

BULLETIN

Editor:

KHADIJA AMIR, 3rd YEAR MBBS
DR. HALA RAJAB, DIRECTOR, UMR

15th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE 2022



INTRODUCTION:

Undergraduate Medical Research Conference, the face of Peshawar Medical College. An event that is known nationwide for its exemplary work in promoting the research culture among the undergraduate students of the vast field of medical and basic sciences. Not only providing the youth with a strong platform to display their research work but also grooming them to have better skills in communication and social interaction.

Research means knowing more and in-depth about a certain topic.

As **W. Edwards Deming** said **“Without data, you are just another person with an opinion”** and that is exactly what research helps us with, it provides us with data on which we base our entire hypothesis and get a conclusion that can help cure and benefit billions.

Before the foundation of the Undergraduate Medical Research Conference in Peshawar Medical College was laid research, culture was considered a taboo topic among the undergraduate students of different medical colleges in Khyber Pakhtunkhwa but as soon as it was laid the concept of research became clearer, students were curious and all eyes were on this new innovative idea.

Thus, all in all, this conference has played a very crucial role in solidifying the core essence of research among our undergraduate students giving them the long-awaited boost to turn their ideas into real actions.

This year despite the post-pandemic situation we were able to hold the **15th Undergraduate Medical Research Conference on the 18th-19th of May 2022**. The conference was a hit from the start, our team, from the Director UMR to the students and helping staff had worked hard day and night for three consecutive months to make this conference as superlative as possible.

OPENING CEREMONY:

The 15th Undergraduate Medical Research Conference officially began at 9:00 am on 18th May 2022 with our **Chief Guest Dr. Adnan Saeed Khan, Director of Nuclear Medicine, Oncology & Radiotherapy Institute (NORI)** performing the ribbon-cutting ceremony alongside **Dr. Aakifullah Khan, Director IRNUM, Dean of Peshawar Medical College Prof. Dr. Hafeez-Ur-Rehman** and numerous senior professors were also a part of this inauguration ceremony.



As pandemic restrictions were officially lifted, this conference was joined by a huge crowd of not only undergraduate medical students but many postgraduate students, senior doctors, professors, and alumni.

The inauguration progressed smoothly as the chief guests were escorted by the Director and President UMR to the main auditorium hall of Peshawar Medical College where this year's conference was initiated.

PLENARY SESSION - NUCLEAR MEDICINE & MOLECULAR IMAGING:

The plenary session was the first part of this conference. The keynote speaker in the plenary session was **Dr. Aakifullah Khan, Director, IRNUM**. In the plenary session, he explained in detail how nuclear medicine was playing a vital role in diagnosing diseases ailing humanity. He further explained how early diagnosing of different diseases related to cancer, cardiology, nephrology, etc., were made easy with the help of molecular imaging and making it possible to get their cures as early as possible.



Moreover, he also applauded the research culture that has been reaching new heights among the undergraduate students.

VIDEOGRAPHY COMPETITION – BRIDGING THE GENERATION GAP:

This year's Videography competition had a very interesting topic "*Bridging the Generation Gap*", a gap that has always existed between the older and younger generation. This time we asked the students to come up with innovative ideas as to how we can mend the generation gap or make it as invisible as possible.

The responses we got in the form of videos were exceptional and extremely creative. After a very tough, careful judgment and markings first position was taken up by "***Amna Khan Khattak & Bibi Mariam for their video – Timeless Connections***".



RESEARCH VERBAL PRESENTATION COMPETITION:

This year Research Verbal Presentation Competition was held both in Peshawar Medical and Dental College on both days. The participants of Research Verbal Presentation Competition were divided into different groups based on their area of research i.e. basic sciences, medical education, public health, etc.

The enthusiasm among the young researchers was inspiring and contagious. A panel of highly qualified judges was present to judge the presentations of the students and giving them positive pointers to make further improvements in their future researches. The winners of the competition were announced on the second day of conference in the closing ceremony. A total of 34 applicants had applied for the Verbal Presentation Competition.



RESEARCH POSTER COMPETITION:

One of the most highlighted parts of the undergraduate medical conference was the poster competition. A very important aspect of research is to display it and explain it properly.

