



RESEARCH NEWSLETTER

Issue 18



Quoting the Greats

Inside the Issue:

- Message from Director of Research
- Featured Article from Deputy Director-Research
- "Navigating Excellence: Crafting an Effective Project Proposal for ICMR Funding" by Ms. Sweta Chatterjee
- Types of Fellowship & Grants
- Research Updates
- Recent calls of ICMR



The benefits of biomedical progress are obvious, clear & powerful. The hazards are much less appreciated.

Dr. Leon r. Kass

Research is formalized Curiosity. It is poking & prying with a purpose.

Dr. Zora Neale Hurston



Research is to see what everybody else has seen, and to think what nobody else has thought."

Albert Szent-Györgyi



Message from Director of Research



Dear friends & colleagues,

I am delighted to welcome you to the latest edition of our Research Newsletter. As we continue to push the boundaries of knowledge and innovation in our field, it is with great pleasure I am writing on a topic of profound significance to our research community: the Indian Council of Medical Research (ICMR). As we reflect on the pivotal role of ICMR in advancing medical and health research in India, we are reminded of its rich legacy and enduring impact on public health and scientific innovation.

At our institution, we are privileged to collaborate with ICMR on various initiatives that aim to address pressing health challenges, foster innovation, and promote equitable access to healthcare solutions. Furthermore, many of our faculty projects have been got extramural grants from ICMR which have to contributed to cutting-edge research, and translate scientific discoveries into tangible benefits for society.

I encourage each of you to continue embracing the values of integrity and scientific rigor that are defined by SVDU. Your dedication and expertise are essential as we work towards achieving our shared vision of a healthier, more resilient society. Together, let us forge ahead with optimism and determination, knowing that our efforts will shape the future of healthcare.

Warm regards

Dr. A. K. Seth

Director of Research

Featured Article



A preventive approach for Non-Communicable Diseases

Dr. Suresh Kumar Rathi

Deputy Director – Research

Department of Central Research and Innovation, SVDU

We are born with diarrhoea and will die with diabetes. I mean to say that we are born with infectious / communicable diseases and will die with non-communicable diseases (NCDs). The increased prevalence of NCDs means that more people are developing complications. More so, limited understanding, services, resources, patients' experiences with managing hypertension and diabetes are some of the issues to be considered while managing NCDs. Nonetheless, we are less prepared and system is less likely to respond and take care of these as direction is more important than speed.

Hence, World leaders should invest in addressing the global burden of cardiovascular disease (CVD) and other NCDs) because...

□ Diabetes and Coronary Artery diseases are two of the Captains of the Battalions of Death. Cancer is still probably one of the most dreadful words in English lexicon. People equate cancer with death. The incidence of cancers, cardiovascular diseases and Diabetes in India is alarmingly high. Over the past 2 decades, discussions about heart diseases, Diabetes and Cancers have moved from the doctor's room to the living rooms and club meetings. Cholesterol, cardiac catheterization, angioplasty, and insulin are now part of the vocabulary of people in their 40's and 50's.

□ Technology and research are rapidly growing, and deeper insights into diseases and mechanisms are paving the way for better treatments in the future. Healthcare is an important benchmark of a country's progress and hospitals are the tangible indicators of the shape of the healthcare. In India, NCDs are universal but care and treatment facilities are not. Hence, still an ounce of prevention is worth a pound of cure.

Possible interventions:

1. Local adaptation and proper implementation of National Program for prevention and control of Non-Communicable Diseases (NP-NCD).
 2. Robust follow up mechanism for treatment adherence. M-health and E-clinic may work for reaching to the unreached population.
 3. Capacity strengthening at all levels.
 4. Management of the NCDs should be individual patient specific rather than general management of the condition.
 5. Separate cadre of healthcare workers especially for meticulous follow up.
 6. Family specific awareness generation
 7. Use of very basic level screening and diagnostic tests.
 8. Policy level decision: NCDs should not be viewed and treated like communicable diseases.
 9. Involvement of family members
 10. Regular / weekly interactions among Patients (Patient support Groups)
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"Navigating Excellence: Crafting an Effective Project Proposal for ICMR Funding"

Ms Sweta Chatterjee

Department of Central research & Innovation

Crafting a compelling project proposal is not just a prerequisite but a cornerstone for securing funding and advancing medical research. The Indian Council of Medical Research (ICMR) sets forth rigorous guidelines to ensure that proposals meet high standards of scientific rigor, ethical integrity, and societal impact.

Here's a comprehensive guide to navigating the intricacies of writing an effective proposal tailored specifically for ICMR research projects.

1. Clarity and Structure

A well-written proposal begins with a clear and concise title that reflects the essence of the research. The abstract succinctly summarizes the background, objectives, methodologies, and anticipated outcomes of the study. It serves as a snapshot of the entire proposal, offering reviewers a quick insight into the project's potential significance.

2. Justification and Background

The introduction provides a thorough review of existing literature, identifying gaps in knowledge and justifying the need for the proposed research. It outlines the scientific rationale, emphasizing its relevance to current healthcare challenges or emerging trends in medical science.

