it is as though he had saved all mankind (Quran 5:32)

Screenings Saves Lives

Prevention is in your hands!
 Mohammad Masood Athar, MD, MPH

Upcoming Events:

- * **Sir Syed Day:**
 - **Date:** Saturday, October 22, 2022, **Time:** 6:30 PM
 - **Venue:** Community Arts Center, 225 McHenry Road, Buffalo Grove, IL 60089

Support AMUAAGC:



ALIGARH MUSLIM UNIVERSITY ALUMNI ASSOCIATION OF GREATER CHICAGO

**Support Education Projects
 (Target \$50,000 for 2022-2023)**

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