



Lt. Gen. Malik Shaukat Hasan
FRCS, FCPS

Lt. Gen. Malik Shaukat Hasan A Gentle Giant by Maryam Azmat Malik

A detailed honest account of personal, family and professional life of a surgeon who enjoyed immense popularity and is still remembered by all with good words.

Dr. Maryam Azmat Malik, daughter of the legendary Surgeon of Army Medical Corps late Lt. Gen. Malik Shaukat Hassan has done a marvelous job of documenting and publishing this book which contains wealth of information. There are pearls of wisdom spread on page after page, throws light on many important events of our medial and political history. Dr. Maryam has acknowledged that this book is collective pooling of family resources, termed it a rainbow of memories and challenges everyone to his version of truth which she has courageously offered to defend. She has also acknowledged that she also benefitted from “The History of Army Medical Corps” for valuable details of Gen. Malik Shaukat Hassan’s army life.

About two months ago, I received this book and reading it has been a fascinating experience. It was also quite painful to go through some of the chapters like the partition of the Indian Sub-continent during 1947 wherein over 80% of our family members were slaughtered on way to Lahore, the crisis of 1971 which saw the division of Pakistan wherein we lost East Pakistan and the last days of terminal illness of late Lt. Gen. Malik Shaukat Hassan. A surgeon of repute himself had to undergo numerous surgical procedures and spend many of his last days in the hospital which must have been extremely painful for the whole family. However, the most painful was the fact that even having lost half the country, we continue to make the same mistakes again and again and refuse to learn any lesson from history. For this

extensive, exhaustive commentary and review of the book with quite a few quotations, I have tried to mainly concentrate on the personal, family and professional life of late Malik Shukat Hassan, to highlight his contributions and accomplishments, with very little reference to his extended family life. This book in fact contains so much information and revelations that it was extremely difficult to decide which of the information should be left out. The prime objective in this write up remains to inform and educate our readership, acknowledging and highlighting the tremendous contributions made by this eminent medical personality of Pakistan. He is among those AMC officers others being Lt. Gen. Mahmudul Hassan and Lt.Gen. Mahmud Ahmad

Lt. Gen. Malik Shukat Hassan

- Date of Birth May 12, 1919
- MBBS from KEMC 1941
- Commission in BIAMC 1942
- Promoted Capitan 1945
- FRCS from UK 1951
- Promoted Lt. Col. 1954
- Got Married June 20, 1959
- Promoted Brig. 1961
- DG Surgery, Pakistan Army
- Got Hony. FCSP 1963
- Promoted Major General Jan.1974
- Promoted Lt. Gen. 1976
- Retired from Army May 1979
- (LPR till April 1980)
- Hony. Prof. AFMC 1982-1991
- Hony. Prof. Emeritus Army Medical College &
- Prof. of Surgery Quaid-e-Azam Postgraduate Medical College at PIMS.
- Death May 31, 2014.

Akhtar and a few others who enjoy tremendous love, respect, affection for the help, assistance and guidance they provided to their students, trainees, professional colleagues and have made enormous contributions to medical education and health services in AMC in particular. I saw late Gen. Shaukat Hassan at quite a few AMC medical functions but never had an opportunity to talk to him as I always found him a bit reserve and quiet personality but no one could ignore his towering personality whenever he was around. I have just tried to put the information from the book together for this write up and credit for documenting, compiling all this of course goes to Dr. Maryam Azmat Malik to whom this Nation should be grateful for making it possible for the countrymen in general and medical profession in particular to know this medical Giant.

“Malik Shaukat Hassan was born on May 12, 1919 in Amritsar India and passed away on May 31st 2014 in Rawalpindi, at the age of 95 years. He lived through a period of numerous upheavals and advancements which is mind boggling looking at its variety. “His life is a showcase of richly diverse spectrum of learning experiences”. His other hall marks included over flowing love and warm affection.

God Almighty had gifted him with” tremendous learning capacity to observe, absorb and adapt to rapidly changing world which made him the man he was known for. He had qualities of being thoughtful, focused, patient, compassionate and persevering.” As Lt.Gen. Mahmood ul Hassan says,” such men are born very rarely.” He was never fond of blowing his own trumpet, had an inherent humility and a reserve man of few words. He had a closely knit circle of family, friends and professional working colleagues which all proved to be a great source of strength for him throughout his life. He had a competitive drive, deep seated empathy and humility.” He had exceptional tolerance for other people’s faults, shortfalls and blunders. He always had an immaculate appearance, polite behaviour and relaxed conversation style which made him popular with every one whoso ever came in contact with him. For Malik Shaukat Hassan Prophet Muhammad SAW was

a perfect role model and the embodiment of all virtues was translated into his own actions. “He always strived to follow the principles of Truth and Honesty all his life.” He used to laugh with people not at them. He used to read Quran with translation. He once said “Surgery is a very jealous mistress; it does not like to share”. Surgeons, he opined must have a mental picture of all structures that are likely to come under his knife so that he can identify and preserve them with minimal harm.”. A surgeon should be gentle with human tissues. He also believed that watching a good and bad surgeon was equally beneficial for the trainee surgeons. History, Biographies, philosophy and classic literature were his particular passion as regards reading. He was meticulous for every surgery and always dressed the wound himself. He was an outstanding diagnostician, He was a Kashmiri Muslim from Amritsar. He loved folk songs, Ghazals and qawalis despite his love for western classics.