The research Poster Competition was also inaugurated by **Dr. Adnan Saeed Khan and Dr. Aakifullah Khan** in the auditorium of Peshawar Medical College. After going through the research posters, they were quite impressed by the uplifted spirits of our young researchers.

A total of **70** Abstracts were received this year for the poster competition from all over Pakistan including most dental and medical colleges alongside a few allied colleges most of which were approved for display. The research posters were also very carefully marked and judged by our very esteemed judges the results of which were announced on the 2nd day of UMR in the closing ceremony.



RESEARCH SKILL STATIONS:

After the introduction of Research Skill Stations in 2019, they have been a very vital part of UMR. These skill stations are specifically designed to educate undergraduate students or anyone in general who is interested in conducting research about the different important steps of conducting research. These stations have been a success year after year.

Our very own talented students of Peshawar Medical and Dental College are properly trained to conduct these Research Skill Stations. This year a huge sum of students joined us in these sessions showing the curiosity of our youth towards research culture.

The research skill stations conducted were:

1. Effective literature search
2. Study Designs
3. Descriptive statistics
4. Use of Mendeley for referencing
5. The art of presenting your research results: Hands-on use of MS-word and powerpoint.



WORKSHOP:

CONFLICT MANAGEMENT [HOW TO DE-ESCALATE SITUATIONS]

This year a workshop was conducted on the first day of UMR on the topic 'Conflict Management' by Prof. Dr. Muhammad Irfan, Head of Department of Mental Health, Psychiatry and Behavior Sciences, Director ORIC, Peshawar Medical College.

An extremely important topic, a very common situation that all of us have faced or face on a daily basis and the most important thing to do in such situations is to remain calm and tackle the situation through a proper and smooth step-by-step approach that was beautifully explained by our very talented, qualified and well-known Professor Dr. Muhammad Irfan.

Around 40 students joined the workshop this year, by the end of which the session was well appreciated and positive feedback shared.



RESEARCH PAPER REVIEW COMPETITION:

This part of the conference was a new addition to this year's conference. A total of 12 participations from medical colleges all over Pakistan. It was based on the concept of reviewing an already conducted research paper and critically analyzing it. Although it was a new segment in the conference, it received a great response from the students. The first position was secured by **Aminah Saqib** of **4TH Year MBBS** from **Peshawar Medical College**.

RESEARCH QUIZ COMPETITION:

One of the most exciting sessions of UMR is the Research Quiz Competition. This was held in the main auditorium on the second day of UMR, a total of 10 teams applied from different colleges out of which 5 were able to make it to the competition. The competition was conducted with a lot of zest and zeal with the audience immensely enjoying the competition.

It was concluded with the team from **Peshawar Medical College** scoring the highest marks and winning the competition.



CONFERENCE DINNER:

As a constant tradition of UMR, this year as well a Conference Dinner for the participants and members of the team UMR was organized at the end of Day-1 in Peshawar Medical College, where participants joined us to spend a pleasant evening together, sharing bright ideas for future collaborations in the field of medicine and research.



DAY-2: PLENARY and CPSP PRESIDENT & REGIONAL MEMBERS VISIT

The second day of the conference commenced with the visit of **Prof. Dr. Shoaib Shafi**, President of the Physicians & Surgeons, Pakistan accompanied by the regional CPSP members: **Prof. Dr. Jehangir Khan** (Regional Director Abbottabad) and **Prof. Dr. Waqar Alam Jan** (Regional Director Peshawar). They visited the exhibition hall and appreciated the hard work put in to make the event a success. The guests then presided over the plenary session "**Undergraduate Medical Research: from concept to future**" by **Prof. Dr. Muhammad Irfan**, in which the history and progress of the undergraduate medical research in Peshawar Medical college were presented briefly to the audience. **Prof. Dr. Shoaib Shafi** appreciated the successful and uninterrupted holding of the unique event from 2007 to the day and specifically hailed the idea of research rotations as something unparalleled that required replication all over the country. He said that research experience allows undergraduate students to better understand published works; learn to balance collaborative and individual work, determine an area of interest and jump-start their career as researchers.



