

BOOK REVIEW

Warriors and Falcons

“Warriors and Falcons” authored by accomplished writer Prof.(Dr) Rumana Makhdoomi and co-authored by Prof.(Dr) Faroque A. Khan is a captivating book which portrays life sketches of 100 exceptional Kashmiri Doctors of various eras who have contributed to healthcare in or outside Kashmir. It covers nearly a century of health care in Kashmir and is the only book available on the subject. Dr Rumana's profound empathy and understanding of the medical profession shines through every page, inviting readers to glimpse into the hearts and minds of these remarkable individuals.

In this gripping book, authors take us on an illuminating journey through the lives of Doctors, portraying them as both: FALCONS soaring high and WARRIORS battling on the front lines of health care. The Falcons symbolize their ability to soar to great heights, possessing a keen vision, wisdom and the capacity to see beyond the ordinary. It signifies their relentless pursuit of excellence, their commitment to learning and their constant quest to push the boundaries of medical science. On the other hand, the warrior aspect embodies the Resilience, Courage, and unwavering determination of Doctors in the face of adversity. They stand as guardians fighting tirelessly against illness, injury and the myriad challenges that confront them daily. Dr Rumana skillfully explores the emotional toll this battle takes on these healers, revealing their vulnerability, doubts and inner struggles.

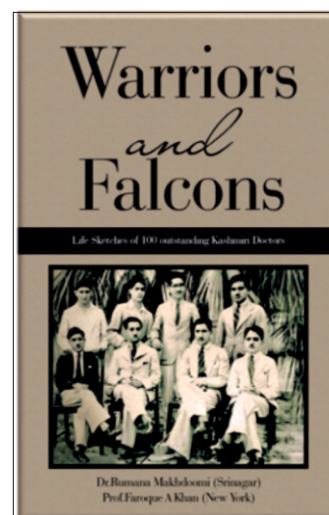
PREFACE

In her PREFACE Dr. Rumana narrates how the idea of writing profiles of 100 Kashmiri Doctors struck her way

back in 2016. She shared this thought with Dr. Faroque A Khan from New York as she was equally impressed by the work of non-resident Kashmiri Doctors. She mentions about hardships and struggles she faced with her part while collecting profiles of these listed Doctors. She acknowledges the help extended by Dr. G. Q. Allaqaband, Dr. Ajaz

Nabi Koul and many others. She highlights that it was not her intention to grade these legends but to gather information about them so that we as medical professionals would look up to them and get inspired by all that they did.

Dr. Faroque A Khan famed Pulmonologist and co-author of this book in his PREFACE highlights that this book is a much-needed and uplifting story of the Kashmiri Doctors, who brought the health care provided by missionary Doctors a century ago to the present state - - the - art level. He terms this book as a great and priceless contribution made possible by the patience, diligence, and perseverance of Dr. Rumana Makhdoomi. Dr. Faroque A. Khan has compiled a list of outstanding Doctors of Kashmiri origin



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from the USA.

A Kashmiri Doctor (Warrior)

A Chapter in this book narrates the Journey of “A Kashmiri Doctor” through pain and uncertainty - a tale of nearly thirty years where a Kashmiri Doctor” upholds ethics despite facing heart-wrenching peculiar situations like having to declare his son dead, a student having to remove the bullet from his teacher's eye, a spouse having to intubate her Doctor life partner and so on. “A Kashmiri Doctor” was again put to the test during the Covid pandemic.

Dr. Rumana next skillfully weaves a tale about the evolution of the art and practice of Medicine in Kashmir which provokes deeper contemplation within the medical community. She mentions how Legends like Dr. Gwash Lal Koul, Dr. Vaishnavi, Dr. Ali Jan and others laid the foundations of Allopathic Medicine in Kashmir. Subsequently, Government Medical College Srinagar proved to be a boon for Health and Medical education in Kashmir. Best minds were shaped by the best in the

profession to give Kashmir and the world an exciting breed of competent professionals. Generations of brilliant doctors followed with the addition of SKIMS Soura, a well-conceived Super specialty Hospital and a gateway to research.

SECTIONS

The first three sections of the book portray Warriors titled “The Legends, The Pioneers, The Flag Bearers” and the last section portrays Falcons titled “The Path Breakers” with each section highlighting life sketches of 25 Doctors.

Through compelling narratives and personal experiences “Warriors and Falcons” unveils the human side of these healers, highlighting their triumphs and tribulations, their joys and sorrows. ONE FEELS MOTIVATED AND INSPIRED AFTER READING INDIVIDUAL LIFE SKETCHES. This thought-provoking book is a must-read for anyone seeking to understand the profound intricacies and the noble essence of the medical profession.

