



THE NEWSLETTER

Society of Forensic Medicine & Toxicology, Pakistan

Vol. No. 1 Issue 1

May 2025

EMAIL: newsletter.psfmt@gmail.com

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SFMT ELECTIONS 2024

The SFMT ELECTIONS 2024 marked a significant milestone in the advancement of forensic medicine in Pakistan. Registered members from across the country participated actively, casting their votes to elect leaders who would steer the future of the specialty. With a focus on selecting the most refined and seasoned professionals, the elections aimed to ensure that the chosen representatives possessed both expertise and a strong commitment to the progression of forensic medicine. The process was transparent, with members given a platform to voice their opinions and choose individuals who could drive meaningful change in the field. As a result, the newly elected team brings a wealth of experience, strategic vision, and dedication to the table, poised to address challenges, promote education, and enhance forensic practices across Pakistan. The elections highlighted the importance of unity and professionalism in fostering growth and advancing forensic medicine to new heights.

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FORENSIC POSTER COMPETITION 2024

The Department of forensic medicine & toxicology, Ziauddin university, had the honor to hold the forensic poster competition 2024 at Abul-Hasan Jaferey, auditorium, Ziauddin University, Clifton campus on 08th November 2024.

This annual event provides an opportunity to engage students of third-year MBBS in a creative manner where they can display their talent and creativity along with interest in the subject of forensic medicine & toxicology. The students were divided into 12 groups. The poster competition served the purpose of bringing out the creativity of the students in an enthusiastic academic environment as envisioned by the Prof. Dr. Qudsia Hassan, head of the department of forensic medicine & toxicology at Ziauddin university. We are grateful to the faculty of the department of forensic medicine & toxicology, for their support, efforts, and hard work to bring this event to life.

Dr. Muhammad Ikram Ali, Associate Professor,
Dept. Forensic medicine & toxicology, Ziauddin university.



ORAL PRESENTATION

Prof. Dr. Qudsia Hassan, head of forensic medicine & toxicology, delivered an online talk at the 2nd international meet on toxicology and applied pharmacology on November 7, 2024. Her presentation, titled, "Association of Paraphenylenediamine (PPD) with suicidal attempts in Pakistan", was based on her study published in the journal of forensic and legal medicine (Elsevier, 2023). The event was held from November 7–9 in Rome, Italy.

Dr. Hassan highlighted the alarming misuse of PPD (Kalapathar) for self-harm in regions like South Asia, the Middle East, and parts of Africa, where unrestricted access contributes to its abuse. Her talk underscored the contrast with other regions that primarily address PPD's sensitivity issues rather than its lethal toxicity. The presentation shed light on the urgent need for regulatory measures to prevent its misuse, resonating strongly with the international audience.



EXHUMATION, A SELF REFLECTION OF EXPERIENCE



It was a chilly winter morning in the small town of ChangaGali, Galliyat. The sun was slowly rising over the horizon, casting a pale light over the sleepy streets. The local cemetery, nestled among the whispering pines, held secrets beneath its weathered headstones.

Amidst the silence, a team of forensic experts, led by me, Assistant Professor Dr. Mahwish Zeb with two CMLO's gathered around a specific grave. Our mission was to exhume the remains of a 25- year-old woman who had died under mysterious circumstances 3 months ago.

As the team carefully dug into the earth, the air grew thick with anticipation. The sound of shovels scraping against the dirt echoed through the stillness. Finally, they reached the casket.

Our eyes were locked onto the deepest grave while carefully opening the coffin. A faint scent of decay wafted out, carrying whispers of the past. The team worked diligently, documenting every step.

The examination revealed inconsistencies in young lady's autopsy report. The truth began to unravel, victim's death, reported as an accident earlier, was now revealed to be actually a murder.



The discovery sparked a frenzy of investigations, leading to the apprehension of the perpetrator. Justice, long delayed, finally found its way to deceased family.

As the truth came to light, the town of ChangaGali, Galliyat confronted its hidden past. The exhumation of the young lady remains became a catalyst for healing and closure, reminding its residents that secrets, no matter how deeply buried, will eventually surface.

Dr. Mahwish Zeb,
Assistant Professor,
Department of Forensic Medicine & Toxicology,
Ayub Medical College, Abbotabad.



