**Title: Making Medical Education Great Again?**

**Author:**

Chetna Dengri

7th semester Medical Student

University College of Medical Sciences (UCMS) & GTB hospital, Delhi

**Address:** Girls hostel, UCMS& GTB hospital, Dilshad Garden, Delhi-110095

**Email id:** [chetnadengri@gmail.com](mailto:chetnadengri@gmail.com)

**Phone no.:** +91-9818708862

**Conflict of interests:** The author(s) declared no potential conflicts of interest with respect to the research, authorship and/or publication of this article.

**Main article:**

“Medical school can be brutal and it is making many of us suicidal” states an article by Washington post after a student commits suicide at one of the best medical schools in the world. Mental health issues are quite common among medical students. There are times when these students who once dreamed of saving lives couldn’t save themselves and commit suicide. Researches have shown that once a student enters into medical school they are 15-30% at a greater risk to develop mental health problems than the general population but surprisingly there are not enough studies which address the reason for this brutality of medical school.

Through my reading about this issue, I came across student article/ blogs which stated that the- never ending competition among medical students- to be better than the person standing beside us is one of the main reason for student burn-out. Over the years, we students are taught through competitive learning- from premed years to appearing for exams to get a postgraduate seat in top notch college, this has done more harm than benefit- we are becoming capable enough to solve Multiple Choice Question but are losing our ability of peer learning. We have our hidden insecurity of some-else doing better than us which hinders us from discussing with each other, learning from our mistakes and that of others.

Medical students are becoming more focused on their ranks and scores but we need to realise that we are not defined by our score but by our desire to be healers. With this aim of promoting peer- learning- I founded “Illuminous – the medical quiz society of University College of Medical Sciences (UCMS), Delhi”. Illuminous- the word means one who shines bright enough to enlighten others. It has been almost a year since the start of our society- and we are the largest student lead group at UCMS with more than 150 members from all semesters, who meet biweekly for a 20-25 questioned quiz section followed by detailed discussion among students. But, do we check answers and rank students? NO

There are times when a team who gets only one question right- and that’s the question no one-else has any idea about- and they get the chance to explain it. That’s the beauty of quizzing – in the end we learn equally and we learn from each other without the sense of being defeated or scoring the highest!

**MAKING MEDICAL EDUCATION GREAT AGAIN? maybe**

**Abstract:**

Over the years, we medical student are taught through competitive learning. This has done more harm than benefit as peer learning becomes a rare phenomenon due to our hidden insecurity of a fellow batchmate doing better than us. Medical students of University College of Medical Sciences, Delhi start an innovative student lead society to bring back the essence of learning from each other and helping others learn from one’s mistakes.

Image:

