



Dr. Maqbool H. Jafary
MBBS, FRCP

Dr. Maqbool H. Jafary MBBS, FRCP

(Sept. 6th 1940- March 22nd 2015)

جانے والے تجھے روئے گا زمانہ برسوں

Dr. Maqbool H. Jafary FRCP an eminent physician passed away on Sunday March 22nd at about 10.00 AM at the age of 75 years after a prolonged illness. Late Dr. Maqbool H. Jafary was a multifaceted personality, a very humble, kind hearted, God fearing physician who not only practiced ethical medicine throughout his professional life but was also an important member of ethical movement in Pakistan being the founder member of National Bioethics Committee formed by the Government of Pakistan. Wherever he went, in whatever field, he entered; he set standards and left his imprints which are not easy to meet and follow.

Dr. Jafary was born on September 6th 1940 and he graduated from King Edward Medical College in 1963. He went to England for postgraduate studies and on his return to Pakistan joined Sandoz as Medical Advisor which was later renamed as Novartis Pharma. He retired after thirty two years distinguished service as Medical Director of Novartis's Medical Center for South East Asia region. He founded the Pakistan Association of Pharmaceutical Physicians (PAPP) and was elected as its founder President. He also served as President of Pakistan Society of Physicians in Karachi as well as Vice President of Asia-Pacific Society of Cardiology. He had the unique distinction of being chosen both by the Pakistan Cardiac Society as well as Pakistan Hypertension League to head the expert's panel to prepare Guidelines on Detection, Control and Treatment of hypertension which was recognition of his talent and expertise. He was honoured by

Pakistan Hypertension League with lifetime achievement award at its conference in 2014 at Larkana. He was elected President of Pakistan Medical Journalists Association, was Hony. Editor-in-Chief of Pulse International and Chairman of Editorial Board of Pakistan Journal of Medical Sciences. He was a founder member and also served as President of Pakistan Aspirin Foundation. He was one of the founder members of Eastern Mediterranean Association of Medical Editors (EMAME) and was elected as its President in December 2010. EMAME at its meeting in Shiraz in February 2015, EMMJ6 which he could not attend due to his poor health, honoured him as one of the three distinguished Editors from the Eastern Mediterranean Region. He was also very fond of music. Above all he was a determined fighter and fought with death for the last few years and managed to defeat it many times. His treating physician told me in confidence a few years ago that the prognosis was not good as his liver was highly de-compensated but he struggled and tried to live on.

Being an intelligent physician he knew everything and we often discussed about his health and he will always say, let us see when the time comes. He was in and out of Aga Khan University Hospital many times and about two years ago he shifted to Lahore as all his children are settled abroad and they were feeling here lonely. He had developed cirrhosis and often complained of ascites which used to be managed through medications by his treating physicians.

No one knows me better than late Dr. Maqbool H. Jafary as our association is spread over forty years. About one and a half years ago I decided to write my autobiography “The Plight of a Medical Editor” and it was my greatest wish that I must complete it in his life time so that he can go through it and also write a few words. Knowing his health condition, I started working late over nights and tried to complete it. Eventually I managed to accomplish this in January 2015 and sent a copy of the manuscript to him. About ten days ago, he told me that despite the fact that we know each other so well, but after reading this autobiography, he had discovered many new things

and it has brought us still further closer as we have many things in common as regards our struggle and family life. I last talked to him on Friday March 20th, 2015 in the morning when he told me that he wanted to find some Master to start music classes again but today I felt some pain in the abdomen and as a precaution I decided to consult my physician hence went to the hospital. He has made some changes in medications but otherwise it is OK. We also talked about the sad demise of late Prof. Shaukat Ali Syed and Dr. Jafary said that he did talk to his son Dr. Nadir Ali Syed to offer his condolences. He further told me that he has read sixty four chapters of my autobiography and only a few last chapters are left which he hoped to go through in the next few days but alas it did not happen and he received a call from the God Almighty and left this world. As such, one of my wish remains half fulfilled. He did get time to read the autobiography but could not find time to write few words. However I am happy that I could pay him some tributes and give him the credit as my mentor and whatever I have achieved in my professional life today, it is mostly because of him and I have acknowledged that in my autobiography and he did read it and thanked me saying, "you have been very kind". I sent the manuscript of this autobiography to Prof. Kh. Saadiq Husain an important medical personality of Pakistan, former Principal of King Edward Medical College and also former President of College of Physicians & Surgeons Pakistan who very kindly agreed to write Foreword for this book which is a great honour and privilege for me. Dr. Maqbool H. Jafary was extremely happy to know that Prof. Kh. Saadiq Husain is writing Foreword for my autobiography. For the last three years, Dr. Jafary's advice to me has always been "slow down, slow down, you are too much overworked and you do need some rest, cut down your travelling as much as possible" but my professional commitments are such that I could not accept his advice despite the fact that I have not been feeling well for the last couple of months.

