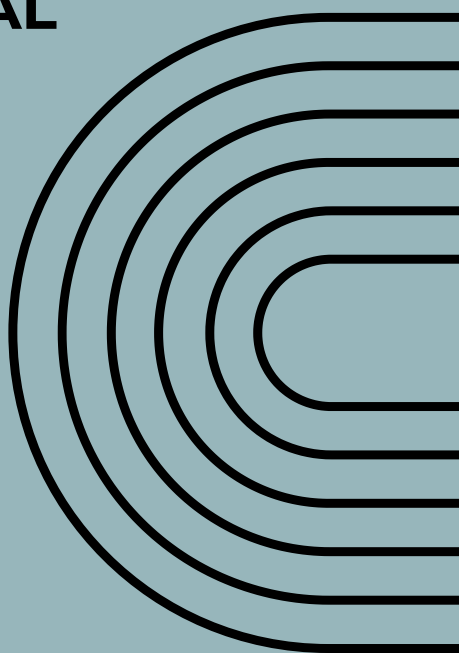


INTERNATIONAL 18TH UNDERGRADUATE MEDICAL RESEARCH CONFERENCE 2025



RESEARCH INSIGHT BULLETIN

The Undergraduate Medical Research Conference is a flagship of the distinguished Peshawar Medical College initiatives. Recognized nationally and now internationally, it promotes a strong research culture among undergraduate students of medicine, dentistry, nursing, and allied health sciences.

Marie Curie, once said,
“Be less curious about people and more curious about ideas.”

EDITORS :
SARAH KHAN, FINAL YEAR BDS
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OPENING CEREMONY



The International 18th UMR Conference officially began at 09:00am on 22nd April 2025 (Tuesday) with our Chief Guest, Guest of honour, Plenary Speaker & Dean PMC performing the ribbon cutting ceremony.

Chief Guest: Prof. Dr. Anis Ahmed, VC Riphah International University, Islamabad.
Chief Guest & Plenary Speaker: Prof. Dr. Zulfiqar A. Bhutta, Center for global child health Canada.
Guest of Honour: Prof. Dr. Junaid Sarfaraz.

This conference was joined by a huge crowd of not only undergraduate medical and dental students but many postgraduate students, clinicians, professors, and alumni.

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

PLENARY SESSION



The conference commenced with a keynote plenary session, "Health Research in Pakistan: A Necessity or Luxury?" delivered by Prof. Dr. Zulfiqar A. Bhutta from Canada. In his talk, Prof. Bhutta underscored the critical importance of health research, positioning it as a fundamental necessity rather than a luxury for enhancing healthcare systems, informing policy decisions, and addressing local health concerns. He highlighted the significant role of health research at the undergraduate level, drawing on historical milestones and achievements that have substantially contributed to the field of medicine.



WORKSHOP

Workshops were conducted on a variety of thought-provoking topics:

Workshop 1: April 22nd

“The Art of Bouncing Back: Grit, Growth Mindset, and the Power of Balance” by Prof. Dr. Muhammad Irfan



It focused on building resilience in the face of adversity, with the speaker emphasizing practical strategies for maintaining emotional strength and fostering personal growth.



Workshop 2: April 22nd

“Mixed-Method Research” by Prof. Dr. Ayesha Abdullah

It provided valuable insights into integrating qualitative and quantitative research approaches, helping participants enhance the depth and rigor of their academic work.



Workshop 3: April 23rd

“Speak, Listen, Resolve: Turning Conflicts into Opportunities” by Prof. Dr. Muhammad Idrees & Dr. Mifrah Sethi

It explored effective communication techniques, encouraging participants to approach conflict with empathy and solution-oriented thinking.



RESEARCH POSTER COMPETITION



The poster presentation competition was a highlight of the conference, allowing undergraduate researchers to showcase their work across subcategories like Medical Education, Basic & Clinical Sciences, Public Health, Dental Sciences, & Mental Health. Posters were judged by experts, and winners were selected from each subcategory.



WINNERS

Public & Environmental Health

- 1 M. Danial – Peshawar Medical College
- 2 Ajwa Malik – Peshawar Medical College
- 3 Rabia Farooq – Khyber Medical College

Basic & Clinical Sciences

- 1 M. Abdullah Ali – Khyber Medical College
- 2 Zaryab Bacha – Khyber Medical College
- 3 Fazia Khattak – Khyber Medical College

Medical Education

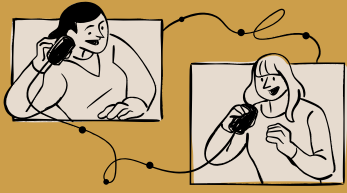
- 1 Ahmad – Khyber Medical College
- 2 Izaz Ahmad – Peshawar Medical College
- 3 M. Ehtesham – Khyber Medical College

Mental Health & Behavioral Sciences

- 1 Aqib – Khyber Medical College
- 2 Imad Khan – Northwest School of Medicine
- 3 Sunnia Shah – Khyber Medical College

Dental Sciences

- 1 Maleeha Anees – Peshawar Dental College
- 2 Eman Zarin – Peshawar Dental College
- 3 Sundas Ijaz Khattak – Peshawar Dental College



RESEARCH VERBAL COMPETITION



The competition employed a presentation format, where researchers showcased their work before a panel of judges.