3. Specific Aims and Objectives

Clearly defined objectives are crucial for steering the research direction. They should be specific, measurable, achievable, relevant, and time-bound (SMART), outlining the key questions to be addressed and the hypotheses to be tested.

4. Methodological Rigor

A robust methodology section details the research design, including participant selection criteria, sampling methods, data collection procedures, and statistical analyses. Ethical considerations, such as participant consent and data confidentiality, must be addressed in accordance with ICMR guidelines on biomedical research involving human participants.

5. Timeline and Budget

A realistic timeline breaks down the project into manageable phases, setting milestones for data collection, analysis, and dissemination of results. The budget should be meticulously justified, covering expenses for personnel, equipment, travel, and other operational costs in alignment with ICMR funding norms.

6. Impact and Dissemination

Discuss the potential contributions of the research findings to scientific knowledge, policy development, and public health outcomes. Outline strategies for disseminating results through peer-reviewed publications, conferences, and collaborations with stakeholders in academia, healthcare, and government agencies.

Let us see the key Components of an ICMR-Compliant Project Proposal

1. Title and Abstract

- **Title:** Clearly defines the research topic and scope.
- **Abstract:** Concisely summarizes the background, objectives, methods, and expected impact of the study.

2. Introduction

- Provides a comprehensive review of existing literature and identifies gaps in knowledge.
- Justifies the significance and relevance of the proposed research.

3. Objectives

- States the specific aims and hypotheses to be tested.
- Clearly defines measurable outcomes and deliverables.

4. Methodology

- Details the research design, including study population, sampling methods, and data collection techniques.
- Discusses ethical considerations, including consent procedures and participant confidentiality.
- Describes statistical methods and tools for data analysis.

5. Timeline and Budget

- Outlines a realistic timeline for project milestones and completion.
- Provides a detailed budget justification, including costs for personnel, equipment, travel, and overhead expenses.

6. Ethical Considerations

- Addresses ethical issues such as participant welfare, informed consent, and adherence to national and international guidelines (e.g., ICMR Ethical Guidelines for Biomedical Research on Human Participants).

7. References

- Provides a list of cited literature in a standardized format (e.g., APA, MLA) to support the rationale and methodology.

In conclusion, writing a successful project proposal for ICMR requires precision, adherence to guidelines, and a clear articulation of scientific merit and societal impact. By following these guidelines meticulously, researchers can enhance their chances of securing funding and making meaningful contributions to the field of medical research in India. Adhering to ICMR's guidelines not only ensures compliance with ethical standards but also fosters a culture of excellence and innovation in biomedical research, ultimately benefiting healthcare outcomes and societal well-being.

ICMR: Types of Fellowships & Grants

Limited Time Calls-

- Short-Term Studentship (STS)
- MD/MS/DM/MCh/DNB/DrNB/MDS thesis support
- Short-term National Fellowship 30th June 2024
- Long Term National Fellowship 30th June 2024
- Women Scientist fellowship 30th June 2024
- Biomedical research grant for NRI/OCI/PIO 30th June 2024
- Support to Institutes for Training/Modules/Courses in Biomedical Research
- International Travel Grant Support For Non-DHR/ICMR Scientists & Researchers

Applications invited on rolling basis-

- Workshops funding grant in biomedical research Applications invited on rolling basis.
- Start-up grant for fellows undergoing long term/short term training supported by DHR

Important ICMR addresses

1. Web-portal of DHR : <https://schemes.dhr.gov.in>
2. For fellowships dhr-hrdscheme@nic.in

Research Updates on Extramural Projects

Serial No	Name of Principal Investigator	Title	Funding Agency
1.	Dr. Archana Jignesh Gadhia	A prospective observational study to determine the role of Vitamin D3 in patients of Enthesopathy and to study outcome benefits after supplement in geriatric population	ICMR
2	Dr. Arti Shah	Factors Associated with sudden deaths among adults aged 18-45 Years, India : Multicentric matched case-control study	ICMR
3	Dr. Niraj Pandit	Community behavior and its determinants in relation to Malaria prevention and control in Gujarat	ICMR

Serial No.	Name of Principal Investigators/ Co- Investigators	Title	Funding Agency
4.	Dr. Arti Shah	Effect of COVID-19 vaccine on thrombotic events among 18-45 year old population in India: Multicentric hospital-based matched case-control study	ICMR
5.	Ms. Sara Arora Dr. Nidhi Bhalodia	Bacterial Contamination of Stethoscope used by health care professionals at a rural based tertiary care hospital and effective methods for its disinfection	ICMR
6.	Mr. Neil Shah Dr. Sucheta Lakhani	Microbial Quality of Water Used as Drinking Sources in Urban and Rural Households of Gujarat, India – A Cross Sectional Study	
7.	Ms. Chhavi Garg Dr. Jitendra Lakhani	Epidemiological distribution and demographic characteristics of Acute Kidney Injury in patients admitted at tertiary health care centre in West India, Gujarat : A Prospective Cross Sectional Study	