

BULLETIN

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UNDERGRADUATE MEDICAL RESEARCH CONFERENCE 2023



INTRODUCTION:

Undergraduate Medical Research Conference, an event that is known nationwide for its exemplary work in promoting the research culture among undergraduate students of the vast field of medical and basic sciences, was inaugurated by Prime Foundation on the 15th & 16th of March, 2023. This conference aimed at not only providing aspiring researchers with a platform to display their research work but also coaching them to have better skills in communication and social interaction.

Research means knowing more 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 benefit billions.

Before the foundation of the Undergraduate Medical Research Conference was laid research culture at the undergraduate level was not given much importance among the undergraduate students of different medical colleges in Khyber Pakhtunkhwa. The introduction of this conference opened a gateway for undergraduate students to transform their innovative ideas into impactful research.

So, 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.

OPENING CEREMONY:

The 16th Undergraduate Medical Research Conference officially began at 9:00 am on 15th March 2023 with the **Chief Guest Prof. Dr. Mohammad Iqbal Khan, Vice Chancellor of Shifa Tameer-e-Millat University**, performing the ribbon-cutting ceremony **alongside Prof. Dr. Hafeez Ur Rahman, Dean of Peshawar Medical College**.



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 - Research Mentorship:

Prof. Dr. Muhammad Irfan, Director of ORIC PRIME & President PAME conducted a plenary session on research mentorship at the 16th Undergraduate Medical Research Conference.



He shared valuable insights and practical tips that were highly relevant to those aspiring to progress into the field of research. Prof. Dr. Irfan's talk intended to instill in the audience, a passion for research and mentorship. He was able to break down the key components of effective research mentorship in a way that was easy to understand and apply, regardless of one's level of experience. The talk was indeed the best way to start off the research conference.

VIDEOGRAPHY COMPETITION - "I sought I found, Research changes Life":

A videography competition was organized as a part of the research conference focusing on a research-oriented theme; "I sought, I found- Research changes life". There were 9 entries from enthusiastic content creators were submitted for this competition. These submissions displayed the diverse inspiring experiences of students that drove them to explore the unknown. All the videos displayed the commendable skills of innovation and storytelling of the participants.

VIDEOGRAPHY COMPETITON WINNERS		
1 st Position	2 nd Position	3 rd Position
<p>"Curiosity; A mainspring of genius" by Aliya Saeed, Hoor Irfan Khan & Bibi Mariam <i>Peshawar Dental College & Peshawar Medical College</i></p>	<p>"I sought I found, Research changes Lives" by Zahoor Ahmad Khan, Sulaiman Hussain & Zeeshan Khan <i>Northwest School of Medicine</i></p>	<p>"Research changes Lives" by Ayesha Amir <i>Riphah International University</i></p>

RESEARCH VERBAL AND POSTER COMPETITION:



Research verbal and poster competitions were held to give enthusiastic undergraduate researchers from any field, a chance to present their research, thereby contributing to the changing paradigm of modern research. These competitions were a great opportunity for participants to present their study to a research-oriented audience and experienced judges who provided them with valuable feedback which the participants could use to strengthen their research. These competitions included subcategories of Medical Education, Basic and Clinical Sciences & Public Health. There were 75 research displayed in the Poster Competition and 27 research were presented in a systematic and engaging presentations in the research verbal competition, exhibiting the significance of their research using effective data visualization.

POSTER COMPETITION WINNERS			
	1 st Position	2 nd Position	3 rd Position
BASIC & CLINICAL SCIENCES	Samavia Mukhtiar <i>Peshawar Medical College</i>	Hafsa Shah <i>Gomal Medical College</i>	Ahmad Khan Khalil <i>Peshawar Medical College</i>
PUBLIC HEALTH & SOCIAL SCIENCES	Tahira Shahid <i>Wah Medical College</i>	Shiza Qaiser <i>Wah Medical College</i>	Dur e Adan Zia <i>Peshawar Dental College</i>
MEDICAL EDUCATION	Awais Shehzad <i>Peshawar Medical College</i>	Muhammad Uzair <i>Peshawar Medical College</i>	Mehwish Gohar <i>Khyber Girls Medical College</i>

VERBAL PRESENTATION COMPETITION WINNERS			
	1 st Position	2 nd Position	3 rd Position
BASIC & CLINICAL SCIENCES	Aliya Saeed <i>Peshawar Dental College</i>	Roshan Rehman <i>Kabir Medical College</i>	Zoha Murtaza <i>University of Faisalabad</i>
PUBLIC HEALTH & SOCIAL SCIENCES	M. Hassan Wahid <i>Peshawar Medical College</i>	Humaira Yousaf <i>Hamdard College of Medicine & Dentistry</i>	Hamza Farooq <i>Peshawar Medical College</i>
MEDICAL EDUCATION	Sehrish Hussain <i>Rufaidah Nursing College</i>	Hamna Bibi <i>Peshawar Medical College</i>	Abdal Ahmad <i>Peshawar Medical College</i>