“All the six brothers’ three elders to him had warmly bounding love and affection, good looking towering statures. He was shy sober studious introvert who was fond of studies rather than going to the parties.” His success in the Matric examination earned him a hundred rupee reward for his maiden train trip to Calcutta. He spent his childhood days in Amritsar. He never had a desire to follow the family business. Urdu poet Zaheer Kashmiree was his class fellow. He had a lifelong love for literature, poetry and fine arts which was born during his childhood which nurtured as he grew up. “He was fond of story time with his children at night, weekly movie shows, dining out and taking the family on holidays”.

In the field of medical education, surgery was always his predetermined destination and the journey throughout the training period enriched him in numerous ways. At KE his batch mates and other Kemcolian friends included people like Shafiqur Rehman (well- known humorist) Mushtaq Hassan, Masood Ahmad, Akhtar Khan, and Faheem Ahmad Khan who all became eminent medical personalities in their own right. He was tall and well built and used to do regular exercise which enabled him to maintain a strong physique.

He did MBBS from King Edward Medical College in 1941. His house job salary used to be Rs. 100/- He got interested in surgery during his clinical attachment when he worked at North Surgical Ward. The six months rotation in Medicine was in Tuberculosis and Chest Disease Ward that is why he later chose to specialize in thoracic surgery. House job finished in 1942. He along with Shafiqur Rehman obtained a commission in British Indian Army's Medical Corps and he never regretted that decision.

In sports he was fond of Tennis, learnt Bridge which used to be the essential survival skills for the new army officers. He loved cricket as well. He was posted in the coastal region of West Burma. Kohima cantonment was nearly wiped out in the prolonged and often hand to hand combat during World War-II. Kohima remained under Japanese attack. Japanese suffered heavy losses at Kohima due to starvation and disease and it eventually is reported to have paved the way for their subsequent Burmese defeat in 1945. At the battlefront Malaria and dysentery were rife and it was difficult to avoid mosquito bites. Each soldier was ordered to present ten dead flies daily as part of killing the dysentery causing flies and it was included in the daily preventive strategies. It was in those days that when he was delirious with fever and high on drugs, one of his prospective in-laws is reported to have visited him to enquire about his health. He was in disturbed state of mind hence he was declared as a raving lunatic with the result that the engagement cum Nikah ceremony was immediately terminated. He recovered from Malaria, was promoted to Capitan and had his surgery grading at Indian Military Hospital Delhi with Lt. Col. Joe from September 1945 to January 1946. Japanese surrender of 1945 in Burma was the first of its kind anywhere in the War and this removed all threats of Indian invasion by the Japanese. He was promoted to Capitan in 1945.

Partition of Indian Sub-continent into India and Pakistan

During 1947 a wave of murderous hatred was unleashed across Punjab by leader of Khalsa Master Tara Singh's

declaration “Death to Pakistan.” Episodes of escalating violence erupted all over the country and Punjab was soon awash in blood. Amritsar was at the center of this deadly unrest. “During unprecedented migration, trains from India to Lahore were regularly ambushed by armed Sikhs who were bent upon to killing Muslims. There are horrific tales of Muslim massacres, rape and pillage in Amritsar, Gurdaspur, and Jalandhar. This provoked reciprocal violence which eventually left over a million Muslims, Hindus and Sikhs dead. Large number of refugees in the trains was cut to pieces by the attackers.”

Malik Shaukat Hassan got posting orders to CMH Lahore as Graded Surgeon from October 1947. He received a desperate appeal from his father for help who had found shelter in a refugee camp in Patiala. In order to rescue his missing father he requisitioned a military truck and set out for Patiala but reaching there he learnt that his father had abandoned the camp a few days earlier with his lawyer friend. According to vague reports his father and other companions were slain collectively by Hindus and Sikhs.

Processing of refugee claims for allotment of evacuee property was a prime example where false and fraudulent claims were swiftly approved by corrupt officials, substantial properties often awarded to either non-immigrants or those who were never entitled. Muslim majority province of Kashmir was ruled by Dogra Hindu Maharaja Hari Singh. After the end of 1948 Kashmir War due to UN intervention Shaukat Hassan Malik was posted as surgical specialist at CMH Peshawar in November 1948 after a brief stint of service at CMH Murree. His surgical skills always inspired his seniors and he was selected for appearing in the exam for Fellowship of Royal College of Surgeons UK for on the job training at Harefield Hospital Middlesex. He was of the firm opinion that “India could never be a friend of Pakistan. He perceived Hindus as Pakistan’s perpetual foes because he knew they will never forget and forgive us for the partition of Mother India.”

“In Primary FRCS examination in basic sciences he won **Hallet Prize** having done so well. It was at that time open to candidates admitted for the first time to the primary examination in Anatomy, Applied Physiology and Pathology for the fellowship and awarded to the candidate obtaining the highest marks who had reached a standard considered by the Examiners sufficiently high to justify the award of the prize.” He passed FRCS final in 1951 in his first attempt and moved to Harefield Hospital Middlesex for cardio thoracic surgical training. This hospital was founded in 1937 which later developed into UK’s largest specialist Heart and Lung Center when the world renowned cardiac surgeon Sir Magdi Yacoub started the transplant programme in 1980s and performed UK’s first heart lung transplant in 1983. In the hospital Malik Shaukat Hassan impressed his colleagues not only by his clinical skills but also joined the Hospital Cricket Team as a fast bowler.

