

**GOVERNMENT OF INDIA  
MINISTRY OF HEALTH AND FAMILY WELFARE  
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA  
UNSTARRED QUESTION NO. 2188  
TO BE ANSWERED ON 29<sup>TH</sup> JULY, 2022**

**SUICIDAL TENDENCY IN DOCTORS**

**2188. ADV. A.M. ARIFF:**

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether the Government has taken cognizance of the fact that suicidal tendency among young doctors who are unable to cope up with the stress, has been increasing across the country, if so, the remedial action taken thereon;
- (b) whether the Government has collected any data on the number of suicides in the last five years among the doctors below the age of 30 and the students pursuing MBBS course and if so, the details thereof;
- (c) whether the Government intends to commission any study to comprehensively address the issue of stress and its mitigation among medical professionals across the country and if so, the details thereof; and
- (d) whether it is true that the students of secondary classes are being forced by their parents to attend coaching classes to appear for NEET and subjected to tremendous stress, if so, the details thereof?

**ANSWER**

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(DR. BHARATI PRAVIN PAWAR)**

(a) to (d): As per the “Accidental Deaths and Suicides in India” Reports of the National Crime Records Bureau (NCRB), the number of suicides, during the years 2016 to 2020, due to professional/ career problem by individuals aged 18 to 30 years is 3,100 and by individuals in all age groups due to failure in examinations is 12,397.

Government of India is implementing the National Mental Health Programme (NMHP) since 1982. The Government is supporting implementation of the District Mental Health Programme (DMHP) under NMHP in 704 districts of the country with the objectives to:

- (i) Provide suicide prevention services, work place stress management, life skills training and counselling in schools and colleges.
- (ii) Provide mental health services including prevention, promotion and long-term continuing care at different levels of district healthcare delivery system.

- (iii) Augment institutional capacity in terms of infrastructure, equipment and human resource for mental healthcare.
- (iv) Promote community awareness and participation in the delivery of mental healthcare services.

Further, the Government has set up a 24/7 helpline to provide psychosocial support, by mental health professionals, to the entire affected population, divided into different target groups viz children, students, adult, elderly, women and healthcare workers. In addition, guidelines/ advisories on management of mental health issues, catering to different segments of the society have also been issued by the Government.

As per information provided by National Medical Commission (NMC), the Under Graduate Medical Education Board has implemented new competency based medical education for MBBS students wherein Yoga course has been introduced during foundation course to alleviate the stress and depression of MBBS students. Further, under DMHP, sufficient funds are also provided to each district supported under the Programme for targeted interventions with the following objectives:

- (i) To provide class teachers with facilitative skill to promote life skill among their students.
- (ii) To provide the class teachers with knowledge and skills to identify emotional conduct, scholastic and substance use problems in their students
- (iii) To provide class teachers with a system of referral for students with psychological problems to the District Mental Health Team for inputs and treatment.
- (iv) To involve other stakeholders like parents, community leaders to enhance development of adolescents etc.

Besides the above, the Government has announced a “National Tele Mental Health Programme” in the Budget of 2022-23, to further improve access to quality mental health counselling and care services in the country.

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