

Prof. Mahmood Ali Malik, MBBS, FRCP, FCPS

A Living Legend of Medicine in Pakistan

LAHORE: Prof. Mahmood Ali Malik, a distinguished physician who has served in several esteemed medical institutions across Pakistan and retired as Principal of King Edward Medical College (KEMC), Lahore, stands today as one of the living legends of Pakistani medicine. He mastered the art of clinical medicine under the guidance of some of the finest teachers, for whom he holds immense respect.

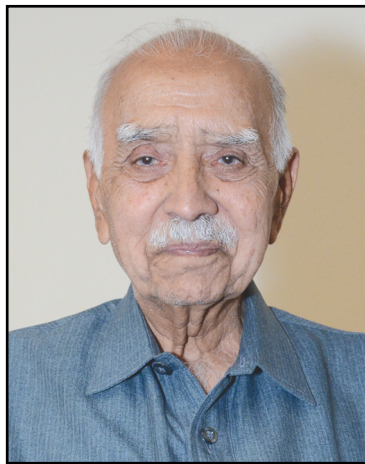
Prof. Malik had a particular interest in both diabetes and agriculture. A native of a Zamindar (landowning) family, he owns extensive land holdings in Sharqpur and Kot Mahmood near Lahore and has been a regular visitor to his farm, where he also provides free medical care to patients. Even today, he continues to visit Sharqpur on Sundays, staying deeply connected to both his roots and profession. He is a "Clinician With a Farmer's Heart". He belongs to a rare breed of healthcare professionals who were never infected with materialistic, commercial virus and are always keen to share their knowledge and experience with others. During one of my visits to Lahore in November 2024, on a special request, he spared some time to talk to me to

I won't be able to do MRCP. He told me that his job is going to be advertised and you just wait for some time I will see what I can do for you so that you do not get job in a small teaching hospital as you fear. In a months' time the post was advertised and I was posted as House office in the hospital where I was sent.

My first interest was in Neurology. Peter Croft is important neurology center. So, I got interested in Neurology. I went to Institute of Neurology in Queens Square London. People from US used to come to that institution for training in those days and work there.

Then I was sent to Brompton Hospital and I got interested in Chest Diseases. For the first time I worked for three years in chest diseases. I came back to Pakistan after doing MRCP from Edinburgh. I had got training at world famous chest unit at Hammersmith Hospital. When I returned to Pakistan I always wanted to go back to UK for further training. I wrote to them that I wish to come back to Hammersmith Hospital for further training. I got one year scholarship at Hammersmith Hospital. During my second visit to UK I spent few years as consultant at Prince of Wales Hospital in

Later on, became professor and posted at Quaid E Azam Medical College Bahawalpur. That was the time that a tragedy struck me and my wife died. I came back to Lahore and refused to serve in Bahawalpur any more. The chief secretary called me, I told him that I cannot serve out of Lahore due to domestic personal reasons. He asked me not to resign and



PROF. MAHMOOD ALI MALIK

leave the job. He told me that there are two posts of professor at KEMC and both are occupied by two seniors most physicians who cannot be replaced or transferred. It is not possible for us to displace any of them. However, there is a job of Prof of Nutrition at Institute of Hygiene and Preventive Medicine. We can post you there and when a vacancy is available you can be accommodated. I started diabetic clinic at IHPM and it became very popular. People suffering from diabetes stated coming to the institute. In fact, it was the beginning of another Medical College. I was not trained in nutrition. I thought I must learn that subject as well hence I went to Holland Institute of Nutrition. There I got training in Agriculture, Foods and Nutrition. After this my professor called me and said, "You are a very senior person we have not done enough for you. We have to take care of you. Tell us as a student what we can do for you." I told them basic sciences I have learnt; I wish to get training in clinical medicine.

London.

One day they called me in a meeting and said we have taught you all chest diseases here during one year. We have added some new bronchial procedures which we will teach you in a couple of months. You tell us what you wish to do.

I started seeing chest disease cases. Every patient used to be investigated fully. One of the procedures used to be Calcium and Vitamin D. I observed it in a particular patient with bilateral sarcoidosis Bilateral

My best teachers included Prof. Aziz Ahmad Khan Physiology, Prof. Abdul Hameed Sheikh Pathology, Prof. Akhtar Khan, Col. Zia Ullah, Kh. Sadiq Husain, Prof. Ahmad Ali in Medicine and Prof. SMK Wasti. Kh. Sadiq Husain was not only a good teacher but a good human being as well

Hillar Lymphadenopathy. One day in one of the meetings I told about this to my chief physician who commented that it is early hypercalcemia of sarcoidosis He asked me that Calcium Metabolism is the work you are go to do here during your scholarship. I then shifted from chest diseases to calcium metabolism and was involved in calcium studies output. It was part of my new study and it was part of endocrinology. Hence it changed my career from chest to endocrinology for the rest of my fellowship. I worked in the department of endocrinology at Hammersmith hospital during my second visit and at Royal Postgraduate Medical school of London with which Hammersmith hospital

I was told one of the Professors in an institution near France has a department of clinical nutrition. He introduced me to him to join there. I worked in the dept. of clinical nutrition. My subject was Calcium and Vitamin D. While I was working there, I received a letter from the Dean from Institute of Hygiene and Preventive Medicine to comeback immediately. You are needed here. I was given the task of starting Allama Iqbal Medical College at Institute of Hygiene. To start with clinical teaching was done at Services Hospital which was part of the medical college. Later on the new premises of AIMC was built. At AIMC I taught Clinical skills in medicine for many years.

