



RESEARCH METHODOLOGY WORKSHOP



ARUNAI MEDICAL COLLEGE AND HOSPITAL

RESEARCH METHODOLOGY





RESEARCH METHODOLOGY PRE CONFERENCE WORKSHOP ARUNAI CARDIOCON- 2025

Date : 11th October 2025

Time : 9:00 AM – 4:00 PM

Venue : Arunai Medical College Auditorium

ORGANIZED BY :
DEPARTMENT OF COMMUNITY MEDICINE



OVERVIEW:

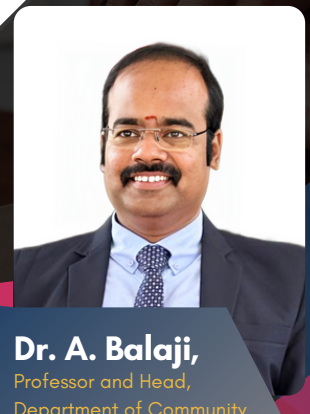
The Research Methodology Workshop - 2025 was successfully organized by the Department of Community Medicine on 11th October 2025 at the Arunai Medical College and Hospital Auditorium. The workshop aimed to enhance research skills and promote awareness on essential methodologies among undergraduate medical students to foster a culture of scientific inquiry and evidence-based practice.

The workshop was inaugurated by Dr. D. Gunasingh, Dean and Principal, AMCH. Dignitaries highlighted the importance of research in advancing medical education and improving patient care.



Dr. D. Gunasingh

Dean & principal



Dr. A. Balaji,

Professor and Head,
Department of Community
Medicine

CMD

The sessions were coordinated by Dr. A. Balaji, Professor and Head, Department of Community Medicine, along with an efficient organizing team comprising Dr. S. Sakthipriyan, Dr. R. Kalaivanan, Dr.R.N.Vaishali, Dr. D. Janarthanan, Dr. M. Pavithra.

WORKSHOP OBJECTIVES:



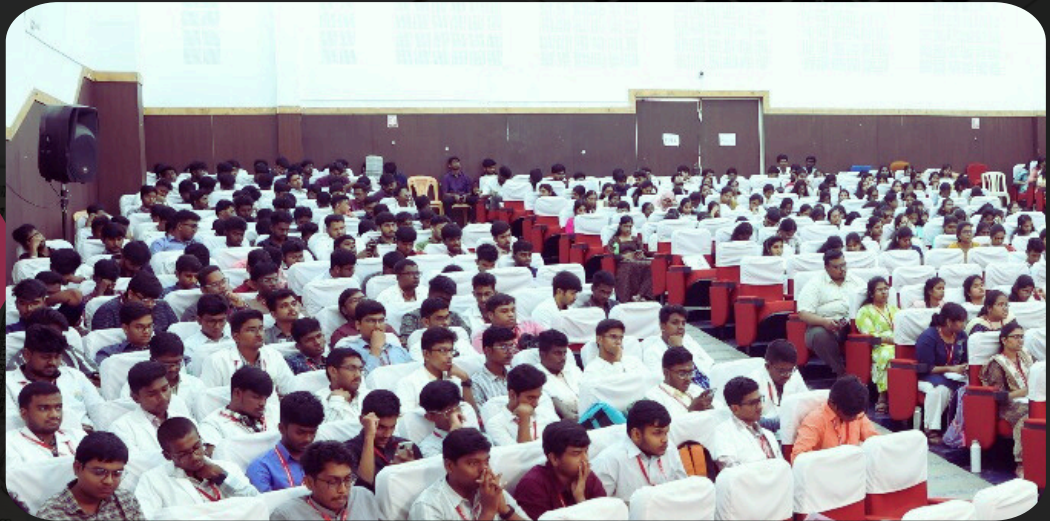
To provide an overview of research methodology in medical sciences.



To familiarize participants with study design, data collection, analysis, and presentation.



To guide undergraduates in formulating effective research proposals



PARTICIPANTS

A total of over 300 undergraduate students participated enthusiastically in the one-day workshop.



