

HISTORY OF SERVICE AND GIVING BY AKMG AND AKMG-HUMANITARIAN SERVICES (HS)
COUNTING OUR BLESSINGS AND OUR ASSETS: PAST AND FUTURE



Unto whomsoever much is given, of him shall much be required-
Luke 12- 48

Find a need and fill it.
Ruth Stafford Peale.

Prepared by: Prem Menon MD, Historian, AKMG Humanitarian Service (AKMG- HS)
and Chairman, AKMG- HS Board of Trustees, 2000-2020.

Reviewed by: M.P. Ravindra Nathan MD, FRCP
Historian, AKMG and AKMG- HS, Chief Editor Archives of AKMG and AAPI Journal.

Additional feedback received from Drs. Enas Enas, PK Kutty and Dr. MV Pillai, Past
Presidents, AKMG.

Final Edits and Release: Dr. Nigil Haroon, Chair, AKMG HS

AKMG: Incorporated in Michigan by Dr. K.C. Nair, on March 22,1984,
EIN 363-465-523 and 501(C) (6) by Dr. Enas Enas, on March 12, 1987

AKMG- HS: 501(C)-(3) Incorporated in Louisiana, by Dr. Prem Menon, on April 29, 2003.
EIN 32-0051235. Obtained by Prem Menon, on May 08, 2003
A Public Charity since 2008

Why do we exist?

- A. To identify and bring together medical and dental A.K.M.G. physicians interested in charitable or humanitarian services.
- B. The A.K.M.G.H.S. is organized exclusively for humanitarian services in United States of America, Canada or India.
- C. Render help to victims of natural calamities such as hurricane, drought, earthquake, volcanic eruption, etc.
- D. To help upgrade libraries in medical and dental teaching institutions in India or any developing country.
- E. To mobilize charitable funds from members of A.K.M.G. or conduct programs to raise the funds from the general public.
- F. To assess and prioritize requests for assistance and make proposals and plans for immediate or long term relief.

AKMG-HS Executive

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|-----------------------------------|-------------------------------------|
| 1. Chairperson: | Dr. Nigil Haroon, MD, PhD, MBA |
| 2. Chairperson elect: | Dr. Subra Bhat, MD |
| 3. Immediate Past Chairperson: | Dr. Sunil Kumar, MD |
| 4. Secretary/Treasurer AKMG: | Dr. Nisha Nigil Haroon, MD, DM, MSc |
| 5. Immediate Past President AKMG: | Dr. Deepu Sudhakaran, MD, MBA |

AKMG-HS Advisor:

Dr. Prem Menon, MD (Past Chair)

AKMG-HS Members at large

- 1. Dr. Geetha Nair, MD
- 2. Dr. Hari Parameswaran, MD

AKMG and AKMG-HS: The beginnings

AKMG, one of the first US Indian physician forums was established in 1980. Though it was originally a social organization, it gradually expanded into a professional organization representing the three Kerala Medical College Alumni Groups and started organizing annual conventions and CME sessions. It has always been involved in philanthropic activities, on an individual basis, with emphasis on catering to the unique needs of the physicians and academic institutions in Kerala. To meet our ever-expanding charitable agenda, our leaders in 2000, envisioned the formation of a charitable arm to AKMG, similar to the AAPI-Charitable Foundation (AAPI-CF). Formation of what we know today as the AKMG-HS, was widely welcomed by the membership and the process spanned through the presidencies of Drs. Shakunthala Rajagopal, M. P. Ravindra Nathan and Eswaran Variyam. Formalities such as drafting the Bylaws by Dr. John Lincoln; debate and affirmation of them by the General Body occurred at the 2002 Toronto convention.

There was debate among the members whether we needed the HS, since there are several avenues for us to fulfil our charitable giving. Dr. Menon would argue in favor. “We are a small group of physicians from a small state in India and may have a member- specific or Kerala – specific philanthropic work. I believe the HS would identify and embrace such projects and give a forum for us to do verifiable great work without red tape, roadblock or overhead. We can also do cross- country philanthropy with Canada, since both countries have similar Income tax regulations and mechanism for transfer of funds are clear cut. I definitely agree all of us fulfil our charitable giving through multiple avenues”.

