

Research Article

The Medical Profession: A Lifelong Commitment to Humanity

Dr. Sharadkumar Pralhad Sawant^{1*}, Dr. Shaheen Rizvi², Dr. Nikita Jakhar³, Dr. Amit Manchanda⁴, Dr. Priyatama Sharadkumar Sawant⁵, Viren Sharadkumar Sawant⁶.

^{1*}Department of Anatomy, Prince Medical College, Sikar, Rajasthan University of Health Sciences, Rajasthan, India.

²Department of Anatomy, Geetanjali Medical College, Rajasthan University of Health Sciences, Udaipur, Rajasthan, India.

³Assistant Professor, Department of Pharmacology, KM Medical College and Hospital

⁴Department of Anatomy, Prince Medical College, Sikar, Rajasthan University of Health Sciences, Rajasthan, India.

⁵Department of Ayush, Prince Hospital, Sikar, Rajasthan University of Health Sciences, Rajasthan, India.

⁶Volgograd University Medical College, Russia.

Email: ^{1*}drspawant@gmail.com, ²rizvishaheen68@gmail.com, ³n303500@gmail.com, ⁴dramitsmile@gmail.com, ⁵drpriyatamasawant@gmail.com, ⁶virensawant46@gmail.com

Corresponding Author: Dr. Sharadkumar Pralhad Sawant

Rajasthan University of Health Sciences.

Faculty Quarters, Prince Hospital Campus, Rajasthan, India, 332403.

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ABSTRACT

Background: The medical profession has long been regarded as one of the noblest and most respected professions because of its unwavering commitment to preserving life, alleviating suffering, and promoting the health and well-being of individuals and communities. Despite rapid technological advancements, evolving healthcare systems, and changing patient expectations, the fundamental principles of medicine—compassion, professionalism, ethical conduct, and lifelong learning—remain unchanged. Modern physicians are expected not only to possess scientific knowledge and clinical competence but also to demonstrate empathy, communication skills, integrity, and social responsibility. This review explores the evolution of the medical profession, its enduring core values, and its relevance in contemporary medical education and healthcare delivery.

Objective: To review the historical evolution of the medical profession, discuss its ethical and humanitarian foundations, and highlight the importance of professionalism, lifelong learning, and patient-centered care in modern medicine.

Methods: A narrative review was conducted using recent literature published between 2021 and 2026, together with authoritative guidelines from the World Health Organization (WHO), National Medical Commission (NMC), World Medical Association (WMA), and other international organizations. Peer-reviewed articles related to medical professionalism, ethics, anatomy education, physician well-being, competency-based medical education, and healthcare delivery were reviewed.

Results: The medical profession has evolved from traditional healing practices to evidence-based, technology-assisted healthcare while maintaining its central commitment to humanity. Advances in artificial intelligence, digital health, precision medicine, simulation-based education, and competency-based medical education have transformed clinical practice and medical training. Nevertheless, compassion, ethical responsibility, respect for human dignity, lifelong learning, teamwork, and patient-centered care remain indispensable characteristics of a competent physician. Anatomy education, particularly cadaveric dissection, continues to play a pivotal role in nurturing professional identity, empathy, and respect for human life.

Conclusion: Medicine is far more than an occupation; it is a lifelong commitment to humanity characterized by service, compassion, scientific excellence, and ethical responsibility. Continuous professional development, technological adaptation, and humanistic values will remain essential for preparing future physicians capable of addressing evolving global healthcare challenges while preserving the trust placed in the medical profession.

Keywords: Medical profession, Professionalism, Humanity, Medical ethics, Anatomy education, Compassion, Lifelong learning, Competency-based medical education, Humanism, Healthcare.

INTRODUCTION

The medical profession occupies a unique position among all professions because it directly concerns the preservation of human life and the alleviation of suffering. For centuries, physicians have been entrusted with responsibilities that extend beyond diagnosis and treatment, encompassing compassion, ethical conduct, patient advocacy, education, and public health. Society places immense confidence in medical professionals, expecting them to combine scientific competence with integrity, empathy, and accountability. Consequently, medicine has traditionally been recognized not merely as a career but as a lifelong vocation dedicated to humanity (1).

Rapid advances in biomedical science, digital technologies, artificial intelligence (AI), telemedicine, genomics, and precision medicine have revolutionized healthcare delivery during the twenty-first century (2). These innovations have improved diagnostic accuracy, therapeutic interventions, disease surveillance, and patient outcomes. Simultaneously, competency-based medical education (CBME), interdisciplinary collaboration, and evidence-based practice have reshaped undergraduate and postgraduate medical training worldwide (3). Despite these technological transformations, the essence of medicine continues to rest upon human values, compassionate care, ethical decision-making, and respect for patient autonomy (4).

