

Dr. Masroor Ali

“Bade Shauq Se Sun Rahaa Thaa Zamana

HamiN So Gaye, Daastan Kehte Kehte”



It was just a few days back at the 9th Annual Convention of the Federation of Aligarh Alumni Association in Chicago on Friday July 2nd, 2010 that I had a chance to meet Dr. Masroor Ali, the newly elected member of the Board of Trustees FAAA, elected this year un-opposed for a term of five years (2010-2015). I was very curious to meet with him, as I was new at the helm of FAAA, but I also wanted to decipher Dr. Masroor Ali’s intriguing email address identity as ‘*dancemax*’. I was delighted to greet him, a charming and vibrant personality and his gracious wife Mrs. Maher Ali to the Holiday Inn Hotel in Skokie, Illinois a northern suburb of Chicago, venue of the FAAA Convention.

During breakfast on Saturday we discussed how the FAAA can be more effective in reaching its stated goals. He was very enthusiastic about his new role as a new Trustee of the FAAA and told me that if he takes up a responsibility he puts all his efforts and heart in it, and that he promises to attend all meetings of the BOD/BOT and contribute to the FAAA with enthusiasm. He hailed from the Moradabad/Bijnor region of U.P. in India and after his high school in Moradabad joined Aligarh Muslim University. He obtained his medical degree from Lucknow Medical College and did his clinical training in Chicago before settling in Michigan. He told me that he was a member of IMANA [Islamic Medical Association of North America], and since I had also served previously as an assistant editor of the Medical journal of IMANA. I was pleased to know that he was also associated with IMANA and with the initiative of Dr. Naghima from Florida there was a possibility of holding the IMANA conference in Aligarh Muslim University at Aligarh, India. Dr. Ali told me that he will be leaving with his wife to Turkey as a member of IMANA physicians’ volunteer group for about two weeks. Since he had

to leave earlier from Chicago, we re-scheduled the session on approval of the newly elected officials of the FAAA from an afternoon session to a forenoon session.

It was in this forum that Dr. Masroor happily announced to serve his term as new member of the Board of Trustees, but also revealed the meaning of '*dancemax*' and a lesson in health care for the entire audience attending the convention. He described his approach to remain healthy and fit as 20-20-20, and told us that he suffers from diabetes and had devised this formula of doing 20 minutes of rigorous exercise every day, restricting the fat intake to only 20 calories per day and for diabetic patients using 20 units of insulin injection to regulate sugar metabolism. He narrated how in pursuit of regular exercise he became drawn to learn dancing lessons and acquired great skills in different kinds of western dances, and that he practices this activity and inspires others to be mindful of health. His talk was listened with much interest and was greatly appreciated as the incidence of diabetes has become very common in the modern society and seeing him in excellent health was a proof that it is possible to change life-style and live a healthy life. After his talk many from the audience flocked to him and asked him many questions and thanked him for sharing his personal journey to the '*dancemax*'.

Then in the afternoon of Sunday July 18th, 2010 around 6 PM I received a call and an email message forwarded by Mrs Shenaz Khan Secretary FAAA from Professor Habib Zuberi Sahib, a close friend and associate of Dr. Masroor Ali from Ann Arbor that after his return from Turkey to his home in Michigan, Dr. Masroor Ali was working in his gym and had suffered from a massive heart attack and later passed away at the University of Michigan Medical Center. ***Inna Lillahe wa Inna Ilehe Rajeeon*** [Indeed we have come from Allah and to Him are our Return]". It is a great loss for not only Aligarh alumni but his many friends in Michigan, in the US. In different parts of the world he left his mark as a warm hearted and caring person who will be missed for his dedication to his profession, and he was loved by his family and friends. Dr. Masroor Ali was a dedicated Aligarh alumnus and served as the President and Councilor of the Michigan Aligarh Alumni Association. He hosted with his wife Maher many parties at their home and remained a long time office bearer and supporter of the Aligarh Alumni Association of Michigan. It is difficult to replace dedicated human beings like Masroor Sahib, but his legacy of good volunteer work and friendship lives on and we pray that his Creator will reward him with Choicest Blessings in the Gardens of Firdaus. On behalf of the members of the FAAA and alumni of the Aligarh Muslim University I offer our deepest condolences to Mrs. Maher Ali and the family and friends of Dr. Masroor Ali. I thank Dr. Tausif Alam Khan for sharing the photograph of Dr. Masroor Ali Sahib taken while he was speaking at the FAAA convention.

Meri Qismat meN Gham Jo Itna Tha

Dil Bhi Yaa-Rab Kayii Diye Hote

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