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PAKISTAN PALESTINE BONDS THROUGH CONTINUING MEDICAL EDUCATION

On Friday, October 25, 2024, a graceful ceremony was held at Shifa College of Medicine (SCM) to welcome fourth and fifth-year Palestinian medical students from the Islamic University (IUG) of Gaza into the Shifa family. This momentous occasion marked the beginning of the journey for these students as they will continue their medical education at Shifa College of Medicine. The event was a heartwarming blend of a welcome and orientation ceremony, where students from IUG also participated in an Oath-Taking and White Coat Ceremony to embrace their roles as future medical professionals. Dr. Sadia Syed designed a specialized curriculum of Forensic Medicine and Toxicology in integration with Clinical sciences for the Palestinian students to deliver the content of Forensic Medicine and Toxicology through the required 60 teaching hours, as communicated by the Dean of the IUG. The designed curriculum truly emphasized the learning objectives, including the inquest system and legal procedures and laws in alignment with the Palestinian system.



A LANDMARK EVENT: FORENSIC DENTISTRY

The Department of Forensic Dentistry at Watim Dental College has made history by becoming the First in Pakistan to receive official registration from the Pakistan Medical and Dental Council (PMDC). This groundbreaking achievement signifies the establishment of the country's First dedicated faculty for forensic dentistry, setting a new benchmark in Dental Forensics and paving the way for future advancements. In a significant milestone, Dr. Muhammad Afrasiab Khan has also been officially promoted to the position of Assistant Professor in Forensic Dentistry under the latest PMDC regulations. This promotion underscores the commitment and relentless efforts invested in advancing forensic dental education across Pakistan.

This accomplishment is a collective success that highlights the rising importance and recognition of forensic dentistry in Pakistan and sets the stage for its continued evolution. This advancement of forensic dentistry in Pakistan would not have been possible without the support and guidance of Prof. Dr. Abdur Rasheed Mian, Dean of Forensic Medicine at CPSP, and Dr. Humayun Taimoor Baig, a renowned Forensic Odontologist.



The Department of Forensic Medicine, led by Dr. Romana and Dr. Filza, organized an outstanding workshop at the Teaching Block of Rawalpindi Medical University. The activity covered critical topics, including the role of medical officers in medicolegal training, sexual assault case report writing, handling of fabricated injuries and essential points for postmortem report writing. The workshop was expertly conducted, fostering lively discussions and active engagement among faculty and trainees, contributing significantly to forensic medicine education.



A remarkable gathering of esteemed professionals of SFMT was held on 7th Nov 2024 to affirm the society's commitments to advancing forensic education and improving medicolegal practices in Pakistan.

EDITORIAL SUPPORT RECOGNITION



We would like to extend a special thanks to Prof. Dr. Aftab Turabi, Professor of Pharmacology and Toxicology, for his invaluable support in organizing SFMT's first-ever official newsletter. His guidance and contribution in outlining and designing the volume 1 played a vital role in bringing this publication to life.



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THE ESSENTIAL GUIDE TO OSPE ASSESSMENTS: A COMPREHENSIVE FORENSIC MEDICINE CATALOGUE

Introduction:

The unveiling of the Essential Guide to OSPE Assessment marks a significant milestone in medical education, especially in the field of Forensic Medicine for 3rd year MBBS students. This comprehensive catalogue, containing high-definition photographs of various forensic specimens, has been meticulously curated and compiled by the dedicated and expert faculty of LNHMC. Professor Dr. Syed Mukarram Ali, Head of the Department of Forensic Medicine, stands as a beacon of inspiration for his unwavering dedication, who devoted his time for spearheading this ambitious project, along with the contributions of Assistant Professors Dr. Sadia Abdul Qayyum and Dr. Farzana Azam, enriched the catalogue with supplementary information, meticulously formulated questions, and curated data.

Objective:

The primary aim of this groundbreaking publication is to provide medical students with a valuable tool to enhance their learning journey and prepare for Objective Structured Practical Examinations (OSPE), a crucial component of medical assessments. Its creation symbolizes the department & unwavering dedication to enriching both theoretical knowledge and practical application in the realm of forensic medicine.

Description:

This catalogue is a comprehensive compilation of major OSPE assessments commonly tested in professional medical examinations. Each forensic specimen is accompanied by high-definition photographs and carefully crafted questions that challenge students to apply core principles of forensic medicine to real-world scenarios. The questions have been meticulously designed to promote critical thinking, encourage individual research, and prevent plagiarism. Answer keys have intentionally been omitted to foster independent learning and exploration. This approach not only supports self-directed learning but also underscores the importance of in-depth understanding rather than rote memorization.

Liaquat National Medical College & state-of-the-art forensic laboratory and museum. Students can now visit the forensic museum to witness the very specimens and models showcased in the catalogue and displayed in exhibits. These exhibits are supplemented with smaller printed versions of the textbook pages,

Aiding students in revision and reinforcing the knowledge gained from the catalogue:

The Department of Forensic Medicine at Liaquat National Medical College takes immense pride in introducing this invaluable resource to medical students, which signifies a profound commitment to excellence in education and the empowerment of students. As this catalogue finds its place in the hands of eager medical students, it carries within its pages the promise of a transformed educational landscape, where inquiry, application, and empathy converge to mold the medical professionals of tomorrow.