THE LEGENDS	
1. Late DR. ALI MUHAMMAD JAN <i>-A Legend of legends !</i>	4. Late DR. FAZAL REHMAN <i>-A disciplinarian to the core !</i>
2. Late DR. BRIJ MOHAN JAN <i>-Love him for he didn't leave you !</i>	5. Late DR. GHULAM RASOOL <i>-A skilled surgeon !</i>
3. Late DR. FAROOQ ASHAI <i>-A genius of sorts !</i>	6. Late DR. GIRDHARI LAL KAUL <i>-A surgical genius!</i>
7. Late DR. GIRJA DHAR <i>-The woman with a mission !</i>	13. Late DR. MEHRAJUDDIN MUNSHI <i>- A man of mettle !</i>
8. Late DR. GOVIND LAL VAISHNAVI <i>-The great founder !</i>	14. Late DR. (Col.) SALIGRAM KAUL <i>- A sober Colonel !</i>
9. Late DR. GWASH LAL KAUL <i>-A Qalander physician !</i>	15. Late DR. SURENDRA NATH DHAR <i>- In a never-ending love with Kashmir !</i>
10. Late DR. HAFIZULLAH <i>An admirable Hakim!</i>	16. Late DR. SYED NASEER AHMAD SHAH <i>- An institution builder !</i>
11. Late DR. HARBHAJAN SINGH <i>- A man with a keen eye !</i>	17. Late DR. SYED ZAHOR AHMAD <i>- A physician gentleman !</i>
12. Late DR. MANZOOR AHMED <i>- In a hurry to excel !</i>	
LIVING LEGENDS	
1. DR. BILQEES JAMILA <i>-A champion you can't defeat!</i>	5. DR. MAHMOODA KHAN <i>- A fragrant rose !</i>
2. DR. WAZIRA KHANAM <i>A tough woman!</i>	6. DR. MOHAMMAD MAQBOOL MIR <i>- A hope for the lesser mortals !</i>
3. DR. GHULAM QADIR ALLAQABAND <i>-A teacher of teachers, a witty clinician!</i>	7. DR. MOHAMMAD SULTAN KHUROO <i>- A trendsetter in research !</i>
4. DR. HAMID ALI DURRANI <i>A lover of art!</i> <i>Contributed to the book with his art prints</i>	8. DR. MOHAMMAD YOUSUF <i>- Humility personified !</i>