Modern physicians encounter increasingly complex challenges, including aging populations, emerging infectious diseases, antimicrobial resistance, chronic non-communicable diseases, healthcare inequalities, physician burnout, and rapidly changing societal expectations (5). These challenges require healthcare professionals to possess not only advanced clinical knowledge but also resilience, communication skills, cultural competence, leadership, teamwork, and lifelong learning abilities. Medical professionalism has therefore become an essential competency that integrates scientific excellence with moral responsibility and patient-centered care (6).

Among the foundational sciences, anatomy occupies a central role in developing professional identity and ethical values among medical students. Cadaveric dissection has historically served as an initiation into the medical profession, fostering respect for human dignity, empathy toward donors, teamwork, discipline, and professional responsibility (7). The dissection hall represents one of the

earliest environments where students recognize the privilege and responsibility associated with caring for human beings. Contemporary anatomy education increasingly integrates digital technologies, including three-dimensional visualization, virtual dissection, augmented reality, and artificial intelligence, while preserving the educational and ethical significance of cadaver-based learning (8).

The World Health Organization (WHO), World Medical Association (WMA), and National Medical Commission (NMC) emphasize that modern medical education should produce physicians who are scientifically competent, ethically responsible, socially accountable, and committed to continuous professional development (9). These recommendations reinforce the concept that medicine extends beyond technical expertise and encompasses compassion, honesty, respect, professionalism, and service to society (10).

This review examines the historical evolution of the medical profession, explores its enduring humanitarian and ethical foundations, and discusses the core values that continue to define medicine as a lifelong commitment to humanity. Understanding these principles is essential for educating future physicians capable of balancing technological innovation with compassionate patient care while maintaining the trust that society places in the medical profession (11).

The Medical Profession: Historical Evolution and Core Values

The origins of the medical profession can be traced to ancient civilizations, where healing practices combined empirical observations with philosophical and spiritual beliefs. Ancient Egyptian, Indian, Chinese, Greek, and Roman physicians laid the foundations of medical knowledge through systematic observation of disease, human anatomy, and therapeutic interventions (12). Among these early traditions, the Hippocratic School introduced ethical principles that continue to influence modern medical practice, emphasizing beneficence, non-maleficence, confidentiality, and professional integrity (13).

During the medieval and Renaissance periods, anatomical discoveries, scientific inquiry, and the establishment of universities transformed medicine into a structured academic discipline. Landmark contributions by anatomists and physicians advanced understanding of human structure and function, establishing anatomy as the cornerstone of medical education (14). The

introduction of cadaveric dissection revolutionized anatomical learning and strengthened the relationship between scientific knowledge and clinical practice (15). The nineteenth and twentieth centuries witnessed unprecedented advances in microbiology, pathology, pharmacology, surgery, anesthesia, radiology, and public health. Evidence-based medicine gradually replaced empirical therapeutic approaches, leading to significant improvements in patient survival and life expectancy (16). More recently, digital technologies, artificial intelligence, robotic surgery, genomic medicine, and telehealth have transformed healthcare delivery, enabling personalized and precision medicine (17).

Despite remarkable scientific progress, the fundamental values of medicine have remained remarkably consistent. Compassion enables physicians to understand patients' physical, emotional, psychological, and social needs. Respect for human dignity recognizes every patient's intrinsic worth regardless of age, gender, socioeconomic status, ethnicity, religion, or cultural background. Professional integrity requires honesty, accountability, confidentiality, and ethical conduct in every aspect of patient care (18).

Lifelong learning has become another defining characteristic of the medical profession. Continuous advances in medical science necessitate regular updating of knowledge, acquisition of new clinical skills, and adaptation to emerging technologies. Modern physicians are therefore expected to engage in continuing professional development, evidence-based practice, clinical research, and reflective learning throughout their careers (19).

Equally important is the physician's commitment to service. Medicine is fundamentally a profession of public trust in which patient welfare always supersedes personal interests. This commitment extends beyond hospitals and clinics to encompass preventive medicine, health education, community engagement, disaster response, and global health initiatives (20).

Thus, while medical science continues to evolve, the defining principles of the profession—humanity, compassion, ethical responsibility, scientific excellence, and lifelong dedication to patient welfare—remain timeless. These enduring values distinguish medicine from many other professions and continue to inspire generations of physicians to serve

society with competence, humility, and compassion (21).

