

Dear Habibian Friends,

Assalam-o-Alaikum,

Two very exciting news for the benefit of all the Habibian Alumni.

1. Dr. Syed Wajih Rizvi (Batch 1975) who is the President of the HPSAA North America Chapter is a medical practitioner in the USA for the past many years and has been involved with a residency program for the benefit of the young doctors who land in the USA for the first time and are in need of guidance and help. The program is called N.E.S.T. (Nourishment, Encouragement, Support & Trust) and operates under the banner of IMAMIA MEDICS INTERNATIONAL. Dr. Rizvi has extended his offer to all the Habibian Alumni if they need his support and help in the USA. I am attaching the flyers of this program to this email if you are interested please go through these flyers and contact me via email, WhatsApp or call to get in touch with Dr. Rizvi.

2. The second news is that the HPSAA is planning to create the "Habibians Yellow Pages" on its Web Site (<https://habibianalumni.org/>). If you want to advertise your business through these pages to all the Habibians please give us your consent and send us the content of the write up you want to appear. Also, let us know of any discount (10%, 15% etc.) you would like to offer to your fellow Habibian Alumni.

Best Regards and stay blessed,

Zafar Kaleem

0300-2672903; 0320-2672903

HPSAA Facebook Page: https://www.facebook.com/HPSAA-610514459400489/?modal=admin_todo_tour



Bed Room



Library



Prayer Area

HISTORICAL BACKGROUND:

This project (N.E.S.T) had been under consideration for a long time but in 2011, 45 young physicians unanimously passed a resolution at IMI's Professional Guidance Seminar in NJ for IMI US to start the project. In 2 subsequent sessions, in 2012 when 35 young doctors and in 2013 when 25 young professionals in their career guidance seminar reiterated the same
IMI US Board of Directors and IMI Global Board of Regents have subsequently approved the project.

HOW YOUR DONATIONS HELP:

This program is 100% dependent on donations from people like you.

Your donations help by:

Paying approximately \$50,000.00 Yearly expenses for the two units.

The average monthly expenses for both the units is approximately \$3500.00 (which includes utility, maintenance, tax, sewer & repairs and monthly rent for one of the units)

Subsidized or free registration for Residency Guidance Seminar and Research Seminars.

USMLE Exam fees, Qarz-e-Hasna and interest free loans for deserving candidates

Travel grants to attend clinical rotations, conferences and seminars as well facilitating attendance at Jum'a prayers and majalis.

Over 550 young professionals have taken advantage of this wonderful initiative by IMI!

Please donate generously- **Remember many of us were once in the same situation and an opportunity like this would have made a huge difference-** Be one to make difference!

Contribute your
Straw to the

Imamia Nest
Donate Generously

Donations can be made through the following:

Send checks to:
Medics International
P.O.Box 8209
Princeton, NJ 08540
or

<https://imamiamedics.com/page/donate>



**Nourishment, Encouragement,
Support & Trust (N.E.S.T)**
Investing In Our Community's Future
A Medics International's (USA) Project.

NEST: NOURISHMENT, ENCOURAGEMENT, SUPPORT & TRUST

INCEPTION:

Since its inception, IMI has worked to train and empower health professionals to become leaders in their chosen fields.

For many young medical students and foreign graduates, the reality of having good experience through electives/research in the US on their resumes means a whole lot in finding residency, the first step in the realization of their long awaited dream.

But many times these young doctors are discouraged due to the financial burden of looking for temporary housing and paying high program fees and end up pumping gas or working in a restaurant.

IMI's NEST I, under the supervision of Dr. Wajih Rizvi, a pilot program managed by a team including past IMI interns to address this concern, was approved by the IMI Board of Regents on March 2013.

In the first phase of this project two units were rented by IMI HQ (one for females and one for males) in New Jersey. Later a 2-bedroom unit was purchased. Both units were fully furnished for the comfort of the interns.

The demand for placements and accommodations has risen resulting in a waiting list at NEST

Much work remains to be done for our students to help position them with the nourishment and support they deserve.

IMI HQ is expanding the clinics we partner with for the observer-ship program and has incorporated features like the development of libraries for appropriate study environments, career guidance and seminar spaces into IMI's Global Headquarters and Intentional Community Project.



N.E.S.T interns at Monthly Research Seminar by Dr. Zuhair Ali, Director, Research, NYU

NEED:

Imagine being a young student landing at JFK facing challenges like:

- A new place with no family or friends
- Not knowing where they will be staying
- How they will go from one place to another
- Where will they get halal meals

Add to these challenges the cost of tuition fees, accommodations, meals and transportation. Such costs are prohibitive for scores of highly talented students and professionals across the globe.

IMI has taken the first step in realization of a spectacular community service: The NEST I Project caters to a dire need in our community. These young men and women are Nourished and Encouraged, get Support they need to build the Trust to excel in their professions to achieve their goals and lead the community in times ahead, InshaAllah.

To date over 550 young Doctors, Researchers and Students have come from all over the world including: Afghanistan, Bangladesh, Canada, Caribbean, China, Egypt, Finland, India, Nepal, Oman, Iraq, Ireland, Kashmir, Iran, Pakistan, Poland, Romania, Russia, Saudi Arabia, Switzerland, Syria, Ukraine, United Kingdom and Uzbekistan.



N.E.S.T interns with Wajih Rizvi, MD at IMI Headquarters

BENEFITS:

Free or subsidized accommodation in an environment that nurtures professional growth

Mentorship for Individuals at various levels: Undergraduate education, Residency, Fellowship, Research, Observer-ship or Clinical Clerkship

Exam Prep guidance for USMLE Step 2, Clinical Skills Exams and Step 3 Exam from doctors who have recently cleared all steps successfully.

Regular Career Guidance Sessions, Research Seminars and Journal Club on site with emphasis on matching for residencies and securing fellowships

Professional Skills Development: Resources to improve CV writing skills, personal statements and to enhance interview techniques

Resources to help with financial management and visa concerns

Forming bonds with professional colleagues as residents support each other through formative times in career and life

Joining a platform to enhance social and professional networks

Alleviating family worries: living in a safe and socially, culturally and religiously sensitive environment

Paying it forward: Young professionals emerge as a strong asset to the community to become a source of help to future generations.



N.E.S.T interns at the Residency Guidance Seminar