The necessary legal formalities included incorporation in the state Louisiana and obtaining the charitable Income Tax exempt status from the Internal Revenue Service (IRS). Dr. Prem Menon was selected by then President Dr. Shakunthala Rajagopal and entrusted him with the above tasks. He was chosen because of his expertise-and experience with the Nonprofit Boards. He has been serving as a Director and Patron Trustee of the AAPI- Charitable Foundation (AAPI-CF). Additionally, he was serving in the boards of Allergy and Asthma Network (AAN, Vienna,VA) , Association of allergists and Immunologists of Indian Origin (AAII), Care and Share,(Chicago) and World India Diabetes Foundation (WIDF) ,Rochester, MN.

Dr. Menon, with the help of Henry McKinell, a ranking IRS officer, successfully applied and secured 501 (C) 3 status within two months. Dr. Menon was appointed by then AKMG president Dr. Ravindra Nathan as the first Chair of the AKMG- HS Board of Trustees. Initially it was a designated two-year term. Since no one was willing to succeed him, at the 2004 Michigan AKMG convention, the Bylaws were amended lifting the term limit of the HS chair. He did not want HS to fizzle and fail. While trying to recruit a successor, Menon continued to serve until 2020. Under his dedicated, continuous and visionary leadership, HS has been actively engaged in philanthropic work for two decades. In 2020 two past AKMG Presidents—Drs. Sunil Kumar and Thomas Mathew volunteered and assumed the leadership of HS, as Co-Chairs of the board.

Over the past twenty-five years, AKMG members, individually or through AKMG-HS, have contributed Millions of Dollars to Kerala Charities, in cash and kind and matching donations and services through our various collaborators.

The following list is derived from multiple sources in Kerala and USA, Dr. Menon's recent and personal communications with various past presidents and members, HS records and from the 'Archives of AKMG'---M.P. Ravindra Nathan MD, Chief Editor—2012. The list may not be exhaustive.

CONTRIBUTIONS ARE LISTED IN THREE CATEGORIES.

- A. Contributions by AKMG
- B. Contributions by AKMG-HS
- C. Personal Contributions by AKMG members over the years— NOT THROUGH AKMG or AKMG- HS

Contributions by individual chapters have not been included, but we do recognize the important role played by them at a local level in serving the community, addressing immediate needs, and strengthening the foundation's overall mission through their grassroots efforts.

{A} CONTRIBUTIONS BY AKMG

1988-1990: Faculty Enrichment Grants \$ 1,250/- each per year to 10 faculty members of the four medical colleges in Kerala. \$ 12,500/-

1990: One time grant of \$ 2,000/- each to four medical colleges to organize scientific meetings \$8,000/-.

1990: Charitable Contribution of \$ 2,000/- to “ SHANTI” Shelter for abused women. Run by Prof Sugatha Kumari.

1993-95: \$ 10,000/- – Donation of one state of the art computer, modem and internet for each of the five medical colleges

1994-95: \$ 3,000/- Subscriptions for medical books and journals--Kerala Medical Colleges.

1995: \$2,000/-Continuing Medical Education-MKSAP- International faculty at TVM.

1996: Annual AKMG Convention, Kochi. Free registration and support for medical students and PGs.

1996: \$10,000/- Support for the John Hopkins University, Baltimore, MD—For site visit to Kerala to establish a Public Health School.

1997: \$22,000/- \$ 11,000/- by AKMG and \$ 11,000 .00 match by Prem and Vimla Menon-To support site visit to Kerala by the World India Diabetes Foundation, Rochester, MN

1999: \$10,000/- Orissa Cyclone Relief.

1999- 2000: \$6,000/- \$3,000/- by AKMG and \$ 3,000/- match by Prem and Vimla Menon. Support for Asthma Care Services in Kerala. Faculty education—donations of nebulizers, peak flow meters and holding chambers

1999-2000: \$6,000- Coronary Artery Disease Research in Indians (CADI Research)- \$ 3,000/- by AKMG and \$3,000/-, matching funds by Dr. Enas Enas

1999-2000: \$10,000/-- ABHAYA—Shelter for abused women, Trivandrum.

2000: \$1,000--Eye Bank association of India, Trivandrum.

2000: Gujarat Earthquake Relief Fund- \$ 16,800- donated through the AAPI-CF

2001: \$16,200.--World Trade Center NYC- “ 9- 11 victim’s -families “Freedom Scholarship Fund, NY, NY”

2002 and 2003: \$8,000/--Research Methodology in Medicine Courses for the Post Graduates Students in Kerala- organized by Dr. Easwaran Variyam.