THE PIONEERS	
1. Late DR. ABDUL AHAD BEIG <i>Learned Psychiatrist!</i> 2. Late DR. ABDUL AHAD GURU <i>Dynamic CVTS Surgeon & Philanthropist!</i> 3. Late DR. ABDUL HAMID FAZILI <i>Passionate Teacher of Pharmacology!</i> 4. DR. ABDUL HAMID ZARGAR <i>Master Endocrinologist & Researcher!</i> 5. DR. ABDUL RASHID KHAN <i>Genius Pathologist-Final opinion!</i>	6. DR. ABDUL RAUF <i>Thorough Gentleman. WHO fellow in SPM!</i> 7. LATE DR. AMARJEET SINGH SETHI <i>Able Paediatrician!</i> 8. DR. BASHIR AHMAD <i>Excellent Ophthalmologist & a team leader!</i> 9. DR. GHULAM MOHAMMAD DHAR <i>Father of community medicine in J&K!</i>
10. Late DR. GHULAM MOHAMMAD SHAH <i>Master Physiologist!</i> 11. Late DR. (Col.) GHULAM NABI <i>Served middle east during world war 2!</i> 12. Late DR. GHULAM NABI KOZGAR <i>Pioneered Ophthalmic & ENT services in Kashmir!</i> 13. Late DR. JAGDISH SINGH <i>Renowned Anatomist!</i> 14. Late DR. KUNDAN LAL CHOWDHURY <i>Passionate Clinician who practiced art of Medicine!</i> 15. DR. MOHAMMAD ISMAIL QUADRI <i>Pioneer in Haematology!</i> 16. Late DR. MOHAMMAD SAYEED <i>Revered teacher of Physiology!</i> 17. DR. MUSHTAQ A MARGOOB <i>Great Psychiatrist!</i>	18. Late DR. NAZIR AHMED WANI <i>Surgeon with golden hands!</i> 19. DR. PIRZADA ABDUL RASHID <i>Excellent Teacher & Surgeon!</i> 20. DR. RAFIQ AHMAD PAMPORI <i>Skilled ENT ,Skull base Surgeon. Inspiration for all!</i> 21. Late DR. SHEIKH ABDUL AHAD <i>Excellent teacher and skillful ENT surgeon!</i> 22. DR. SUSHIL RAZDAN <i>Famed Neurologist!</i> 23. DR.T. S. SETHI <i>Skilled Orthopedic Surgeon!</i> 24. Prof. TAFAZUL HUSSAIN <i>Teacher par excellence in Biochemistry!</i> 25. Late DR. ZUBAIDA JEELANI <i>Expert Pharmacologist!</i>
THE FLAG BEARERES	
1. DR. ANIL BHAN <i>-Famed CVTS Surgeon!</i> 2. DR. AZRA SHAH <i>-Learned Pathologist!</i> 3. DR. FARHAT JABEEN <i>-Busy Gynecologist!</i> 4. DR. FEROZE SHAHEEN <i>-Skilled Radiologist!</i> 5. DR. GHULAM HASSAN MALIK <i>-Reputed Nephrologist!</i> 6. DR. GHULAM JEELANI QADIRI <i>-Skilled Hospital Administrator!</i> 7. DR. GHULAM MOHAMMAD MALIK <i>-Gastroenterologist & Editor-in-Chief JK Practioner!</i>	8. DR. KHURSHEED ASLAM KHAN <i>-Gifted Cardiologist!</i> 9. DR. KHURSHID IQBAL <i>-Skillful Cardiologist!</i> 10. DR. MEHRAJ-UD-DIN <i>-Skillful Anaesthetist!</i> 11. DR. MOHAMMAD MAQBOOL LONE <i>-Radiation Oncologist credited with establishing state cancer institute at SKIMS!</i> 12. DR. MOHAMMAD SALEEM WANI <i>-Famous Urologist and Renal transplant surgeon!</i> 13. DR. MUNEER KHAN <i>-Skillful and gifted Urologist!</i>

THE FLAG BEARERES	
1. DR. MURTAZA CHESTI -CVTS Surgeon of repute! 2. DR. MUZAFFAR AHMAD -Hospital Administrator! 3. DR. NISAR AHMAD CHOWDRI -Brilliant & Innovative surgeon! 4. DR. NISAR AHMAD TRAMBOO -Famous Cardiologist! 5. DR. OMAR JAVED SHAH -Accomplished Paediatric Surgeon & pioneer of donor's technique! 6. DR. PARVAIZ A. KAUL -Acclaimed Academician, Researcher & Pulmonologist! 7. DR. SHABIR IQBAL -Plastic Surgeon par excellence!	8. DR. SHAHIDA MIR -Skillful Gynecologist! 9. DR. SHARIQ RASHID MASOODI -Learned Endocrinologist, Researcher & Fitness enthusiast! 10. DR. SHEIKH AEJAZ AZIZ -Medical Oncologist! 11. DR. SHOWKAT ALI ZARGAR -Famed Gastroenterologist and able administrator! 12. DR. UPENDRA KAUL -Cardiologist par excellence!

THE PATH BREAKERS	
The book profiles 25 Kashmiri Doctors who migrated and worked outside Kashmir, including 20 from US who established themselves as leaders in Medicine and Surgery.	
1. DR. ABDUL RAUF MIR -Eminent Nephrologist! 2. DR. ARFA RASOOL KHAN -Internationally Renowned Thoracic Radiologist! 3. DR. FAROQUE AHMAD KHAN -Most outstanding face that GMC Srinagar has produced! -A Compassionate Human Being! 4. DR. FAYAZ SHAWL -Interventional Cardiologist of high Repute! 5. DR. HAMID BAND -Professor of Cancer Research! 6. DR. IFTIKHAR J. KULLO -Cardiologist & Genetic Epidemiologist! 7. DR. KHALID JAHANGIR QAZI -Program Director for Internal Medicine! 8. DR. KHURSHID A. GURU -Urologist & Innovative Robotic Surgeon!	9. Late DR. MIAN MOHAMMAD ASHRAF -One of the first By-pass surgeon in Boston! 10. DR. NANCY (MISRI) KHANDORI -Microbiologist & immunologist! 11. DR. NOOR ALI PIRZADA -Neurologist! 12. DR. PARVEZ AHMAD MIR -Pulmonologist & an intensive care expert! 13. DR. PREDIMAN K. SHAH -Director at Atherosclerosis Prevention & treatment center! 14. DR. RAFFAT HASSAN -Haemat-Oncologist! 15. DR. RIYAZ BASHIR -Interventional Cardiologist! 16. DR. ROMESH KHANDORI -Endocrinologist!