During his stay and visits to USA and Europe he not only formed new friendship but also strengthened the old ones. His professional confidence and judgment enhanced remarkably with the new knowledge he gained. His visits to theatres, museums and art galleries in England and Europe enriched his taste and interest in Western art, literature and music.

Malik Shaukat Hassan was posted as Classified Surgeon at Military Hospital Rawalpindi in January 1953. He helped establish AMC’s first cardiothoracic unit in an old army barrack where the new Armed Forces Institute of Cardiology stands these days. Since in those days anti TB drugs were not easily available, lung surgery like pulmonary resections and lobectomies were the only hope for the TB patients. He established an experimental lab where he practiced on dogs for perfecting his techniques before he started operating on the human beings. He performed the country’s first closed mitral valvotomies in the late 1950s. Numerous pulmonary operations, cardiac procedures like closures of Patent Ductus Arteriosus (PDA) and pericardectomies were performed here with excellent result with the result that this Military Hospital Unit became a regional center of excellence for thoracic surgery for the Middle East, Afghanistan and India. Lt.

Col (later Lt. Gen M.Ayub Khan) medical specialist with diploma in tuberculosis was at this unit from 1953-1970 and optimized treatment protocols for TB patients. Major (Later Lt.Col) Nawab Ali a brilliant Bengali cardiologist joined this team in 1958 which resulted in this unit being nexus for cardiothoracic medical and surgical treatment at Military Hospital Rawalpindi. His brilliance earned him the job of Instructor in surgery for training young officers at the new Pakistan Army Medical College in 1953 which was later renamed as Armed Forces Medical College in 1960 and renamed once again as Armed Forces Postgraduate Medical Institute in 1997.

He was promoted as Lt. Col in 1954 which enhanced his duties which included annual inspection tours for assessing and reporting on performance of surgical units in army hospitals. When President Sikandar Mirza's wife became ill, Malik Shaukat Hassan was summoned to the Rawalpindi Railway Station for his opinion. After brief examination, he just said one word "Hospital" She was not allowed to continue her journey to Lahore, she was hospitalized for urgent removal of an appendix which was about to burst. He also played an important role in the establishment of Fauji Foundation Medical Center and he used to do all his private surgeries here at the FFMC before and after retirement. He opted to live in the Mess rather than with the family because it meant minimal domestic burdens and maximal access to professional duties. His sister Zubaida was married to Mushtaq Hassan in 1954, his good friend at King Edward Medical College. His son Suleiman a noted Cardio thoracic surgeon is now married to Malik Shaukat Hassan's daughter (Maryam Azmat Malik's sister) Noveed. Malik Shaukat Hassan loved Sulaiman because he had followed him to specialize in cardiothoracic surgery despite the fact that his father Prof. Mushtaq Hassan was an eminent physician of Pakistan.

After migration from Amritsar Malik Shaukat Hassan's family settled in Rawalpindi. It is here where he spent most of his time, made a career, built a house, raised a family, cultivated a social circle, spent life after his retirement from Army and

also found an eternal rest. His engagement had earlier broken and even after promotion to the rank of Lt.Col. Malik Shaukat Hassan was still a bachelor at forty years of age. His would be wife, Shamim Hassan, got admitted to Fatima Jinnah Medical College for Girls in Lahore in 1951. She was brilliant but the expected first position in final year was awarded unfairly to another girl due to nepotism which only shows that such unfair practices were not uncommon even in those days. However, she earned the House Job with Prof. Bilquis Fatima the well known gynaecologist at FJMC/Ganga Ram Hospital. Their wedding took place at Murree Club on June 20th 1959. . Even after marriage Mrs. Malik Shaukat Hassan tried to keep up with her profession but the pregnancy soon after marriage did not allow her. Eventually she had to sacrifice her career ambitions for the sake of the family. For a female family life should always get preference over professional life and the author has rightly pointed out that “learning to be a supportive wife and mother is the greatest achievement in life.” “ Love for his extended family was vital for the happiness, contentment and prosperity for Malik Shaukat Hassan, the AMC being his second family which at times even got preference over the first family though he loved both.”

“After marriage, he decided to make up for the last time and rectify the omission. Hence the couple had three children in the first three years of marriage, fourth a bit later and two more after a bit long break. In all they had six children and their date of birth is as under:

1. Maryam Daughter June 15th 1960
2. Noveed Daughter June 18, 1961
3. Shafqat Son July 9th 1962
4. Amna Daughter May 23, 1965
5. Mehrin Daughter January 28, 1971
6. Azmat Son June 9th 1972.

Soon after the birth of his second daughter Noveed, Malik Shaukat Hassan was promoted to the rank of Brigadier. When his mother fell sick, Malik Shaukat Hassan suspected stomach

cancer and persuaded her to have surgery in 1963. He requested his junior at CMH Pindi Major Masud Akram later Maj. Gen. and noted cardiac surgeon, to perform surgery as he did not want to operate upon her mother. However, he was in the theater, opening up revealed an inoperable and widely spread tumour. The surgical team closed without attempting any palliative procedure, something which Malik Shaukat Hassan regretted later. Her mother eventually passed away in 1963. “Despite his heavy work schedule and busy social calendar, family always remained a foremost priority for Malik Shaukat Hassan. He never refused any invitations, lunches, dinners, tea parties bridge games musical evenings and picnics at various places. He learnt to overcome his shyness but retained a dignified reserve.” He believed that “Be courteous to all but intimate only with a selected few.” He was very much an outdoor man who enjoyed outings and fun times. Their house had numerous fruit trees like apricot, plum, mulberry, mango, grape fruit, lemon and Jamman. This was completed by the end of 60s. Malik Shaukat Hassan built a new house in Islamabad. During the process he was very much tired and wrote that “This damn house building has completely put me off all intellectual pursuits”. Building a house has never been an easy going project.