RESEARCH SKILL STATIONS:



The most popular component of this conference was the research skill stations which attracted 177 keen young researchers from all over Pakistan to join. These stations were an interesting and novel opportunity to enhance the research competencies of the participants. The stations included sessions on: “*Effective Literature Search*”, “*Use of Mendeley for Referencing*”, “*Validating A Questionnaire*” and “*Hands-on on Data Analysis using SPSS*”. These stations were conducted by specially trained students under the supervision of qualified teachers. From beginning with an exuberant idea to extracting conclusions from collected data, these stations were specially arranged so as to deliver the knowledge of the research process to the attendees in the most engaging and stimulating way.

RESEARCH PAPER REVIEW COMPETITION:

This competition of conference was introduced just last year but still received an enthusiastic response from the participants. In this competition, a total of 12 students participated from medical colleges all over Pakistan. It was based on the concept of reviewing an already conducted research paper. The competition aimed to allow undergraduate students to display their writing skills and skills of critical analysis as young researchers.

RESEARCH PAPER REVIEW COMPETITION WINNERS		
1 st Position	2 nd Position	3 rd Position
Ayesha Tahir <i>Peshawar Dental College</i>	Hafsa Rehman <i>Khyber College of Dentistry</i>	Amna Amjad <i>Khyber College of Dentistry</i>

RESEARCH WORKSHOP - “RESEARCH: A POTENTIAL CAREER CHOICE”:



The research workshop was an informative and engaging experience aimed at enlightening the attendees on research being a potential career option. The workshop was conducted by Prof. Dr. Muhammad Irfan, Director Research Prime Foundation, President PAME, who provided valuable insights into the various career paths available within the vast field of research. This interactive workshop was attended by 44 inquisitive participants from all over Pakistan to learn about the skills and qualifications required to be successful in the field. The attendees left the workshop with a broadened understanding of the multiple career prospects the research field holds.

RESEARCH QUIZ COMPETITION:

One of the most exciting segments of the UMR conference is the research quiz competition. This competition was held in the Main auditorium hall on the 2nd day of the conference. A total of 9 teams from different colleges all over Pakistan participated in it. It was an exciting three-round competition, including the eliminations round, buzzer round, and rapid-fire round which engaged the students and kept the audience on the edge of their seats. The competition was conducted with a lot of zest and zeal, enriching both the audience and participants with the knowledge of research.



RESEARCH QUIZ COMPETITON WINNERS		
1 st Position	2 nd Position	3 rd Position
Ayesha Tahir, Rimsha Khan, Aliya Saeed <i>Peshawar Dental College</i>	Fazal Rahim, Muhammad Kashif, Anwar Ullah <i>Rufaidah Nursing College</i>	Aminah Saqib, Bibi Mariam, Ammarah Muska <i>Peshawar Medical College</i>

CLOSING CEREMONY:

The **Vice Chancellor of Riphah University Prof. Dr. Anis Ahmad** graced the closing ceremony of this conference with his presence. He applauded the young researchers on their hard work and interest in the field of research. He also explained the importance of research in accordance with Islam and stressed upon how a Muslim should be a good observer and a researcher as mentioned by Allah (SWT) in the holy Quran. The chief guest was presented with a shield by Prof. Dr. Najeeb Ul Haq, Health Advisor Prime Foundation.

The entire event of the Undergraduate Medical Research Conference came to a beautiful end with a heartwarming speech by **President UMR, Bibi Mariam**, and an encouraging address by **Director UMR, Dr. Hala Rajab**. The UMR society was appreciated by the distribution of shields and certificates to the core cabinet and the team leaders for their efforts in making the conference a success. Further announcements of all the position holders of different segments, and the distribution of certificates, and shields among the winners were made. Hasan Wahid from final year MBBS, PMC was presented with the outstanding researcher of the year award.

A final group photo was captured of the cabinet of the Undergraduate Medical Research Conference with the **Vice Principal PMC, Prof. Dr. Fouzia Rauf, Director ORIC, Prof. Dr. Muhammad Irfan, and Director UMR, Dr. Hala Rajab**.

There is a saying by **Henry Wadsworth**, "**Great is the art of beginning, but greater is the art of ending**". On 16th March 2023, we closed the chapter of the 16th Undergraduate Medical Research Conference. The lifeline of any conference is its participants and we express our gratitude for having them here with us.



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