I rang him again on Saturday March 21st to enquire about his health but it was Mrs. Jafary who attended his mobile phone. Whenever she used to attend Dr. Jaffrey's mobile phone, I

always got frightened because it meant that most likely Dr. Maqbool Jafary was not well and was in hospital and most often it had been true. When I asked AApa (Mrs. Jafary) about Jafary Sahib, she said, Bhai we are in the hospital. I could not talk to Dr. Maqbool Jafary and decided to enquire about his health next day. I again rang up on March 22nd Sunday morning at about 10.00 AM but his mobile phone was powered off. It was in the afternoon that I received a call from Lahore. Dr. Maqbool Jaffrey's brother and Mrs. Jafary were on line to confirm the sad news of Dr. Jafary leaving this world. May God Almighty rest the departed soul in eternal Peace? *Ameen.*

His last professional engagement was at University of Health Sciences Lahore on March 10th where he was invited as special guest of honour at a meeting of Professionalism Punjab where Prof. Mahmood Ali Malik was the chief guest. In his speech on this occasion, he pointed out that "Professionalism embodied the relationship between medicine and society as it formed the basis of patient-physician trust. Medicine was a moral endeavour which demanded integrity competence and high ethical standards among other key attributes."

Dr. Maqbool H. Jafary had always remained a great source of strength for me and he leaves behind a large number of relatives, friends and well-wishers in the medical profession, pharmaceutical trade and industry, in the field of medical journalism in which he contributed a great deal, to mourn his death. He was very kind to his patients and excelled in listening skills which a vast majority of healthcare professionals lack these days, with the result that his patients used to get lot of placebo effect and felt much better immediately after consulting him. He always practiced ethical medicine, would never order any unnecessary or unwanted investigations and also used to write only a few drugs as he had firm belief in rational prescribing. With me he co-authored many books including Medical Writing, Medical Men and Women of Pakistan, Medical Ethics in the Contemporary Era and Aspirin- the lifesaving miracle drug in English as well a small booklet on Aspirin in Urdu. A keen researcher and

prolific writer he published over fifty Scientific Papers in peer-reviewed medical journals beside fifty three write-up in Medical Press and twenty seven write-ups in National Press on various important topics. His son Dr. Faheem Jafary is an interventional cardiologist who was on the faculty of Aga Khan University for quite some time but left for Singapore a few years ago and is now settled there. Late Dr. Maqbool H. Jafary was not an angel but an excellent human being whom God Almighty had gifted with many qualities. His personality was a perfect description of the following couplet:

فرشتہ مجھ کو کہنے سے میری تحقیر ہوتی ہے
میں مسجودِ ملائیک ہوں مجھے انسان رہنے دو

To recognize his contributions to medical journalism, Pakistan Journal of Medical Sciences with which he was associated as Founder Chief Editor, has started a Training Scholarship for Junior Editors in his name since 2016. Every year one junior editors and at times two are selected for this scholarship and so far many junior editors have availed this scholarship.

Prof. M. Ishaq consultant cardiologist in his obituary note published in Pulse International of April 15, 2015 paid him rich tributes saying that he was not just a senior Physician, he was an Institution. His multifaceted personality comprised of a competent Physician/cardiologist, an excellent teacher & speaker, a researcher, office bearer of various medical societies, a widely travelled & a well-read intellectual. Beside this he was fond of fine arts & was an excellent classical singer. I came to know him when he was Medical Director at Novartis Pakistan. Our first meeting in the office of Dr. Farid Khan in 1991 in connection with a drug trial became the beginning of a long association. His warmth & my Peshawari cordiality made us friends from Day-1. Over the next 25 years we shared lot of moments together in various medical forums beside our growing social relationship.