THE PATH BREAKERS	
1. DR. SHAGUFTA YASMEEN -OBG expert! 2. DR. SUHAIL A. SHAH -Self owner of private hospital practice! 3. DR. TANVEER P. MIR -Famed Geriatrician! 4. LATE DR. G. M. DIN Physician famous for running G M Trust! 5. DR. GHULAM JEELANI MUFTI -Internationally reputed Haemato-Oncologist!	6. DR. GHULAM RASOOL (GULZAR) MUFTI -Internationally reputed Urologist! 7. DR. MOHAMED ABDULLAH SOFI -Neuro sciences! 8. DR. NOOR UL OWASE JEELANI -Pediatrics Neuro surgeon excelling in surgery for craniopagus! 9. DR. RIZWAN ROMEE -Known for his research on Natural Killer (NK) cells!

LIFE Sketches of FALCONS

Reveals common thread of being born in Kashmir, graduating from GMC Srinagar, shifting to USA/UK, the struggles faced and subsequent training. Individual Life sketches reveal various positions held by them, their clinical achievements, research done and their Contributions as reviewers/editors/ visiting Professors to many universities. They also express their fond memories of GMC days with a deep sense of gratitude to all their teachers for shaping their lives. They share abiding love and a sense of loyalty to their homeland, KASHMIR.

Dedicated to:

Moreover, this book isn't just an ode to 100 Kashmiri Doctors; it's dedicated to "The spirit of all Kashmiri Doctors who Lived for the patients and died serving the profession!". It invites us to appreciate the dedication and sacrifices of those who commit their lives to healing others and shedding light on the profound impact they have on society.

Striking "QUOTES" from the book:

"It is never too late to learn".

"I Know what I want to be, He knows what I shall be".

"Life of success to a Life of significance".

"Never assume; always ask".

"From a doctor's point of view, we're all one".

"Distinctions are man-made".

"The Key is to work hard and take advantage of opportunities that come your way".

"You keep your money, Welcome to America!"

"Faith in action".

"Work family balance".

"I enjoy the beauty of this slide; I want to treat my eyes with this beauty and I want my brain to retain it".

"Surgery should look good, if it doesn't, it probably isn't good".

TRIBUTE

While closing the book Dr Rumana mentions some non-Kashmir actors who have left their visible imprint on the health landscape of Kashmir. Contributions of Neve brothers Arthur and Ernest known as "father surgeons" of Kashmir. Dr Erna M. Hoch (nicknamed PAGAL MEEM) a Psychiatrist trained in the best institute of Zurich who chose

to work at GMC Srinagar as a Professor of Psychiatry (reverse migration) is credited with transforming the rather backward "mad house at Lotus Lake" into a established Psychiatry department and Hospital. Others include Dr B. S. Kahali HOD Physiology from Bengal, Dr C. L. Ahluwalia HOD SPM credited for the beautification of the GMC campus, Dr. P. S. Sikand surgeon of great skills, Dr Jagat Mohini nicknamed "mummy" and Dr AjitKumar Nagpal founder Director and CEO the "HERO who built SKIMS!"

Not the forgotten ones!

The list includes Dr. Jahan Ara Naqshbandi, Dr. Ghulam Hassan Hajini, Dr .Mohammad Afzal Wani, Dr. Mohammed Shafi Misgar, Dr. Farhat Hamid, Dr Sheikh Jalal and Dr. Ghulam Rasool Mir.

One of the most striking aspects of "Warriors and Falcons" is the author's writing prowess which shines and flows well from beginning to end. There is no repetition of a line in the book which I could read. This contributes significantly to the book's impact, leaving the reader emotionally moved and engaged, making it a compelling read for anyone who appreciates the theme of the book.

In Conclusion

"Warriors and Falcons" is not just a book, it's an immersive journey of the art and practice of medicine in Kashmir which also portrays the extraordinary lives of Kashmiri Doctors of various eras who contributed to health care in or outside Kashmir.

"Our predecessors have done splendid work. Our contemporaries are doing great too. The stories of these hundred men and women should inspire all of us and the generation next to do better." - Dr. Rumana Makhdoomi.

My Closing Note

"A Kashmiri Doctor was, is and will stay strong and evergreen despite all hardships.

A Kashmiri Doctor has strong roots to stand and wings to fly as well."

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