This facilitated a dynamic exchange of ideas and allowed researchers to succinctly convey their research's significance and impact.

Like Poster Competition, the Verbal Competition also included subcategories like Basic & Clinical Sciences, Medical Education and Public & Environmental Health.



WINNERS

Basic & Clinical Sciences

- 1 Muhammad Aftab Alam – Khyber Medical College
- 2 Gul e Lala – Rehman Medical College
- 3 Mahnoor Sheikh – PIMS

Public & Environmental Health

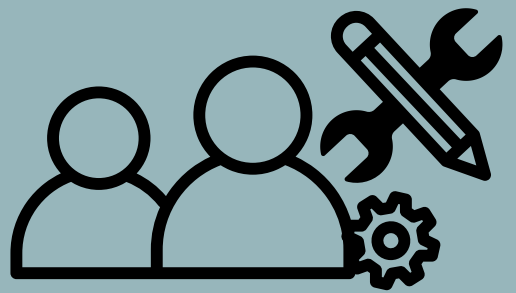
- 1 Sherhyar – Nowshera Medical College
- 2 Mohammad Danial – Peshawar Medical College
- 3 Sarmad Ali – Peshawar Medical College

Medical Education

- 1 Zahoor Ahmad – Northwest School of Medicine
- 2 Gadah Mujilli – Princess Nourah Bint Abdulrahman University, Riyadh
- 3 Mattiullah – Khyber Medical College



RESEARCH SKILLS STATIONS



Innovative Research Skills Stations were held to engage and welcome young researchers from across Pakistan, offering hands-on learning led by trained students and guided by expert faculty. Participants explored:

1. A step-by-step guide to SPSS for data analysis
2. Using AI in literature reviews
3. Hands-on Zotero training for reference management



RESEARCH IDEA PITCH

For the first time, the conference introduced the Research Idea Pitch, a fresh and exciting segment that invited students to present original research concepts. The segment saw enthusiastic participation, with students confidently sharing innovative ideas that reflected curiosity, creativity, and a strong passion for meaningful inquiry.



WINNERS

- 1 Ahmad Ali – Peshawar Medical College
- 2 Noor Fatima – Gomal Medical College
- 3 Zeeshan Khan – Northwest School of Medicine

RESEARCH QUIZ COMPETITION

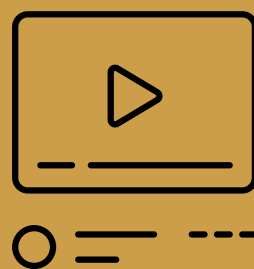


A standout feature of the conference, the Research Quiz Competition drew spirited 10 teams from multiple colleges to the Main Auditorium on April 22, 2025. The contest unfolded over three thrilling rounds—elimination, buzzer, and rapid-fire—each designed to test knowledge, speed, and strategy. From quick reflexes to sharp research insights, participants impressed both judges and the audience. The lively format not only sparked healthy competition but also deepened understanding of research concepts among all present.

WINNERS

- 🏆¹ Team Final Fighters – Peshawar Medical College
- 🏆² Team NMC Minds – Nowshera Medical College
- 🏆³ Team Wah Medical College – Wah Medical College

VIDEOGRAPHY COMPETITION



An engaging Videography Competition was held, inviting participants to craft 1–2 minute videos on the theme:

“THE POWER OF CURIOSITY: SPARKING WONDERS, CREATIVITY AND LIFE-LONG LEARNING MAGIC”

Creative 11 entries reflected unique perspectives and imaginative storytelling. These visual pieces were showcased on digital screens across the main ground, adding color and creativity to the atmosphere. The competition highlighted the artistic flair and thoughtful narratives of the participants.

WINNERS

- 🏆¹ Ajwa Malik – Peshawar Medical College
- 🏆² Talat Khalid – Peshawar Medical College
- 🏆³ Malak Amanullah Khan – Peshawar Medical College

CLOSING CEREMONY



The closing ceremony of the 18th Undergraduate Medical Research Conference was honored by the presence of esteemed Chief Guest, Capt(r) Kamran Afridi, and Guests of Honor Prof. Dr. Zafar Mirza and Mr. Nasir Shah, whose encouraging words inspired the budding researchers. They appreciated the students' commitment and praised the collective effort of the organizing team and faculty.

The event drew to a graceful close with heartfelt addresses by Hamza Farooq, President of the 18th UMR Conference, and Dr. Hala Rajab, Director of UMR. Their reflections on the journey and success of the event resonated deeply with the audience.

The ceremony celebrated excellence, as outstanding participants across all competitions were awarded for their achievements. Core team members and organizers were also recognized for their relentless dedication with certificates and shields. A special moment was marked as the Dean of Peshawar Medical College presented tokens of appreciation to the distinguished guests.

April 23rd, 2025, signified the successful conclusion of yet another remarkable chapter in the UMR legacy. At its heart, the conference belongs to its participants—their enthusiasm and passion are what breathe life into this academic celebration. We extend our sincere gratitude to everyone who made this event meaningful.

Allah bless you all!