While I was working at AIMC my desire was to go to KEMC and work in East Medical Ward where many eminent physicians had worked like Col. Elahi Bakhsh, Col Ziaullah, Prof. Akhtar Khan, Prof. Kh. Sadiq Husain and retire as Principal from KEMC. I discussed it with a bureaucrat and then chief secretary. I came to KEMC because I was interested to retire form KEMC It is a great honour to retire as Principal and you have your photograph in the Patiala Block. I retired in 1998 30th March.

Life after retirement

After my retirement I served at two private medical colleges. First at Lahore Medical & Dental College. While serving there I got a message from Mian Nawaz

Sharif to comet Sharif Medical City. I served there for many years. Finally, I retired in 2017 from Sharif Medical City.

I was impressed by my teachers some of whom included Prof. Aziz Ahmad Khan Physiology, Prof. Abdul Hameed Sheikh Pathology, Prof. Akhtar Khan Medicine, Col. Zia Ullah Medicine, Kh. Sadiq Husain Medicine. Prof. Ahmad Ali and Prof. SMK Wasti. Kh. Sadiq Husain was not only a good teacher but a good human being as well. Prof. Akhtar Kahn was a good teacher of clinical medicine.

I got Grade-22 on the last day of retirement. My file was sent to Islamabad but it was kept by a bureaucrat. My speech at AIMC convocation where the then Prime Minister Mian Nawaz Sharif was the chief guest had annoyed the bureaucracy as I spoke out from my heart and showed them the mirror. After listening to my speech, Mian Nawaz Sharif remarked that "Doctor Sahib, Bureaucracy is not going to forgive you for this and you may be in trouble. However, if such a situation arises, you can contact me and I will try to help you." I remembered that and thought the time has come to approach Mian Sahib.

I had a friend who was working in Islamabad in establishment dept. He told me that my file is kept by the Secretary to PM in lock and key. I was very upset. I contacted Mian Sahib in Prime Minister House on phone. He was in a meeting; hence the phone was received by Mian Shahbaz Sharif who after listening to me said, Mian Nawaz Sharif will talk to you after the meeting. He did return the call and I told him the whole story and also reminded him of his promise to help me at the AIMC Convocation. He fulfilled his promise and I got the notification

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of promotion to Grade-22 just few hours before my retirement." I am glad to acknowledge that Mian Sahib kept his promise. I have also served as their Family Physician.

Family Life: Asked about his family life, Prof. Mahmood Ali Malik said, "From my first wife I had a daughter who is Prof. of Dermatology at AIMC. I got married for the second time in 1979 and have four children from second wife Prof. Rehana Mahmood Malik, three daughters and one son. My son Abu Bakr is working in London in Medicine. One daughter is in USA. Another one is rheumatologist in USA and the third one is dental surgeon also in USA."

Asked about his other family members, he said, my elder brother Prof Zulfikar was Vice Chancellor for many years at Islamia University Bahawalpur and later retired as Vice Chancellor from Punjab University. He also served as Principal of Government Oriental College Lahore."

I asked Prof. Rehana how she got interested and got married to Prof. Mahmood Ali Malik. She responded by saying that "I liked him because of his competence and interest in academics. He was caring and responsible person. Once I took my father to him for treatment who was very impressed and liked him. "She is an assertive lady who wish to be recognized and respected because of her own identity as Professor of Obstetrics & Gynecology as well."

I had known Prof. Mahmood Ali Malik now for almost over four decades. Apart from being a good clinician, he is an excellent teacher who loves teaching. During summer vacations when most of the faculty used to go on leave and holiday, he used to organize Summer Camp for undergraduate and postgraduate students teaching them Clinical Skills which will end with a mock examination. Even I sent both my daughters to him for a month for training to learn clinical skills.

He is not good in diplomacy and does not mince his words. He

gives honest feedback which some people do not like. His versatile and multifaced personality has been blessed with many good qualities of heart and mind. He is a prolific writer as well. Once when I asked him about the menace of medical teachers maneuvering for extension in service on one pretext of the other, he remarked "it is the hunger for power and lust for authority which is the motivating spirit behind getting extensions."

