



THE BULLETIN

12th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

13th -14th March 2019

EDITORS

Ramin Rahil

Dr. Khadija Nowaira Abdullah

DESIGNED BY

Sumayyah Saqib Qureshi

INTRODUCTION

Undergraduate medical research, a concept known to every student who has ever been a part of our institutes. A platform, for which the students struggled, worked tirelessly day and night to showcase the best of their capabilities in the field of research. A platform, which helps the students attain the communication and organization skills they need to be better doctors.

Neil Armstrong said, “Research is creating new Knowledge”. And that is what we aspired to achieve from this conference. To increase the already present knowledge and to instill familiarity into the students who were unaware of this vast subject.

13th March 2019, the sun was shining bright that day and you could feel the undercurrent of excitement as students hustled and bustled to get everything in order. From setting up stations and assembling the posters to the minute details in décor. Everything had to be right. Not just because our teachers expected it to be, but because we, the students, wanted the best of UMR to be presented to everyone. This year about 100 researches were accepted for the conference from 30 institutions. For the first time students of Rufaidah College of Nursing and School of Optometry, Faisalabad University, participated in the conference.

OPENING CEREMONY

The 12th UMR conference that was held at PMC kicked off at 9.00 am on 13th March 2019. Prof. Dr Anis Ahmad, Vice Chancellor of Riphah International University, Islamabad, inaugurated the conference by cutting the ribbon in an elegant ceremony. The opening ceremony was hosted by Moiz Khan of 2nd Year MBBS. The event started with the recitation of the Holy Quran. After the guests of honor were seated on the stage, the director of UMR, Dr. Khadija Abdullah was requested to deliver the opening address. The opening ceremony ended at 11 am as different competitions commenced.



PLENARY I- RESEARCH CHALLENGES OF 21st CENTURY

After the inaugural ceremony, Prof. Dr Anis Ahmad, Vice Chancellor of Riphah International University presented a lecture in the auditorium on the challenges faced by researchers when they set out to conduct a research. The challenges and hardships faced by them and the many ways and steps to overcome those challenges were discussed. It was an enlightening experience for the students and the faculty.



RESEARCH POSTER PRESENTATION COMPETITION

One of the constants and ever present aspect of the annual undergraduate medical conference is and always has been the poster competition. Arranged in the main lawn, over 50 research posters were displayed by students from not only Peshawar Medical & Dental Colleges, but by medical and allied students from all over Pakistan. The poster competition spanned both the days where some of posters were judged on day 1 while the others were judged on day 2. The competition was judged by a panel of distinguished judges and the winners were announced in the closing ceremony on the 2nd day.

One of the guest participants remarked, **"The research poster competition was full of knowledge and awareness and was an amazing platform for medical students like myself, who can participate, practice and prosper."**



RESEARCH SKILLS STATIONS

For the first time in more than a decade of holding this conference, a unique innovation was introduced; the research skill stations. These skill stations were held and conducted by trained students of PMC and PDC for the participants. The main purpose was to equip the participants with key research skills. There were 5 research skills stations in total, covering the areas of research questions, study designs, sampling and statistics. The different skills stations were conducted in different rooms at DME (department of medical education) on day 1 of the UMR Conference. About 200 participants attended the sessions.



RESEARCH VERBAL PRESENTATION COMPETITION

Keeping the tradition going, the 12th UMR conference, too, presented the students with a platform to showcase their knowledge and research in the form of verbal presentations. This competition took place in lecture halls 3 and 4. The participants were divided into three groups based on the areas of research and spanned both the days of the conference.

Each group was judged by a panel of highly qualified judges. They not only judged but provided constructive criticism which benefited the young researchers greatly. A total of 30 researches were presented.



RESEARCH QUIZ COMPETITION

“Isn’t life a collection of weird quizzes with no answers to half the questions?” – Pawan Mishra.

The quiz competition took place on the 2nd day of UMR Conference in the auditorium at 11:10 am till 1 am. A total of 8 energetic teams from all over the country participated. There were 3 rounds in total, hosted by 3 students: Mohammad Raghees and Mahd Aftab from 3rd year MBBS and Syed M. Attique from 1st year MBBS. The first round was the “Elimination round” in which each team was asked 3 questions and 1 minute was given for answering each of the questions.

The 2nd round was the “Buzzer Round” in which the teams’ quick response and thinking was put to a test.

The last round was the “Rapid Fire Round” in which each team was asked back-to-back questions for a whole minute.

The whole thing kept the students at the edge of their seats as the suspense and friendly competition kept building up.



