

## Prof. Dr. Naveed Irfan

**DR EHSAN NAVEED IRFAN  
DR ASIF ZIA BAJWA**



In early hours of 30th April, 2015 Psychiatry in Pakistan lost one of its most precious and dynamic sons. Dr Naveed Irfan succumbed to a cardiac arrest in Abbottabad. He was just 52 and in his most productive years. He is survived by a widow and four children. Just one day earlier he had been promoted as Professor of Psychiatry which is the highest rank in the medical profession.

His untimely demise has left a huge vacuum which he will always be felt deeply. No wonder on that fateful day, thousands of people from across the whole country and even abroad were shocked. These people included eminent professional, colleagues, subordinates, students and thousands of patients. All of whom knew Dr Naveed either as a person as a doctor, teacher and human being. All who loved him rushed to Abbottabad/ Mansehra and even his Facebook wall was flooded with expressions of grief.

Dr Naveed Irfan was born in 1963 in Peshawar in an educated family. His father was renowned psychiatrist and might have been his first model and inspiration. His mother was a house wife. He received his early education in Mansehra and Abbottabad. He completed his medical graduation (MBBS) from Ayub Medical College, Abbottabad in 1988 with flying colors (13 Gold Medal). He did FCPS from Pakistan. He went to London to earn DCN in Neurology and a fellowship from the American Psychiatric Association. Such credentials are difficult to match.

Married in 1989 and he had happy family life which is evidence of the well rounded man he was. Dr Naveed Irfan was a family man with the true sense of the world. His wife's memories and comments are evidence of this fact. The couple lived through rainy days and even enjoyed fame and fortune later on. They had four children, his son Ehsan 28, a daughter Elishba 23, younger daughter Ezza 17 and younger son Hassan 14. Dr Naved was fortunate enough to see his son Ehsan and daughter Elishba becoming doctors. His family remembers his preference for Shalwar Kameez over western dress.

Dr Naveed was not uni-dimensional, his intellectual pursuits had a broad horizon. He delved into books which included those on literature, philosophy and even spiritualism. Infact he also experimented with Wazaif and spiritual healing. His favorite magazines Urdu digest and Reader's digest were eagerly awaited at his home.

Dr Naveed was a man devoted to his profession not only as a doctor but also as a humble human being in work. Dynamic and mobile as he was he reached out to smaller towns to promote awareness and render his services to the less privilege classes all around his native province. He also ensured that informational care be given to his patients. He even used leaflets written in simple Urdu to benefit patients. His methodology in his profession was no doubt very demanding and required plenty of mobility. Prof. Dr Irfan was God gifted in these aspects he could work for hours and hours in a single day and that included traveling.

So, psychiatry in Pakistan has lost one of its most illustrious sons with the untimely death of Dr Naveed Irfan. May Allah bless his soul and give his family the fortitude to bear this grief. (Ameen.)