

**19TH INTERNATIONAL
UNDERGRADUATE
MEDICAL RESEARCH
CONFERENCE 2026**

April 15th & 16th, 2026

BULLETIN

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**CHARTING THE COSMOS OF KNOWLEDGE,
FROM RESEARCH TO REALITY**

19TH INTERNATIONAL UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

The Undergraduate Medical Research Conference is a flagship component of the PMC initiative, nationally recognized for fostering a dynamic, sustainable research culture among undergraduate students in the medical and basic sciences.

Richard Feynman:

“I would rather have questions that can’t be answered than answers that can’t be questioned.”

Before the establishment of the Undergraduate Medical Research Conference, research at the undergraduate level in KPK remained largely underemphasized among students of medical and basic sciences. The launch of the UMR program directly addressed this gap by creating a structured platform that enables undergraduates to transform their ideas into meaningful and impactful research contributions.

OPENING CEREMONY

The 19th UMR Conference officially began at 9:00am on 15th April, 2026 with our Chief Guest and Dean PMC performing the ribbon cutting ceremony.

**Chief Guest: Prof. Dr. Anis Ahmed,
Vice Chancellor Riphaph International
University, Islamabad, Pakistan**

The conference drew a substantial and diverse audience, including not only undergraduate medical students but also postgraduate trainees, senior clinicians, faculty members, and alumni.

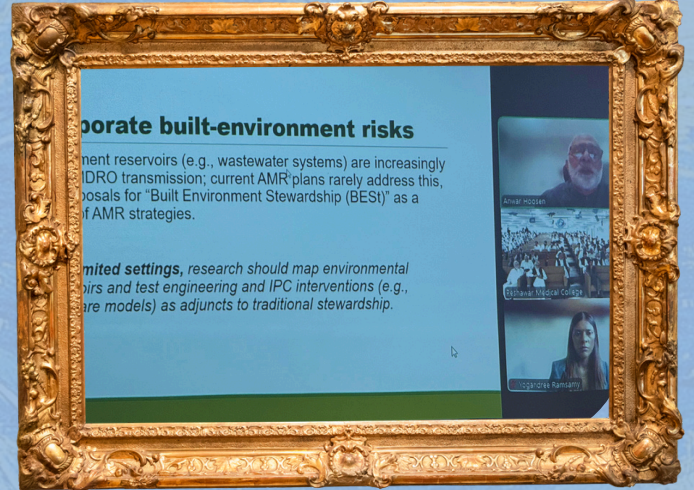
The inauguration proceeded in an organized manner, with the chief guests being formally escorted by the Director and President of UMR to the main auditorium, where the conference was officially commenced.



PLENARY

“THE ESSENTIAL PATHWAY OF AMR RESEARCH IN RESOURCE-LIMITED SETTINGS”

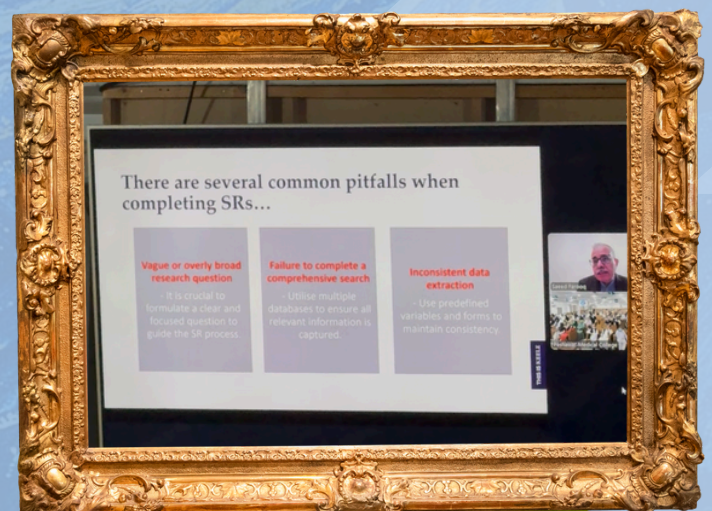
PROF. DR. ANWAR HOUSEN
University of Pretoria, South Africa, and
DR. YOGANDREE RAMSAMY
15TH APRIL, 2026



The scientific sessions were greatly enriched by a joint online plenary. The session highlighted the critical pathway of antimicrobial resistance in resource-limited settings. It underscored how constrained systems amplify misuse, delay detection, and accelerate resistance. The speakers emphasized that structured surveillance and targeted stewardship can transform fragmented care into effective, evidence-based action.

“SYSTEMATIC REVIEWS AND META-ANALYSIS: BASIC CONCEPTS AND PREREQUISITES”

PROF. DR. SAEED FAROOQ
Keele University, UK
16TH APRIL, 2026



The second plenary focused on systematic reviews and meta-analysis, highlighting the essential concepts and prerequisites behind evidence synthesis. The discussion underscored how disciplined methodology, not assumption, forms the basis of reliable research. It also reinforced the importance of structured evidence synthesis in guiding informed clinical and research decisions.



WORKSHOP

STAYING STEADY IN HIGH-PRESSURE SETTINGS: MANAGING CONFLICT, CRITICISM, AND BOUNDARIES



SPEAKER

Prof. Dr. Muhammad Irfan

The workshop “Staying Steady in High-Pressure Settings” explored strategies to effectively navigate conflict, process criticism without losing focus, and define healthy boundaries in professional interactions. Participants engaged with real-world scenarios highlighting how structured responses and self-awareness can improve performance under pressure.