{B} CONTRIBUTIONS BY AKMG- HUMANITARIAN SERVICES (HS)

2002- 2003: \$ 30,000--LIONS CLUB, KOCHI: Cardiac surgery for the 30 disadvantaged citizens—Organized by Narendra Kumar MD

2004-2005: \$ 33,000 Asian Tsunami Relief -- \$ 22,000 from AKMG and 11,000 from Care and Share - through the Kerala Chief Minister's Distress Relief Fund and to build houses for the affected fishermen, Chellanum, Kochi

2005-2006 : \$ 24,000 Hurricane KATRINA and Hurricane RITA Relief. Matching funds from the Louisiana State Medical Society to aid the affected physicians. Collaborated with the Allergy, Asthma Network (AAN), Vienna, VA. AAN and team with Dr. Prem Menon made multiple visits throughout 2005-2006 to the various areas that was impacted in Baton Rouge and New Orleans. Services provided included care packages, medications, medical and non-medical supplies at the Shelters and in the community through the Red Cross, faith based and NGOs, local school board, BR General FP residency program, St Bernard Clinic, Nineth Ward and the 160 or so Primary Care Clinics operated by the DHH in the state at an estimated cost of Cost of \$ 500,000/. Dr. Menon also donated to the AAN \$ 25,000 cash award that he received from the ACCP Chest Foundation as a part of the ACCP Humanitarian Project Development Award to him.

2005: \$ 10,000/- to paralyzed veterans of America. \$ 5,000/- from the LA State Allergy Society and \$ 5,000/- match by Prem and Vimla Menon

2005: \$ 50,000/- to Kerala Emergency Medical Services (KEMS) organized by Dr. George Abraham—awarded on behalf of various AKMG presidents by Thomas Mukkada MD

2006: Mammogram Center, Medical College, Trichur, \$ 40 ,000/- Dr. Radha Menon-Co Ordinator/ AKMG president.

2002- 2014: Learning Resource Centers (LRCs): at the four medical colleges in Kerala—

Please refer to Pages 192-202—Archives of AKMG. The LRCs project was a runaway success. LRCs were well received, well executed, well utilized and much appreciated. It is a great model in that alumni of each institution foot the bill for set up and day to day operations of the centers in their respective institutions

- TRIVANDRUM – MC – LRC: \$ 160,000/ - Drs Narendra Kumar and Krishna Prasad
- KOZHIKODE – MC- LRC: \$ 116,267/ - Dr. P.K. Karunakaran Kutty
- KOTTAYAM – MC- LRC: \$ 100,000/ - Dr. George Thomas
- ALLEPPEY- MC- LRC: \$ 100,000/ - Dr. K.C. Joseph

2004- 2007: \$ 63,000/ -Subscriptions for MD CONSULT and UPTODATE.COM for all the LRCs

2008: \$ 3,000/ Haiti -- Hurricane Gustav Relief, matching funds \$ 3,000- Care and Share

2010: \$ 20,000/-Donation to Trivandrum Cancer Institute.Dr. Arvind Pillai , AKMG President

2010: \$ 5,000/ -SAT hospital, Trivandrum. Dr. Arvind Pillai, AKMG President.

2010: \$ 20,000/ –Dr. Narendra Kumar, Repair and refurbish the anatomy lecture hall, TVM MC

2012: \$ 26,000/- Kerala Health Initiative through Drs. Enas Enas, USA and Salim Yusf, Canada.

2012- 2017: \$26,800/—Dr. P. Gopala Krishnan, through Amritanandamayi Charitable Trust for the Primary Care Clinic, Panangad, Cochin

2015- 2017: \$25,000/- Dr. Narendra Kumar, Renovation of the Central Library, Trivandrum MC.

2017: Dr. Ramesh Kumar Foundation, \$ 6,000/ – Matching funds by Dr. Ramesh Kumar Foundation: Ambulance service in Kerala

2017: \$12,000/- Puttingal Temple, Paravur, Kollam Fireworks Accident Victims.

2012- 2018: \$27,503/---dedicated funds for Brampton temple, Ontario, Canada, organized by Dr. P.K. Karunakaran Kutty

2018- 2019: \$100,000/- THE MASSIVE DISASTROUS FLOODS IN KERALA, \$ 100,000— Matching funds through Rotary International to fulfil the housing needs—negotiated and secured by Dr. Thomas Mathew, AKMG President.

