



**CMC LUDHIANA and CMCL STUDENT RESEARCH CLUB**  
**Presents**



# CARES 2026

**PMC  
CREDIT HOURS  
APPLIED FOR**



**7<sup>th</sup> CHRISMED  
ANNUAL  
RESEARCH  
AND  
EDUCATION  
SYMPOSIUM**

**30<sup>th</sup> April, 1<sup>st</sup> May, 2<sup>nd</sup> May 2026**

**at CMC and Hospital,  
Ludhiana**



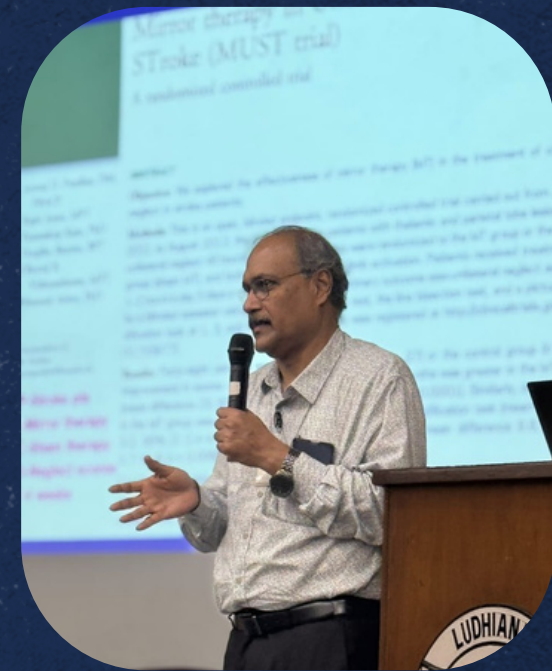
## WHAT IS CARES?

The **Chrismed Annual Research and Education Symposium (CARES)**, initiated by **Christian Medical College and Hospital Ludhiana** in 2014, dates back to a time when research remained an underexplored domain among clinicians and students. Since its inception, it has evolved into a flagship academic event, playing a pivotal role in promoting research and bringing together students, faculty, and clinicians to advance innovation and evidence-based practice.

Now in its 7th edition, CARES continues to foster interdisciplinary collaboration and inspire the next generation of healthcare professionals toward meaningful scientific contributions.

The **CMC Ludhiana Student Research Club (CSRC)** proudly carries forward the legacy of its predecessors, upholding its vision of nurturing a strong culture of academic inquiry and evidence-based medicine among students. Building upon the foundation laid by its predecessors, the club offers a dynamic platform for budding researchers to collaborate, learn research methodology, present innovative ideas, and engage with mentors.

Through workshops, discussions, and student-led initiatives, CSRC aims to spark curiosity, promote scientific thinking, and empower the next generation of healthcare professionals to contribute meaningfully to medical research and education.





## CARES- ChrisMed Annual Research & Education Symposium

### 1. Competitive Category

- Research Articles ( RAs)
- Undergraduates (UGs)
- Postgraduates/Senior Residents (PGs/SRs)
- Faculty/Staff
- Case Series/Case Reports
- Undergraduates (UGs)
- Postgraduates (PGs)/Senior Residents (SRs)
- Faculty/Staff

### General Instructions for Competitive Category-

1. Abstracts for **Research Articles- published or unpublished (RAs)** and **Case Reports/Case Series (CRs/CSS)** must be submitted by **11.59 pm, 10 April 2026**
2. **These** will be screened online under two separate categories and separately for UGs, PGs, and Faculty
3. The reviewer's decision will be final.
4. Selected abstracts must be submitted as **E-posters by 11.59 pm, 24 April 2026**. Presentation shall be either on 30th April or 1st May 2026.
5. Top 2 posters from each category on Day 1 as well as Day 2 of CARES will qualify for competitive round (finals).
6. The competitive finalists require a PowerPoint (PPT) which needs to contain same subheadings with maximum **10 slides**

### 2. Non-Competitive Category (for UGs)

- Project Proposals (PPs)
- Randomized Control trials (RCTs)
- Clinical Trials (CTs)

### General instructions for Non-Competitive Category

1. Abstracts for **PPs, RCTs, and CTs** are to be submitted by **11.59 pm, 10 April 2026**.
2. These will qualify for online screening.
3. Selected abstracts must be submitted as **e-presentations by 11.59 pm, 24 April 2026**.

