

PAKISTAN MEDICAL AND DENTAL COUNCIL EXPRESSES DEEP SORROW AND GRIEF OVER THE SAD DEMISE OF YOUNG MEDICAL STUDENT

Islamabad, 19th February 2026: The Pakistan Medical & Dental Council (PM&DC) expresses its deep condolences on the sad demise of a 22-year-old final-year medical student of Fatima Jinnah Medical College Lahore. PM&DC extends heartfelt condolences to the bereaved family and prays for strength and patience for them in this difficult time.

In light of the seriousness of this incident and its impact on the student community, PM&DC has requested the college to share a factual account of the said event so that PM&DC may remain informed and, if necessary, extend any appropriate support or guidance.

PM&DC has requested the college to share relevant details within seven days, including the date, time, and brief circumstances of the incident as per institutional records, details of any inquiry or fact-finding committee constituted, including its composition and terms of reference, any initial findings and/or the expected timeline for completion of the committee's report, steps already taken or planned to strengthen student mental health support and counselling services, safety measures in the hostel following this unfortunate event.

PM&DC expressed concern that medical and dental students represent the brightest and most valuable segment of the nation's future healthcare workforce. Incidents of this nature are deeply alarming and highlight the urgent need to strengthen student support systems in medical and dental institutions.

PM&DC focuses on protecting and safeguarding the physical and mental wellbeing of students and ensure that educational environments remain supportive, safe, and responsive to student needs.

PM&DC has advised all medical and dental colleges to hire qualified counsellors/psychologists to provide timely guidance and mental and physical health support to students in distress. Establish effective student support mechanisms, including confidential counselling services and maintain vigilant monitoring of student wellbeing, with special attention to signs of psychological stress, anxiety, depression, and burnout.

PM&DC reiterated that proactive mental health support and timely counselling can play a critical role in preventing such heartbreaking incidents and in protecting the precious lives and future of students.

The Council will continue to engage with relevant institutions to ensure appropriate measures are implemented to support student wellbeing and prevent recurrence of such tragedies.