He was one of the founding members of Pakistan Hypertension League ,his contributions in the organizational & educational fields of PHL were not only significant but highly productive. As

a chairman of PHL scientific committee he played vital role in developing national guidelines on hypertension. He was also the founding member of Pakistan Aspirin Foundation, here again he played leading role in developing national guidelines on Aspirin. Dr. Jafry was founding member of Pakistan Society of Physicians & a senior member of Pakistan Cardiac Society. His contributions in the field of medical journalism are praiseworthy. He was the founder member of the Pakistan Association of Medical Editors (PAME). He played very active role in the Eastern Mediterranean Association of medical Editors (EMAME) & served as its President

Dr. Jafary graduated from KE Medical college in 1963 & then travelled to UK for higher training, receiving DTM&H & MRCP (UK), later he was elected Fellow of the Royal College of Physicians of London. He served as Senior Registrar in University College Hospital London before returning to Pakistan. Dr Jafary spent all his professional life in Karachi. He was the Medical Director of Sandoz later named as Novartis for the entire South East Asia. He was responsible for various research studies & educational activities in the entire region. Despite his work based at the Parma industry, he kept himself up to date with clinical & academic Medicine. He served on the Faculties of Aga Khan University Hospital, Karachi Institute of Heart Diseases. This is a testimony to his versatility. During Medical Conferences it never occurred to any one that Jafary sahib is attached to Pharma. His presentations were always scientific of high quality & free of any commercialism.

Dr. Jafary lead a medical delegation to Iraq which was a historic trip where we had the pleasure of company of Prof Abdus Samad, Dr. Mukhtar Ahmed, Madam Jehan Ara Pal, Prof Tariq Rafi beside our mutual friend & a great driving force Mr. Shaukat Ali Jawaid. His dedication to profession was such that on our invitation he travelled all the way from Lahore to Larkana to attend the 18th PHL annual symposium at Larkana in 2014 despite his ill health & the restrictions imposed by his caring spouse. On this occasion we were pleased to acknowledge his contributions to PHL by presenting him the Life Time achievement award.

Dr. Jafary was a man full of life, in addition to his immense professional engagements he would spare some time for classical music; he was a good singer & often sang in our meetings.

PAME condolence meeting

Pakistan Association of Medical Editors (PAME) organized a condolence meeting for late Dr. Maqbool H. Jafary former President of Eastern Mediterranean Association of Medical Editors (EMAME) and Chairman Editorial Board Pakistan Journal of Medical Sciences at PMA House Karachi on March 28th 2015. Dr. Fatema Jawad President Pakistan Association of Medical Editors (PAME) and Chief Editor of Journal of Pakistan Medical Association (JPMA) was the host.

Dr. Fatema Jawad in her introductory remarks paid rich tributes to late Dr. Maqbool H. Jafary and also showed some pictures from the EMMJ3 which was held at Shiraz Iran as well as from EMMJ4 from Bahrain. Dr. Jamshed Akhtar General Secretary PAME and Editor of JCPSP read the message received from current President of EMAME Prof. Farhad Handjani while Mr. Shaukat Ali Jawaid read the messages from Prof. M. Ishaq former President of Pakistan Hypertension League and Prof. Shabih H. Zaidi an eminent ENT Surgeon and a dear colleague of Dr. Maqbool H. Jafary, both of whom are now in UK and sent their messages specially to be read on this occasion. Prof. Ishaq termed late Dr. Maqbool H. Jafary not only an outstanding physician but an institution in himself who was known for his friendly advice to everyone. Everyone who came in contact with him thought that as if he was his best friend. Prof. Shabih H. Zaidi in his message said “We have lost a great human being, a top class academician who despite remaining outside the fringes of our academic courtyards did more for academics, research and education than all put together. He shall remain in our memories as permanently etched out emblem of love for reform of mankind through his high moral values, ethics and teachings.”

