



KERALA UNIVERSITY OF HEALTH SCIENCES, THRISSUR

ReCaB@KUHS

A NEWSLETTER FOR RESEARCH CAPACITY BUILDING

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EDITORIAL

Research and Health Science Education

Let us re-examine undergraduate education in health sciences. Are we adequately emphasizing research and related activities during this period? Let us investigate the reasons behind this concern.

Advances in health science involve gathering relevant information on health issues, including prevention, disease management, and health promotion. However, an important point that should not be overlooked is that much remains unknown. For example, do we understand fundamental physiological states, such as sleep, sufficiently? We need to learn significantly more to fully grasp the many aspects of this physiological state, which we all experience daily. Consider various organ systems. Are we fully familiar with their physiology? We have not yet completely understood the neurochemistry of the brain and behaviour, nor many other brain functions; consequently, many aspects remain unclear.

Unless we increase our research capacity, how can we continue to expand the evidence base necessary to enhance the effectiveness and quality of the services we provide? To build such a capacity, we must empower and support trainees from the undergraduate level onwards. As we train them, let us also teach them the processes that create new knowledge, particularly research methods. While

informing them of the current understanding of the subject under study, we should also emphasize the knowledge gaps that remain. For example, consider any non-communicable disease, from diabetes and hypertension to cancers and dementia- we do not know enough to prevent or delay the onset of many such health conditions. Recognition of knowledge gaps will allow trainees to think about the need for further research.

Now, let us consider the knowledge shared during undergraduate training-our data, knowledge base, or evidence base. How did we come to understand these facts? Why do our textbooks contain this information? This is because experts regard the information as reliable and dependable. We also trust that this information is based on solid evidence. Where does this evidence originate? It comes from high-quality research. We also recognize that the evidence base will continue to grow as more information becomes available. Sometimes, what is regarded as strong evidence now may later be confirmed or refuted as new findings emerge. As more evidence collects, our current beliefs may be challenged, and recommendations or clinical practice guidelines might be altered or redefined. What we learn during our training today reflects the best available evidence at present. Textbooks present this evidence as the current state of knowledge and interpret it for health science practitioners. The strength of recommendations depends on the strength of the evidence; we rely on editors and authors who prepare textbooks grounded in this assessment, which involves critically evaluating the evidence.

While recognizing that knowledge gaps exist, the learner should be encouraged to find ways to address them. Some learners may want to know whether ongoing research addresses these specific questions. The learner should never be told that these are beyond the scope of undergraduate training. Instead, trainees can be encouraged to develop and sustain an enquiring mindset. Teachers are here to mentor and should never impose limits on any learner with research potential. If someone wishes to learn more, the mentor is expected to guide them. It is acceptable for the teacher to say, "I do not know. In fact, nobody knows everything about everything. We shall, however, strive to remain up to date depending on our needs and interests.

We value your opinion regarding the need to reorient health science education. Please send in your views to: recab@kuhs.ac.in

Prof. (Dr.) Shaji K. S
Director, SRCOP & Dean (Research)



Report of 'Capacity Building Program for Health Science Faculty: Simulation and Skill Training Centre Orientation' for the faculty of Ayurveda colleges on 18th & 19th November 2025

The Academic Staff College under KUHS has conducted one-day training program for the faculty of Ayurveda colleges affiliated to KUHS in the Simulation and Skill training Centre, KUHS Head Quarters on 18th & 19th November 2025. There were a total of 38 participants for the program. The participants were grouped into two batches, and one-day training was provided to each batch.

The Objectives of the programme was, to orient the clinical skill training and simulation facility of KUHS to the healthscience teachers of affiliated colleges, to demonstrate the simulation training equipment in the clinical skill training centre of KUHS to the health science teachers, to introduce the setting and lay out of the simulation lab of KUHS to the health science faculty, to equip the health science teachers with baseline knowledge to establish simulation labs in their colleges to train their students in various procedures and skills. to equip the Faculty of Ayurveda Colleges affiliated to Kerala University of Health Sciences with the skills necessary to provide Cardiopulmonary Resuscitation (CPR). To orient different emergency management and first aid measures of the Medical emergencies.