In UK, Selfridges and Harrods were his favourite stores. Once during their stay in London they were invited for tea by Prof. R.J. Last Professor of Applied Anatomy at Royal College of Surgeons from 1950-1970 who was also his examiner in primary FRCS. This world renowned great medical personality lived in a tiny apartment and his wife served them with two cookies each. You can very well compare their simple life style with our healthcare professionals today who believe in pomp and show, most of them have been greatly infected with materialistic virus. “Malik Shaukat Hassan bought her wife the first set of diamond rings in New York during their visit in April 1970, as the gold one presented to her on her engagement was taken on loan from close relative Meena Phopho which was promptly taken back after the marriage.” This is again something which has been quite common in marriages in Pakistan.

The end of 1971 when the country met a major disaster remains the darkest part of Pakistan's history. The Fall of Dhaka and its subsequent happenings had a severe effect on Malik Shaukat Hassan with the result that he went into deep despair. However, he successfully pulled himself out of this desolation with a strong will power. In those days live music sessions were often part of social events and professional meetings where famous singers like Farida Khanum, Iqbal Bano, Ustaads Amanat Ali and Fateh Ali Khan, Asad Amanat Ali, Hamid Ali, Sabri Qawwals, Nusrat Fateh Ali Khan, Ghulam Ali and many others used to perform. Once he attended a function at AMC Centre Abbottabad where Aziz Mian had his performance. He termed him as a "Mad Qawwal", this was Aziz Mian' in his early days. The author also mentions about "Farida Khanum with her skimpy sari blouses and the teasing style of dropping her pallu to allure the men". She also recalls the privileges in their later life of live shows by the Sabri Qawwals, Aziz Mian, Nusrat Fateh Ali and Ataullah Esakhelvi which they experienced with the family. Maryam Azmat Malik also recalls that she baked an apple pie for the dinner for visiting President of Royal College of Surgeons where it became very popular so much so that he offered her an honorary degree for her skills even before she had been a medical student.

Malik Shaukat Hassan used to have a regular story session with his children reading aloud. He would lead the recital with "*Ata hai yaad mujh ko guzra hua Zamana*" It was in those days that Maryam Azmat Malik also fell in love with Urdu poetry. She also learnt and attained fluency in Punjabi language while she was working in Lahore since it was an essential communication requirement with patients. These days doctors are reluctant to learn other languages, what a shame." Islamic ethics, patriotism and love for family were common threads behind all life lessons. He always urged his children to seek perfection whatever they attempted in life". Maryam got admission to KEMC which was a feat as in those days KE had just twenty seats for girls. But Malik Shaukat Hassan expressed surprise at her selection. While appreciating her decision to become doctor, he asked her "What

about FJ the college your mother attended” and her reply was that “No she wanted to study at her father’s Alma matter.” Hence she got admitted to KE in 1978 and stayed with Prof. Rashid Qureshi at their home who was her uncle and now professor of surgery at KEMC.

Referring to his visit to Spain in 70s, it is pointed out that the last Muslim Sultan Abu Abdullah is reported to have pulled many shady tricks and conspiracies with the enemy to retain his jewel and wept on leaving it when he was expelled by Ferdinand and Isabella. Malik Shaukat Hassan told his children details of their visit to various places; Alhambra Palace at Granada was their favourite place. This fortified complex is known as “a pearl set in emeralds “by the Moors. It is overshadowed by a huge unsightly block of Ferdinand’s Palace. He also told them about their visit to Cordoba and its famous mosque a grand structure with plain exterior but beautiful arches inside despite encroachments built by Christian rulers. He also shared the history of Muslim occupation of Spain with his children and quotes the Sultan’s mother, “If you cannot defend your property like a man, don’t weep for it like women”.

Chest surgery was his special interest and passion. However, he had varied interest in surgery which included gastro intestinal, hepato biliary, urogenital, vascular, orthopaedic, thyroid, and breast, pediatric, plastic and reconstructive procedures. Being a Military surgeon he had developed expertise of managing all levels of trauma and handle war wounds. He served as Chief Instructor in Surgery at AFPGMI for postgraduate training till his retirement in April 1980. He was a founder Fellow of CPSP established by Gen. W.A. Burki and was one of the eighteen AMC officers out of fifty founding fellows of CPSP selected from all over Pakistan. He got honorary FCPS in 1963. He helped establish an outstanding surgical unit at FFMC where he did his private practice before and after retirement.