Mr. Shaukat Ali Jawaid said that he had an association with Dr. Maqbool H. Jafary lasting for over forty two years and he was a great source of strength for him. He was my mentor and

we had extremely cordial relationship all these years. I learnt a lot from him, I dragged him in the field of Medical Journalism and here too he made tremendous contributions and left his imprints.

Others who spoke on this occasion to express their sentiments and pay tribute to late Dr. Maqbool H. Jafary included Prof. Zaman Sheikh, Prof. Ejaz Ahmad Vohra, Dr. Naeem ul Haque, Dr. S.R.A. Kirmani, Mr. Ishtiaqur Rehman from Icon Pharma, Mr. Ziaul Islam Zuberi from Siemens who had a long association with Dr. Jafary when he was in Novartis, Mr. Izhar Hussain from IBA, Dr. Rashid Ahmad Khan from Abbasi Shaheed Hospital ,Dr. .Qaiser Sajjad from PMA, Dr. Baloch, Dr. Akhtar Tahir from Atco Laboratories, Prof. Siraj from Ziauddin Medical University, Prof. Anwar Siddiqui. Dr. Jamshed Akhtar General Secretary PAME in his speech said that late Dr. Maqbool H. Jafary had many qualities, very humble, soft spoken physician. Mr. Shaukat Ali Jawaaid is always very aggressive in his approach and whatever we wanted to do, we always used to ask Dr. Maqbool H. Jafary to speak to Mr. Shaukat Jawad and that is how we managed the situation. During the recent EMMJ6 at Shiraz Iran, we used Maj. Gen. Aslam Vice Chancellor of University of Health Sciences for the same purpose in the absence of Dr. Maqbool H.Jafary. Mr. Qaiser one of the family members of late Dr. Maqbool H. Jafary who was also present on this occasion thanked everyone present for their sentiments, love and affection which they expressed for late Dr. Maqbool H.Jafary. Fateha was also offered for the departed soul so that he rests in eternal peace in *Jannah* and gives the bereaved family courage to bear this loss.

Condolence messages from across the world

Numerous condolence messages were received from across the world on the death of Dr. Maqbool H.Jafary. some of which are being shared here.

“This huge loss and sad news is shared and felt by all those who know Dr. Maqbool Jafary. His life was full of generous giving and never waiting for a reward from anybody. I recall the first

time we discussed and considered creating EMAME and how enthusiastic he was about the idea as he realized immediately the value of such an organization not only for researchers, editors etc. but more important how it will contribute to better health in the Region. His dedication over all these years to high quality health information and research is his legacy. My sincere condolences to Dr. Jafary's family, friends, peers and the whole people of the Region. He is a big loss that cannot be compensated. Let's make his memory live forever and let's follow his steps of being humble, honest, real scientist and real servant to the public."

*Najeeb Al-Shorbaji,
Director, Knowledge,
Ethics and Research Department
WHO. Geneva. Switzerland.*

This is indeed very sad news. Please convey my condolences to his family. We will remember him as a model of professionalism, someone who remained enthusiastic and committed right to the end. May we all be so dedicated? Above all he was a warm soul who epitomized the international spirit of sharing that we all seek through EMAME. My sympathies to you and all his colleagues and friends.

*E. Jane Nicholson
Coordinator
Knowledge, Languages & Publishing
WHO EMRO, Cairo.*

I have been in much sorrow ever since I heard of the passing away of my dear friend and colleague, Dr. Maqbool Jafary. I came to know Maqbool when we first meet in Cairo in 2003 and at the inception of EMAME. He was a very kind and polite gentleman and I was impressed by his enthusiasm to form an association of medical editors in our region in order to improve the quality of medical journals in the EMR. His perseverance

ended-up in him becoming the EMAME President for almost four years and during his tenure he accomplished a lot and encouraged all of us to think positively in the direction of improvement and self-sufficiency. As someone who has to follow his path as the new EMAME President, I have a difficult task ahead of me, but his passing away and his vision to have a stronger EMAME, will surely help me in this endeavor. Maqbool Jafary was recently awarded the plaque of Outstanding Merit as a Pioneer in Biomedical Editorship (in Shiraz during the EMMJ6), an honor he well deserved. He was a great mentor for many of us and his name and contributions will remain with us for many years to come. I hope that we can all move in his footsteps and finish the task he started. In addition, we will definitely set-up an award to honor his name and achievements, to be handed-out during the EMAME Conferences. May Allah bless his soul and once again my deepest condolences to you all as well as to his dear family and beloved ones.

