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EDITORIAL

The Kerala University of Health Sciences seeks the support of students and faculty members in our efforts to reshape the research ecosystem of the university and its affiliated colleges. We have some plans for this, and the work has already commenced.

Currently, the focus is on undergraduate training, promoting early involvement in research and related activities. The 2024 research appreciation award marked the beginning of this initiative. We are pleased to report that the 2025 UG Research Appreciation Awards received significantly more applications than in 2024. Soon, we will introduce additional programmes to further encourage undergraduate participation in research.

We need to enhance our skills in scientific writing. This demands dedication and hands-on experience. Mentors can play an essential role in nurturing this skill among undergraduate trainees. The first step is to read original articles carefully and observe the style of scientific writing. When you write, clarity is vital, but you should also be concise and straightforward. Avoid jargon and superlatives, and keep a consistent thread of thought throughout. Let us discuss the process of writing the introduction section of the original article.

When writing the final part of the introduction, ensure you emphasise the importance of the research. After reviewing the current state of knowledge on the topic, highlight the need to close

the existing knowledge gap by addressing the research question it aims to answer. This is a crucial element of scientific writing. Our aim is to add to the existing body of knowledge in health science. By sharing scientific findings, we hope to stimulate discussion around unresolved healthcare issues. Clearly stating the research question will attract readers' interest and motivate them to read on. Often, the research question is not immediately clear or explicitly mentioned. Failing to present a well-defined research question in the introduction is a common reason for rejection of articles for publication.

Please also note that you only need to refer to studies relevant to framing the research question. Often, authors try to list numerous studies unrelated to the knowledge gap or research question. Please avoid making this mistake.

Once the reader understands what the researcher aims to discover, the specific method of the study should be clearly documented so that the reader can follow the procedures step by step. The descriptive style should ensure that no important details are omitted while making it easy for the reader to understand what occurred during the research. This allows the knowledgeable reader to evaluate whether that was indeed the appropriate method to answer the research question already stated.

The discussion section, which follows, is often the most engaging part of the article. It should explain how this study contributes to the current knowledge base. It should not merely state that many others have obtained similar findings, etc. Instead, it should evaluate and discuss whether the study's findings have any implications for practice or policy. Researchers must be transparent and honest. Limitations should be identified and acknowledged. Future studies could address methodological issues and provide more substantial contributions to science. This is the way forward for health sciences.

We are organising a series of online sessions for undergraduate trainees and their mentors. We aim to begin in the 4th week of September 2025. If you are interested, please contact us via email.

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



Report on the Annual Research Day 2025

The university's Annual Research Day took place on August 7th, 2025. The event featured the KUHS Oration by Dr. Vikram Patel, who is the Professor and Chair of the Department of Global Health and Social Medicine at Harvard Medical School in Boston, USA. The keynote address was delivered by Dr. Pankaj Bhardwaj, Professor in the Department of Community Medicine & Family Medicine, who also serves as the Academic Head of the School of Public Health and Vice Dean of Research at AIIMS, Jodhpur. The program began at 10:00 am with a welcome address from Dr. Shaji K. S, the Dean of Research. The Hon'ble Vice-Chancellor, Dr. Mohanan Kunnummal inaugurated the program and addressed the Faculty and students. Dr. C.P. Vijayan, the Pro-Vice-Chancellor of the university, felicitated the gathering.



Nine PhD holders from the university were honoured, followed by the distribution of cash awards. Certificates were awarded to the three winners of the "Best Thesis on Breastfeeding (2018-2023)" initiative, which was part of the observance of World Breastfeeding Week 2024. Following this, the principals of the 37 colleges were honoured and certificate of the research appreciation awards for 2024 were handed over to them. Dr. Vikram Patel then delivered the KUHS oration, which was chaired by Dr. Shaji K.S. and Dr. C.P. Vijayan. This was followed by the keynote address of Dr. Pankaj Bhardwaj, chaired by Prof. Raman Kutty and Prof. Thomas Mathew. The vote of thanks was delivered by Dr. Gopakumar S, the Registrar. After lunch, a concurrent group discussion was held for faculty and students. The event saw participation from 99 faculty members and 73 students.

Dr. K S Shaji,
Dean Research

Report on the KUHS Research Appreciation Awards 2024

The applications for the KUHS research appreciation awards (UG) were invited in April 2024, resulting in a total of 328 students applying from all the streams/Faculty. The KUHS research appreciation awards involve two phases of assessment. In the first phase, 52 applications were rejected due to incomplete applications or insufficient documents. The remaining 276 applications were assessed, and 238 students qualified for the second phase.



In the second and final phase, a total of 238 candidates were required to carry out their research in the 6 months period after getting selected and submit their reports. Out of these 238 candidates, 214 successfully submitted their final reports. After evaluating these reports, 185 candidates were chosen and deemed eligible for the KUHS Research Appreciation Awards 2024. Among the selected 185 students, 76 are from the MBBS program, 46 from BDS, 36 from B. Pharm, 15 from B.Sc Nursing, 9 from B.Sc Optometry, and 3 from BAMS. These 185 students represent 37 different colleges, and the Principals of these institutions were invited to receive their certificates during the Annual Research Day event held on August 7, 2025. Additionally, each of these 185 students were awarded Rs. 10,000/- on the research day itself. This amount was sourced from H/A Part 1 NP -22-2016-01- 'Research Scholarships for UG and PG students' (The University had allocated 2 Crores for Research Scholarships for UG & PG students in the 2025-26 Budget).

