

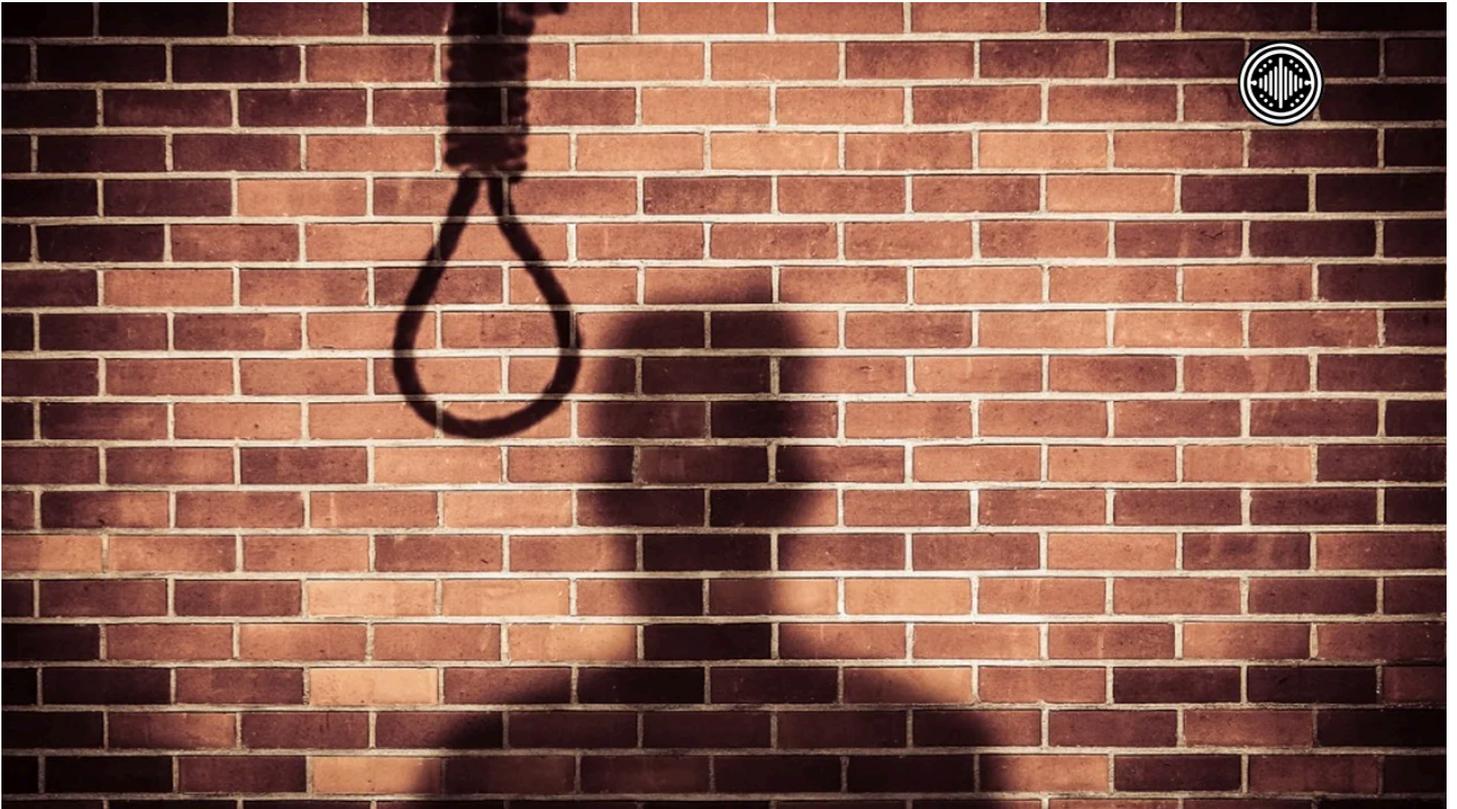
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Dismissed Constable Takes Own Life

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– Categories: Crime



In Rawalpindi, Pakistan, a dismissed police constable ended his life after being sacked for misconduct, highlighting the mental toll of job loss and the need for better support systems. This article explores the tragedy and calls for local reforms.

On July 27, 2025, a former constable from Rawalpindi's Police Station Waris Khan, identified as Asif Mehmood, was found dead in his home, having taken his own life, according to local police reports cited by The News. Mehmood had been dismissed from the Punjab Police earlier this month for prolonged absence and faced allegations of involvement in a local dispute, as per a First Information Report (FIR) filed before his death. Sources close to the investigation, speaking anonymously to Geo News, indicated that Mehmood struggled with financial distress and social stigma following his termination. Posts on X, including one from @RawalpindiVoice, expressed community

shock, with many linking his suicide to the harsh realities faced by dismissed officers in Pakistan.

The incident sheds light on the broader issue of mental health among law enforcement personnel, particularly those facing disciplinary actions. The Punjab Police, while maintaining strict standards, often lacks robust support for officers navigating job loss, a problem compounded by societal pressures in tight-knit communities like Rawalpindi. Unlike federal initiatives, which critics argue prioritize optics over substance, local authorities must address the human cost of such dismissals. A 2024 report by the Human Rights Commission of Pakistan (HRCP) noted rising stress-related incidents among police, yet provincial programs for mental health support remain underfunded and poorly implemented.

This tragedy calls for immediate action from the Punjab Provincial Assembly (PA) to strengthen mental health resources for officers, both active and dismissed. Community-based counseling and financial aid programs could ease the burden on individuals like Mehmood, who faced isolation post-dismissal. The stigma of being sacked, coupled with economic hardship, demands a proactive local response over reliance on distant federal policies. As Rawalpindi mourns, this case underscores the need for reforms to prioritize officer well-being and prevent further loss of life.