



The Research Club, an extension of the Student's Club under the guidance of Department of Physiology, successfully organised an event titled "Orientation to Research" on 23rd December 2025. The event aimed to provide an introductory overview of research for medical students across all academic years. A total of 43 MBBS students, ranging from first to final year, actively participated in the session. Dr. Sountharya Lakshmi, MBBS, MD Biochemistry, AIIMS – Rishikesh was the chief guest for this event.

The event commenced with introductory speeches by Akshara (CRRI), President of student's club and Shanmugasundaram (CRRI), president of Research club.

The session began with Mr. Siddarth Malaiaah who introduced the fundamentals of research, explaining the basic steps involved in conducting research and the importance of research in medical education. He also guided participants on how to write an effective abstract, outlining its key components- background, objectives, methodology, results, and conclusion.

This was followed by Mr. Vasudev Omesha, who spoke on how to choose an appropriate research topic. He stressed the importance of selecting a topic that is relevant, feasible, and aligned with the researcher's interest, while also focusing on identifying research gaps and framing meaningful research questions.

Next Ms. Ovviya Vallabi elaborated on formulating research objectives. She explained the distinction between general and specific objectives and emphasised that well-defined, measurable objectives are crucial as they guide the entire research process.



Subsequently Mr. Vimal A. A. R discussed research methodology, covering various study designs, sample selection, and ethical considerations. His session highlighted how a well-planned methodology ensures the validity and reliability of research findings.

The session then progressed to Mr. Vikaash Annamalai, who explained the process of data collection. He described different methods and tools used for data collection and emphasised the importance of accuracy, systematic procedures, and ethical practices.

Following this Mr. Manishankar S spoke about data analysis and statistics, along with the importance of literature review. He introduced basic statistical concepts and explained how literature review helps in identifying research gaps and supporting research outcomes.

The session concluded with Ms. Sulocchana, who discussed how to include references in a research paper and the implications of research findings. She emphasised proper citation to avoid plagiarism.

The guest speaker of the event, Dr. Sountharya Lakshmi, who is currently pursuing MD Biochemistry at AIIMS Rishikesh, delivered an enlightening talk on importance of research in medical education. She emphasised that every medical student pursuing postgraduate studies is required to publish and present at least one research paper at national and international conferences. Dr. Sountharya Lakshmi highlighted that acquiring a strong foundation in research during the undergraduate period significantly eases the demands of postgraduate training. She also elaborated on the emphasis placed research in central institutions and discussed the various academic and professional advantages associated with active involvement in research.

The vote of thanks was delivered by Mr. Siddarth, who expressed his gratitude on behalf of the organising team. He extended heartfelt thanks to the guest speaker for sharing valuable insights, the participants for their enthusiastic involvement. He also acknowledged the support of the institution and HOD, faculty members of department of Physiology who contributed to the smooth execution of the event.





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