The Resource persons were, Dr. V V Unnikrishnan, Professor & Director, Academic Staff College, Dr. Deo Mathew, Assistant Professor, Department of Emergency Medicine, Jubilee Mission Medical College, Thrissur, Dr. Rajeev P C, Assistant Professor, Emergency Medicine, Jubilee Mission Medical College, Thrissur, Dr. Mercy P J, Associate Professor, Academic Staff College, Mrs. Presthiena Lofi E L, Research Fellow, KUHS, Mr. Anjalo P P, Simulation Lab Technician, KUHS.



Clinical Simulation and Skill Training Centre

Dr. V V Unnikrishnan
Professor & Director, Academic Staff College



KUHS UG Research Appreciation Award 2025

KUHS has announced the list of candidates who have qualified for the next stage of the KUHS Research Appreciation Awards 2025. There were 965 applications from eligible undergraduate students from KUHS-affiliated colleges for the awards. After initial verification, 717 applications were shortlisted for review. A panel of experts evaluated the applications, and 629 were selected for the second phase. This phase involves conducting the proposed research in accordance with the submitted protocol. Participants have six months to complete their research and submit the study report. The project reports should be submitted to the University between 01.05.2026 and 31.05.2026. The University will evaluate the submitted reports, and the final list of awardees will be announced based on the experts' assessments. Those who successfully complete both phases will receive the prize money and a certificate. The scholarship amount is INR 10,000. This award aims to encourage undergraduate students to engage in research and related activities during their undergraduate training.

KUHS- PhD Programme – 2026 Admission

The notification for PhD (Full time/Part time) for the admission year 2026 under recognized centres of research at Kerala University of Health Sciences is available on the website. Eligible candidates can apply from 1st January 2026 until 16th February 2026. The notification for the programme 'University Fellowship for Full time PhD' for the admission year 2026 will be published soon.

Plagiarism check facility to Faculty members and Students

As part of the commitment to uphold academic integrity and excellence, Kerala University of Health Sciences has published its plagiarism policy. In view of this, KUHS is initiating a facility for a checking plagiarism in the academic documents through the online software platform selected by the University. In the first stage, the facility will be open only to Postgraduate Students, PhD Scholars and Faculty under KUHS Schools and affiliated institutions.

Instructions and conditions

- Applications open only to the students who are currently undergoing courses under Kerala University of Health Sciences in KUHS Schools / affiliated colleges, PhD Scholars registered under KUHS and Faculty currently working in KUHS Schools / affiliated colleges.
- The fee for plagiarism checking will be Rs. 400/- for faculties and Rs. 200/- for students per submission.
- The applicants may remit the fee through the link provided in the University Web Portal. Fee once remitted will not be refunded.
- The applicant should submit the following documents as pdf format (word to pdf) to:
plagiarismcheck@kuhs.ac.in
 1. Duly filled up application form
 2. Complete document to be checked, cover to cover (max 800 pages)
 3. Body part of the document to be checked (from content to conclusion, including abstract and appendices)
 4. Fee paid receipt generated after remitting the required fee
- 5. The applications will be processed only after realisation of the payment and verification of the details provided by the applicant. Incomplete applications and those with incorrect details will be rejected.
- 6. The result of the submission, i.e., the plagiarism check report generated by the software will be transmitted as such to the email id of the applicant.
- 7. If the result is not satisfactory, the document may be submitted again with modifications as necessary, paying the fee as above. These will be treated as new submissions
- 8. All communications in this regard should be forwarded to the mail ID: plagiarismcheck@kuhs.ac.in

Link for the notification for the Plagiarism Checking Facility is given below:

http://kuhs.ac.in/kuhs_new/images/uploads/pdf/general/2025/Notification-for-plagiarism-checking-facility.pdf

