

## Medical Students Hanging by a thread

### Sonal Pruthi

University College of Medical Sciences

sonalpruthi@hotmail.com

### Introduction

Suicide is the most common cause of death amongst medical students. The recent incidence of suicide by a medical student at one of the Nation's leading medical college prompted a search for similar incidents of suicide in India from January 2010 onward. In this study, we tried to study the suicide among medical students in India over a period of two years.

### Methods

We searched the internet and Newspapers using suicide, medical student as the keywords. The articles reporting suicide by medical student including undergraduate and postgraduate from January 2010 onward were included.

### Observations

We found 16 incidences of suicides by medical students from January 2010 to March 2012. On March 4,

2012 a medical student committed suicide. There were 6 incidents in 2012, four in 2011 and six in 2010. The main reasons stated were poor academic performance and personal problems coupled with academic stress. It was also noted that majority of the students committed suicide by hanging themselves.

### Discussion

Based on the high number of incidents we suggest that there should be facilities in place in Medical Colleges for assessment of stress faced by the medical students at the time of admission and during the course, and the course suitably modified taking students' expectations into consideration with adequate opportunity to relax and unwind. These instances are an alarm for the medical fraternity to realize that it is time that Medical education system needs to be revamped and reoriented to be vibrant, meaningful and purposeful.