



## HEALTH & WELLNESS FAIR 2025

**Street Fair:** Blood Donation drive; Healthy living; Diet & nutrition guidance; Women's health education; Childhood vaccination awareness; Community CPR & First Aid programs

**Classroom:** International Medical Graduate (IMG) Workshop with Basic Life Support Training

### FREE DAYLONG PROGRAM

**FREE: American Heart Association CPR Course**  
Includes CPR mask & Certificate

**SAVE A LIFE - VOLUNTEER TO DONATE BLOOD**  
NEW YORK BLOOD CENTER on site

Workshop presented by Smart Rotaract; Rotary e-Club of Heritage; PEDSI Global Health in collaboration with BMANA; NY Blood Center; City of New York & American Heart Assn affiliated BLS Training Center

**Date:** August 24, 2025 — Sunday

**Time:** 9:30 AM — 4 PM

**Location:** 87-42 168th Street, Jamaica, NY 11432 (168 ST - Between Hillside Ave & Highland Ave)

### PROGRAM

**Principal Organizer:** Rummanu Yeasin, MA MD — President, Rotaract Smart e-Club

- |                  |  |
|------------------|--|
| 9:00AM – 9:30AM  | Registration with light breakfast  |
| 9:30AM – 10:00AM | Welcome Remarks<br>Rummanu Yeasin, MA MD – President Rotaract Smart e-Club<br>Waseem Hafeez, MD - President, Rotary Club Heritage & Director, PEDSI Global Health                                  |
| 10:00AM – 2:30PM | Health & Wellness Fair:<br>* Blood donation drive<br>* Healthy living; Diet & nutrition guidance<br>* Childhood vaccination awareness<br>* Women's health education<br>* Community CPR & First Aid |

\* International Medical Graduates workshop on US Residency Matching — **IMG PROGRAM**

- |                   |  |
|-------------------|--|
| 10:00AM – 10:30AM | Research basics – writing a proposal, poster presentation: Jonathan Reyes, MD  |
| 10:30AM – 11:00AM | Road to residency – Navigating the application process: Ziaur Rahman, MD   |
| 11:00AM – 11:30AM | USMLE – Exam overview, guide to each Step preparation: Nayeon Ahn, MBBS  |
| 11:30AM – 12:00PM | CV, Personal statement – Craft a standout resume: Waseem Hafeez, MD  |
| 12:00PM – 12:30PM | Mock interview – Strategy to ace an interview: Kenneth Tietjen, MD   |
| 12:30PM – 1:30PM  | LUNCH (Courtesy of PEDSI) with BLS Training Video<br>DG Garrett Capobianco – District Governor, District 7230<br>Ayesha Sikder, MD – President, Bangladesh Medical Association of North America<br>Yusufal Mamoon, MD - President elect/Ahmad Morshed, MD - Secretary, BMANA<br>PP Shamim Begum, MD – Past President, Rotary Club of Heritage<br>DGE Maksud Chowdhury, MD – District Governor Elect, District 7230<br>Oath of office – Waseem Hafeez, MD, President, Rotary Club of Heritage by DG Garrett |
| 1:30PM – 3:30PM   | American Heart Association Basic Life Support Training Course  |
| 3:30PM – 4:00PM   | Distribution of Certificates   |