CLOSING CEREMONY:

The Vice-Chancellor, Riphah University Islamabad, **Prof. Dr. Anis Ahmad** graced the closing ceremony of this conference with his presence. He applauded the young researchers for their hard work and interest in the field of research. His concluding speech stressed to the participants that as Muslim scientists, educators, and health service providers they need to rise beyond the glamor of fame, wealth, and power, to keenly and realistically serve the humankind as a means to seek the pleasure of the Almighty for lasting peace of mind here and unending success in the hereafter. He congratulated the conference organizers and hoped that this culture of research orientation would definitely bring fruit to the future endeavors of the young undergraduate researchers.

The entire event of the Undergraduate Medical Research Conference came to a beautiful end with a short and emotional speech by the **President of UMR: Adnan Shahzad**, and **Director, UMR: Dr. Hala Rajab**. Further announcement of all the position holders of different segments, distribution of certificates and shields among the winners, distribution of shields and certificates among the core team members of UMR, and shields were also presented to the chief guests by the Dean of Peshawar Medical College.

A final group photo was captured of the entire cabinet of the Undergraduate Medical Research Conference with the chief guest: Prof. Dr. Anis Ahmad, Dean PMC: Prof. Dr. Hafeez-Ur-Rehman, Principal PMC: Prof. Dr. Muhammad Aman, Vice Principal PMC: Prof. Dr. Fozia Rauf, Director UMR: Dr. Hala Rajab, and the faculty and staff members.



15th UMR CONFERENCE, Winners

The winners of the competitions were awarded cash prizes, shields, and certificates for their positions and participation. The winners of the competitions are as follows:

POSTER COMPETITION-BASIC & CLINICAL SCIENCES CATEGORY		
1 st	Gulsanga Shams	Peshawar Dental College
2 nd	Aroosha Yousaf	University of Faisalabad
3 rd	Shah Faisal	Abasyn University Peshawar
POSTER COMPETITION-PUBLIC HEALTH & SOCIAL SCIENCES CATEGORY		
1 st	Rameen Jamal	Abbottabad International Medical Institute
2 nd	Khurram manzoor	Shalamar Medical & dental College
3 rd	Muhammad Rashid, Hamza Khan	Gomal Medical College, Peshawar Medical College
POSTER COMPETITION-MEDICAL EDUCATION CATEGORY		
1 st	Marwan Khan	PMC
2 nd	Kawsar Begum	Rufaida Nursing College
3 rd	Nageen Amir zeb	PDC
VERBAL COMPETITION-BASIC & CLINICAL SCIENCES CATEGORY		
1 st	Sidrah Jilani	University of Faisalabad
2 nd	Asad Rehman Khattak, Shahzar Khan	Khyber Medical College, Abdul Wali Khan University
3 rd	Khadija Akhtar	University of Faisalabad
VERBAL COMPETITION- PUBLIC HEALTH & SOCIAL SCIENCES CATEGORY		
1 st	Syed Hassan	Hamdard Medical College
2 nd	Maryam Shabir	Hamdard University
3 rd	Naveed Mansoori	Hamdard Medical College
VERBAL COMPETITION- MEDICAL EDUCATION CATEGORY		
1 st	Hamza farooq	Peshawar Medical College
2 nd	Muhammad Hassan Wahid	Peshawar Medical College
3 rd	Hamza Muhammad	Saidu Medical College

PAPER REVIEW COMPETITION		
1st	Aminah Saqib	Peshawar Medical College
2nd	Ayesha Tahir, Ammarah Muska	Peshawar Medical College
3rd	Hamza Zafar	Peshawar Medical College

RESEARCH QUIZ COMPETITION	
1st	Peshawar Medical College
2nd	Gomal Medical College
3rd	University of Faisalabad

VIDEOGRAPHY COMPETITION		
1st	Amna Khan Khattak and Bibi Maryam for her video "Timeless Connections"	Peshawar Medical College
2nd	Farishta Haq for her video "Golden Bonds"	Peshawar Medical College
3rd	Fahad Dayam for his video "Mendable Gaps"	Peshawar Medical College

THE END