During 1965 war “the three CMHs at Punjab’s border Lahore, Kharian and Sialkot were receiving wounded soldiers directly from the battlefield. He constantly rotated between three performing countless surgeries, supervising or advising others and

referring special cases to Rawalpindi. Then he would rush back to Rawalpindi to operate upon them. He also used to visit forward stations to encourage and guide the badly overworked staff, review emergency management and evacuation procedures, assess position of supply, stores, equipment and other facilities. Major Muzzafar Ali Khan Zahid (later Brig) was evacuated from Chamb Jorian to CMH Kharian after he was critically injured. Brig. Shaukat during his visit ordered his immediate removal to CMH Rawalpindi where he operated and salvaged his arm. He is reported to have healed a large number of critical injured soldiers who were deemed inoperable by many seniors and made them fit for service again. While examining a Capitan who was badly crushed under a vehicle and declared untreatable, Brig. Shaukat said, "Cure lies with Allah but will try my best". He operated, secured the internal hemorrhage and managed to save the man's life. He inspired Masud Ur Rehman Kiani (later Maj.Gen. and Commandant AFIC) who volunteered to serve at CMH Sialkot during the war. Kiani was immensely impressed with his kindness to their young team which he has documented in his autobiography "*Kiani Kahani*". Kiani was one of Malik Shaukat Hassan's students when he joined Army in 1967 and was doing grading in Surgery.

He went to UK in 1968 for a one month work attachment in London to observe and learn the latest surgical technique in cardiothoracic and general surgery. "During his visit to UK and USA in 1970 he was accompanied by Col. I.D Hassan a physician. They visited numerous healthcare facilities including Naval Medical Center in Bethesda and learnt a lot. They also visited numerous operation theaters and observed some neurosurgical, urological, open heart, orthopedic and plastic surgery procedures. At John Hopkins and University of Maryland Medical Centre they had an exposure to latest imaging techniques and advances in open heart surgery, management of trauma and burns. At Houston they watched two of the world's greatest pioneers in cardiac surgery Michael DeBakey and Denton Cooley operate at their respective centers, Baylor and Texas Heart Institute." Malik Shaukat Hassan was not at all self centered

like many of our healthcare professionals today. He not only gave light and room for others to thrive but also encouraged and facilitated this prosperity by arranging higher training at centers of excellence overseas. Musud ur Rehman Kiani in his autobiography “*Kiani Kahani*” and Prof. Col. Masood Ahmad Cheema in his book “*Dil Rawan Dawaan*” (The Heart Goes On) have highlighted all this and paid rich tributes to Malik Shaukat Hassan. They have described extreme respect and adulation for Malik Shaukat Hassan in his trainee’s eyes. Prof Masood Cheema has mentioned him as a revered mentor. He willed his trainees to embody a healing personality that combines courageous clinical decision making with profound empathy, compassion and respect towards patients. His trainees always felt proud in the fact that they learnt surgery from Malik Shaukat Hassan. Gen Kiani remembers his fervent advocacy for advancement of cardiac surgery within the AMC.

Writing about the East Pakistan crisis, he is reported as having said that “there were faults and mistakes aplenty on both sides. India availed this opportunity. However people would have been spared the final bitter and bloody parting if wise counsels had prevailed over personal political ambitions and imprudent army action.” He then wrote that “The main problem in the settlement of the East Pakistan issue is of course the Indian interference. If they desist from meddling in our internal affair, it will sort itself. If not, then the alternative is all-out war”. Major Gen. Iftikhar Janjua the Runn of Kuch Hero was one patient at CMH Kharian he could not save despite utmost efforts. He was severely burnt in a helicopter crash while leading the Chamb action and victory.

When the news of surrender of Pakistani forces in Dacca broke on December 16th 1971, Maryam Azmat Malik writes, our homeland was traumatized as a whole. It was a mortal blow to Pakistan Army’s pride and moral. Many of Malik Shaukat Hassan’s friends and associates were among the 90,000 prisoners of war taken by India. His diary of those days reveals a depth of devastation that covers all stages of grievous loss. Malik Shaukat Hassan later wrote. “I know the stuff our army personnel are

made of. There is something grossly wrong somewhere that has brought such a humiliating defeat to such magnificent men. We owe it to them and the nation to make a thorough probe and bring to book all the people responsible for this disaster.” We had the Justice Hamoodur Rehman Commissions Report which was never made public officially and no one was ever punished. Malik Shaukat Hassan suffered from depression; he developed discontent with his work and found severely debilitated his self worth. It is then that he wrote” “There is little incentive for work; I am engulfed in a shroud of despair. My surgery is getting static and rusty. I have lost myself in routine. I am rotting and decaying no lasting achievement to my credit. I shall leave nothing for posterity. No new thoughts, no depth of vision, no light, only an all confusing darkness.”

“Malik Shaukat Hassan had been Brigadier now for ten years and was due to be promoted as Major General but the DMS at that time, despite being a close friend, was inclined to favour an officer of his own ethnicity with much lesser abilities.” This is when he wrote that “I seem to have lost all desire for honours and promotions of this world.” The turncoat attitude of a revered. Senior and back biting from a valued buddy must have hurt him a lot. He felt “I feel I am no more a brilliant or safe surgeon. I will soon have a terrible reputation.” He also admitted that “It is strange that while my very presence gives life and hope to the sick, my sight brightens a patient’s face, yet I constantly feel helpless. I must analyze the causes of this oppressive despair.” If I can maintain excellence in my own sphere of professional activity and devote myself to it wholeheartedly it will go a long way in maintaining my mental equilibrium.”