2020: \$3,000/- Hurricane LAURA Relief, Lake Charles, LA-- \$ 2,000/- from the HS and \$ 1,000/- from Prem and Vimla Menon—Donated through the AAPI- CF

2021: \$20,000/- Dr. Narendra Kumar—Renovation of the auditorium and library, TVM MC

2021: \$4.5 Million worth of medical supplies were sent as Kerala COVID Relief Fund; Under the leadership of Drs. Subra Bhat, Nigil Haroon, Sunil Kumar and Thomas Mathew, \$200,000/- were raised through the Conventional and crowd funding platforms. HS collaborated with the disaster relief charity GLOBAL MEDIC, Canada and secured “in kind matching” that helped us send a large supply of masks and pulse oxymeters. As outlined in the AKMG website, the much needed, essential medical supplies were shipped directly to Kerala, whose distribution was overseen by the Indian Medical Association-Kerala Chapter, Kerala Medical Services Corporation Limited and physicians in Kerala.

2025: \$20,000/- was raised for the Wayanadu Landslide Relief Project. Following the devastating landslides in Mundakai and Chooralmala in Wayanad in 2024, AKMG HS identified the most pressing needs on the ground. AKMG-HS is proud to support a forward-thinking initiative by the MS Swaminathan Research Foundation, aimed at preventing future landslides and strengthening climate resilience in the region. This initiative focuses on equipping the youth— especially those from Wayanad's tribal communities—with the knowledge, awareness, and skills needed to adapt to a changing climate through sustainable practices and nature-based solutions. By integrating biodiversity conservation and sustainable livelihood practice, this project empowers youth to become agents of change. It offers not only environmental benefits but also tangible improvements in local livelihoods and disaster preparedness.

2010- 2020 : As reported by Dr. John Panicker, TVM MC Alumni Asociation:

- Dr. M.V. Pillai \$1,800/-
- Dr. C.S. Pitchumoni \$3,600/-
- Dr. Thomas Mukkada \$1,800/-
- Dr. Neena Thomas \$3,000/-
- Dr. Narendra Kumar \$6,000/-
- Dr. Krishna Prasad \$6,000/-

