

# 13<sup>th</sup>

## UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

11<sup>th</sup> -12<sup>th</sup> MARCH 2020



### EDITORS

Moiz Khan

Rida Vaqar

Dr. Khadija N. Abdullah

# INTRODUCTION

Undergraduate Medical Research is a concept well known to every student who has ever been a part of our institute. It's a platform, for which the students struggled, worked tirelessly day and night to showcase the best of their capabilities in the field of research. It's an opportunity, which helps the students attain the communication and organizational skills they need to be better doctors. Albert Szent – Gyorgyi said, *"Research is to see what everybody else has seen and to think what nobody else has thought"*. And this is what we aspire to achieve every year from this conference i.e; to enhance the existing knowledge and to instill familiarity into the students who were unaware of this vast field, to ignite their curiosity about things undiscovered and to help them poke and pry in the field with a noble cause.

## Prime UMR Society, 2019- 2020



11<sup>th</sup> March 2020, you could sense 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 perfect. Not just because our teachers expected it to be, but because we, the students, wanted all our hard work and dedication to pay off as the best of UMR to be presented to everyone. This year 160 researches were accepted for the conference from about 30 institutions.

# OPENING CEREMONY

The 13<sup>th</sup> UMR conference that was held in Peshawar Medical College kicked off at 9.00am on the 11<sup>th</sup> of March 2020. Dr Khalid Khan, Director General, Directorate of Science & Technology, KPK inaugurated the conference by cutting the ribbon in an elegant ceremony.



The opening ceremony was conducted by Muhammad Ussama of 3<sup>rd</sup> year MBBS. The event commenced with the recitation of the Holy Quran. After the guests of honor took their seats on the stage, the director of UMR, Dr. Khadija Abdullah was requested to deliver the opening address. The opening ceremony was concluded at 11 am and various competitions set in motion.



## PLENARY- DIALOGUE ON EMERGING ETHICAL ISSUES IN BIOMEDICAL RESEARCH

After the inaugural ceremony, Prof. Dr Najib Ul Haq, Dean Peshawar Medical College presented a lecture in the auditorium discussing the emerging ethical issues faced by the researchers when they set out to conduct a research. He shed light on the importance of these issues, the hardships and challenges these bring about and the various ethical ways to conquer these. His lecture was a source of enlightenment and guidance for all the students in the auditorium.



This was followed by a panel discussion conducted by seasoned researchers from Peshawar Medical and Peshawar Dental College. Questions from the audience were also catered for. The discussion was very useful and inspiring for all.



# 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. This year over 100 abstracts for the poster competition were submitted, most of which were approved for display.



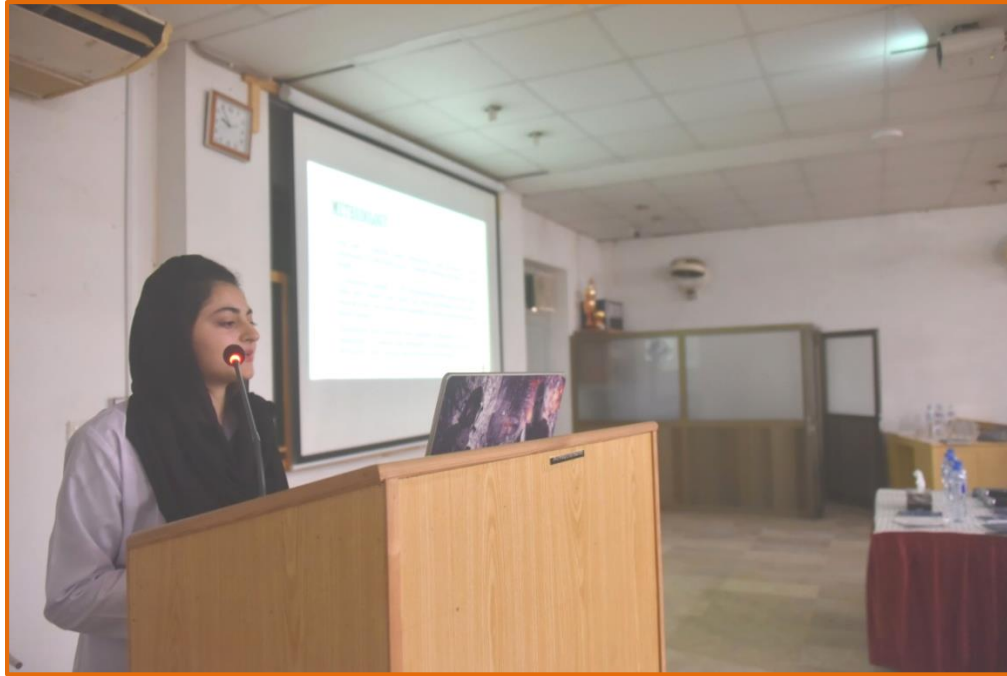
Arranged in the Anatomy museum, Histology lab and the Pharmacology lab, research posters were displayed by students from not only Peshawar Medical & Dental Colleges, but by medical and allied students from all over Pakistan. The participants were divided into three categories: Basic & Clinical Sciences, Medical Education and Public health & Social Sciences depending on their field of research. 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 2<sup>nd</sup> day.