Celebrity patients

He attracted many celebrities as patients due to his professional expertise as a surgeon. “Once in the middle of night he was called to treat the son of Ayub Khan’s daughter Naseem who had been accidentally shot in the knee. He was able to save his joint and later advised them to take him abroad for graft repair of badly damaged nerve. He also cured Finance

Minister Shoaib's wife for her long standing abdominal pain by correctly diagnosing a retro-caecal appendix" When Zulfiqar Ali Bhutto developed appendicitis, she recommended him to be treated by Malik Shaukat Hassan. "He had celebrity patients from the film world as well like Madam Noor Jehan who came in frenzy with her ailing daughter without make up and Malik Shaukat Hassan did not recognize her. Madam was outraged at this snub and complained bitterly about it and she often asked him during later meetings whether he recognized her now or not. Actor Mohammad Al was a great fan as Malik Shaukat Hassan who had treated him of stomach complaints gently handling an nsogastric intubation when other doctors had failed. A famous diplomatic patient included Saudi Ambassador to Pakistan Sheikh Riazul Khatib. Doctors from many countries failed to find the cause of persistent pain at the back of his thigh. He was diagnosed to have a deep abscess after careful palpation and drained a bowlful of pus at the CMH Theater which provided complete relief to the Ambassador who then became his admirer."

He was promoted to Lt.Gen. in July 1976. He was informed of this promotion by Mr. ZA Bhutto himself on phone in the middle of night as Bhutto used to work whole nights to study official files. The next morning Malik Shaukat Hassan informed the COAS General Ziaul Haque about the phone call and was told to immediately wear the new rank.

During 1978 Malik Shaukat Hassan visited China leading a team of AMC doctors which visited many hospitals in Beijing, Canton, Shanghai and Nanjing. He was amazed to see the exceptional standard of surgery in the management of trauma and re-attachment of severed limbs with microscopic reconstructive techniques, effective incorporation of traditional medicine and procedures with contemporary techniques, use of acupuncture anesthesia. He worked as a team with urologist Col. Mukhtar Shah and cardiac surgeon Maj.Gen. Masud Akram to perform the first kidney transplant in Pakistan soon after the visit to China. He performed Hajj in November 1977.

Gen.Zia's Martial Law & Z. A. Bhutto's Trial

He admired and appreciated Bhutto's subsequent rebuilding efforts after the 1971 debacle. He strongly condemned Ziaul Haq's 1977 military coup as he felt the Army had meddled enough in politics and now stay out of it. He had no personal grudge against Gen. Zia but Bhutto's unfair judicial trial deeply disturbed him. He was of the view that executing the former Prime Minister was detrimental to Pakistan's interests and future. He stringently criticized Justice Anwarul Haque for his biased role in Bhutto's Trial. He openly expressed his views against army intervention in civilian matters. Medical visits to Bhutto in the jail cell reinforced his respect for his intelligence and determination. His brother Saeed became High Court Judge during Bhutto's rule but resigned soon after imposition of Martial law. When Supreme Court of Pakistan upheld the Lahore High Court's decision of a death penalty for Bhutto in December 1978, Malik Shaukat Hassan decided to add his voice in the clemency appeals to President Zia for sparing Bhutto's life. He made a request for an audience with Zia and met him at his office in GHQ Rawalpindi during January 1979.

Malik Shaukat Hassan's note of this meeting is extremely important and these published in the book on Page 189 to 196 should be an essential reading for all the military leadership, members of superior judiciary and politicians of Pakistan. If they are able to get a message which it contains, most of our problems will be resolved within no time. Malik Shaukat Hassan believed that political problems should be solved by politicians and the army should concentrate entirely on its professional competence and not attempt coups at every crisis. After this any future civil government will be highly suspicious of the army and the time has proved that he was right.

During the meeting Gen. Zia told Malik Shaukat Hassan that " he said lot of things in Kohat, Bannu, Peshawar, Kharian, Gujranwala, Lahore, Multan, Hyderabad, and Quetta as these reports have reached

me from the GOCs of divisions about your anti martial utterances. Malik Shaukat Hassan further writes that “perhaps Gen.Zia was expecting to find me completely demolished and penitent, begging for mercy and forgiveness”. When my turn came to speak,” I started off by admitting the truth of all his reported claims.” “I plead guilty to all you have heard, but I have come to you for something that concerns the safety and integrity of my country. I believe that country will be harmed if Prime Minister Zulfiqar Ali Bhutto is executed. There will be extreme polarization and it will be difficult to hold ourselves together and prevent anarchy.” “I would therefore earnestly request you to desist from this execution for I can see only harm and no gain whatsoever from it. Politicians supporting you today will disown their responsibility and put the whole blame on the Army”.

Malik Shaukat Hassan then goes on to write that “I was taken aback by the General’s remarks. “ You want me to show mercy to a snake.” “ My God, Bhutto has been the greatest benefactor of this man, picking him up from the bottom of the General’s list to be made Chief of Staff. Who is the snake here, the man who bestowed favours and promotions or the one who stabbed his patron in the back just when he needed the support to save democracy”? In his note, Malik Shaukat Hassan has written in detail how he gave various examples of Prophet Muhammad (SAW), of Napoleon Bonaparte. I said “I am doctor who has served Pakistan Army for nearly forty years, treated hundreds of thousands of patients and by the Grace of God Almighty cured a vast majority of them. Now as a doctor I am begging you for one life. Won’t you grant me this little request” but the General gave no response.” Malik Shaukat Hassan also believed that Bhutto’s execution will remain a permanent stigma on our collective conscience. He never regretted the decision to speak out. “Gen. Zia did not take any overt step against him” because he said, “You are much senior to me and are about to retire anyway”. By now everyone knew that Malik

Shaukat Hassan was out of favour with President Zia. He offered grant of land to build a hospital which Malik Shaukat Hassan politely refused. At his retirement Malik Shaukat Hassan recommended the name of Lt. Gen. Mamhudul Hassan for appointment.

