



Rajshree Medical Research Institute, Bareilly

1050 BEDDED MULTI SUPER SPECIALITY HOSPITAL

Recognized by NMC New Delhi & Affiliated to Atal Bihari Vajpayee Medical University, Lucknow (U.P.)

PRAYOG

(From Research Question to Publication)

*A practical orientation to research methodology,
protocol development, data analysis and thesis writing.*

Research Methodology CME & Hands-on Workshop

Accredited by

Uttar Pradesh Medical Council

6 credit hours

Organized by:

Department of Community Medicine

Rajshree Medical Research Institute, Bareilly (U.P.)

30th and 31st March 2026

Venue: LT-3, RMRI

About the Institution

Rajshree Medical Research Institute (RMRI), Bareilly, is a recognized medical institute committed to excellence in undergraduate and postgraduate medical education, patient care and research. The institute provides modern infrastructure, well-equipped laboratories, experienced faculty and comprehensive clinical exposure to students. RMRI promotes academic development and encourages scientific research among students and faculty members to improve quality of healthcare services.

About the Department of Community Medicine

The Department of Community Medicine is actively involved in teaching, training, field activities and research. The department conducts undergraduate and postgraduate teaching, community-based health programs, epidemiological studies and public health research. It also plays a key role in guiding postgraduate students in thesis work, research methodology training, data analysis and scientific publications.

About the CME & Workshop

Research methodology is a mandatory component of postgraduate medical training, and every resident is required to submit a thesis. However, many postgraduate students face challenges in identifying a research problem, designing a study, calculating sample size, obtaining ethical clearance and writing a research protocol.

PRAYOG is designed as a structured and hands-on training workshop that will guide participants step-by-step from formulation of a research question to preparation of a thesis synopsis and scientific manuscript. The workshop emphasizes practical learning, enabling participants to work on their own research topic during the sessions.

Objectives of the CME & Workshop

To train postgraduate residents in planning, conducting, analyzing and reporting biomedical research. By the end of the workshop, participants will be able to:

- Formulate research question and objectives
- Conduct literature review and identify research gap
- Select appropriate study design
- Calculate sample size and sampling technique
- Prepare data collection tools and analysis plan
- Understand ethical approval procedures and consent documentation
- Prepare research protocol and thesis synopsis
- Understand manuscript writing and publication ethics



CME SCHEDULE

DATE: 30/03/2026

TIME : 8 AM TO 4 PM

Time	Module	Topic	Faculty
8:00 – 8:30 AM	Welcome Kit & Registration		
8:30 – 9:00 AM	Pre-Test & Welcome Address		
9:00 - 9:30 AM	Introduction	Introduction to Health Research	Colonel (Prof.) Dr. V. K. Agrawal, Dean RMRI
9:30 – 10:30 AM	Conceptualizing a Research Study	<ul style="list-style-type: none"> ▪ Formulating research question Hypothesis & Objectives ▪ Literature review ▪ Ethical framework for health research ▪ Conducting clinical trials 	Dr. Rakesh Kumar, Head & Professor, Community Medicine, RMRI
10:30 – 11:00 AM	BREAKFAST		
11:00AM - 12:00 PM	Epidemiological Considerations in Designing a Research Study	<ul style="list-style-type: none"> ▪ Measures of disease frequency ▪ Descriptive study designs ▪ Analytical study designs ▪ Experimental study designs ▪ Validity of epidemiological studies (bias/confounding) ▪ Qualitative research methods 	Dr. Nikhat Naaz, Associate Professor, Community Medicine, RMRI
12:00 – 1:00 PM	Biostatistical Considerations in Designing a Research Study	<ul style="list-style-type: none"> ▪ Measurement of study variables ▪ Sampling methods ▪ Calculating sample size and statistical power 	Dr. Mukul Maheshwari, Assistant Professor, Community Medicine, RMRI
1:00 – 2:00 PM	LUNCH		
2:00 – 3:00 PM	Planning a Research Study	<ul style="list-style-type: none"> ▪ Selection of study population ▪ Study plan and project management ▪ Designing data collection ▪ Principles of data collection ▪ Data management ▪ Overview of data analysis 	Dr. Mukul Maheshwari, Assistant Professor, Community Medicine, RMRI
3:00 – 4:00 PM	Writing a Research Protocol & Scientific Publication	<ul style="list-style-type: none"> ▪ Preparing a concept paper for research projects ▪ Elements of a protocol for research studies ▪ Publication ethics ▪ Manuscript writing ▪ Grant proposal writing 	Dr. Shubhangi Srivastava, Assistant Professor, Community Medicine, RMRI
4:00 PM	EVENING SNACKS		

HANDS -ON WORKSHOP SCHEDULE

DATE: 31/03/2026

TIME: 8:30 AM TO 4:15 PM

Time	Hands-on Session	Activities Covered	Faculty
8:30 – 9:00 AM	Recap	<ul style="list-style-type: none"> ▪ Short Revision of previous day 	Dr. Nikhat Naaz, Associate Professor, Community Medicine, RMRI
9:00 – 9:30 AM	Research Topic & Objectives	<ul style="list-style-type: none"> ▪ Topic selection ▪ FINER criteria ▪ Research question ▪ Aim & objectives 	Dr. Rakesh Kumar, Professor & Head, Community Medicine, RMRI
9:30 – 10:30 AM	Literature Review & Introduction Writing	<ul style="list-style-type: none"> ▪ PubMed/Google Scholar search ▪ Identifying research gap ▪ Writing background & need of study 	
10:30 – 11:00 AM	BREAKFAST		
11:00 AM – 11:30 AM	Study Design & Study Population	<ul style="list-style-type: none"> ▪ Selection of study design ▪ Study setting ▪ Inclusion & exclusion criteria 	Dr. Nikhat Naaz, Associate Professor, Community Medicine, RMRI & Dr. Mukul Maheshwari, Assistant Professor, Community Medicine, RMRI
11:30 AM – 12:00 PM	Sample Size & Sampling	<ul style="list-style-type: none"> ▪ Sample size calculation with formula ▪ Sampling technique selection 	
12:00– 12:30 PM	Data Collection Tool & Variables	<ul style="list-style-type: none"> ▪ Designing proforma/questionnaire ▪ Operational definitions ▪ Measurement of variables 	
12:30 – 1:00 PM	Study Procedure & Data Analysis	<ul style="list-style-type: none"> ▪ Data collection workflow ▪ Data management ▪ Selection of statistical tests 	
1:00– 2:00 PM	LUNCH		
2:00 – 2:30 PM	Ethics & Consent Documentation	<ul style="list-style-type: none"> ▪ Participant information sheet ▪ Informed consent form ▪ Confidentiality 	Dr. Shubhangi Srivastava, Assistant Professor, Community Medicine, RMRI
2:30 – 3:00 PM	Referencing & Protocol Writing	<ul style="list-style-type: none"> ▪ Vancouver referencing ▪ Writing Materials & Methods ▪ Protocol structure 	
3:00 – 3:30 PM	Final Synopsis Compilation	<ul style="list-style-type: none"> ▪ BCBR Registration ▪ Compiling all sections into ABVMU format 	Dr. Mukul Maheshwari, Assistant Professor, Community Medicine, RMRI
3:30 – 3:45 PM	Post-Test and Q/A Session		
3:45 – 4:00 PM	Vote of Thanks & Certificate Distribution		
4:00 PM	EVENING SNACKS		

SCIENTIFIC PROGRAMME & COMMITTEE

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Rishabh Bansal
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Dean
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Professor & Head, Community Medicine
Rajshree Medical Research Institute, Bareilly (UP)

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