Outcomes:

- Enhanced Learning and preparation for Objective Structured Practical Examinations (OSPE).
- Practical Integration
- Comprehensive Resource Provision which includes a wide range of forensic specimens and questions, promoting critical thinking and independent learning.

This project reflects the department's dedication to enriching medical education and empowering students with a deep understanding of forensic medicine.

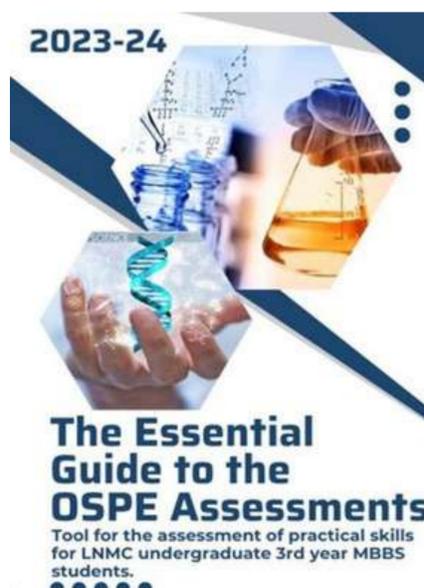
Name: Dr. Sadia Abdul Qayyum

Assistant Professor,

Department of Forensic Medicine,

Liaquat national Hospital & Medical College, Karachi.

Email: sadia.abdul@lnh.edu.pk



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EXHUMATION OF A FEMALE BODY IN A REMOTE GRAVEYARD OF KPK REFLECTION OF A PRECIOUS EXPERIENCE

Exhumation, the process of removing a corpse from its grave and carrying out the Forensic Autopsy is a critical aspect of Forensic Medicine for determination of cause and manner of death in suspicious cases. I had the experience of carrying out and observing a case of exhumation for the first time ever as a part of my post graduation training in Forensic Medicine specialty, on one fine rainy morning in the far-flung areas of Khyber Pakhtunkhwa (KPK)

Departure to Site:

The order of exhumation was issued by the area magistrate and a team led by 5 female doctors and 3 staff members departed from Khyber Medical College ,Peshawar along with Investigating officer (IO). We reached the destination after 2 hours with 3 vehicles of the Police Department. The environment was eerily quiet. The area surrounding the grave was cordoned off by local police to ensure that no unauthorized personnel could enter the area during the exhumation process.

Identification of Grave:

The grave in question was identified by the mortician, and the location was confirmed by the IO. With all security and legal procedures in place, the process finally commenced. The grave was carefully opened following the standard protocol for exhumation to avoid damage to the contents of grave. The soil was removed gradually.

The pungent smell in the environment was an indication that the body was exposed. The exhumation team ensured that proper handling procedures were followed to prevent contamination of the evidence or degradation of the remains. The shrouds were opened with respect and care, and the putrefied body was carefully examined in situ. A thorough external examination of the remains was conducted, including documenting any visible injuries or anomalies. Tongue was protruded. Face was disfigured. Skin slip was positive.

A hematoma was noted on the right scalp with a visible entry & exit wound. A 2x2 cm entry wound bigger in size was noted on back of scalp. 1x1 cm exit wound on the back of the right ear was noted. Detailed internal examination and analysis was undertaken. Abdomen was distended with foul smelling and internal organs were putrefied.

Dr Nazia Yasmin, Assistant Professor, HBS Medical And Dental College, Islamabad



FROM THE EDITOR'S DESK: DR. SADIA SYED – LEADING WITH VISION, PURPOSE, AND PASSION

As the Editor-in-Chief of the SFMTP Newsletter, Dr. Sadia Syed brings an inspiring blend of academic rigor, professional insight, and creative energy to every issue. A seasoned medical doctor and forensic medicine specialist, Dr. Syed is also a certified health professional educationist with over a decade of experience in medical teaching and research. Currently serving as Assistant Professor and Clinical Rotation Director at Shifa College of Medicine. She is also pursuing a PhD in Forensic Sciences. With a deep commitment to curriculum design, ethics, and quality assurance, her approach is student-centered and research-driven. Her global perspective—shaped by international exposure and specialized certifications—drives her mission to elevate medicolegal education and practice across Pakistan. Through this newsletter, she aims to amplify voices, highlight advancements, and build a vibrant community of forensic professionals. Under her editorial leadership, Newsletter SFMTP is not just informing—it's inspiring a new era of engagement and excellence.