It must be mentioned here that any country which eliminates its popular political leadership is always faced with political instability. It can neither survive with grace nor attain a respectable position in the comity of Nations. We have numerous examples like that.

When Zia was killed in 1988 Bahawalpur plane crash, someone from his family is said to have sent a message to Malik Shaukat Hassan “ I suppose Gen. Shaukat is happy now” at this he sent back the reply saying “ I seek no joy in anyone’s misfortune and I sympathize with yours. May Allah give you solace in your hour of sorrow”. “Malik Shaukat Hassan blamed the judiciary much more than Ziaul Haque for the biased judgment, politicized court proceedings, corrupt procedures and what is now acknowledged as a form of judicial murder.” Chief Justice Supreme Court Anwarul Haq came under his main displeasure”. He first reprimanded him of overt prejudice while conducting a trial and then snubbed him on many occasions despite him being a family connection through marriage”. He even refused to meet him once when Justice Anwarul Haq came to his house to attend some family function.

He retired from Army service in May 1979 at the age of sixty years with LPR till April 1980. He was given a farewell party at AMC Mess which had unprecedented attendance at which the then DG ISI Maj. Gen. Akhtar Abdur Rehman is reported to have remarked that “I did not know he was this popular”. Like many of his colleagues he never sought extension and retired with dignity. He did not build a posh clinic or a private hospital but confided his private practice to FFMC. He was an exceptional teacher and mentor always ready to help and guide his junior officers and the trainees. He was celebrated and feted as a

living legend in 2003 when all his brethren in AMC turned up to honour him.

“His refined clinical touch, bracing bedside manner and sympathetic ear inspired confidence and just the mention of his name, it is said, was enough to calm nervous patients. He saved Khawaja Salahuddin the chief of Sui Gas when his leg was shattered in a gas blast at Kohat and he was advised amputation by the chief surgeon at CMH Rawalpindi. Working nearly for ten hours, he was able to save his leg but his boss was not happy who is reported to have warned the patient it was pointless effort as he would be left with a useless appendage.” When the chief surgeons views were shared with Malik Shaukat Hassan, he said, “There is even a higher doctor who decides our fate. Do the exercise you are told and you will be well.” It worked wonders and the patient went on to play golf and tennis.

“Brig. Aftab Haider’s Army Aviation’s plane was shot down and he was captured when it drifted into Indian Territory through pilot error. His leg was severely burnt. When he was repatriated, doctors at CMH Lahore considered amputation and shifted him to Pindi but Brig. Malik Shaukat Hassan painstakingly debrided, treated, dressed and healed his leg with tireless attention and care restoring his walking abilities and thus saved him from lifelong disability.” Throughout these times “Malik Shaukat Hassan kept his inner conflict well-hidden but his wife often noticed his silent musings during long solitary rambles in the lawn”. He turned to “constantly prayers and prayed to God Almighty to help him so that he could re-establish his confidence in himself as a surgeon of repute.” It was in those days that he perhaps developed a tendency towards insomnia that Dr. Maryam Azmat Malik opines plagued him throughout his life.

He often said “He does not know how he will survive without surgery and the operation theatre.” He must have been pleased that four out of his six children followed in his footsteps to join medical profession and three studied at his own Alma matter King Edward Medical College joining the elite KEMCOLIAN’s Club. He was appointed Hony. Professor at Armed Forces Medical College in February 1982 and continued there till 1991.

He was appointed Hon. Visiting Professor Emeritus at Army Medical College and Hon. Prof. of Surgery at Quaid-e-Azam Postgraduate Medical College at PIMS Islamabad. He always advocated cooperation between military and civilian hospitals as a mutually beneficial exercise and continued to promote it even after his retirement. He once operated upon a close relative for a simple cholecystectomy in 1982 but soon she went into cardiac arrest and she did not survive. He never worked with that particular anesthetist again and did not ever operate on any close relative after that incident. He went for arranged marriage for all his children and his decision to choose life partner for them used to be final. He always valued qualities of head, heart and character in the prospective mates over money, property or connections and hated materialistic attitudes". He advocated regular abdominal muscle exercise which he felt was a sure guarantee against a strained back as a result of prolonged standing at operations.

Personal Health Problems

He had an operation in early 80s to remove the damaged cartilage but his knee remained painful as arthritis had already set in. He developed heart disease soon after her daughter Amna's wedding when he suffered from bout of high fever with excessive shivering which triggered severe chest pain late at night. "He was rushed to CCU at Military Hospital where his ECG showed changes of infarction which miraculously reverted to normal after treatment and he was declared stable by his cardiologist Maj. Gen. Zulfiqar. His knee, back and gout troubled him much more than his heart but angina episode really shook him as the pain was excruciating." The loss of his two brothers was great set back to him. He limited his practice to consultation and just short surgical procedures. He had knee replacement by Dr. Omer at AKUH Karachi in January 1995. "In June 1997 he nearly fainted as his heart rate suddenly became very slow. He was admitted to AFIC with a diagnosis of heart block and a pace maker was placed to restore a regular rhythm. Angiography revealed narrowing of his arteries. He had

a coronary bypass operation at Karachi by Dr. Fayaz Hashmi at AKUH on February 16th 1998. During postoperative period he developed slight pneumothorax which was treated by his son in law Cardiac Surgeon Sulaiman himself. Progressive spinal stenosis and nerve compression resulted in increasing weakness of leg muscles with the result that he gradually reduced surgery and then had to say it goodbye when it no longer remained an option.” He had another surgery in April 2002 to fix his troubling backbone to arrest the compression of spinal nerves. Though he recovered but neural damage could not be reverted hence his lower limb muscles stayed weak.” He had a longstanding problem of insomnia but there was a twinkle in his eyes and the sparkle in his smile.” His brother in law Prof. Mushtaq Hassan passed away in January 2011. He was again admitted to AFIC on August 4, 2003 and had stenting to clear the blocked artery. His old pacemaker was replaced with a new one in September 2003.