Link for fee payment: <http://www3.kuhs.ac.in/plgchkfees/>



RECENT PUBLICATIONS

1. Chakkyar K, Saravanan P, Habeeb AM, Manakkad SP, Edavazhippurath A, Pradhan RK, Dorai VK, Jhunjunwala S, Dhanasooraj D, Govindaraj GM. Hepatosplenic abscesses in a child with p40phox deficiency due to a homozygous NCF4 variant. *Pediatr Allergy Immunol*. 2025 Oct;36(10):e70226. doi: 10.1111/pai.70226. PMID: 41132134.
2. Khadeeja Thanha KP, Ayisha Sana P, Pramod K. Recent advances in graphene-based biosensors for point-of-care diagnostics. *Biomater Adv*. 2025 Oct 9;180:214541. doi: 10.1016/j.bioadv.2025.214541. Epub ahead of print. PMID: 41072172
3. Kumar R, Harilal S, Arora S, Mohanty S, Sheoran S, Sangwan J, Kanojiya D, Acharya A, Saikla T. Nanotechnology-enhanced phytomedicines: Innovations and applications in cancer therapy. *Int Immunopharmacol*. 2025 Dec 3;166:115537. doi: 10.1016/j.intimp.2025.115537. Epub 2025 Sep 16. PMID: 40961751.
4. Aswani A, Thomas S, Gomez MSS, Rebello EC. Oral Healthcare-Seeking Behavior among Transgenders in Kerala: A Cross-Sectional Study. *Indian J Community Med*. 2025 Sep-Oct;50(5):843-848. doi: 10.4103/ijcm.ijcm_721_24. Epub 2025 Apr 17. PMID: 41017889; PMCID: PMC12470334
5. Arunraj KP, Haritha KM, Khulood MT, Sana PA, Thanha KPK, Pramod K. The Use of Artificial Intelligence in the Formulation of Effervescent Tablets: A Review. *Mini Rev Med Chem*. 2025 Sep 1. doi: 10.2174/0113895575402013250821121137. Epub ahead of print. PMID: 40908692.
6. K HC, Sajini DV, T NS, K FS, Najeem H. Primary Amoebic Meningoencephalitis: A Silent Killer from natural water sources. *Infect Dis Now*. 2025 Nov 26;56(1):105207. doi: 10.1016/j.idnow.2025.105207. Epub ahead of print. PMID: 41314470.

ANNOUNCEMENTS

1. Call for Expression of Interest under ICMR-Center for Collaborative Research (CCR) Scheme: Year 2025-2026 (Last Date: January 15, 2026). Link: file:///C:/Users/User/Downloads/1765195030_call_foreoiicmr-ccrscheme2025-26.pdf
2. DHR-BRET- Biomedical Research: Link: https://rrpdocuments.aiimsexams.ac.in/1765199049621-515679621.pdf?X-Amz-Algorithm=AWS4-HMAC-SHA256&X-Amz-Credential=AKIAVRUVRLXWMSLVSA7%2F20251215%2Fap-south-1%2Fs3%2Faws4_request&X-Amz-Date=20251215T060645Z&X-Amz-Expires=18000&X-Amz-Signature=23428bc2f78b4db9b96a64ef5244223673738310fb468fd84d008d099db88b29&X-Amz-SignedHeaders=host&response-content-type=application%2Fpdf

NEWS UPDATES

1. WHO published: Guideline for the prevention, diagnosis and treatment of infertility. Link: <https://iris.who.int/server/api/core/bitstreams/0b4b00be-9412-4d73-a3a9-1fb00874fdb6/content>
2. WHO published: Guideline for the prevention, diagnosis and treatment of infertility Summary of Recommendations. Link: <https://iris.who.int/server/api/core/bitstreams/ad3b700d-2c90-44fc-bd6f-fd93227b6a5a/content>
3. UNDP Published: Human Development Report 2025. Link: <https://report.hdr.undp.org/>
4. WHO published: WHO Initiative on Urban Governance for Health and Well-being. Link: <https://iris.who.int/server/api/core/bitstreams/f172e00f-48f7-4798-82d4-75293376ad9b/content>
5. WHO published: Guidance on policy and strategic actions for mental health and the education sector. Link: <https://iris.who.int/server/api/core/bitstreams/1ca5eada-ec2b-4f84-8ed4-dcd8329eb794/content>
6. WHO published: Public health intelligence curriculum. Link: <https://iris.who.int/server/api/core/bitstreams/46e1c51b-c1c4-49fe-8f8d-2f3709a7e758/content>
7. WHO Published: Guidance on policy and strategic actions for mental health and the employment sector. Link: <https://iris.who.int/server/api/core/bitstreams/2897caa9-151c-47d8-b5e2-5e3dbe031d89/content>

