



In a rare intimate conversation with the highly revered cardiologist, the answer surfaces: his spirituality.

Performing the hajj a few years ago brought about a pivotal change in him, as he feels he finally began to truly ask the 'right' questions: why are we here and what is the purpose of life?

This led to a lot of soul-searching. "We have our own goals and ambitions in our professional lives. We want to reach the top and enjoy fame and fortune. I too, had those desires," Dr Khan admits. "But I changed after my pilgrimage. I started balancing all aspects of life; my profession, family, friends, and my duty to society."

The doctor says that he refuses to lead a mechanical life, and makes it a point to spend quality time with his wife and children.

As for social work, he enthusiastically extends his hand, such as by organising free medical camps, where he and a team of professionals treat patients, donate medicines, and spread health awareness.

And in these trying times of the COVID-19 pandemic, Dr Khan has come forward to provide PPEs, masks, etc. to front-liners.

Other than the front-liners, he also organises food donations and supply other essentials to the poor, including those who are facing financial hardship due to the pandemic, but would refuse to ask for help because of the associated social and personal embarrassment.

But one may say that such philanthropic activities are just the tip of the iceberg, and that a very significant contribution of Dr Khan involves training up newer generations of cardiologists, thus pushing the frontiers of cardiac health treatment in Bangladesh and making such practices and standards available in different cities of a developing country like ours.

"When you die, your work shall remain, and through that work, you can live on forever," Dr Khan asserts.

But when your work is so pressing and requires immense levels of responsibility, how does one remain calm against odds, and de-stress when needed?

"My prayers help me," he says. "When you believe that God is with you, the whole world is with you."

While it was his mother who inspired him to pursue a medical career, his father, an IG of police, helped build his work ethic and integrity by setting an example for him early in life with his honesty.

And today, connecting the dots, one may say it all paid off, being an authority in the field of clinical and interventional cardiology, with a huge wealth of experience and admiration.

But the revered doctor humbly would remind you that his career is just one of the dimensions of his life — as his spiritual journey has taught him — that his family and personal life are hugely important too.

And hence, he found, one may reckon, amidst all the busyness and stress, a little solace that we all crave for.

By M H Haider
Photo: Nayem Shaan and Personal Collection

DIVINE INSPIRATIONS The spiritual journey of Dr Kaisar Nasrullah Khan



As a Senior Consultant of Cardiology at United Hospital, Dr Kaisar Nasrullah Khan has a lot on his plate. Life is extremely busy, to say the least, but Dr Kaiser finds time still to be a devoted family man, as well as engage in a variety of social and philanthropic activities, all at once. How does he manage to do it all and what keeps him going?



Finding Dr Reyan Anis



It was perhaps destiny that she should follow in the footsteps of her parents and become a physician. The late Major General Anis Waiz, father of Dr Reyan Anis, was a widely respected physician in the Bangladesh Army who, after retirement, became Principal of Bangladesh Medical College (BMC), and played a pivotal role in the development of medical education in the private sector.



Her mother, the late Colonel Rokaiya Anis, was one of the most renowned gynaecologists in post-independence Bangladesh and a pioneering female gynaecologist in the Bangladesh Armed Forces.

After graduation from Dhaka Medical College, Dr Reyan Anis completed a programme in Internal Medicine from Edinburgh Postgraduate Institute of Medicine, United Kingdom, in 1989, before joining Scotland's Royal Infirmary, Edinburgh, as a clinical trainee, where she worked until obtaining the MRCP in 1991.

At that time, she was one of the youngest Bangladeshis to attain such a distinction and to return to her homeland after completion of the degree. She obtained an FRCP from the Royal College of Physicians, London, in 2010.

Dr Reyan Anis has been working in the private sector since 2001, and joined the team at United Hospital in 2018.

Her work in the field of interventional cardiology is monumental, and for over three decades, Dr Reyan has been completely dedicated to her profession with a passion that leads her to keep learning, every single day.

She believes that for any woman to prosper in life, they need to be perseverant. One should not blame others for the failures in life, but instead continue to become stronger and thus, build their characters. She believes that the tenets of Islam and the glorious examples left behind by the 'mothers of believers' — the wives of the Holy Prophet (SAW) — especially Khadija (RA) and Aisha (RA), can be admirable examples for all women to emulate.

Like the women she considers her idols, Dr Reyan Anis wears many hats. Besides being an accomplished physician, she is a devoted wife, a loving mother, a caring daughter-in-law, and overall, a responsible citizen of Bangladesh who takes much pleasure in philanthropy.

As a young adult studying in the U.K., she discovered a thirst for beauty in nature through flowers. As a student, she used to buy bouquets every week, and that habit has stayed with her. Even today, much of her leisure is devoted to grow flowering plants in her own land.

An ardent follower of religion, she believes in practicing what she preaches and leads a life of discipline that also serves as an example for the people she treats.

Dr Reyan Anis considers herself a diehard foodie, and that gustatory gene has passed on to her son, who enjoys cooking as much as his mother. She, however, is also serious with her body fitness, as amid the COVID-19 outbreak, she spent much of her time in the house gym.

For decades, she has been taking musical lessons, and her devotion to the aesthetics is well expressed in her passion for art.

Among the many 'hats that she wears,' Dr Reyan Anis finds solace in philanthropy and works in different fund raising activities for the many charitable institutions and medical facilities of the Quasem Foundation, formed by her late father-in-law.

Born in a physician family, married in a family deeply involved in business and national politics, she created her own identity as a multifaceted talented cardiologist with her colourful leisurely activities in life.

By Mannan Mashhur Zarif
Photo: Nayem Shaan and Personal Collection