Honours and Awards

His friends and admirers arranged “An evening with a living Legend” in his honour on September 30th 2003. The principal motivators for this function were Maj.Gen. Ashraf, Maj. Masud-ur Rehman Kiani, Maj.Gen. Afzal Ahmad, Col. Mukhtar Shah and Dr. Qayum Awan. Earlier Pakistan Society of Surgeons honoured him with Life Time Achievement Award during the surgical conference held at Pindi from January 12-13, 2001. “The most touching speech on this occasion was by Brig. Nusrat Jahan Baig and she concluded it with Sufi Tabassum’s immortal words sung by Madam Noor Jehan “*Ae putr hattan tey nain vikday*”. This brought tears to Malik Shaukat Hassan’s eyes and his own response was equally emotional expressing his profound appreciation and humility over this singular honour.” He started using walker in 2005 which provided him much needed support, stability and security. He developed cataract and he had surgery which improved his visual acuity. He celebrated his 90th birthday on May 12th 2009. He went to cast his vote in 2013 general elections in wheelchair. He developed pulmonary edema in early 2014 and was admitted to AFIC in the CCU. He often

used to say to his doctors, “When do you just let our patient die”. He was admitted to AFIC for the last time in March 2014, recovered from pulmonary edema but suffered from fulminant chest infection. He celebrated his 95th birthday in the ward. His advice to everyone was “Always be honest and truthful”. When a fungal infection of the throat made swallowing difficult, peg gastrostomy was done to feed him. During his last days he used to be sedated on morphine because otherwise he became too agitated. Finally he left this world early morning on May 31st 2014. The attitude of some of his close friends and even family members during the years of Gen. Zia’s disapproval did hurt him but he did not talk about it. He once wrote that my mental equilibrium remains perfect if I find enough surgical work to keep myself busy.

This Book also contains some selections from Malik Shaukat Hassan’s writings on different topics. In one such writing, he says,

وہ جس نے جینے کا ہر ایک گُر سکھایا مجھے
سُخُن شناس بھی اس شخص نے بنایا مجھے

“We should learn from past mistakes and do not repeat them. Every one demands more without putting in the corresponding hard work to produce more and thus to justify this demand. This state of minds is akin to a national suicide.”

Dr. Maryam Azmat Malik has paid tributes to his beloved father in the following couplet which also shows the class of her poetry:

How can your memories ever fade?
You will always be an integral part of me.
How can I ever forget your face?
When I look in a mirror, you are all I see

The book is so useful and informative that I believe it should be kept in every library in the country in general and library of medical institution in particular. It is our duty to provide opportunities to the future generation of healthcare professionals to know about the towering personalities and

their accomplishments. I could find only one inaccuracy in the book on page-118. Mir Jamilur Rehman is brother of Mir Khalilur Rehman who was founder of Jang Group of newspapers and not Mir Shakil ur Rehman who is Mir Khalilur Rahman's son. The title of the book which is goldmine of wisdom could also have been much better. The book also contains the detailed Family Tree prepared by Maryam Azmat Malik. Each chapter has Urdu sub-titles which have been taken from Allama Iqbal's poem "Masjid-e-Qurtaba" which was Malik Shaukat Hassan's favorite. It also includes some rare photographs of Malik Shaukat Hassan at different times. Pages-368. The book is published by Google Books, House No. 6, Street 70, F-8/3, Islamabad 44000, Pakistan. ISBN 978-969-23255-1-6. E mail: major.azmat@hotmail.com. Price not mentioned.

Important Points

1. Surgeon must have a mental picture of all structures that are likely to come under his knife so that he can identify and preserve them with minimal harm
2. Watching a good and bad surgeon was equally beneficial for the trainee surgeons
3. Chest surgery was his passion but he had varied interest which included gastro intestinal, hepato- biliary, urogenital, vascular, orthopedic, thyroid, breast, pediatric, plastic and reconstructive procedures.
4. He was one of the 18 AMC officers out of 50 founder fellows of CPSP selected from all over Pakistan
5. Notes of his meeting with Gen.Zia published in the book on Page 189 to 196 should be an essential reading for all the military leadership, members of superior judiciary and politicians
6. "Gen. Malik Shaukat Hassan blamed the judiciary much more than Ziaul Haque for the biased judgment, politicized court proceedings, corrupt procedures and what is now acknowledged as a form of judicial murder"
7. Countries which eliminate popular political leaders always remain political instable, can neither survive with grace nor find respectable status in comity of Nations.

Medical Editor

A Medical Editor has to be the keeper of the conscience of a profession and if he tries to live up to this ideal, he will always be getting into trouble.

Hugh Clegg
Editor BMJ 1947-1965