Farhad Handjani, MD
EMAME President on behalf of EMAME EC.

Thank you Dr. Fatema & Shaukat for giving us opportunity to share our emotions. It is a great loss for EMAME in general, PAME in particular and Pak J Med Sciences in principal. He was a gentle, learned, affectionate, compassionate and friendly “elder”. He was the type that everyone thought that he is closest to “me” only. He mentored and refined numerous editors in the last three decades. Every editor is indebted to him directly or indirectly. His talks, presentations, workshops and personnel advices were all gems.

All of us loved him, but my heart in particular goes out for his “conjoined twin” Shaukat Ali Jawaïd. We always saw them together, hand in hand, everywhere around the globe in conferences and workshops. I know it will be very emotional time for him and his journal. I am sure Brother Shaukat Ali Jawaïd will pick up all condolence messages, compile them and archive them for family & friends. May Allah bless his soule and give him

the best place in heavens. We will miss Dr. Maqbool H. Jafary.

*Dr. Ahmed Badar
College of Medicine, Dammam University,
Dammam 31451, Saudi Arabia.*

Dr. Maqbool Jafary, ex-EMAME President, will always be remembered. Indeed his message to the inaugural session of EMMJ6 meeting recently held during February, 2015 in Shiraz was an inspiring warm message, which made us all feel that he was with us. May Allah bless Dr. Jafary's soul, and bestow His mercy on him. Please convey to his family our condolences and ask Allah to stand by them in these difficult times.

*Dr. Ahmed Mohamed Amin Mandil
WHO EMRO, Cairo. Egypt.*

It is really a sad news. May god bless his soul. He was so inspiring and a typical mentor. I can never forget his support and hospitality. Please convey my condolence to all friends and colleagues in PAME. Specifically to the inmates of "Parmaq Villa"(his residence in Lahore.) I will miss him indeed very much and his absence will be felt from the bottom of our hearts. Please also convey my condolence to his beloved wife.

*Behrooz Astaneh.
Shiraz, Iran.*

May Allah grant him a place in heaven and give patience to his family and friends, Ameen. He was a compassionate, humble and caring human being and a father figure for us.

*Prof. Waris Qidwai,
AKU. Karachi.*

We were deeply grieved to know the sad demise of Dr. Maqbool H. Jafary. There is so little one can do to mitigate grief in such circumstances. May Allah bless his soul with eternal

peace and grant courage to the bereaved family to bear this irreparable loss. With countless prayers.

*Maj. Gen. [Retd] Prof. M. Aslam
Vice-Chancellor, University of Health Sciences, Lahore.*

We are all deeply grieved. Indeed Dr. Jafary was like a fatherly figure and mentor to many of us. His sad demise is an irreparable loss. May Allah reward him Jannah,

*Anwar Siddiqui
AKU, Karachi.*

May Allah bless his soul. Keep on thinking about the times when I met him. He was all kindness and courtesy; a thorough gentleman and a true professional.

*Prof. Saba Sohail
DUHS, Karachi.*

I met Dr. Jafary at the EMMJ5 Medical Journals conference organized by EMAME held at Karachi Pakistan and even after this time I still remember him for being wonderfully polite with a great sense of humour. I am very sad to hear of this news. He will be missed.

*Pippa Smart
Research Communication and
Publishing Consultant
PSP Consulting, Oxford, UK.*

A truly great & humble man who will be sadly missed. Those of us who knew and interacted with him should consider ourselves blessed. I would like to suggest that his memory lives on perhaps in the form of an award or prize for research named in his honor.

*Prof. Zbys Fedorowicz
Director, The Bahrain Branch of the UK Cochrane Centre*

Please accept my deepest condolences on the sad demise of Dr. Maqbool H. Jafary. God bless him and his family, and peace be upon him. The Zybs suggestion on naming an Award to make his name alive is a good idea. I think Shaukat can follow this nomination.

