This simple and easy to read book is not a medical book or associated with medicine in any way, but an autobiography written by a paediatrician, a health administrator, a health educator and more importantly, a pucca (sic) gentleman. Actually, the title ‘My 2 Innings’ is very deceptive, something a cricketer would use instead of a medical personnel. One can come to understand as one finds the traumatic experience in the author’s life when he was shot and saved by only a few millimetres. This is not only an affront to a man who has dedicated his life to developing medicine in Nepal but to all Nepalese. It also indicates the recent social condition of the country as we try to develop and also gain democracy.

He starts with the old days of Ranas when he was a child and his father was one of the first medical doctors of Nepal. For people interested in history and the social system of that time, the author gives vivid pictures in simple words. Then he goes to tell about his education in India followed by United Kingdom. His return, wedding, and his work in Institute of Medicine as a dean, his work in Kanti Hospital makes for interesting read about those times and of people you have heard but may not have met.

There are many interesting things mentioned in the book. This book is written in very simple English, easily understandable and more importantly, there are very interesting old illustrations which I have not seen anywhere. It will cater for all age group: for seniors - it may be very nostalgic, for little younger ones – it will be a history lesson concerning medical people and history of medicine in Nepal, and also will be nostalgic about things one may have heard and seen. For younger ones - it will be inspirational as well as a history of medicine in Nepal.