{C} PERSONAL CONTRIBUTIONS FOR MEDICAL CARE IN KERALA NOT THROUGH AKMG- HS
BY AKMG MEMBERS OR AFFILIATES OR FAMILY

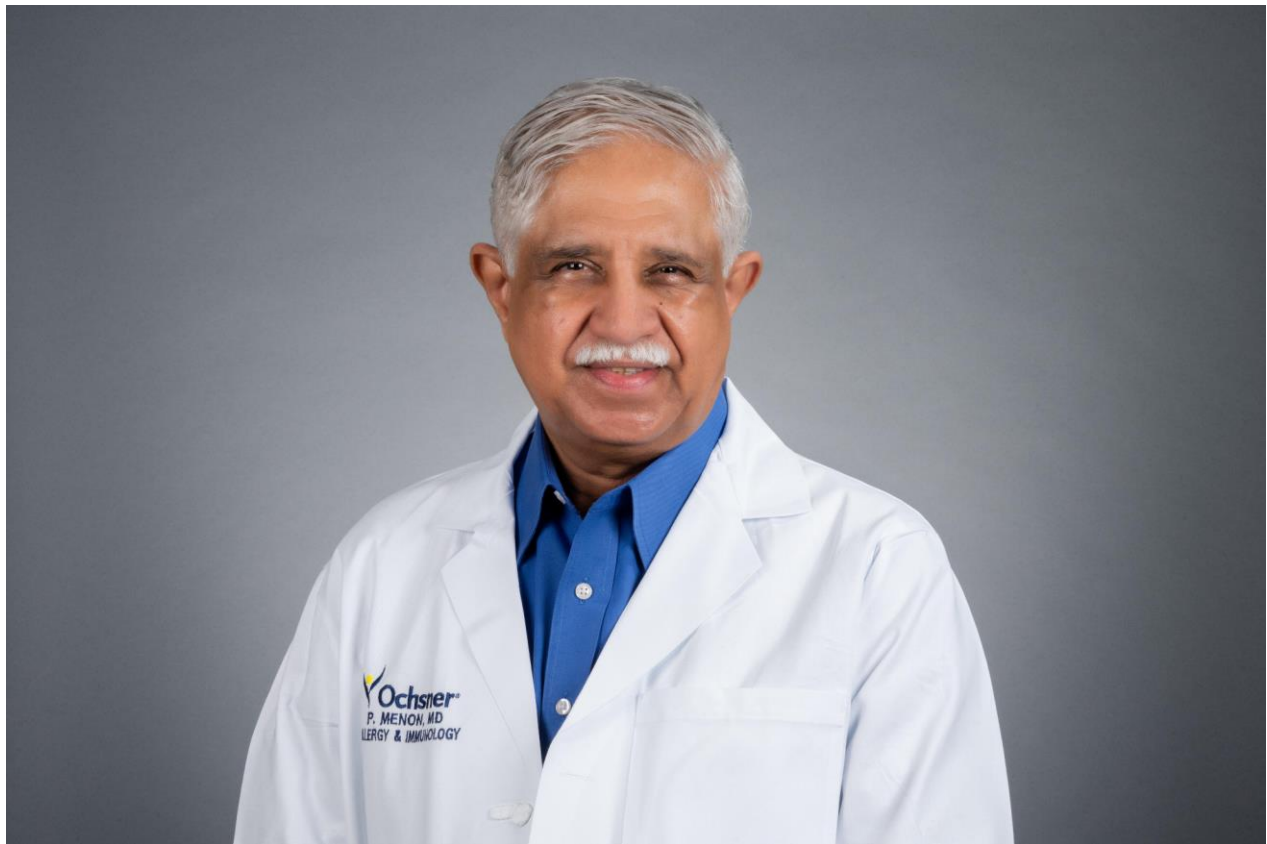
1. Enas A. Enas MD (cadiusa.org@gmail.com): A trail blazer by nature, he is the visionary physician scientist, who unified some 2000 Indian physicians of Kerala heritage in North America under the banner of AKMG, against the prevailing concept of solely supporting one's *alma mater*. During the unparalleled three years he served as president, AKMG was transformed into a tour deforce—a large, vibrant, cohesive, and thriving national association. with all the bells and whistles. He also conceived and presided over the first three AKMG conventions that set the highest standards that are followed even today. But his greatest contribution is his trail-blazing research elucidating the proclivity of Indian people to die from heart disease at a young age. He established the coronary artery disease in Indians (CADI) Research Foundation in 1990 and conducted the landmark CADI study. This study showed a 3-fold higher rate heart disease among Indians versus the US population and that in one in four Indians has elevated levels of lipoprotein (a)—the foremost risk factor for early heart attack. During the past 32 years of busy cardiology practice, he published more than one hundred scientific articles and a data-based book. He has also given more than one thousand lectures on the topic throughout US and India. In 2019, the AAPI honored Dr. Enas with the Most Distinguished Physician Award.
2. Parakkat Gopala Krishnan MD: Cardiothoracic surgeon, Mullins, SC--skrish3299@yahoo.com
At a price tag of \$ 300,000/-, from 1989- 2019, for 30 years, operated a full service Primary Healthcare Clinic, with pharmacy, laboratory and X-rays, in memory of his mother Parakkat Kalyani Amma, in Panangad, Cochin. I had the opportunity to volunteer at the clinic yearly for many years and conducted “Asthma Camps.” Currently Kerala government has upped the ante in primary care in his village with a “free boat Clinic ‘for remote villagers. Services include free medications, Physical therapy, home health etc. He recognizes that currently the villagers need access to specialty care. His previous collaborators included Care and Share and Amritha Charity and AKMG- HS
3. The Knowledge Center, Medical College, Trivandrum to benefit medial education. Established in 2022 at the cost of \$ 100,000/- Funded with personal contributions from Drs. M.P. Ravindra Nathan and Susheela Nathan. The Center is a state of the art facility, housed in a free-standing building and will be accessible 24 /7 to users. It also serves as a facility for daily seminars and conferences by visiting professors.
4. Dr. Narendra Kumar, for three plus decades of his generous support of multiple charitable Causes in the US and Kerala, including ongoing contributions to the Trivandrum Medical College. As AAPI President, he was instrumental in organizing the multi state Shreya Ghoshal concerts to bring in hundreds of thousands of dollars for AAPI and CF. He is an advisor and patron of the Dr. Ramesh Kumar Foundation, www.drrameshkumarfoundation.org . In 2021 alone, the foundation has raised over \$ 200,000/- to fulfil its mission.