One of the guest participants remarked, *“The research poster competition was not only a source of knowledge but it also sparked curiosity in me about things I was unaware of and it was a great platform for students like me to both showcase my own efforts as well as benefit from the sea of information around me”*



## RESEARCH VERBAL PRESENTATION COMPETITION

Keeping the tradition going, the 13<sup>th</sup>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 2, 3 and 4. The participants were divided into three groups: Basic & Clinical Sciences, Medical Education and Public health & Social Sciences based on their areas of research. This competition too spanned both the days of the conference.



Each group was evaluated by a panel of highly qualified judges. They not only judged the researches but also provided valuable and constructive criticism to the young researchers. About 50 abstracts were submitted for the verbal competition.



# RESEARCH SKILL STATIONS

After the overwhelming success of the Research Skill Stations which were introduced for the first time in UMR 2019, these were brought back for a second time. These skill stations were held and conducted by the trained students of PMC and PDC. The main purpose was to equip the participants with key research skills. There were 5 research skills stations in total, covering the areas of effective literature search, End Note for referencing, sampling, descriptive statistics & inferential statistics.



The different skills stations were held in different rooms at DME (Department Of Medical Education) on both Day 1 and Day 2 of the UMR conference. About 500 participants attended the skills stations. The feedback from the participants was very encouraging for the young facilitators.

# WORKSHOP- EVIDENCE BASED CONFIDENCE BUILDING

This year again, a workshop was conducted by PMC's very own Prof. Dr. Muhammad Irfan, Head of Psychiatry Department on the topic "Evidence-Based Confidence Building." This workshop was conducted in the conference hall on day 1 from 11 am to 2 pm. Amongst many things; Prof. Irfan talked about the very definition of confidence, its correlation with self esteem and anxiety. He highlighted the fine line between confidence and over confidence.



The workshop turned out to be very successful in terms of participation and feedback from the participants. Many participants exclaimed it to be an eye-opener and equally an enjoyable experience for them.

# VIDEOGRAPHY

The topic for the videography competition was “*Health Impacts of Climate Change*”. The competition received a total of 17 entries from different institutions.



Judgment was done by a panel of experts representing Public Health, Media Studies and Information Technology a week before the conference. The panel remarked that choosing the winners was a tough decision for them, since all of the entries followed the guidelines and showed professionalism. The videos were displayed and winners announced at the closing ceremony.



# 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 2<sup>nd</sup> day of UMR Conference in the auditorium from 1:00 to 2 pm. A total of 10 energetic teams from all over the country participated. There were 3 rounds in total, hosted by 3 students: Mohammad Raghees and Mahd Aftab from 4<sup>th</sup> year MBBS and Syed M. Attique from 2<sup>nd</sup> 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 2<sup>nd</sup> 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 minute. The whole thing kept the students at the edge of their seats as the suspense and friendly competition kept building up.



## CONFERENCE DINNER

The conference dinner was hosted in the beautiful lawns of Peshawar Medical College on 11<sup>th</sup> March reflecting the traditional hospitality of KPK. The guests were very pleased with the food and arrangements



# CLOSING CEREMONY

*"We lose the precious sense that an ending is only a beginning in disguise." Craig D. Lounsborough*

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

The closing ceremony took place in the auditorium at 2 pm after the completion of all the competitions. It was hosted by Moiz Khan of 3<sup>rd</sup> year MBBS. It started off by welcoming the Chief Guest Prof Dr Jahan Bakht, Vice Chancellor, Agriculture University, Peshawar to the stage to say a few words. He expressed his gratefulness to the administration of Peshawar Medical College. He shared his valuable research experience and told that he was proud of the initiative taken by PMC to promote research at the undergraduate level.

Following this, the President of UMR Society, Zia Ullah of Final Year MBBS was requested to come to the stage where he expressed his appreciation for all the hard-work the UMR team 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 Zahoor Ahmad Swati, it was time for the prize and awards distribution. This part of the ceremony was not only for the winners, but for everyone who took part in making this conference a huge 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.***



# THE WINNERS



## VIDEOGRAPHY COMPETITION

|                 |                                                                                                                     |
|-----------------|---------------------------------------------------------------------------------------------------------------------|
| 1 <sup>st</sup> | Mudassar Khan, Saeed Ahmad, Hamza Gohar Qureshi for "The Last human", Peshawar Medical College                      |
| 2 <sup>nd</sup> | Syed Mughees Hussain, Arham Abbas, Muhammad Bilal For "The climate change is real" Federal Medical & Dental College |
| 3 <sup>rd</sup> | Humair Javaid , Hassam Shaikh FOR "Beginning of the end" Muhammad Medical College                                   |

## RESEARH QUIZ COMPETITION

|                 |                                                                                         |
|-----------------|-----------------------------------------------------------------------------------------|
| 1 <sup>st</sup> | Muhammad Abbas, Ahsan Khalid & Ziaullah Shah, The Optimists Peshawar Medical College    |
| 2 <sup>nd</sup> | Khansaa, Zainub Sadiq & Urooj Tajammul, The Quizards Peshawar Dental College            |
| 3 <sup>rd</sup> | Fiza Shafi, Ayesha Naeem & Huda Zahid, FMDC Think Tank Federal Medical & Dental College |