The Medical Profession as a Lifelong Commitment to Humanity

Medicine is more than a profession; it is a lifelong commitment to serving humanity through the promotion of health, prevention of disease, relief of suffering, and preservation of human dignity. Unlike many other professions, physicians are entrusted with responsibilities that extend beyond technical expertise, requiring continuous dedication to patients, families, and society throughout their professional lives (22).

The physician–patient relationship is founded on trust, compassion, confidentiality, and mutual respect. Patients often seek medical care during moments of vulnerability, placing immense confidence in physicians' knowledge, judgment, and ethical conduct. This trust obligates healthcare professionals to prioritize patient welfare above personal interests while delivering evidence-based, equitable, and compassionate care (23).

The rapidly evolving landscape of healthcare demands lifelong learning. Advances in genomics, artificial intelligence (AI), robotics, telemedicine, precision medicine, and digital health continuously reshape clinical practice, requiring physicians to update their knowledge and skills throughout their careers (24). Continuing Medical Education (CME), Continuing Professional Development (CPD), clinical audits, research participation, and evidence-based practice have therefore become integral components of professional life (9, 10).

Equally important is physicians' responsibility toward public health. The COVID-19 pandemic reaffirmed the indispensable role of healthcare professionals in disease prevention, emergency response, vaccination campaigns, community education, and health system resilience (12, 13). Physicians continue to contribute beyond hospitals through health promotion, epidemiological surveillance, disaster management, environmental health advocacy, and policy development. Such activities exemplify medicine's broader commitment to humanity and social accountability (25).

Healthcare delivery has also become increasingly multidisciplinary. Modern physicians collaborate closely with anatomists, nurses, physiotherapists, pharmacists, laboratory scientists, radiologists, public health professionals, and healthcare administrators to

provide comprehensive patient care. Effective teamwork, communication, mutual respect, and shared decision-making are now recognized as essential competencies for improving patient outcomes and healthcare quality (26).

Digital transformation has further expanded opportunities for delivering healthcare. Telemedicine, electronic health records, remote patient monitoring, mobile health applications, and AI-assisted clinical decision support have improved healthcare accessibility, particularly for underserved populations (5–8,11). Nevertheless, technological advancement should never diminish the humanistic aspects of medicine. Compassionate listening, empathy, ethical reasoning, and individualized patient care remain irreplaceable components of quality healthcare (27).

Ultimately, lifelong commitment in medicine encompasses continuous learning, professional accountability, scientific advancement, ethical responsibility, and unwavering dedication to patient welfare. These enduring principles sustain public confidence in the medical profession and define the physician's lifelong service to humanity.

Professionalism, Ethics, and Compassion in Medical Practice

Professionalism represents the foundation of safe, ethical, and patient-centered medical practice. It encompasses integrity, accountability, honesty, competence, respect, confidentiality, altruism, and commitment to lifelong learning (2, 9, 10, 16). Modern competency-based medical education recognizes professionalism as a core competency equal in importance to medical knowledge and clinical skills.

Medical ethics provides the moral framework guiding physicians' professional conduct. The four universally accepted ethical principles—beneficence, non-maleficence, autonomy, and justice—continue to underpin clinical decision-making (2, 11, 24). Beneficence requires physicians to act in patients' best interests, whereas non-maleficence emphasizes avoiding harm. Respect for patient autonomy acknowledges individuals' rights to participate in healthcare decisions, while justice promotes equitable access to healthcare irrespective of socioeconomic status, ethnicity, religion, or gender.

Confidentiality remains another fundamental ethical obligation. Increasing digitalization of healthcare has enhanced access to medical information but has simultaneously introduced

concerns regarding data privacy, cybersecurity, and responsible use of artificial intelligence. Physicians must therefore ensure appropriate protection of patient information while complying with legal and ethical standards (5, 7, 11).

Compassion distinguishes medicine from purely technical professions. Compassion involves recognizing patients' physical, emotional, psychological, and social suffering while responding with kindness, empathy, and genuine concern. Compassionate physicians establish stronger therapeutic relationships, improve patient satisfaction, encourage treatment adherence, and contribute to better health outcomes (2, 3, 16).

Effective communication constitutes another essential element of professionalism. Physicians must communicate clearly, honestly, and respectfully with patients, relatives, colleagues, and healthcare teams. Shared decision-making and culturally sensitive communication promote patient autonomy and strengthen therapeutic alliances (9, 10).

