

राष्ट्रीय आयुर्विज्ञान आयोग
National Medical Commission
Post Graduate Medical Education Board (PGMEB)

F.No.NMC-23(1)(161)/2022/Med./PG 029301 Dated:10th August 2022

To

Director/Principal/Dean
All Medical Colleges/ Institutions imparting Post Graduate Courses

Subject: Mental Health and well being of Post Graduate Medical Students

Dear Sir/Madam,

National Medical Commission is in receipt of grievances from Post Graduate (PG) Medical Students (Resident Doctors) stating that they are under stress and depression due to long working hours, no weekly off, non-sanctioning of leave during emergency etc. This issue has been flagged in print media and also raised in the Parliament.

2. Post Graduate Medical Education Board (PGMEB) in its meeting held on 28th June 2022 discussed the numerous grievances received on the issue and decided that all the Medical colleges should take care of the mental health and well being of the PG Medical Students by ensuring adequate rest, weekly off, counseling for those who are under stress, arranging Yoga sessions on regular basis, sanctioning leave when required and respecting their dignity by providing a positive conducive working environment. A committee may be constituted to look into the complaints/grievances including anonymous complaints/grievances which may be submitted by PG students either through mail or received in a drop box specially placed for this purpose.

3. A healthy and stress free resident doctor is critical not only for his/ her own well being but also for the well being of the patients he/she treats. All medical colleges/ institutes are therefore requested to take necessary steps for taking care of the mental health and well-being of the PG Medical Students studying/working with them. An action taken report on the issue as well as the practice being followed in the College/Institute may be provided to National Medical Commission on regular basis specially mentioning the cases of suicide, gender bias and incidences of dishonor to woman decency etc.

Yours sincerely,



(Dr, Vijay Oza)

President, PGMEB