Welcome Address

Dr. R. N. Vaishali, Assistant Professor, Department of Community Medicine, delivered the welcome address. She greeted the dignitaries, faculty members, student participants and highlighted the significance of research in medical education and its role in promoting evidence-based practice. She emphasized the importance of the workshop as a valuable platform for students to enhance their analytical thinking and research skills. Dr. Vaishali also expressed her gratitude to the management and organizing committee for their continuous support in nurturing a strong research culture within the institution.



Workshop Sessions

Introduction to Research Methodology

Dr. A. Balaji, Professor & Head, Department of Community Medicine commenced the workshop with an insightful session on the fundamentals of research methodology. He explained the definition and importance of research in medical sciences and how it forms the foundation of evidence-based practice. The session covered the basic steps involved in the research process – from identifying a problem, setting objectives, reviewing literature, choosing study design, collecting and analyzing data, to drawing meaningful conclusions. He emphasized the importance of ethics and accuracy in medical research. The talk motivated students to cultivate a research mindset early in their academic career.



Review of Literature

Dr.S.Sakthipriyan - Assistant Professor, explained the importance of literature review in identifying research gaps and framing research questions. He guided students on searching databases like PubMed and Google Scholar, using keywords, and organizing references. The interactive session enhanced their understanding of synthesizing information from various sources.

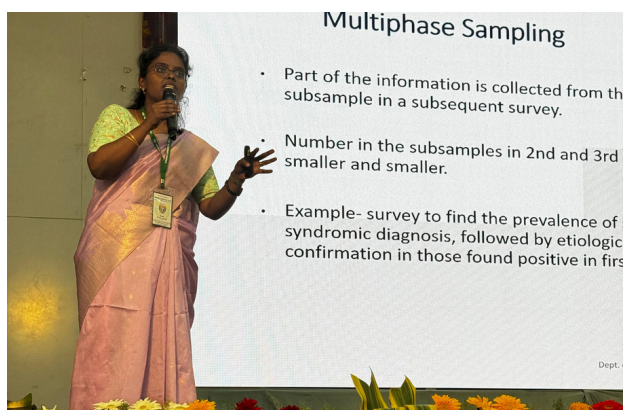


Choosing the Study Designs for Research



Dr.R.Kalaivanan - Assistant Professor, discussed various study designs, differentiating observational and experimental study designs. He emphasized selecting appropriate designs based on research objectives, validity, and feasibility, using practical case examples for clarity.

Sampling Techniques and Sample Size Calculation



Dr.R.N.Vaishali - Assistant Professor, explained sampling methods such as random, systematic, stratified, snowball, cluster sampling, and their applications. She highlighted the importance of adequate sample size and demonstrated sample size calculation. Group activity was conducted for the students on sampling technique identification and sample size calculation.

ICMR STS Project

Dr.M.Pavithra - Senior resident, introduced the ICMR-STS program, covering eligibility, registration, and proposal submission. She encouraged students to participate in STS projects for early research exposure and academic recognition.



Writing a Research Proposal - Hands-on Workshop



Dr. A. Balaji guided students in preparing structured research proposals, explaining each section and encouraging them to draft proposals on topics selected by the students.

Presentation of Protocol by Students

01

Prevalence and Determinants of Brain Fog Among Medical Students at tertiary care centre : A Cross-Sectional Study

02

Association Between Protein Consumption and Skeletal Muscle Mass Changes Over Time Among Adults in Tiruvannamalai : A Cohort Study

03

Association between morning breakfast consumption and Academic performance among MBBS students at tertiary care centre in south India - A cross sectional study

04

Prevalence and determinants of Myocardial Infarction among young adults in tiruvannamalai - A cross sectional study



05

Effectiveness in cognitive screening in identifying early onset of Alzheimer's disease among adult population in Tamilnadu - A cross sectional study

06

Prevalence and predictors of hypertension among diabetes patient in rural field practice area of tertiary care centre- A cross sectional study

07

Exploring Experiences and Coping Practices Among Medical Students with Obsessive-Compulsive Disorder : A Qualitative Study

Students presented their draft research protocols and received detailed feedback from the faculty, which guided them in refining their research questions, improving methodology, and strengthening the overall quality of their study proposals



Vote of Thanks



Dr. D. Janarthanan - Senior resident , Department of Community Medicine delivered the vote of thanks, appreciating the faculty, organizing committee, and students for their active participation and successful completion of the workshop.