5. Dr. Elsy Devassy and Tony Devassy. CARE and SHARE. www.careandshare.com AKMG-HS Would like to recognize them for the many charitable ventures they have inspired, Initiated and supported over the past 35 years to benefit the physically, financially and educationally disadvantaged in the United States and Kerala.
6. Dr. Sreekumaran Nair. Co-Founder of the World India Diabetes Foundation. www.widf.org AKMG-HS applauds him as a celebrated academician, researcher, author, teacher and a passionate advocate for everything that entails diabetes anywhere in the USA and India. Under the radar, the WIDF has done meaningful work in Kerala and India at the cost of over \$ 300,000/-.
WIDF has been conducting annual scientific sessions by international faculty in Mumbai, every January for past 10 years, which has been well received. Efforts are underway to start regular certification courses in “Diabetes Care and Capacity Building”, through accredited educational institutions In India with the curriculum developed and approved by the Mayo Clinic faculty.
7. Dr. Krishna Prasad: A leader and benefactor to his alma mater, he also served as co-chair of the TVM LRC committee and is the editor of the AKMG Monitor. Anonymous contributor to many causes, since 2007, “KP” has been contributing \$ 5,000/- every year to help the underprivileged medical students.
8. Dr. George Abraham, the passionate advocate of KEMS: Kerala Emergency Medical Services. Kudos for the great work you have done and doing for such a tremendous issue for Kerala. I regret that all of us, however well-meaning and committed we were, could not get you through the finish line.
9. Mohan Pillay: The Pillay Foundation, Arlington, VA has been doing great work in Vaikom, Kerala. Since 2004, he has been providing scholarships to over 500 students, thirty- five in 2021 alone, for 3- 4 years of --nursing, undergraduate or professional college education.
10. Dr. MV Pillai: He has made several philanthropic contributions through and independent of the AKMG HS banner.
 - a. For the World India Diabetes Foundation: \$ 5000 towards the purchase of a staff car in Kerala
 - b. Johns Hopkins project: \$ 6500 For site visit to Kerala to establish a Public Health School.
 - c. MKSAP by ACP (first in India): \$ 2500
Dr. MV Pillai was a key player in establishing the Institute of Advanced Virology in his capacity as the senior advisor to Global Virus Network. He helped establish the Kerala Centre for Disease Control and Prevention (K-CDC). He also helped with establishing the Centre of Excellence for Multiple Myeloma and for ongoing collaboration between the Regional Cancer Center of Kerala and the Mayo Clinic.
11. Dr. Prem Menon: He contributed \$15,000 in 2024 to the World India Diabetes Foundation at the Mayo Clinic Endocrine Service, to develop a curriculum to teach and train diabetes educators in India.
Prior to the AKMG-HS formation, Dr. Menon worked with Sreelatha Meleth and helped transfer from her late father, philanthropist Velloth Govindan Kutty’s estate, the VK AMMA Memorial Trust Hospital (100,000 sq feet buildings with 4 plus acres land) to the

Government of Kerala to create the Institute for Communicative and Cognitive Neurosciences (ICCONS), Shoranur. Seelatha, her husband Ravi and children Dhanu and Yamuna live in Atlanta.

Dr. Menon facilitated a study for AAPI, through a federal grant of \$500,000, secured by late Sampat Shivangi MD, Jackson MS, for genetic mapping of ethnic Indians at the Mayo Medical Lab, Rochester, MN (Sree Kumaran Nair MD).

Dr. Prem Menon's reflections



I am very grateful to the leadership, guidance, friendship and counsel of the HS advisors over the years. This list includes but not limited to Drs. Shakunthala Rajagopal, Ravindra Nathan, Easwaran Variyam, Adoor Amanullah, P.K. Karunakaran Kutty, Narendra Kumar, Parvathy Mohan, Joseph Eipe, Abdul Karim, Prathap Chandran, Enas Enas, Sree Nair, Krishna Prasad, Radha Menon, Elsy Devassy and Mr. Tony Devassy, I want to gratefully acknowledge the partnership, friendship and support of Dr. John Panicker a staunch Trivandrum alumni.