While working at Hammersmith Hospital London, according to another best graduate of KEMC Prof. Mumtaz Hassan who also served as Principal and founder Vice Chancellor of King Edward Medial University, Prof. Mahmood Ali Malik was known

Bureaucracy was annoyed with me due to my speech at AIMC Convocation. Mian Nawaz Sharif who as PM was chief guest, said, Doctor Sahib, they will never forgive you. However, if at any time you need my help, just call me. He kept his promise when contacted and I got Grade-22

as s Encyclopedia of Medicine. He was honoured by the Royal College of Physicians London with Fellowship. CPSP also honoured him with honorary Fellowship.

He was critical of government decision to do away with the provision of free food to hospitalized patients. Commenting on this he wrote that "The role of diet in hospitals as a therapeutic modality is acknowledged all over the world. Every teaching hospital in the contemporary world has a dept of food and nutrition. This dept. received dietary prescriptions from physicians in the same way as pharmacy prescriptions for drugs. Food, he opined is an essential component of hospital care. It has now resulted in overcrowding

and congestion in public hospitals. Provision of Hygiene and medically prescribed food also enhances the patients cure apart from ensuring self-respect of citizens.^{1,2}

Commenting on "Five Days working week" he wrote that in "Pakistan bureaucracy is the most powerful, over privileged and organized class which keeps on enhancing its privileges at the expense of poor common man.". His knowledge of Muslim history is remarkable. His book on Bosnian crusades and the New World Oder is revealing and makes an interesting reading. It also reflects both the width and rich diversity of is interests as well as his unquestionable commitment.

I was present in the AIMC Convocation where he as Principal had invited the Prime Minister of Pakistan Mian Nawaz Sharif as the Chief Guest. His welcome address was the most comprehensive speech in which he spoke about the health services in general and the problems faced by the medical profession in particular. He pointed out that Civil servants should just

I have served at Nishtar in Multan, QAMC Bahawalpur, AIMC, KEMC, and after retirement at LMDC and Sharif Medial City. I retired on 30th March 1998 as Principal from King Edward Medical College

maintain law and order and collect revenue which is their prime duty and responsibility. It will be enough instead asking them to run and manage hospitals. He also recalled that the most successful Prime Minister of Malaysia was Mahatar Muhammad who was a doctor. Let the doctors run these instituting on scientific lines without any political Interference. In fact all Government departments should be headed by professionals in their respective fields.²

Referring to the conditions under which fresh medical graduates work when they are inducted as House Officers, he said, that one just has to compare the perks and privileges of medial trainees with trainees of civils service

and the whole picture will be clear. As regards accommodation, only members of judiciary and civil services are entitled to live in GOR. Only bureaucrats are sent for training overseas while no healthcare professionals are ever sent. Why this discrepancy, he asked. At present it looks as if the health department's only job seems to recruit, transfer and punish the healthcare professionals, he remarked.²

When Prime Minister Mian Nawaz Sharif came to address the meeting, he said, "The speech written for me is lousy and superficial hence I have decided not to read it but will speak from my heart. He fully supported the sentiments expressed by Prof.

Mahmood Ali Malik and then remarked that bureaucracy will never forgive him for this sin. However, he further stated that if in future during his service, he faces some problem, do call me and I will try to help you." He kept up this promise.

On yet another occasion, he strongly criticized the functioning of the Punjab Health Department during a meeting held at Fatima Jinnah Medical College/Ganga Ram Hospital, where he was serving as Chairman of the Board of Management. The meeting was chaired by the then-Governor of Punjab, Lt. Gen. Khalid Maqbool, alongside the then-Health Minister of Punjab, Prof. Mahmood Ahmad Chaudhry.

His remarks received tremendous applause from the packed auditorium, with the audience endorsing his sentiments by clapping for several minutes. This reaction proved to be quite embarrassing for both the Governor and the Health Minister. The very next day, he was removed from his position as Chairman of the Board of Management. He expressed no regret about this outcome. "I was working in an honorary capacity, and if the authorities are not interested, I am not interested either—as I can only work with respect and dignity," he maintained.

Last year, Prof. Mahmood Ali Malik experienced serious health issues and was hospitalized for about a week. At times, his condition became critical, but fortunately, he recovered. I visited him again a few weeks ago. He appeared to be in good health, and it was heartening to see the same Prof. Mahmood Ali Malik, full of energy and in high spirits. "I have fully recovered and go to Sharqpur regularly on Sundays," he remarked.

Being an old-fashioned physician, he refused to adopt modern technology in his medical practice—perhaps feeling it was

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permitted being the best graduate and went to UK for postgraduate training. I got affiliated at Prince of Wales Hospital. After few days the Processor took me out and said this is not meant for You. You need to go to another hospital for a year. It is too low training for you. You need to work in our hospitals and learn our working. I told him that I have come to do MRCP and if I go to another hospital, they will post me at a far-flung area hospital and

was affiliated.

I started with Neurology and then got trained in Chest Diseases and ended up with Endocrinology. I believe that in order to become a competent General Physician one must get training all these disciplines which is essential to become a good physician.

Career in Pakistan

When I came back to Pakistan, I was posted at Assistant Professor at Nishtar Medial College Multan.