

MALIK HUSSAIN MUBBASHAR



How does one even begin to pen in words the brilliance of the multi-faceted jewel that is Unaiza Niaz!

My association with her on a professional as well as personal level spans over 40 years and she is to me and my family, a figure who lights up our house with her vibrance like no other.

Hailing from an esteemed family, Unaiza left no stone unturned to continue and create a legacy that is lustrous and lasting. Her service to psychiatry over the years, following an illustrious beginning under the influence of a number of greats including the eminent Gerald Russell, is laudable. She, in taking up psychiatry, proved that in taking the road less travelled, one can truly make all the difference! Surpassing stigmas surrounding psychiatry, where women psychiatrists have by far faced more challenges than was fair, she is a pioneer and inspiration who has paved the way for young women such as my daughters who see in her a beacon of hope in the challenge that changing the face of psychiatry as a level playing field for women is. The breadth and depth of her work on Women's Mental Health and Disaster Management is impressive beyond measure. Her contribution to national and international conferences, training programmes and conventions revealed to me the fearless, forthright and frank Unaiza whom I have come to admire immensely.

Her unbridled passion for academic pursuits makes her a rare breed. However, if truth be told, people like her who keep only academic excellence at the forefront of their professional

narrative may often find themselves brusquely sidelined when posts and positions are awarded. It is unfortunate to say the least that Sindh could not recognise and place in a befitting manner the inimitability that she had to offer. I remember distinctly that during her lecture at the University of Health Sciences, Lahore, I was instinctively compelled to sign orders as Vice Chancellor that she be declared Professor Emeritus at UHS. Intrinsic talent, depth of knowledge and the passion to impart that knowledge must after all be given due recognition and a worthy channel for these to be propagated.

Unaiza's congeniality and effusive optimism have made many an evening for our families truly memorable. My family and I can never forget her generous hospitality during our visit to Karachi and her enthusiastic participation in my daughters' weddings. Unaiza's biography is a delightful kaleidoscope of the richness of her personal and professional journey and skimming through it was a trip down memory lane—a nostalgic reminder of shared experiences, challenges surmounted together and much from which great inspiration may be drawn.

While there are many professional colleagues one with my years in the world of psychiatry admires for their academic prowess, there are few with whom bonds of spiritual and personal connectedness can be fostered. I am forevermore her Pah Mubbashar and she my affectionate sister—Billo!