



Islamabad Medical & Dental College



2022

Student Research Society

NEWSLETTER

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In the current era of evidence-based medicine research, scientific writings have become an integral part of the healthcare system. At present, research is considered the most imperative cognitive solution to ever-growing health issues. It is not only essential for graduate students but also holds equal importance for undergraduate students. It helps to develop creative thinking and is a systematic approach toward all health care issues.

Keeping in view the demand for research writings all over the world, the Student Research Society IMDC (SRS) was established in August 2021, under the supervision of our Patron in chief, Prof. Dr. Asma Irfan, to supplement the health research capacity and culture among medical students of IMDC. Since it is believed that medical students are supposed to carry forward the health research legacy, our society's foremost goal is to equip our medical students with all the basic and advanced knowledge of research to set foot in this field. To make the goal possible SRS has conducted multiple webinar series, journal club series, seminars, and workshops.

In the year 2021, webinars were conducted to keep the students updated regarding the research advancements even amidst COVID pandemic. In the year 2022, SRS flourished more in regards to conducting multiple webinars, on-campus workshops, and seminars to help the students become well-versed with the knowledge of research. The activities of SRS in the year 2022 are as follows:

- 1) 3 days' workshop series on
  - Synopsis writing.
  - Referencing by using Mendeley.
  - Basic use of SPSS (Data Entry).
- 2) A seminar by WHO focal person on “Research Opportunities in Pakistan”.
- 3) A webinar on “Research Publication and International Recognition”.
- 4) Journal Club Session 1.
- 5) Visit to Shifa College of Medicine.
- 6) SPSS workshop on data entry, and analysis by applying basic tests.
- 7) Journal Club Session 2.

## 3 Day Workshop for Beginners



After a month-long planning and preparation, SRS executed a 3-day workshop, equipping the students of IMDC with all the skills needed to start their own research journey.

On 6<sup>th</sup> June 2022, the first day of the workshop started with an interactive 'Synopsis writing' session with Prof. Dr. Asma Irfan and 'Sample Size Calculation' with Dr. Ahmed Abdullah in the main auditorium of IMDC. Through this 3 hours long workshop, students not only learnt the basics, but with that knowledge gained confidence to start their individual research projects. From crisp topics for title to various methodologies of research, everything was covered to write a publish worthy synopsis.



Delving into the details of literature review, the second day of the workshop, 7<sup>th</sup> June 2022, covered 'Referencing through use of Mendeley'. The 3h practical session took place in the nursing computer lab, where the software had already been installed to accommodate the students. The session was facilitated by Dr. Nadia Tariq and Sadia Zafar.

Lastly on 8<sup>th</sup> June 2022, basics of 'Data analysis by use of SPSS' were taught by Dr. Sadia Mubarak in the nursing

computer lab. At the end of the three day workshop, the participants and organizers were presented with certificates of participation and appreciation respectively. The students of IMDC showed an overwhelming response through their feedback forms which reflected their increased interest leading to the formation of the first ever Journal Club of IMDC.

## Visit to Rawalpindi Medical University

Visiting the places of interest has always been a perfect option to gain knowledge, broaden the horizon of thinking and get novel ideas. For this purpose, SRS team accompanied by their Patron in chief, Prof. Dr. Asma Irfan, visited Rawalpindi Medical University on 19<sup>th</sup> August 2022, to observe the system used to uplift the research culture among their undergraduate students.



Everyone, from research mentors to students, welcomed us warmly and comprehensively explained

the system being followed by their students. To provide authentic, comprehensive knowledge and guidance to their students, they have created a research cell composed of multiple sub-cells where they help their students get reliable information and address the students' queries regarding any research projects. Moreover, research has been mandatory for their students from the first year of academic study; they have designed a whole research curriculum consisting of multiple steps from basics to advanced level research.

This curriculum is designed in such a way that in the first step they aim to introduce the 1<sup>st</sup> year students to the basics of research, in the second step they equip their 2<sup>nd</sup> and 3<sup>rd</sup> year students with the skill of selecting their own research topics, and in the final step, they encourage their 4<sup>th</sup> and final year students to work on their own research projects and help them get their research papers published in renowned journals. In the end, the visit concluded with the persuasion of working in collaboration with SRS to conduct webinars and seminars.