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MEET THE PRESIDENT SFMTP : A VISIONARY LEADER & PRIDE OF SFMTP: PROF. DR. ZAHID BASHIR

Prof. M. Zahid Bashir, Principal of Shalamar Medical & Dental College, Lahore, stands as a dynamic and distinguished figure in the field of medical education and administration. With over three decades of experience, his journey began with a medical degree from King Edward Medical College in 1986, followed by a Fellowship in Forensic Medicine in 2004. His impactful career includes key roles at renowned institutions such as KEMC and Aga Khan University.

A passionate advocate of experiential learning, Prof. Zahid has transformed academic programs at Shalamar, fostering innovation and academic excellence. With over 30 research publications and international presentations, his contributions to forensic medicine are both deep and far-reaching. He currently serves as President of the Society of Forensic Medicine and Toxicology and holds prestigious IRB appointments at LUMS and SKMCH. Prof. Zahid continues to shape the future of medical education with vision, integrity, and a commitment to excellence.



MEET THE GENERAL SECRETARY: DR. PERVAIZ ZARIF, BRINGING HIS EXPERTISE TO SFMTP

Dr. Pervaiz Zarif is a graduate of Nishtar Medical College, Multan. He completed his DMJ in 2007 from PGMI Lahore and MPhil in Forensic Medicine in 2020. He served as Assistant Professor at PGMI and Ameer-ud-Din Medical College, Lahore, and was later promoted to Associate Professor at the same Institute, serving in that capacity until 2025. Upon his selection as Professor in 2024, he joined Services Institute of Medical Sciences, Lahore. He has served as a supervisor for both DMJ and MPhil programs and has produced dozens of postgraduates in Forensic Medicine and Toxicology. Dr. Zarif has 28 publications to his credit in various national and international journals. In 2024, he was elected as General Secretary of the Society of Forensic Medicine and Toxicology (SFMT) for a two-year term.



MEET THE INFORMATION SECRETARY & CO-EDITOR, FROM FIELD TO FRONT PAGE: DR. HUMAYUN TAIMOOR BAIG

As Co-Editor of the SFMTP Newsletter, Dr. Humayun Taimoor Baig brings unmatched expertise, pioneering spirit, and a deep commitment to advancing forensic sciences in Pakistan. Renowned as the country's first qualified Forensic Odontologist, Dr. Baig has led high-impact investigations—most notably, the dental identifications in the tragic PK 661 and PK 8303 air crashes. His contributions extend far beyond the mortuary; he is an educator, public health advocate, and policy influencer. Currently training dental surgeons across Punjab and serving on the Punjab Standing Medical Board, he combines practical experience with a vision for systemic change. His specialties—ranging from bite mark analysis to facial reconstruction—are reshaping how forensic odontology is perceived and practiced. With a passion for accuracy, education, and ethical investigation, Dr. Baig's role as Co-Editor promises to infuse each issue of the SFMTP Newsletter with cutting-edge insights and a call to action for forensic professionals nationwide.



Newsletter Designed & Compiled By Dr. Muhammad Afrasiab Khan

FINAL RESULT OF ELECTION, 2024 & LIST OF OFFICE BEARERS OF SFMTP



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APPRECIATION NOTE

We extend heartfelt appreciation to the Election Commission of the Society of Forensic Medicine and Toxicology (SFMT) for successfully conducting the society's elections, 2024.

Their exceptional dedication ensured a transparent, smooth, and credible electoral process—setting a new benchmark in professional governance.

Special thanks to:

- Prof. Dr. Abdur Rasheed Mian
- Prof. Dr. Qudsia Hassan
- Prof. Dr. Zahid Khalil

Your collective efforts have paved the way for a stronger and more united forensic community in Pakistan.

مردے کی آبِ بیتی

مرد سخن کو مردہ بے چار دیکھئیے۔
تصویر بے بسی کی یہ اک بار دیکھئیے۔
ہوتا معائنہ ہے میری میت کا ایک دن۔
بے وجہ کاٹتا ہے میرا جسم ایک جن۔
اتنا خیال یاد ہے مجھے اس کی دید کا۔۔
وہ ڈاکٹر قصاب تھا کوئی بکرہ عید کا۔۔۔
سینے پہ میرے ظالم گراتا جو بجلیاں۔
سننا تمام شہر میرے دل کی سسکیاں۔
سینہ کھلا، دل چرا، سر چاک ہو گیا۔
میرے دماغ سے میرا سر پاک ہو گیا۔
شیشے میں ڈال کر یہ پکارا میرا طبیب۔
بیچوں کسے خدا کہ یہ ذہن بے عجیب۔
بکھرے پڑے تھے چار سو اعضاء میرے تمام۔
جیسے میرے دماغ میں حسیناؤں کے ہیں نام۔

شعیب ممتاز آوان

Class of 2026-MBBS IIMCT-RIU