PLENARY II- TRANSLATION OF RESEARCH INTO ACTION

This plenary was conducted by Prof. Dr Najib Ul Haq, Dean of Peshawar Medical College. The plenary took place bright and early at 9 am on the 2nd day of conference with students from different colleges present in the auditorium. The focus of this plenary was to educate the students about the importance of research and the steps they need to take in the application of their work to the real world. After the plenary the audience was requested to carry on to their respective competitions.





WORKSHOP- EVIDENCE BASED STRESS MANAGEMENT

Something different, something new: This time, a workshop was conducted by PMC's very own Dr. Muhammad Irfan, Head of Psychiatry Department on the topic **"Evidence-Based Stress Management."** This workshop was conducted in the conference hall on day 1 from 11 am to 2 pm. Amongst many things; Dr. Irfan talked about the very definition of stress, its triggers and the acceptance of stress and treating it like we would any other disease. The workshop turned out to be very successful as many students attended it and found it very relevant. Many exclaimed it to be an eye-opener for them.



CLOSING CEREMONY

"There is no real ending; it's just a place where you stop the story." - Frank Herbert

It is our human nature to strive for success, to strive for wanting to be the best. In students, this need is tenfold. So naturally, the part of the conference that everyone was most excited for was the awards ceremony.

The closing ceremony took place in the auditorium at 1 pm after all the competitions were finished. It was hosted by Moiz Khan of 2nd year MBBS. It started off by welcoming the Chief Guest Prof Dr Muhammad Asif Khan, the Vice Chancellor of Peshawar University to the stage and to say a few words. He expressed his gratefulness to the administration of Peshawar Medical College. Amongst many things that he shared and told, he was proud of the initiative that PMC has taken to promote research at the undergraduate level.

After this, the President of UMR, Nabeel Hayat of Final Year MBBS was requested to come to the stage where he expressed his appreciation for all the hard-work the UMR teams had put into this two-day conference. Something the students had been working on for 6 months.

After a note of thanks which was given by Prof Dr Najib Ul Haq, it was time for the prize and awards distribution. This part of the ceremony was not only for the winners, but everyone who took part in making this conference a success that it was. This success is enough motivation for us to work harder and more vigorously for an even better conference next year inshaAllah!

"This is not a good-bye, this is not a farewell. It's more of a 'see you soon'." - Anonymous.



WINNERS QUIZ COMPETITION



1st: Team "IIMC"



2nd: Team "The Learners", PMC



3rd: Team "The Optimists", PMC

WINNERS POSTER PRESENTATION COMPETITION

PUBLIC HEALTH & SOCIAL SCIENCES CATEGORY



1st: Azim Arif Hashmi (PI) & team,
IIMC



2nd: Abdul Mobeen (PI) & team
Hamdard University



3rd: Maryum Abdullah (PI) & team
PDC

CLINICAL SCIENCES & BASIC SCIENCE CATEGORY



1st: Shah Faisal (PI) & team
Bacha Khan University



2nd: Hamza Waqar Bhatti (PI) & team
Rawalpindi Medical College



3rd: Fazilat Yousaf (PI) & team
University of Faisalabad

MEDICAL EDUCATION CATEGORY



**1st: Tayyaba Farooq (PI) & team
IIMC**



**2nd: Fiza Amjad (PI) & team
Hamdard College of Medicine &
Dentistry**



**3rd: Maryam Jehangir (PI) & team
PMC**

WINNERS VERBAL PRESENTATION COMPETITION

PUBLIC HEALTH & SOCIAL SCIENCES CATEGORY



**1st: Tariq Shah (PI) & team
PMC**



**2nd: Khairullah (PI) & team
Hamdard University**



**3rd: Muhammad Ali (PI) & team
PMC**

CLINICAL SCIENCES CATEGORY



**1st: Namana Minhas (PI) & team
IIMC**



**2nd: Muhammad Salman Abbasi
(PI) & team, Hamdard University**



**3rd: Mariyah Saqib Qureshi (PI)
& team, PMC**

MEDICAL EDUCATION CATEGORY



**1st: Aminah Saqib (PI) & team
PMC**



**2nd: Mehrunisa Iqbal (PI) &
team, Rufaidah College of
Nursing**



**3rd: Muhammad Umar Ahmad
(PI) & team
Shalmar Medical College**

UMR Society



From Left to Right (1st row): Shahid Mukarram (*Treasurer*), Nabeel Hayat (*President*), Dr. Khadija Nowaira Abdullah (*Director UMR*), Faryal Shah (*Vice President*), Hafsa Zia (*Vice President*), Momal Fatima (*General Secretary*)

From left to Right (2nd Row): Hamza Gohar Qureshi (*Co-Chairperson Organizing Committee*), Gulalay Noor (*Co-Chairperson Organizing Committee*), Rashah Khalid (*Co-Chairperson Scientific Committee*), Sumayyah Saqib Qureshi (*Co-Chairperson Scientific Committee*)