## Seminar 'WHO: Strengthening the Public Health Sector in Pakistan, Research opportunities and Career Development'



The seminar took place on the 8<sup>th</sup> September 2022 in the Auditorium of our institution's main building. Our



esteemed speaker for the seminar was Mr Najam-ul Mabood, the Resource Mobilization Focal Person of WHO.

The seminar was a highly interactive and informative session for both the students and the faculty members. The students learned about the criteria of attaining research opportunities presented by the World Health Organization and how they can work with such a prestigious organization to further their careers. Such prospects would not only help them become better health-care professionals but would also contribute to their knowledge related to research.

## Webinar 'Research Publication and International Recognition'

SRS, catering to the increasing need and requests for guidance regarding international publications, arranged an hour-long webinar titled 'Research Publication and International Recognition' with Dr. Jahanzeb Malik, a graduate of Shifa College of Medicine and a fellow of cardiac electrophysiology in AFIC, on 9<sup>th</sup> September 2022 through google meet.

International publications provide people with a creative opportunity to broaden their minds and add value to their portfolios, hence, through this interactive webinar, the students were introduced to international journals and practically guided in the art of making their research articles appealing to international publishers. An interactive question and answer session was held at the end, in which the students asked questions from the speaker and clarified their queries. During the closing remarks, Prof. Dr. Asma Irfan appreciated the speaker for such an insightful session and the students expressed their interest in learning more from the speaker and requested SRS to arrange more sessions with Dr. Jahanzeb Malik.

## Journal Club Session 1

A journal club is a gathering of researchers or science students to discuss a scientific paper published in any



journal. One or two members of the club present a summary of the chosen paper that the whole group has read, and then discussion is done on the presented paper to have a look at its positive and negative aspects.

Student research society led by Professor Dr. Asma Irfan had its first Journal club session on 6<sup>th</sup> September 2022 in which Associate Professor Dr. Amna Faruqi presented an article on "Oxidative stress in pediatric patients of beta thalassemia". The

session was attended by the members of the journal club which included the students as well as the faculty. It quickly got the attention of the audience and every participant got involved in the discussion. The attendees learnt how to present a research paper, what points to be noted in different research studies and what mistakes not to be made while writing or presenting any research paper.

## Visit to Shifa College of Medicine



On 14<sup>th</sup> September 2022, SRS with Prof. Dr. Asma Irfan visited Shifa College of Medicine and met Maj Gen® Muhammad Aslam as well as the research faculty to further research opportunities for both institutions.

Both entities discussed future interventions to increase the participation of their students in research.

## SPSS Workshop

Student Research Society aims to help young researchers to start their research projects and to facilitate



those who have already started. Keeping this in mind, SRS arranged a workshop to get hands-on practice with SPSS (a software to deal with data analysis) on 15<sup>th</sup> September 2022. The workshop was conducted by a renowned biostatistician Mr. Muhammad Afzal who is currently working at PIMS hospital Islamabad. It was a 4-hour long workshop giving hands-on practice of the software. Students got to know about different types of data, variables in data and different types of tests which are to be applied on data for extraction of results. He also explained different tools and tricks to help researchers interpret results from their data effectively. At the end of the workshop, the participants were content with their learning. The presenter was presented with a shield and certificate from SRS. All the participants of the workshop were given certificates for their participation.

## Journal Club Session 2

The second Journal club session was held on 6<sup>th</sup> October 2022. The Vice president of SRS, Mr. Muhammad Hassaan Farooq presented an article on “The effect of Stevia on MDA levels and catalase activity in diabetic rats”. This session was one of the most crowded gatherings of SRS till date, and participants from both IMDC and ANTH took part in the discussion. The presenter elaborated each and every aspect of the research paper very well, helping the young researchers understand the essential components of a good research paper. The participants of this session were satisfied with their learning and felt motivated to start their own research projects.



Considering the overwhelming interest of the students, Journal club sessions are now included in the educational curriculum by the constant efforts of our Patron in chief, Prof. Dr. Asma Irfan. SRS has various events planned for the session 2023 with the aim to further facilitate medical students in the field of research and grow together as a whole!





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