THE ART OF NAMING-CODING IN QUALITATIVE RESEARCH



SPEAKER

Prof. Dr. Ayesha Abdullah

The workshop “The Art of Naming and Coding in Qualitative Research” explored systematic approaches to handling qualitative data, guiding participants through the processes of coding, categorization, and theme development. It highlighted how precision in naming and consistency in coding contribute to the depth and credibility of qualitative analysis.

RESEARCH POSTER COMPETITION

The poster presentation
The competition, which lasted for 2 days, was the highlight of the conference. The undergraduate researchers presented their astonishing projects and findings across subcategories :

- Medical Education
- Basic & Clinical Sciences
- Public & Environmental Health
- Mental Health & Behavioral Sciences

Posters were judged by experts, and the best posters were selected and rewarded from each subcategory.



CATEGORY	1 ST POSITION	2 ND POSITION	3 RD POSITION
Basic & Clinical Sciences	Muhammad Danial Peshawar Medical College	Muhammad Danial Peshawar Medical College & Ahmad Khan Peshawar Medical College	Zarar Ahmad Khan Afridi Khyber Medical College
Public & Environmental Health	Sajjad Khan Khyber Medical College	Aneela Fazal Peshawar Medical College	Wareesha Rani Peshawar Medical College
Mental Health & Behavioral Sciences	Muhammad Faaz Khan Khyber Medical College	Malaika Naseer Peshawar Dental College	Umra Iqbal Peshawar Medical College
Medical Education	Manahil Fayyaz Peshawar Medical College	Sofia Ahmad Khan Peshawar Medical College	Talha Nasir Rufaidah Nursing College

RESEARCH VERBAL COMPETITION

The competition followed an oral presentation format, with researchers presenting their work before a panel of judges. This approach encouraged a dynamic exchange of ideas and enabled participants to clearly and concisely communicate the significance and impact of their research. Similar to the Poster Competition, the Verbal Competition was organized into subcategories, including

- Basic & Clinical Sciences
- Medical Education
- Public & Environmental Health



CATEGORY	1 ST POSITION	2 ND POSITION	3 RD POSITION
Basic & Clinical Sciences	Zunaib Jalil Nowshehra Medical College	Muhammad Faaz Khan Khyber Medical College	Abida Siraj Pak International Medical College
Public & Environmental Health	Muhammad Danial Peshawar Medical College	Ahad Ali Nazir Rehman Medical College	Muskan Arif Peshawar Medical College
Medical Education	Musfirah Khan Peshawar Medical College	Amna Fakhar Foundation University Medical College	Abubakar Rufaidah Nursing College

RESEARCH SKILLS STATIONS

The Innovative Research Skills Stations were organized to engage and welcome emerging researchers from across Pakistan, providing hands-on learning experiences facilitated by trained students under the guidance of expert faculty. Participants had the opportunity to explore the stations listed.



SMART LITERATURE
REVIEW WITH SCI-SPACE AND PERPLEXITY

FROM DATA TO DOI, A HANDS-ON
GUIDE TO PUBLISHING YOUR RESEARCH

HANDS-ON SAMPLE SIZE CALCULATION
USING OPENEPI

RESEARCH IDEA PITCH COMPETITION

The conference continued to feature the Research Idea Pitch segment, providing students with a platform to present original research concepts.

It saw strong participation, with students confidently sharing innovative ideas that reflected curiosity, creativity, and a clear commitment to meaningful inquiry. The following young minds, grabbed medals and cash-prizes:

1ST Hena Afridi
Khyber Girls
Medical College

2ND Ayesha Abubakar
RIHS

3RD Mahnoor Rehman
Peshawar Medical
College



RESEARCH CAFE

DR. FAISAL KHAN
PI, PRECISION LAB

For the first time in UMR an atmosphere designed to encourage open discussion and intellectual exchange, the Research Café was conducted. It brought together students and mentors to share ideas, critique perspectives, and shape research concepts. Between conversations on methodology and findings, coffee served as the quiet companion that kept discussions flowing.



RESEARCH QUIZ COMPETITION

A key highlight of the conference, the Research Quiz Competition brought together 09 teams from various colleges at the Main Auditorium on April 16th, 2026. The competition was structured into three engaging rounds: elimination, buzzer, and rapid-fire, each aimed at assessing knowledge, speed, and strategic thinking.

Participants demonstrated strong analytical skills, quick reflexes, and a solid grasp of research concepts, leaving a clear impression on both the judges and the audience. The interactive format not only encouraged healthy competition but also enhanced the overall understanding of research principles among attendees.

MERIT HOLDERS

1ST NMC Nova
Nowshehra
Medical College

2ND That One Group
Peshawar Medical
College

3RD Lord of Last
Benches
Peshawar Medical
College



CLOSING CEREMONY

The closing ceremony of the 19th Undergraduate Medical Research Conference was graced by the esteemed Chief Guest, Dr Muhammad Israr, Secretary of the Higher Education Department (HED), Khyber Pakhtunkhwa. Their remarks offered encouragement to emerging researchers, as they acknowledged the students' dedication and commended the collective efforts of the organizing team and faculty.

The event concluded with reflective addresses by Areesh Malik, President of the 19th UMR Conference, and Dr. Hala Rajab, Director of UMR, whose insights on the journey and success of the conference resonated with the audience. The ceremony also recognized excellence, with top performers across all competitions receiving awards, while core team members and organizers were honored with certificates and shields for their commitment.

A notable moment of the ceremony included the Dean of Peshawar Medical College presenting tokens of appreciation to the distinguished guests.

April 16th, 2026, marked the successful conclusion of another significant chapter in the UMR legacy. At its core, the conference is defined by its participants, whose enthusiasm and dedication bring it to life. We extend our sincere gratitude to all those who contributed to making this event meaningful.



THE END