Physician well-being has also emerged as an important component of professionalism. Increasing workloads, administrative responsibilities, workplace violence, and emotional stress contribute to burnout, anxiety, depression, and reduced job satisfaction among healthcare professionals (14, 15). Institutions therefore have a responsibility to foster supportive work environments, mentorship programmes, resilience training, and mental health services that promote physician wellness while maintaining high standards of patient care.

Thus, professionalism, ethics, and compassion collectively define the character of an excellent physician. Scientific knowledge alone is insufficient without moral responsibility, empathy, and dedication to serving humanity.

Role of Anatomy in Developing Professional Identity

Anatomy is the cornerstone of medical education and plays a unique role in shaping students' professional identity. Beyond providing comprehensive knowledge of human structure, anatomy education introduces future physicians to ethical responsibility, respect for human dignity, teamwork, discipline, and compassionate care (17–21).

Cadaveric dissection remains one of the most transformative educational experiences during undergraduate medical training. The cadaver is

often referred to as the medical student's "first teacher" or "silent teacher," representing an extraordinary act of altruism through voluntary body donation. Exposure to cadaveric dissection encourages students to appreciate the privilege of learning from human donors while cultivating humility, gratitude, empathy, and professional responsibility (17–19).

The dissection hall also provides opportunities to develop essential non-technical competencies. Students learn teamwork, leadership, communication, problem-solving, professionalism, and mutual respect while working collaboratively during dissections. These experiences contribute significantly to the formation of professional attitudes that extend into clinical practice (18, 19).

Modern anatomy education has evolved through integration of three-dimensional visualization, virtual dissection tables, digital imaging, augmented reality, virtual reality, artificial intelligence, and radiological anatomy (5–8, 20, 21). These technologies enhance

spatial understanding, facilitate self-directed learning, and improve clinical correlation. However, they should complement—not replace—cadaveric dissection, which remains irreplaceable for appreciating anatomical variation, tissue texture, and the ethical dimensions of medical practice (18–21).

Competency-Based Medical Education further emphasizes integration of anatomy with physiology, pathology, surgery, radiology, and clinical medicine, enabling students to appreciate the clinical relevance of anatomical knowledge from the beginning of medical training (28).

Anatomy education therefore contributes not only to scientific competence but also to the cultivation of compassion, ethical awareness, professional behaviour, and lifelong respect for human life. It represents the first step in transforming medical students into competent, compassionate, and socially accountable physicians.

Table 1. Core Values of the Medical Profession

No.	Core Value	Description	Importance In Clinical Practice
1.	Compassion	Understanding And Responding To Patients' Suffering	Improves Patient Trust And Satisfaction
2.	Professionalism	Integrity, Accountability, Honesty, And Competence	Ensures Ethical Healthcare Delivery
3.	Respect	Respect For Patient Dignity And Autonomy	Promotes Patient-Centered Care
4.	Lifelong Learning	Continuous Acquisition Of Knowledge And Skills	Maintains Clinical Competence
5.	Empathy	Understanding Patients' Emotional Experiences	Strengthens Physician–Patient Relationship
6.	Service	Commitment To Society And Public Health	Enhances Community Healthcare Outcomes
7.	Teamwork	Collaboration With Multidisciplinary Healthcare Teams	Improves Patient Safety And Quality Of Care
8	Ethical Practice	Adherence To Ethical And Legal Principles	Maintains Public Trust

Table 2. Contribution of Anatomy Education to Professional Development

No.	Educational Component	Professional Competency Developed
1.	Cadaveric Dissection	Respect for human dignity and body donation
2.	Team-based Dissection	Communication, teamwork, leadership
3.	Clinical Anatomy	Clinical reasoning and decision-making
4.	Radiological Anatomy	Diagnostic interpretation skills
5.	Digital Anatomy Platforms	Self-directed and lifelong learning
6.	Histology Practical	Microscopic diagnostic understanding
7.	Surface Anatomy	Patient examination skills
8	Anatomy Museum	Observation and analytical skills
9.	Ethics Sessions	Professional behaviour and responsibility
10.	Reflective Learning	Empathy and professional identity formation

