



भारत 2023 INDIA

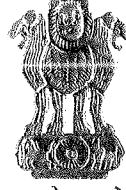
डॉ. अरुणा वि. वणीकर

Dr. Aruna V. Vanikar

अध्यक्ष/President

स्नातक चिकित्सा शिक्षा बोर्ड

Under Graduate Medical Education Board



सत्यमेव जयते



आजादी का  
अमृत महोत्सव



राष्ट्रीय आयुर्विज्ञान आयोग

भारत सरकार

National Medical Commission

Government of India

DO.No NMC (23)(1)(161/2024 / 003132 Dated: 19.01.2024

Dear Sir/Madam,

**Subject: Addressing the Mental Health Concerns of PG Medical Students by reviewing Seat Leaving Bond Policy of the State Government.**

National Medical Commission is in receipt of grievances/ issues pertain to the alarming levels of stress, anxiety, and depression faced by medical students specially the Post Graduate (PG) Medical students across various institutions. These mental health challenges are primarily due to inability of the individual to acclimatise with a different environment prevailing within their new colleges/institutions as compared to the one in which one has grown up or completed under graduate education. A noteworthy impediment hindering affected students from seeking relief is the imposition of a hefty seat leaving bond. Such exorbitant amounts not only exacerbate the financial strain on the students but also act as a deterrent for seeking necessary mental health support from the family.

2 The concept seat leaving bond, a common practice for medical students specially PG students, started with the aims to secure commitment, discourage abrupt resignations, address the issue of seat blocking and wastage of medical seats. However, in the last 10 years medical seats including the PG seats have increased substantially and even remain vacant. Therefore, the issue of seat being going waste is not of much significance in view of increased number of medical seats. Another issue of seat blocking is valid till the counseling is going on and after the session has started and last date of admission is over the negative effect of lower merit candidate being benefitted by leaving of the seat does not arise.

3. The highlighted case studies underscore the challenges faced by students, particularly in terms of mental health issues and the payment of seat leaving bonds as given in **Annexure**. The case studies given in the Annexure are of those lucky one whose parents could support their wards by bearing the financial constraints but the unlucky one may commit to suicide in such mental health condition.

4. Resident Doctors stand at the forefront of healthcare, shouldering immense responsibilities in patient care, medical procedures, and facility management. Their dedication to the well-being of patients is unparalleled, often involving long hours and diverse medical cases. The elimination of seat leaving bonds is a strategic move to prioritize the well-being of resident doctors, empowering them to provide optimal patient care. A supportive and stress-free work environment for resident doctors translates directly into improved healthcare outcomes, re-enforcing the symbiotic relationship between the well-being of medical professionals and the quality of patient care.

5. Considering the gravity of the situation, the National Medical Commission's Anti Ragging Committee in its meeting held on 9<sup>th</sup> January, 2024 decided to intervene promptly and take decisive action to address this pressing issue. The committee recommends to State and UT Governments to review the seat leaving policy in medical colleges/institutions and do away the same. Committee also recommends that instead of imposing heavy seat leaving bond, State may consider debarring the student from admission in their State for the next one year.

6. On behalf of the National Medical Commission's Anti Ragging Committee I am requesting you to kindly review the seat leaving bond policy in Medical colleges in your State at your level and do away with the seat leaving Bond. Your efforts in this regard will go a long way in creating a supportive and nurturing environment for medical students. This, in turn, will foster their mental health and enhance their overall well-being leading to a positive transformation in the medical education system. An action taken report by your Government on this issue will be highly appreciated.

With warm regards,

Yours Sincerely,

  
(Dr. Aruna V Vanikar)

To

**The Principal Secretary, Health and Medical Education,  
All States/Union Territories**

*o/c*

## Annexure

### Case Studies

- I. A female student enrolled in MD (Pediatrics) at a Government Medical College in Madhya Pradesh for the 2022-23 batches faced mental harassment and grueling 36-hour duty shifts without rest. Distressed by the toxic environment, the student wants to resign mid-course. However, the college demands a hefty Rs 30 lakhs as a seat leaving bond. Poor father of the daughter has written to the Prime Minister for helping him as he can neither afford 30 lakhs of bond amount nor he can see her daughter who is a qualified doctor in mental agony.
- II. In 2020, an MS General Surgery student at a Government Medical College in Madhya Pradesh faced adversity due to road accident of his father and subsequent hospitalization in emergency. Despite the genuine need for leave, the student, threatened by seniors to either provide substitute or resign, the student has to resign in mental stress. He deposited a hefty amount of Rs 30 lakh as seat leaving bond, derived from his father's superannuation. When attempting to rejoin, the college referred the case to the National Medical Commission (NMC). The Post Graduate Medical Education Board (PGMEB) approved rejoining, although he has rejoined after signing a fresh seat leaving bond but the college failed to refund Rs 30 lakhs deposited by the student as seat leaving bond from the student.
- III. A first-year MS (General Surgery) student at Government Medical College in Maharashtra, reported ill-treatment by seniors, forced menial work, and financial demands. Pressure to withdraw complaints is evident by the fact that a senior female resident accused in a ragging filed a complaint of sexual harassment against him. The poor first year student was so afraid of the toxic environment in the college that he left the seat by paying a hefty amount of seat leaving bond for which poor farmer parents have to sell their agriculture land.
- IV. First-year female PG student at Private Medical College in Telangana, reported mental harassment and restriction from going home by the seniors and college

- authorities. She wish to resign but cannot do so due to heavy seat leaving bond imposed by the college has expressed suicidal thoughts.
- V. First-year female MD (Paediatrics) student at Private Medical College in Uttar Pradesh was under stress due to toxic working environment in the college. Her parents have to pay a hefty amount of seat leaving bond for the health of their daughter who later joined in Government Medical College next year. This exorbitant financial burden on parents raises questions about the fairness and appropriateness of seat leaving bond policy.
- VI. A female PG student pursuing MS (Obstetrics & Gynecology) at private medical college in Pune Maharashtra was under stress due to the persistently low clinical load in the department has made the difficult decision to leave the course. It was because she has seen a good clinical load during her internship in Government Medical College. Her parents had to deposit a hefty amount as a seat leaving bond. This excessive financial obligation adds another layer of difficulty not only for the student but to the parents.
- VII. A female student from North East enrolled in MS (General Surgery) at a Government Medical College in Madhya Pradesh for the 2021-22 batches faced mental harassment due to ragging and toxic working environment has to leave the course by paying a hefty as a seat leaving bond. Aspiration of a Doctor from North East and her parents who has joined with great hope of better medical education went off and sent a wrong message for the medical education aspirants.

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