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



RECENT PUBLICATIONS

1. Philip T, George B, Soman RR. Knowledge about Kerala University of Health Sciences among Undergraduate Dental Students in Kerala, India - A Cross-Sectional Study. *Indian J Dent Res.* 2025 Aug 4. doi: [10.4103/ijdr.ijdr_110_25](https://doi.org/10.4103/ijdr.ijdr_110_25). Epub ahead of print. PMID:40760953.
2. Ayisha Sana P, Khadeeja Thanha KP, Pramod K. Recent advances in harnessing of natural polymers for bioelectronics. *Int J Biol Macromol.* 2025 Sep;321(Pt 4):146504. doi: [10.1016/j.ijbiomac.2025.146504](https://doi.org/10.1016/j.ijbiomac.2025.146504). Epub 2025 Aug 4. PMID:40759217
3. Cotton K, Sathyan S, Jacob S, Shaji KS, Ayers E, Adhikari D, Sigamani A, Pradeep Kumar VG, Verghese J. Translation and Validation of the Malayalam Version of the Subjective Happiness Scale. *Soc Indic Res.* 2025;176(1):245-255. doi: [10.1007/s11205-024-03448-y](https://doi.org/10.1007/s11205-024-03448-y). Epub 2024 Oct 22. PMID:39949956; PMCID: PMC11813988
4. Mishra AP, Kumar R, Harilal S, Nigam M, Datta D, Singh S, Waranuch N, Chittasupho C. Demystifying the management of cancer through smart nano-biomedicine via regulation of reactive oxygen species. *Naunyn Schmiedebergs Arch Pharmacol.* 2025 Jan;398(1):497-532. doi: [10.1007/s00210-024-03469-x](https://doi.org/10.1007/s00210-024-03469-x). Epub 2024 Oct 31. PMID: 39480523
5. Arora K, Kanakkath H, Kumar NR, Sankunni SP, Vadakkekuttikal RJ. Assessment of the Diagnostic Agreement Between Cone-Beam Computed Tomography and Intraoperative Measurements for Detecting Grade II Buccal Furcation Involvement in Maxillary First Molars: Insights on Accuracy, Reliability, and Clinical Relevance. *Cureus.* 2025 Jul 8;17(7):e87515. doi: [10.7759/cureus.87515](https://doi.org/10.7759/cureus.87515). PMID:40786377; PMCID: PMC12331539
6. Puthiyapurayil S, Vadakkekuttikal RJ, Kesavan TN, Kanakkath H. Association between periodontal parameters and thyroid markers in autoimmune hypothyroidism: A cross-sectional study. *J Periodontol.* 2025 Aug 21. doi: [10.1002/JPER.24-0735](https://doi.org/10.1002/JPER.24-0735). Epub ahead of print. PMID: 40838332.
7. Khadeeja Thanha KP, Sana PA, Ajesh JS, Naseef PP, Tharayil H, Lubaib P, Pramod K. Advanced smart bioelectronics for wound healing: biosensing, drug delivery, and artificial intelligence. *Int J Pharm.* 2025 Aug 20:126098. doi: [10.1016/j.ijpharm.2025.126098](https://doi.org/10.1016/j.ijpharm.2025.126098). Epub ahead of print. PMID:40845991
8. Alsaati AA, Kaliyadan F, Alsaadoun D, Alzakry LM, Alzabadin RA, Hakami TH, Rubaian NFB. Vitamin D and its Analogs in Treatment of Mild to Moderate Alopecia Areata: Systematic Review and Meta-Analysis. *Indian Dermatol Online J.* 2025 Aug 14. doi: [10.4103/idoj.idoj_958_24](https://doi.org/10.4103/idoj.idoj_958_24). Epub ahead of print. PMID:40814988.
9. Daksh R, Mathew MS, Bosco AM, Sojan C, Tom AA, Bojja SL, Nampoothiri M. The role of exosomes in diagnosis, pathophysiology, and management of Alzheimer's Disease. *Biochem Biophys Res Commun.* 2025 Mar 25;754:151526. doi: [10.1016/j.bbrc.2025.151526](https://doi.org/10.1016/j.bbrc.2025.151526). Epub 2025 Feb 21. PMID: 40015072.
10. Jog A, Deborah AA, Ramesh RM, Aruldas K, Baskaran Y, Walson JL, Krishnasastry S, Ajjampur SSR. Access and Awareness of Morbidity Management and Disability Prevention for Lower Limb Lymphatic Filariasis in Post-Mass Drug Administration Districts in Southern India. *Am J Trop Med Hyg.* 2025 Aug 5:tpmd250180. doi: [10.4269/ajtmh.25-0180](https://doi.org/10.4269/ajtmh.25-0180). Epub ahead of print. PMID:40763726.

NEWS UPDATES

1. WHO Published: Review of organ transplant packages under Mukhyamantri Ayushman Arogya Yojana in Rajasthan. Link: <https://iris.who.int/bitstream/handle/10665/382389/9789290221340-eng.pdf?sequence=1>
2. WHO Published: Abortion care guideline, second edition
Link: <https://iris.who.int/bitstream/handle/10665/382157/9789240104204-eng.pdf?sequence=1>
3. WHO Published: Accelerating research to end tuberculosis in pregnant and lactating women: a call to action.
Link: <https://iris.who.int/bitstream/handle/10665/382111/B09518-eng.pdf?sequence=1>
4. WHO Published: Climate change and workplace heat stress: technical report and guidance.
Link: <https://iris.who.int/bitstream/handle/10665/382351/9789240099814-eng.pdf?sequence=1>
5. WHO Published: Risk communication and community engagement readiness and response toolkit: mass gatherings. Link: <https://iris.who.int/bitstream/handle/10665/382356/9789240109148-eng.pdf?sequence=1>