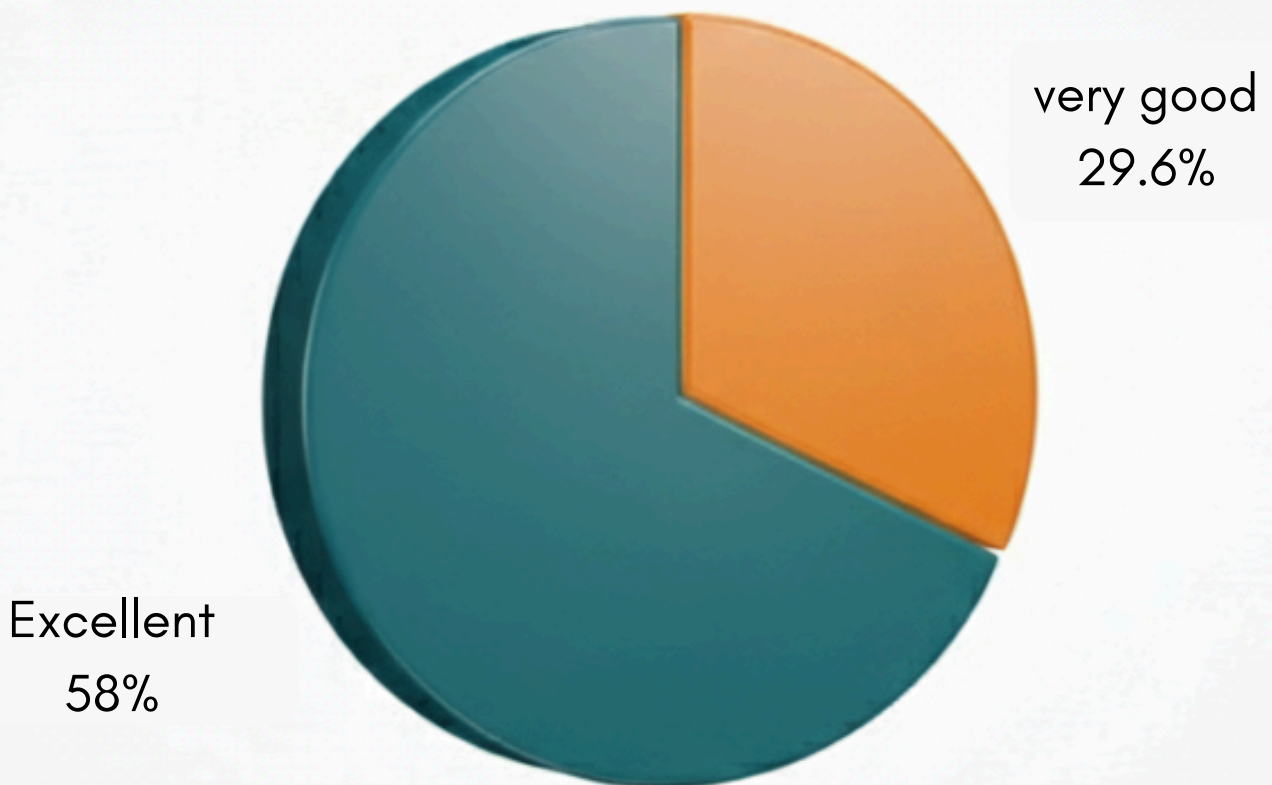
Outcomes

The participants reported that the workshop significantly improved their understanding of research methodology, literature review, and proposal writing. The interactive format and group discussions fostered active participation and collaboration among students.

Feedback collected via Google Forms indicated that over 95% of participants rated the sessions as “Excellent”, particularly appreciating the clarity of presentations and practical demonstrations.

FEEDBACK

According to the student feedback chart, 58% of participants rated the Research Methodology Workshop as excellent, while 29.6% rated it as very good, indicating that the majority of students found the workshop highly effective and beneficial to their learning.



Valedictory Function



Conclusion

The Research Methodology Workshop - 2025 was a resounding success, fulfilling its objective of promoting research-oriented learning among undergraduate medical students. The Department of Community Medicine expressed gratitude to all the resource persons, organizing committee members, and participants for their active involvement and support in making the event a valuable learning experience.

