

**STRENGTHENING HEALTHCARE THROUGH NEW EMERGING MEDICAL COLLEGES IN INDIA: STUDENT CHALLENGES, INSTITUTIONAL FLAWS, AND FUTURE PROSPECTS****Dr. B. P. Meena**

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**ABSTRACT**

India has witnessed a rapid expansion of medical education infrastructure with the establishment of new medical colleges across various states to address the growing demand for healthcare professionals and improve healthcare accessibility. While this expansion has significantly increased the number of MBBS seats and strengthened tertiary healthcare services, it has also introduced several challenges related to student wellbeing, institutional infrastructure, and administrative preparedness. This paper highlights key challenges faced by students in newly established medical colleges in India, including psychological stress, accommodation issues, transportation barriers, and lack of recreational and extracurricular facilities. It also presents practical institutional solutions based on real-world academic environments, including initiatives from Government Medical College and Hospital, Sawai Madhopur, Rajasthan, India, where structured mental health discussions are conducted twice weekly. The study further discusses future prospects and recommendations to improve student satisfaction, institutional efficiency, and overall quality of medical education in India.

**KEYWORDS :** Medical Education, Student Wellbeing, Mental Health, Accommodation, Transportation, India, New Medical Colleges**INTRODUCTION**

The expansion of medical colleges in India represents one of the most significant developments in the healthcare education system in recent years. With increasing population demands, rising disease burden, and shortage of healthcare professionals, the government has prioritized the establishment of new medical colleges, particularly in underserved and rural regions.

While this expansion has improved access to medical education and healthcare services, many newly established institutions face structural and functional challenges. These challenges not only affect institutional performance but also significantly impact the physical, emotional, and psychological wellbeing of medical students.

Medical education is inherently stressful, requiring long hours of study, clinical exposure, emotional resilience, and continuous academic performance. In newly established colleges, these pressures are often intensified due to infrastructural limitations, transportation difficulties, and lack of adequate student support systems.

This paper aims to explore these challenges and propose feasible institutional solutions for improving the learning environment and student wellbeing.

**Aim**

To analyse student-related challenges in newly established medical colleges in India and suggest practical institutional solutions to improve medical education quality and student wellbeing.

**Objectives**

1. To study psychological stress and mental health challenges among MBBS students.
2. To evaluate accommodation-related issues in newly established medical colleges.
3. To assess transportation barriers faced by students in remote medical institutions.
4. To analyse the importance of extracurricular and recreational activities in student wellbeing.
5. To suggest institutional strategies for improving student satisfaction and medical education quality.

**METHODOLOGY**

This paper is based on institutional observations, academic experiences, and analysis of student welfare systems in newly established medical colleges in India. Practical insights from Government Medical College and Hospital, Sawai Madhopur, Rajasthan, India, have been incorporated to provide real-world context.

**Psychological Stress and Mental Health Challenges**

Medical students often experience significant psychological stress due

to academic workload, competitive examinations, clinical responsibilities, and uncertainty regarding future career progression. In newly established medical colleges, these stressors may be amplified due to transitional infrastructure and developing academic systems.

Common issues include:

- Examination-related anxiety
- Academic pressure and performance stress
- Homesickness and emotional isolation
- Burnout and fatigue
- Fear of failure in professional examinations

To address these challenges, structured psychological support systems are essential. At Government Medical College and Hospital, Sawai Madhopur, Rajasthan, India, Mondays and Thursdays are specifically reserved for discussions related to student mental stress, emotional wellbeing, and counselling sessions. This initiative promotes early identification of stress-related issues and encourages students to openly discuss their concerns.

Additional recommended measures include:

- Faculty mentorship programs
- Peer support groups
- Regular counselling sessions
- Stress management workshops
- Mindfulness and relaxation training

Such interventions help students develop coping strategies and maintain emotional stability during medical training.

**Accommodation and Hostel Facilities**

Accommodation plays a critical role in shaping the overall student experience in medical colleges. Newly established institutions often face challenges in providing adequate hostel facilities during initial phases of development.

