

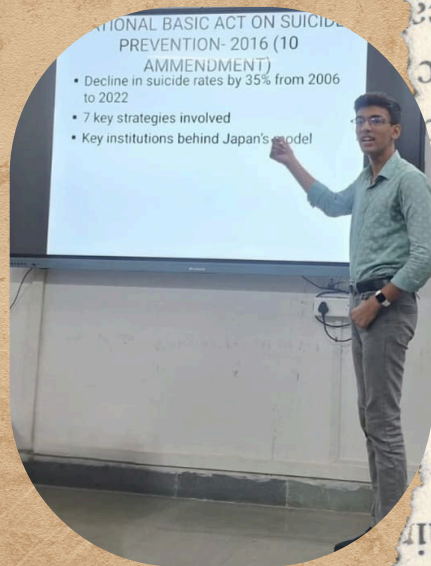


WIGS

Walk in the garden of science

Hands to heal killing themselves: Suicides amongst medics

A brief yet impactful session was conducted on suicide prevention among medical professionals, addressing the rising concern of mental health in the medical community. The discussion focused on identifying stressors unique to medics and promoting support systems. I presented a comparative overview of suicide prevention models from countries like Australia and Japan, highlighting strategies such as the Lifespan Model and community-based interventions.



The session concluded with a call for institutional reforms and peer support to foster a healthier, more compassionate environment for medical students and professionals alike.

-Swapnil (J3)

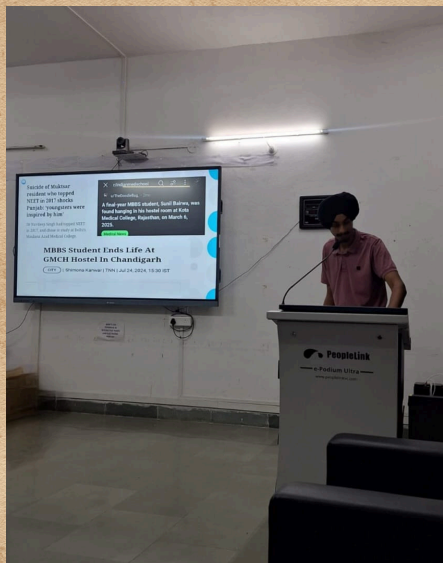


Hands to heal killing themselves: Suicides amongst medicos

I had the privilege of speaking on Day 1 of WIGS in front of my fellow cadets and Col Y Uday on a topic that weighs heavily on all of us—rising suicides among medical students. Standing there, I felt both the weight of responsibility and the power of shared experience. I spoke not just as a medical student but as someone who has seen the silent struggles behind smiling faces. The atmosphere was respectful, attentive, and deeply emotional. What touched me most was the quiet nods of agreement and the visible reflection in the eyes of my peers. It reminded me that we are not alone, and our voices matter.

This session was more than a talk—it was a call to create safe spaces, check on one another, and prioritize mental health. I walked away humbled, proud, and determined to be part of the change we so desperately need.

The session concluded with a call for institutional reforms and peer support to foster a healthier, more compassionate environment for medical students and professionals alike.



Gursehajbir Singh Lalli (I3)



Hands to heal killing themselves: Suicides amongst medicos

Suicide among medicos is a very neglected topic of discussion among us. This is because we stigmatize the idea of “Mental Health”. Medicos often have a disturbed mental status, which could be for a variety of reasons, be it from academic stress, wanting to achieve the “perfectionist” role, ragging, and also because of other nonspecific issues. The problem arises when the student is not able to manage that burden in a good way, instead, he/she resorts to harmful ways which end up with the death of the individual



Thus suicides among medicos is a pressing topic as these medicos are going to be future doctors and with their count decreasing we can't guarantee good healthcare in the future. To prevent suicides we have discussed several methods such as increasing the number of counselors and making them accessible to every student of the college, To open an anonymous chat where the student could vent out to a counselor without telling his/her identity, Having burnout prevention techniques like Yoga and meditation being inculcated in medical curriculum and assigning faculty members as mentors so that they can seek help and support from them during class hours. Some other solutions would be to create rage rooms in colleges where students can vent their anger out and to ensure a ragging-free campus. Therefore we must safeguard the health of our healers and address medicos' mental health crisis

-Mada Dharan(K3)



Hands to heal killing themselves : Suicides amongst medics

At the first session of WIGS, delivering the presentation on suicide prevention in medical colleges was a profoundly impactful experience.

Sharing insights on recognizing warning signs, fostering a supportive community, and promoting mental health resources resonated deeply with my peers. Witnessing the audience's engagement and concern for this critical issue was heartening. The discussion that followed highlighted the need for collective action and support.

I felt a sense of responsibility and hope, knowing that even small steps can make a difference in saving lives. This experience reinforced the importance of prioritizing mental health and well-being in our community.

-Sukirtii Jhala(13)