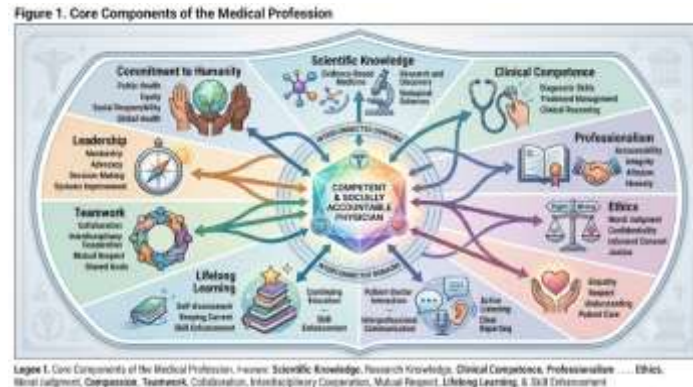


Figure 1. Core Components of the Medical Profession

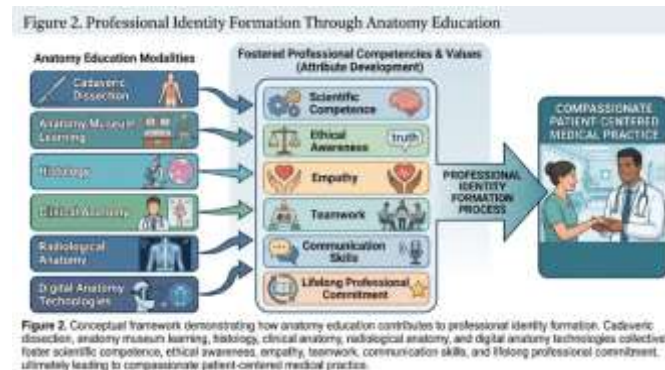


Figure 2. Professional Identity Formation through Anatomy Education

Challenges in Modern Medical Practice

The medical profession is experiencing unprecedented transformation driven by scientific innovation, technological advancement, demographic transitions, and changing societal expectations. While these developments have significantly improved healthcare delivery, they have also introduced complex challenges that demand continuous adaptation by healthcare professionals (5–10). One of the most significant challenges is the rapid expansion of medical knowledge. The exponential growth of biomedical research, artificial intelligence (AI), precision medicine, genomics, and digital health technologies requires physicians to continually update their knowledge and clinical skills throughout their careers (5–8). Lifelong learning has therefore become an essential professional obligation rather than an optional activity (9, 10).

Physician burnout has emerged as a global concern affecting healthcare quality, patient safety, and workforce sustainability. Heavy clinical workloads, administrative responsibilities, electronic documentation, medicolegal concerns, long working hours, and emotional stress contribute to physical exhaustion, anxiety, depression, and reduced job satisfaction among healthcare professionals

(14, 15). Burnout not only affects physicians' well-being but also increases the risk of medical errors, reduced empathy, and diminished quality of patient care (14, 15).

Healthcare inequalities continue to challenge medical professionals worldwide. Significant disparities remain in healthcare accessibility, infrastructure, workforce distribution, and availability of advanced diagnostic and therapeutic facilities, particularly in rural and economically disadvantaged regions (11, 22). Physicians increasingly serve diverse populations with varying cultural, socioeconomic, and educational backgrounds, necessitating cultural competence, effective communication, and equitable healthcare delivery (2, 16).

The widespread adoption of artificial intelligence and digital technologies has created both opportunities and ethical dilemmas. AI-assisted diagnostics, predictive analytics, robotic surgery, and decision-support systems have improved clinical efficiency and diagnostic accuracy (5–8). However, concerns regarding algorithmic bias, patient privacy, cybersecurity, transparency, accountability, and overdependence on technology require careful ethical consideration. Physicians must remain responsible for clinical decision-making while

using AI as an adjunct rather than a replacement for professional judgment (6–8). Emerging work in anatomy and medical education similarly emphasizes balancing innovation with ethical practice and human oversight.

Maintaining professionalism in increasingly complex healthcare systems presents another challenge. Commercialization of healthcare, rising patient expectations, social media influence, misinformation, and medicolegal issues place additional pressure on physicians. Maintaining integrity, honesty, confidentiality, empathy, and ethical decision-making remains fundamental despite these evolving circumstances (2, 11, 16).

Medical education itself faces continuous reform. Competency-Based Medical Education (CBME), interprofessional education, digital learning, simulation-based teaching, and AI-

assisted education require institutions and educators to redesign curricula while preserving essential humanistic values (9, 10). Anatomy education has likewise evolved through digital innovations, although cadaveric dissection continues to provide irreplaceable opportunities for developing professionalism, empathy, and ethical responsibility (17–21).