# THE WINNERS

## POSTER COMPETITION

### BASIC & CLINICAL SCIENCES

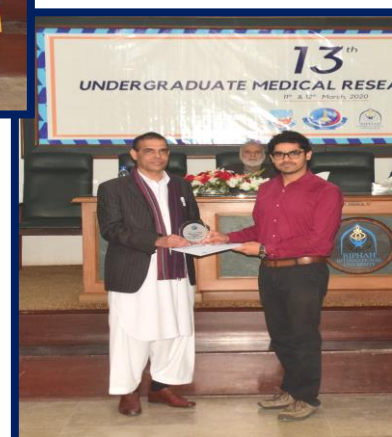
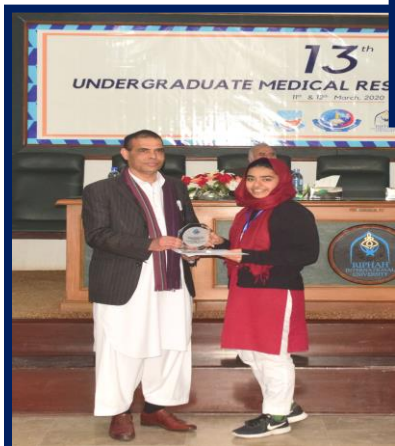
- |                 |                                                                  |
|-----------------|------------------------------------------------------------------|
| 1 <sup>st</sup> | Fatima Zafar, School of Optometry,<br>University of Faisalabad   |
| 2 <sup>nd</sup> | Maham Barkat<br>Peshawar Dental College                          |
| 3 <sup>rd</sup> | Sonia Ali Khan, Pakistan Institute of<br>Community Ophthalmology |

### PUBLIC HEALTH & SOCIAL SCIENCES

- |                 |                                                 |
|-----------------|-------------------------------------------------|
| 1 <sup>st</sup> | Ruba Safdar<br>Hamdard University, Karachi      |
| 2 <sup>nd</sup> | Daneyal Arshid<br>Rawalpindi Medical University |
| 3 <sup>rd</sup> | Amna Saeed Khan<br>Fazaia Medical College       |

### MEDICAL EDUCATION

- |                 |                                                                |
|-----------------|----------------------------------------------------------------|
| 1 <sup>st</sup> | Khurram Manzoor<br>Shalamar Medical and Dental College         |
| 2 <sup>nd</sup> | Suman Irfan, Islamic International<br>Medical & Dental College |
| 2 <sup>nd</sup> | Muneeba Tehreem<br>Fazaia Medical College                      |
| 3 <sup>rd</sup> | Arooba Mustafa<br>Peshawar Medical College                     |



# THE WINNERS

## VERBAL COMPETITION

### BASIC & CLINICAL SCIENCES

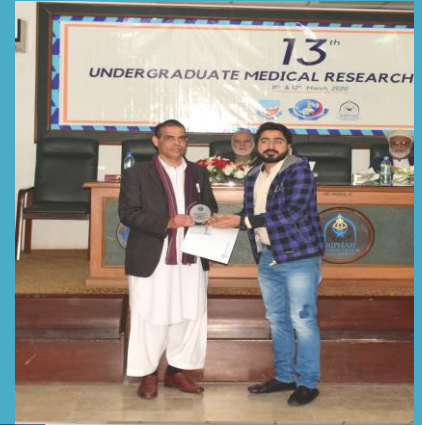
- |                 |                                                                           |
|-----------------|---------------------------------------------------------------------------|
| 1 <sup>st</sup> | Awais Qasim, Abdul Wali Khan University                                   |
| 2 <sup>nd</sup> | Saad Salahuddin, Shalamar Medical & Dental College                        |
| 3 <sup>rd</sup> | Hikmatullah Afridi, Arooba, Pakistan Institute of Community Ophthalmology |

### PUBLIC HEALTH & SOCIAL SCIENCES

- |                 |                                                          |
|-----------------|----------------------------------------------------------|
| 1 <sup>st</sup> | M. Talha Ejaz, Hamdard College of Medicine and Dentistry |
| 1 <sup>st</sup> | Mehmood Ishaq, Hamdard University,                       |
| 2 <sup>nd</sup> | Shahzaib Qureshi, Hamdard University,                    |
| 3 <sup>rd</sup> | Abdullah Kaleem-ud-Din, Hamdard University               |

### MEDICAL EDUCATION

- |                 |                                                       |
|-----------------|-------------------------------------------------------|
| 1 <sup>st</sup> | Ammarah Muska, Peshawar Medical College               |
| 2 <sup>nd</sup> | Hira Majeed, Shalamar Medical and Dental College      |
| 3 <sup>rd</sup> | Sharjeel Mehmood, Shalamar Medical and Dental College |





## LEADERS OF CONFERENCE SUB-COMMITTEES