Over two decades, I had the opportunity to interact and work with various AKMG presidents—1999-2020. There was consensus on the potential and about the usefulness of the HS. Many of the early leaders were visionaries, interested in and believed in HS and many were innovators. They were sincere, energetic and dedicated, willing to offer their own time and resources to achieve the goals. There was great enthusiasm for philanthropy. This was appreciated world over. Some were less enthusiastic because of lack of fund-raising might or differing agenda and priorities they set for their year's presidency. I want to thank everyone for being gracious, for their counsel and unconditional support.

1. It was proposed that 25 % of the Annual Convention profits be made available to the HS that particular year. Since only about 50% of the conventions were barely breaking even or not profitable, there were no funding for the HS in those years. The banner year for HS was

2004 with a \$100,000 receipt after the successful AKMG Silver Jubilee Michigan convention of Dr. Narendra Kumar. That not only gave us the seed money to establish the Learning Resource Centers (LRCs) in Medical Colleges, Trivandrum, Calicut, Kottayam and Alleppey, it also provided the funds to sustain the HS. We could additionally spend three years of subscriptions to all the LRCs at a price tag of \$ 63,000/-, for MD Consult- Elsevier- one stop, web based clinical information entity and UpToDate.com—Wolters Kluwer, Evidence Based Clinical Decision-Making source.

2. Additional sources of funding were PROJECT OR CRISIS - SPECIFIC fund raising. I was fully focused on self and fully funded missions. This was done through direct e- mails, phone calls and appeals to the members. The results were not predictable or uniformly good. There were a handful of support from the pharma companies, which was timely. The Crowd Funding platforms were not in vogue or available then and regrettably, my advisors and I did not have the sophistication to go that route. Due to lack of mechanisms for quick fund raising, we had to turn down support for several deserving projects.
3. Collaboration with other nonprofits and NGOs, I found to be very practical and useful. Because of our common goals for doing good, they welcomed us. To name a few, our collaborators and partners over the years included AAPI- CF, Rotary Global/International, Lions Club, local chapters of the American Red Cross, Allergy and Asthma Network, Care and Share, Kerala Chief Minister's Distress Relief Fund, local faith based organizations and NGOs, and Louisiana State Medical Society.
4. Keeping the overhead at near zero was important to me. The only HS overhead was annual Income Tax filings (average \$500- 900/-). Bookkeeping, printing, postage and other expenses were courtesy of Prem and Vimla Menon. All donors were promptly tended to and receipts for tax purposes were provided. No, AKMG HS did not have any credit cards.
5. In spite of no consistent yearly receipts, I wanted to make small four to five contributions of \$ 50 – 500/- per year (average \$ 500/-per year in the last 20 years) to go on the record as an active charity and prove to the IRS ongoing activity and broad based giving. The recipients included, but not limited to, St Jude's, The USO, Wounded Warrior Project, American Red Cross, Doctors without Borders, Special Olympics, Paralyzed Veterans of America, AAN / Mothers of Asthmatics, WIDF, Veterans of Foreign Wars, Salvation Army and National World War II Museum and United Methodist Church, Houston 2017 flood relief.
6. The HS did not miss any year of Income Tax filing. I sent the documents on time and tax preparation was done by Anderson Larkin and Associates, Ottumwa, Iowa, introduced to me by our past president Dr. Thomas Mukkada.
7. I made every attempt to thoroughly vet our grant recipients. This was especially challenging for the Indian grant recipients. With the help of our friends and leaders in Kerala, Indian Medical Association (IMA,) Principals and alumni of the medical colleges and sponsoring organizations in Kerala, I could be reasonably certain of their nonprofit status and the Government of India Reserve Bank of India GOI / RBI clearance to receive funds from abroad.
8. We have to certainly follow the rules, must verify, debate and deliberate. We must also keep it simple, user friendly, practical and focused on our mission and vision. We are here to serve.

9. To succeed leading a charity with limited treasures, I realized I have to be a strategist, motivate, personally contribute, give the sweat equity and seek collaboration with other nonprofits.

