



VALUE ADDED COURSE

Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, Tamilnadu in association with Department of Community medicine had organised a certifiable value added course to First Professional MBBS students (2023-24 batch) on 10th and 11th February 2024.

Activity Report

Topic Name: Research Methodology for Undergraduate

Introduction: Medical research is vital for understanding diseases, developing effective treatments, preventing illnesses, and improving healthcare practices. It saves lives, enhances quality of life, informs public health policies, and drives innovation in medicine and technology. Without continual research, medical advancements stagnate. Therefore, ongoing investment and support for medical research are crucial for the well-being of individuals and society as a whole. It is essential the medical students understand the crucial aspects of medical research and the methods in which it is done. Hence, a Value Added Course was conducted for M.B.B.S. students.

Objective: To educate the medical students about

Date: 10th and 11th February, 2024

Course Duration: 16 hours of duration (2 days)

Location: Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai

Organized by: Department of Physiology

Audience: first year M.B.B.S. students

Speaker: Faculty from Departments of Physiology, Community medicine, General medicine

Method adopted: Lecture

Materials used: Lecture hand-outs



Course timetable

Schedule

10.02.2024 – Saturday	08.00 am - 09.00 am	Need for research - M.B.B.S. perspective	Dr.S.Anu, Professor and head, Physiology
	09.00 am - 10.00 am	How to choose a research question?	Dr.J.T.Ajit Kumar, Assistant Professor, Physiology
	10.00 am - 11.00 am	How to develop a hypothesis?	Dr.R.Durai Arasan, Assistant Professor, Physiology
	11.00 am - 12.00 pm	Literature review - where and how to start?	Dr.Noel Naveen, Senior resident, Physiology
	12.00 pm - 01.00 pm	Types of research	Dr.Noel Naveen, Senior resident, Physiology
	01.00 pm – 02.00 pm	Lunch break	
	02.00 pm - 03.00 pm	Ethics in research - M.B.B.S. perspective	Dr.B.T.Sudhir Ben Nelson, Associate Professor, Community Medicine
	03.00 pm - 05.00 pm	Data collection tools - questionnaires, data entry forms	Dr.S.Anu, Professor and head, Physiology



Schedule

11.02.2024 – Sunday	08.00 am - 09.00 am	Consent form	Dr.P.Praveena, Associate Professor, Community Medicine
	09.00 am - 10.00 am	What is critical appraisal?	Dr.John Rajpathy, Professor, Physiology
	10.00 am - 11.00 am	Basic statistics and sample size determination	Dr.J.T.Ajit Kumar, Assistant Professor, Physiology
	11.00 am - 12.00 pm	Zotero and SPSS software usage	Dr.R.Durai Arasan, Assistant Professor, Physiology
	12.00 pm - 01.00 pm	How to prepare a research abstract?	Dr.John Rajpathy, Professor, Physiology
	01.00 pm – 02.00 pm	Lunch break	
	02.00 pm - 05.00 pm	Students' research protocols review	Dr.M.Virgin Joena, Professor and head, General Medicine Dr.B.T.Sudhir Ben Nelson, Associate Professor, Community Medicine Dr.P.Praveena, Associate Professor, Community Medicine

Description: The course was conducted over a period of two days in several sessions. The faculty from Physiology, Community medicine and General Medicine were involved. The topics covered were pertaining to undergraduate medical research. Each session was conducted by a faculty with the help of AV aids and handouts.

Outcome Analysis: In the final session of the course the students were asked to come up with research topics of their own and formulate the methodology for their respective topics. The students were divided into groups with each group having five students and were asked



to come up with their topics. The students presented their topics and the topics and their methodology were assessed by the faculty in the final session and feedbacks were given.

The topics given by the students were:

S.NO	ROLL NO	RESEARCH TOPIC
1	1 – 5	Research Based On The Effect Of A Particular Genre Of Dance Movements On Newly Diagnosed Parkinson's Disease Patients
2	6 – 10	The Effect Of Regular Consumption Of Hot Water On Reducing Blood Cholesterol Levels In Individuals
3	11 – 15	Comparison Of Response Time Of The Brain In Left And Right Handed College Students
4	16 – 20	Effects Of Gadgets On Posture And Ergonomics In 1st Year MBBS Students In Velammal Medical College
5	21 – 25	Age Of Menarche In Modern Generation
6	26 – 30	Effect Of Sleep On Smell And Taste Sensations In A Selected Group Of First Year Medical Students
7	31 – 35	Effect Of Music On Exercise-Induced Sympathetic Dominance By Heart Rate Variability
8	36 – 40	Effects On Brain Functions Due To Social Media Addiction Vs Game Addiction
9	41 – 45	Impact Of Physical Activity Among Vegetarians And Non-Vegetarians
10	46 – 50	Effect Of Heavy Exercise On Appetite
11	51 – 55	Investigating The Impact Of Learning Mindsets On Academic Performance: A Comparative Study Of



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		Consistent Learners Vs Last Minute Learners
12	56 – 60	Which Serves As A Better Tool For Learning – Reading Or Visual Presesntation
13	61 – 65	Effect Of Screen Time Of Phone On Visual Memory
14	66 – 70	Observational Study - Introduction Of A Prototype For Recapping Needle And Its Effect On Reducing Needle Stick Injury In A Teritiary Care Hospital
15	71 – 75	Effect Of Prolonged Use Of Headphones On Auditory Reception
16	76 – 80	Assessing Preferred Learning Styles Of First Year Medical Students Using "Vark" Model
17	81 – 85	Effect Of Body Posture On Respiratory Volumes
18	86 – 90	Benefits Of Using Pomodoro Technique During Internal Assessment
19	91 – 95	Effect Of Skipping Breakfast On Mood And Health Of Students
20	96 – 100	Relation Between Sleep Cycle And Gastric Secretions
21	101 – 105	From Textbook To Experience “Navigating Medical Student Syndrome
22	106 – 110	Effect Of Virtual Reality In Pain Management
23	111 – 115	Effect Of Regular Meditation On Cognitive Performance And Focus Of College Students
24	116 – 120	Effect Of Asmr On Satiety Center Of Stressed Individuals
25	121 – 125	Impact Of Social Media On Body Image Perception And Eating Behaviors.
26	126 – 130	Effect Of Brushing Teeth On Appetite In A Selected Group Of First-Year Medical Students.



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27	131 – 135	Effects Of Lemon-Flavoured Beverages Vs Natural Lemon Drinks On Anxiety In College Students
28	136 – 140	Effects Of Voluntary Breathing Technique On Vascular Tone
29	141 – 145	Effect Of Usage Of Different Colours Of Highlighters On Learning Efficiency And Memory
30	146 – 150	To Compare The Effect Of Self Reading And Group Study In Students Marks In 1st Year Medical Students For A Period Of Six Months