



KERALA UNIVERSITY OF HEALTH SCIENCES, THRISSUR

ReCaB@KUHS

A NEWSLETTER FOR RESEARCH CAPACITY BUILDING

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EDITORIAL

Dear All,

Let us look at the research training component of health science education under KUHS. We have undergraduate and postgraduate courses apart from a PhD program. Post graduate programs include a mandatory research project wherein the trainees are expected to submit a research report before their final year examination. This research task allows trainees to learn certain basic research skills like critical appraisal of published research, identification of gaps in the existing knowledge base and formulation of a research question. Apart from these, the trainees are also required to learn basic research methodology and scientific writing skills. Though mandatory, these activities are not carried out very well by many.

We have to look beyond these basic requirements. Let us consider building excellence in research. There are other important questions that do not get enough attention. How can we identify future researchers from our trainees? Let us reframe the question. If we do not identify them during their undergraduate training, how can we support them to become good researchers?

Can we consider spotting research talent as part of the work of the faculty members and administrators? Undergraduate training is the ideal time to do it. If we agree on this, then this indeed is an important responsibility of the institution.

Contact Us:
newsletter.recab@kuhs.ac.in
Ph: 0487 2207775

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Let us look at efforts to build research capacity during undergraduate medical education. This editorial focuses on Short Term Studentship (STS) of Indian Council of Medical Research. Please see the ICMR website for the announcements in this regard. KUHS recently organized two online meetings about STS. One was for students doing MBBS and BDS courses. They are eligible to apply for STS. The second online meeting was meant for the faculty members. We are not considering STS as a goal, but we see it as an opportunity to identify students with research talent and create an ecosystem which promotes research in the institutions affiliated to KUHS. The online meetings held on 8th and 12th of May 2025 herald a new beginning. We have initiated a new ongoing program designated as "Research Capacity Building for Undergraduates (ReCaB:UG)." We will have more programs now onwards.

As we focus on STS let us be clear on two things.

1. We should not limit ourselves to encouraging MBBS/BDS trainees to apply for STS 2025. This is an ongoing ICMR fellowship which is available every year. So let us effect changes in the research infrastructure of the institution to identify and motivate talented students to apply for STS in the years to come and to participate in research projects.
2. KUHS had announced a Research Appreciation Award for undergraduate trainees in 2024. The formal call for Research Appreciation Awards (ReApAw) 2025 is now open. Please see the KUHS website. Please note that this award is open for all undergraduate trainees of KUHS.

Please encourage students and faculty members to see the ICMR website as well as KUHS website for details and updates.

Prof. (Dr.) Shaji K. S

Director, SRCOP & Dean Research



REPORT OF GRANT WRITING WORKSHOP FOR NURSING FACULTY

The two – day Grant writing workshop for Nursing faculty was organized by Academic Staff College on 8th and 9th May 2025 from 10 am to 5pm. The program was inaugurated by The Hon'ble Vice Chancellor Prof. Dr Mohanan Kunnummal. The Pro-Vice chancellor, Prof Dr. Vijayan CP. felicitated the gathering. Dr V V Unnikrisnan Welcomed the audience and Prof Dr. Rajee Raghunath, Dean, Faculty of Nursing, KUHS proposed the vote of thanks.



Participants with Hon'ble V C Prof. Mohanan Kunnummal

The Resource persons were Prof. Dr. Shaji KS (Dean Research, KUHS), Prof. Dr. V V Unnikrishnan, (Director, Academic Staff College, KUHS), Dr. Dhansooraj, (Multi-Disciplinary Research Unit, GMC Kozhikode), Dr. Biju George, (Associate Professor, Dept. of Community Medicine, GMC Kozhikode), Mr Royce Chacko Mathew, (Technical officer, C1 Hub, CUSAT), Mr. Rathish, (Assistant Professor Inter University Centre for IPR, CUSAT), Dr Asha Solomon, (Professor and the Registrar College of Nursing, CMC, Vellore). Dr Rajee Ragunath, (Dean, Faculty of Nursing, KUHS).

The participants had hands on training on how to write the grant proposal. They were divided into groups and were directed to write the proposal. Each group presented their activity and the proposals were evaluated critically by the experts and feedback was given. The participants were asked to submit an assignment – write proposal for a grant. The submitted assignments were evaluated by the experts and feedback was given. The certificates were issued to those who completed the assignment.

Dr. V V Unnikrishnan
Director, Academic Staff College

Report of Grant Writing Workshop for Ayurveda Faculty

The Academic Staff College organized a two – day (from 20th May 2025 to 21st May 2025) workshop on “Grant Writing” for Ayurveda Faculty. The programme focused on various aspects of putting together a grant – worthy research proposal including the various stages from identifying a need or gap and formulating a research question that can be expanded to a competitive research proposal. The Classes were conducted at the Academic Staff College Block (Vigyan Bhavan), KUHS Head Quarters Thriissur.