Future Directions from Dr. Menon

1. The new leadership can proudly highlight our achievements, follow the model and the modus operandi. But to make major strides there should be ongoing fund raising strategies. There is plenty of room for improvement.
2. We have Kerala specific projects. I wish we do more charity work in the USA- all sectors- We earn in the US, hence must give back locally. We can pick and choose our projects .
3. Consider collecting an amount, say \$200 – 300 per (ALL) registrants at the annual conventions, through convention registration dedicated to the HS. I proposed this 20 years ago to AKMG and AAPI- CF. Have a booth for HS at the exhibit area. Encourage voluntary contributions, have a silent auction, raffle (items from the exhibitors, art work, collectibles, airline tickets), book or cookbook sale or other means to raise money. Consider designating the “ Campus Comedy Night”, as “ Charitable Giving and Comedy Night”. Can present a 5- 10 minutes video presentation on the HS to the audience.
4. Consider increasing the yearly allowance to HS from the convention profits increased to, say 40%, especially if the previous year’s convention was not able contribute to HS , for whatever reason. More than half of all conventions in the last 20 years did not contribute anything to HS.
5. Supporting, extremely deserving Veteran’s Charities, ONE DESIGNATED CHARITY A YEAR, I believe is the right thing to do. Contributions to prevent human trafficking will be a great charity.
6. Consider setting aside an emergency fund that could be swiftly deployed to assist any unforeseen calamities
7. Encourage and solicit planned giving through Wills and Trusts memorial donations and Donor Advised Funds. This is crucial for everyone whether they give to charities through HS or not.
8. Develop AKMG- HS Scholarship fund for the disadvantaged, in the USA and India.
9. Solicit funding to the HS through our website and during all communications from the leadership to the members. Create a culture of philanthropy.
10. Perhaps the current younger, tech- savvy leadership can rapidly raise large sums of money on short notice from multiple small donors for any tragedies via Go Fund Me / Crowd funding Platforms.
11. Annual Charitable Giving from our members every December. I think you will have better results on fund raising at the annual conventions.
12. Those of you who have connections with businesses, especially pharma or medical device or any ancillary service providers or builders/ real estate developers, can solicit support from such sources. Academicians can legally tithe the honorariums from their lectures or assignments.

13. I suggest we develop a "HS life term patron trustee category" with \$ 10, 000/- or more contributions per person--- in single or multiple years. Such funds could go into an endowment. The income from the endowment can fund ongoing/ perennial projects. As a great gesture, I also recommend that individual AKMG members become AAPI members and AAPI- CF Patron Trustees. At least AKMG- HS as an organization can become a Patron Trustees of the AAPI- CF with \$ 10,000/ or more contribution. The AAPI- CF will be a great collaborator to HS.

Over the past two decades, as one of its founding members, foot soldier and tireless advocate, with your support, I enthusiastically and wholeheartedly led the HS with all its limitations and day to day challenges. I am optimistic about its brighter future thanks to the innovative, sophisticated and" fired up young blood leadership". Future leaders have a long enough runway. If you set your goals right, sky is your limit. Echoing President Bush, I wish you high ceiling and visibility. I hope you will be proud of our great past AKMG and HS leaders and will continue to highlight their dedication, hard work and contributions.

AKMG-HS recognizes with gratitude the incredible leadership, dedication, and selfless work by Dr. Menon for his many years of service as the chair. His unwavering commitment has made a lasting impact, and his efforts have helped pave the way for future successes in advancing our cause. Dr. Menon won the AKMG Pioneer award from AKMG in 2022 at the AKMG Convention, Toronto.

References

AKMG- HS Incorporation Document, Secretary of State, Louisiana, April 29, 2003.
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AKMG-HS Bylaws, 2002.
Archives of AKMG: 2012—Chief Editor M. P. Ravindra Nathan MD.
Pages 179-183- AKMG-HS, 192- 203- The LRCs and 187- 191- The Kerala EMS
Personal Communications with various AKMG- Past presidents and members.
AKMG- HS records

About Dr. Prem Menon:

A resident of Baton Rouge, LA and a native of Palghat, Kerala, is an alumnus of the Calicut Medical College. He is an Allergist and Immunologist. Prem is a lifetime member of AKMG and was Chairman of the HS board from 2000- 2020. He is a lifetime member of AAPI, Patron Trustee of AAPI- CF and a director of the CF.

Louisiana State Senate Resolution recognized him for leadership and philanthropy. Other recognitions to name a few include, AMA Foundation Leadership, ACCP Chest Foundation Humanitarian Project Development, American Academy of Allergy, Asthma and Immunology Community Outreach, Healthcare Centers in Schools service and Allergy and Asthma Network/ Mothers Choice Awards. Association of Allergists/ Immunologists of Indian origin, Indo-American Democratic Forum Chicago and Kerala Center, New York also recognized him for Philanthropy.