Finally, global public health emergencies—including emerging infectious diseases, climate change, antimicrobial resistance, and future pandemics—highlight the expanding responsibilities of physicians beyond clinical practice. Modern medical professionals must actively participate in disease prevention, health promotion, disaster preparedness, research, policy development, and community engagement to improve population health (11, 12).



Figure 3. Future Framework for the Medical Profession

Future Perspectives

The future of the medical profession will be shaped by the harmonious integration of technological innovation with the enduring principles of compassionate, patient-centered care. Although artificial intelligence, precision medicine, digital health, genomics, robotics, and virtual healthcare will continue to transform clinical practice, these advances should strengthen rather than replace the physician–patient relationship (5–8).

Medical education is expected to become increasingly personalized through adaptive learning platforms, AI-assisted assessment, virtual reality simulation, augmented reality, and competency-based digital portfolios (5–10). These innovations can improve learning efficiency, clinical reasoning, and procedural competence while supporting lifelong professional development. Recent educational scholarship also highlights the need for structured AI literacy and ethical frameworks within undergraduate medical curricula.

Anatomy education will continue evolving through hybrid educational models that integrate cadaveric dissection, three-dimensional visualization, radiological anatomy,

virtual dissection, and artificial intelligence. Nevertheless, cadaver-based learning will remain indispensable for cultivating empathy, professionalism, anatomical variation appreciation, and respect for human dignity (17–21).

Future physicians must also develop competencies extending beyond clinical expertise, including leadership, teamwork, health informatics, communication, cultural competence, advocacy, and healthcare management (9, 10, 16). These attributes will enable physicians to function effectively within multidisciplinary healthcare systems while responding to rapidly changing societal needs. Wellness initiatives should become integral components of healthcare institutions and medical education. Organizational support, mentorship, resilience training, mental health services, and healthy work environments will be essential for preventing burnout and sustaining professional excellence throughout physicians' careers (14, 15).

Global collaboration among medical schools, professional organizations, policymakers, and healthcare institutions will facilitate equitable

access to medical education, research opportunities, digital technologies, and quality healthcare services. Continued emphasis on ethics, professionalism, and humanity will

ensure that scientific progress remains aligned with patient welfare and social accountability (9, 11, 22).

Table 2. Contribution of Anatomy Education to Professional Development.

No.	Priority Area	Recommended Strategy	Expected Outcome
1.	Medical Education	Competency-based and technology-enhanced learning	Better clinical competence
2.	Professionalism	Ethics and communication training	Improved patient trust
3.	Lifelong Learning	Mandatory CME and CPD	Updated clinical knowledge
4.	Artificial Intelligence	Responsible AI integration with human oversight	Safer and more efficient care
5.	Physician Wellness	Burnout prevention and mental health support	Improved workforce sustainability
6.	Research & Innovation	Encourage evidence-based research	Higher quality healthcare
7.	Public Health	Community engagement and preventive medicine	Better population health
8	Anatomy Education	Hybrid learning with cadaveric and digital methods	Stronger professional identity

CONCLUSION

Medicine remains one of humanity's most respected professions because it combines scientific excellence with compassion, ethical responsibility, and unwavering commitment to human welfare. Despite remarkable advances in biomedical science, artificial intelligence, digital technologies, and precision medicine, the essence of medical practice continues to rest upon empathy, professionalism, integrity, lifelong learning, and respect for human dignity. The historical evolution of medicine demonstrates that while scientific knowledge and healthcare technologies continually advance, the profession's core values remain constant. Compassionate care, ethical conduct, patient-centered practice, and service to society distinguish medicine from other professions and sustain public trust.

Anatomy education plays a foundational role in nurturing these values. Cadaveric dissection, clinical anatomy, and modern digital learning technologies collectively contribute to the development of competent, ethical, and compassionate physicians. The integration of technological innovations should complement—not replace—the humanistic principles that define medical practice.

Looking ahead, the future of medicine depends upon balancing technological advancement with professional integrity, scientific innovation with ethical responsibility, and clinical competence with compassionate care. Investment in medical education, faculty development, physician wellness, digital literacy, and ethical leadership will prepare

future physicians to address emerging global healthcare challenges while preserving the profession's enduring commitment to humanity. Ultimately, the medical profession is not merely a career but a lifelong calling dedicated to serving humanity with knowledge, compassion, integrity, and selfless commitment. By embracing continuous learning, ethical practice, and patient-centered care, physicians will continue to uphold the timeless ideals that have defined medicine for centuries and will remain fundamental to healthcare in the future.

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