Faculty including researchers from across the state worked along with the participants providing hands – on learning opportunities, enabling them to write a proposal after identifying a funding source. The workshop will ultimately result in improved research opportunities with funding. The major objectives of the programme was:

1. To discuss the various steps formulating a research proposal
2. To enable participants to develop a research idea and to formulate competitive grant - worthy proposals utilizing newer techniques.
3. To empower the faculty to mentor other researchers in their institutes and form research teams capable of writing good research proposals in sync with the requirements of the funding agency

The program was inaugurated by The honourable Vice Chancellor Prof. Dr. Mohanan Kunummal and he addressed the participants. Pro-Vice chancellor, Prof Dr. Vijayan C P., Prof Dr. Gopakumar, Registrar felicitated the gathering. Dr. VV Unnikrishnan welcomed the audience and Prof Dr. Deepa, Dean Ayurveda proposed the vote of thanks. A total of 27 participants attended the workshop. The participants had hands on exercise on grant writing and they were divided into different groups and they presented their group activity reports. The resource persons assed the work and gave them feedback on each of the proposals. Each participant was instructed to prepare a grant writing proposal based on the lesson learned from the work shop and to submit for evaluation. All the participants were given the certificate after the evaluation of the proposal submitted by them

Dr. V V Unnikrishnan
Director, Academic Staff College

RECENT PUBLICATIONS

1. Ravivarman AKN, Santhosh S, Ravindran R, Shaji KS. Managing Professional Stress is Every Doctor's Business. *J Obstet Gynaecol India*. 2025 Jun;75(3):273-274. doi: 10.1007/s13224-024-02025-0. Epub 2024 Aug 14. PMID: 40584803 No abstract available.
2. Characterisation of Macrophage Sub-populations in Oral Lichen Planus using CD64 and CD163 - An Evaluative Study. Surendran LS, Joseph AP, Pillai VBR, Selvaraj FM. *Indian J Dent Res*. 2025 Jun 27. doi: 10.4103/ijdr.ijdr_458_24. Online ahead of print. PMID: 40576436
3. Swapna KG, George B, Pillai Rajamohan K, Rajasekharan Nair JV. Diagnostic Accuracy of Three Methods of Body Temperature Measurement in Children: A Latent Class Approach. *Cureus*. 2025 Jan 12;17(1):e77325. doi: 10.7759/cureus.77325. PMID: 39935916; PMCID: PMC11812845
4. Khulood MT, Jijith US, Naseef PP, Kallungal SM, Geetha VS, Pramod K. Advances in metal-organic framework-based drug delivery systems. *Int J Pharm*. 2025 Mar 30;673:125380. doi: 10.1016/j.ijpharm.2025.125380. Epub 2025 Feb 21. PMID: 39988215.
5. Panigrahy UP, Buchade RS, Subhadra S, Narayanan AK, Gunjal SD, Selvakumari E, Pandey NK, Wal A. Acetylsalicylic acid (ASA): An Evolving Frontier in Modulating Gene Expression. *Curr Gene Ther*. 2025;25(3):210-226. doi: 10.2174/0115665232291487240603093218. PMID: 38860906.
6. Maleki H, Aiyelabegan HT, Javadi P, Abdi F, Mirzavi F, Zarei Behjani Z, Rizvanov AA, Takallu S, Kumar R, Hadi Barhaghtalab R, Hosseinpouri A, Vakili-Ghartavol R. Nanotechnology-mediated precision drug delivery strategies for breast cancer treatment. *Biomed Pharmacother*. 2025 Jul;188:118224. doi: 10.1016/j.biopha.2025.118224. Epub 2025 Jun 1. PMID: 40456194.
7. Gautam A, Gautam A, Johnson S, Rahman FA. Palliative Care and Pain Management in a Resource-Limited Setting. *Kathmandu Univ Med J (KUMJ)*. 2025 Jan-Mar;22(88):113-118. PMID: 40464246
8. Rohini AM, Kamalasanan A, Venkateswaran VK, Sebastian S, Elanjickal RM, Thajudheen RB, Mandal L, Pillai RK. Effectiveness of Skill Training for Nurse Educators in Disaster Management at Nursing Colleges. *Disaster Med Public Health Prep*. 2025 Apr 25;19:e102. doi: 10.1017/dmp.2025.105. PMID: 40276933.6.
9. Kuttikkottil RK, Sangal A, Babu H, Puri N, Sebastian VM, Krishnadas VC, Job TV. Volumetric Analysis of Different Obturating Techniques Using CBCT: An In-vivo Study. *J Pharm Bioallied Sci*. 2025 May;17(Suppl 1):S400-S402. doi: 10.4103/jpbs.jpbs_1645_24. Epub 2025 Feb 10. PMID: 40511111; PMCID: PMC12156608.

CALL FOR RESEARCH PROPOSALS/FELLOWSHIPS

1. DHR Call for Applications for Short Term And Long Term Fellowship Abroad For The Year 2025-26 last date: 31/07/2025.
Link: <https://schemes.dhr.gov.in/uploads/advertisement/extension%20of%20STFA-LTFA%20DHR%20abroad%20call.pdf>
2. Call for Concept Proposals: Centre for Advanced Research (CAR) Under the Extramural Research Program, ICMR - 2025 (Last Date: September 1, 2025).
Link: https://www.icmr.gov.in/icmrobject/uploads/Call/1749555390_centreforadvancedresearch-car-2025.pdf
3. ICMR-DHR International Fellowships 2025-26. Last date 31/07/2025. Link for Guidelines: (<https://intfel.icmr.org.in/ihd/DHR%20Fellowship%20Abroad%20Guidelines.pdf>)