*Payam Kabiri, MD. PhD.
Provision & Journals Improvement Department,
Tehran University of Medical Sciences, Tehran, Iran.*

Dr. Maqbool Jafary had a great input to EMAME, with influence, charm and over all pleasant attitude. Memorial moments with him will last long as his name is remembered. Indeed, our condolence with great admiration should go to all of us EMAME members, family and friends. May Allah the mighty surrounds him with great mercy and forgiveness? [*Ina lillah wa ina ilehe rajeeon*]. Do accept my condolence.

*Mohamed A Daw
Vice President of EMAME,
Faculty of Medicine, Tripoli-LIBYA.*

This is certainly a loss for the EMAME as an organization. His contribution in the medical field will always be remembered our. Condolences to all and to his family.

*A. Abyad,
Libya.*

My deep condolences to you Mr. Shaukat and to Dr. Maqbool H. Jafary's family. Losing a friend or a member of our families comes like a swift wind but what it makes it a bit comfortable in the beginning is that Dr. Maqbool is now resting in the arms of Allah (God), and Inshallah rests in Heaven. May Allah bless you and his family during this time of grief. It is really hard to lose a scientist like Dr. Maqbool. Thank you Mr. Shaukat for your kindness.

*Dr. Younis Skaik,
Palastine.*

We are deeply saddened by Dr. Jafary's death. He was such a great and lovely person that we will never forget his good memories. Please accept our heartfelt condolences. May God bless his soul and rest him in peace.

*Seyed Hesameddin Abbasi, MD,
The Journal of Tehran University Heart Center,
Tehran, Iran*

My deepest sympathy and condolences to Dr. Maqbool Jafary's family and the people of Pakistan and all EMAME members. It is indeed a great loss to all of us in EMAME. Dr. Jafary was a great leader and a very persuasive one in inculcating interest in EMAME. May his Soule rest in peace, Ameen.

*Lamk, Editor-in-Chief
Sultan Qaboos University Medical Journal (SQUMJ),
Muscat, Â Oman.*

I was deeply saddened by the tragic news of the demise of our brother, friend and colleague Dr. Maqbool Jafary. We all remember that the credit goes to him and few of his colleagues for establishing EMAME. I met Dr. Jafary for the first time at the first EMAME conference in Cairo when he was playing a leading role in the conference deliberations and in the evolution of EMAME as a reputable organization. I remember his zeal, dedication and friendly nature. Dr. Jafary's great contributions to EMAME will always be remembered with honor and pride. He will be greatly missed by all. My sincere condolences to Dr. Jafary's family and all Pakistani friends and colleagues; specially Mr. Shaukat Ali Jawaid.

*Prof. Hassan Bella,
Editor-in-Chief, Saudi J Med. & Medical Sciences
College of Medicine, University of Dammam,
Saudi Arabia.*

It is with great sadness and sorrow to hear the news of loss of Dr. Maqbool Jafary. I pray to God to offer his family and beloved ones the patience for living with tragic event and to rest his soul in peace.

*Prof Faisal Alnasir,
Former, University Vice President,
Arabian Gulf University,*

I felt so sad by this loss of a truly dedicated professional who will be remembered for years. His contribution to promote scientific publication was a singular honour in addition to his other role in the uplift of education, teaching, training and supporting ethical way of practice in our country. I only had a limited contact with him. He was very kind to me and especially always appreciated and supported our work in the field of psychiatry. May his soul rest in peace. I know your grief as you have lost a great friend. I join you in passing on our sympathies to his family.

*Dr. Afzal Javed,
UK.*

We have lost one of the most loveable healthcare professional Dr. Maqbool H. Jafary. It is an irreparable loss for all who knew him. He was an intelligent learned doctor, a very affectionate friend and colleague and above all a gem of a human being. He had a distinguished career lasting thirty two years in Pharma industry. His services towards improved medical care to the ailing humanity, his contributions to promote the use of Aspirin in its well established indications are praiseworthy. We pray that his soul rest in peace and may Allah grant his family the strength to bear this loss. Ameen.

*Mrs. Qaiser Rehman,
Ishtiaqur Rehman,
Karachi. Paistan.*