Key issues include:

- Limited hostel capacity during early institutional years
- Hygiene and sanitation concerns
- Adjustment difficulties for first-year students
- Safety and security concerns
- Lack of recreational and study spaces

To improve student living conditions, institutions should focus on:

- Development of separate hostels for male and female students
- Provision of clean and safe living environments
- Availability of study halls and common rooms
- Internet and digital learning access
- Proper hostel administration and grievance systems

A well-structured hostel environment contributes significantly to academic performance and mental wellbeing.

### Transportation and Accessibility Challenges

Many newly established medical colleges are located in remote or semi-urban areas, away from city centres. This creates significant transportation challenges for students.

Common Difficulties Include:

- Lack of public transportation such as autos and cabs
- Limited access to nearby markets, cafes, and essential services
- Difficulty in emergency travel situations
- Dependence on irregular or private transport arrangements

These challenges can lead to inconvenience, isolation, and increased stress among students.

Possible solutions include:

- Institutional shuttle bus services
- Tie-ups with local transport providers
- On-campus essential stores and cafeterias
- Scheduled transport systems for students and staff

Improved transportation facilities are essential for ensuring safety, convenience, and overall student satisfaction.

### Mental Stability, Recreation, and Student Satisfaction

Student wellbeing is not only dependent on academic success but also on physical activity, recreation, and social engagement. Newly established medical colleges must ensure adequate facilities for extracurricular development.

Important aspects include:

- Sports grounds for outdoor activities
- Indoor games and recreational areas
- Cultural and academic events
- Student clubs and societies
- Yoga and wellness programs

These activities help in:

- Reducing stress and anxiety
- Improving physical health
- Enhancing teamwork and leadership skills
- Promoting emotional balance

A balanced academic and extracurricular environment is essential for producing competent and mentally resilient healthcare professionals.

### Institutional Solutions and Recommendations

To improve student wellbeing and institutional effectiveness, the following strategies are recommended:

#### Academic Support

- Structured mentorship programs
- Regular academic counselling
- Early identification of struggling students

#### Mental Health Support

- Dedicated counselling cells
- Scheduled stress discussion sessions
- Peer support systems

#### Infrastructure Development

- Improved hostel facilities
- Better classroom and laboratory infrastructure
- Digital learning platforms

#### Transportation Solutions

- Institutional transport systems
- Safe and reliable commuting options

#### Recreational Development

- Sports infrastructure
- Indoor activity zones
- Cultural engagement programs

#### Exposure and Motivation

- Educational tours within and outside the state
- Clinical exposure programs in advanced institutes
- Workshops and conferences

Such initiatives help students develop enthusiasm toward the medical profession and improve their overall learning experience.

### DISCUSSION

The expansion of medical colleges in India has significantly improved access to medical education and healthcare services. However, infrastructure development alone is insufficient to ensure quality education. Student wellbeing must be considered a central component of institutional planning.

Psychological stress, accommodation issues, transportation barriers, and lack of recreational facilities are common challenges in newly established institutions. These issues can negatively affect academic performance, emotional stability, and professional development.

Institutions like Government Medical College and Hospital, Sawai Madhopur, Rajasthan, India demonstrate that structured mental health initiatives and student engagement programs can play an important role in improving student satisfaction and wellbeing.

A holistic approach combining academic excellence, infrastructure development, mental health support, and extracurricular engagement is necessary for sustainable improvement in medical education.

### CONCLUSION

Newly established medical colleges in India play a crucial role in strengthening healthcare infrastructure and increasing the availability of medical professionals. However, several challenges persist, particularly those affecting student wellbeing and institutional functionality.

Addressing psychological stress, improving accommodation, ensuring transportation accessibility, and promoting recreational activities are essential for creating a supportive learning environment.

With appropriate institutional reforms, policy support, and student-centered approaches, medical colleges can significantly enhance both educational outcomes and healthcare delivery systems in India.

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#### Ethical Approval

Not applicable as this is based on observations.

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