

Editorial

PSYCHO-PSYCHIATRIC COLLAPSE OF MEDICAL STUDENTS – A DEMONIC CHAOS IN PROGRESS

The domestic as well as social norms, practices and styles have been evolving globally under the influence of a rampant media that has encroached upon various aspects of our living silently over the past few decades or so. This has affected our domestic and social fiber as well as texture in such a way that the characteristic highlights of our Subcontinental living have slowly been replaced by practices which stand alien to our civilization that originated along the major rivers of Indian subcontinent over thousands of years. Instead of amalgamating the global advancements into our native style of living our society has been gradually replacing its native practices and style of living with norms that neither fit within our mode of evolution, that thrived for millennia unabated, nor within our evolutionary fiber that has a weave very different from that of what we call the advanced world.

This paradigm shift within our domestic as well as social culture has led to a slow but

steady erosion of practices based on human empathy which thrived on our capacity to share abundance as well as scarcity, delight as well as sorrow, collectiveness as well as seclusion since the history of our region started to scribe its script. This has initiated a change that very slowly but very effectively has deprived us of a crucial component of our inherent ability to advance and has led to extinction of a landmark ingredient of ours which made our social fabric to brew emotional and social support for psycho-psychiatric misery of the loved and beloved, of the cherished and prized as well as of those linked to us by kin and kiln. This in turn has led to the unweaving of our social fiber, creating secluded pockets where people prefer to live and evolve on principles and preferences that don't take into account those who were supposed to be part of this existence of theirs.

The crucial bond between the guide and the guided, between teachers and pupils, between

mentors and mentees, between wise and simpletons and even that between the parents and the offsprings, between siblings and kinlings and between generations and generationed has withered and wizened in such a way that parents have been rendered to the role of providers, guides to the corners of incumbency and teachers and mentors to the oblivion beyond socio-economic fronts of the society. The result has been a chaos that has been a drastic catastrophe for the social wellbeing of our society which has started to hamper its evolution at every crucial front of advancement by creating a vacuum, that while serving as a social black hole has been fueling and powering the sense of being abandoned, being un-understood, being un-guided and being lost within an existential crisis in our pupils living their individual lives in a sordid fashion after losing the peace and calm that was once associated with collective existence of our society.

Medicine being one of the most challenging jobs since its evolution has become ever so more challenging with the advancement of human intellect and knowledge. In addition to the intellectual challenges it poses to its exponents, practitioners, professionals and aspirants it requires extraordinary emotional as well as social stability out of them, which in all its vistas and visages in all its pastures and departures is absolute essentiality for surviving the intellectual, emotional as well as

social traumas, disappointments and upheavals that come as part of the bag and baggage for the disciples of medicine. This requires a specific degree of inherent peace and stability within men and women of medicine that oozes out of the boon and womb of professional ambition, serving satisfaction and humanely emotion all of which evolve within soothing calm of domestic, social as well as individual fronts that thrive with the sense of human connectivity where daily life burdens are bartered for fuels of livelihood at the fronts and forefronts of collective existence with the loved and the beloved and with the wizened and the widened – something that has been slowly disappearing with the change of our social texture where traditional roles of the guides and mentors and of the teachers and the learners have been gradually falling to the invading army of individualism and provision.

This, thus has been creating unregistered emotional as well as professional vacuums within the evolving medical professionals which in the gradual absence of those who could connect to defuel it has been depriving the medical learners of the stability required to counter academic, professional as well as evolutionary traumas in an avid way and is making them crumble within the seclusion of their own individuality that is incarcerating them to the realm of psycho-psychiatric disorders. Lack of detectivity of this by mentors who could be trusted and connected

to at established psycho-psychiatric fora within the medical institutes along with the existing social taboos regarding the disclosure of psycho-psychiatric collapse to the people in charge as well as the lack of understanding at domestic, social and even at professional fronts is making an unaccounted and unrecognized number of medical aspirants to slowly wither at the door of their own loneliness which is making us lose the spark that could have provided the healing charm to the bereaved strata of our godforsaken society.

This has become absolutely essential that parents and teachers as well as educationists and psychiatrists shall put integrated efforts to make the availability of counseling counters for the evolving doctors of our society where the most wizened and non-traditional dignitaries of ours could help the evolving doctors with connectivity, understanding and grooming without the sacrilege ushered by social as well as professional taboos so that our future health professionals could seek guidance as well as strength to overcome the domestic, social and professional stressors in an amicable way in order to evolve into exemplary health exponents. The time bracket available to us is slowly fading away and if the educationists and psychiatrists do not stand up to this now they shall see those responsible for their own wellbeing tomorrow, withering today at their own doorstep creating

a future that will be most bleak to those at helm of affairs today.