#### NOTE:

- **Presentation dates will be allotted randomly.**
- **All symposium participants need to submit a Consent Form (present in the google form) authorised by the HOD.**

## **INSTRUCTIONS FOR ABSTRACT SUBMISSION- RAs, CRs, and CSs**

Write the Abstract in 2 pdf files in Arial, Font Size- 12; Title font size- 14.

Contents-

1. File 1 contains-

- Title of study
- Names of authors with affiliations
- Presenting author

2. File 2 should contain the Abstract proper in 250-300 words.

3. For RAs, File 2 must contain-

- Title of the study (Words not counted)
- Background/Introduction
- Aims/Objectives
- Methodology
- Results
- Conclusion
- Keywords (if any)
- Funding source (if applicable)

4. For CRs/CSs, File 2 must contain-

- Introduction
- Case description (Of all cases)
- Discussion and Conclusions
- Keywords (if any)
- Note- The File 2 Abstract must remain fully anonymized. Do not include your name, institute, affiliations, or any information that could reveal your identity.

• **Upload File 1 as PDF, titled-**

Your name \_Department\_ Designation\_ Category\_ CARES\_2026

For example- VanshikaAndriyas\_ Surgery\_ PG\_ RA\_ CARES\_2026

• **Upload File 2 as PDF, titled-**

Title of the study in short\_ Designation\_ Category\_ CARES\_2026

For example- EatingDisordersMBBS\_ PG\_ RA\_ CARES\_2026

- (Use keywords for title of study in short, Designation- UG/PG/Faculty, Category-RA/CR/CS)

**Attach the two PDFs in the registration form by scanning the QR code.**



## **INSTRUCTIONS FOR POSTER SUBMISSION- RAs, CRs, and CSs**

• e-Poster format: Canva or PowerPoint; **Dimensions: 48 × 36 inches;** Orientation: Landscape.

• Preferably use a light, neutral background with dark font to ensure clarity and readability.

• Structure: Follow the same headings as the abstract. Ensure a balanced layout with concise text and relevant images/tables to enhance understanding.

• Include both the CMC logo and CARES logo on the poster. Logos will be provided upon acceptance of submission.

• Font guidelines: Arial font, Title: 120-150, Headings: 50-75, Body text: 32-62.

• Content guidelines: Avoid overcrowding of text; maintain clear spacing and organise information logically. References should follow Vancouver style.

• **Presentation format:** Each presenter will have 3 minutes for presentation

followed by 2 minutes for questions from the judges. Exceeding the allotted time may lead to disqualification.

• The poster should be clear, concise, and visually balanced. Presentation should be articulate, well-structured, and delivered in a professional manner.

• **Submit it in PDF form. Name it-**

Your Registration ID\_ Designation\_ Category\_ CARES\_2026

For example- 001\_UG\_ CR\_ CARES\_2026

Your final **e-Poster** has to be submitted at the following Email ID:

cares.symposium@cmcludhiana.in

Subject of Email- Registration

ID\_ Designation\_ Category\_ Cares\_2026

## **INSTRUCTIONS FOR ABSTRACT SUBMISSION OF PP/RCT/CT**

Abstracts are to be submitted in two PDF files, in Arial, Font Size-12; Title font size- 14.

1. File 1 should contain the title of the proposal/trial, names of authors with affiliations, and presenting author.

2. File 2 has to contain the Abstract in 250-300 words under the following headings:

- Title
- Introduction
- Aims/Objectives
- Methodology
- Type, site and duration of study
- Sample size
- Inclusion/Exclusion Criteria
- Statistical analysis
- Funding Agency (if applicable)
- References

• Upload File 1 as PDF, titled-

Your name \_NonComp\_CARES\_2026

For example- VanshikaAndriyas\_NonComp\_CARES\_2026

• **Upload File 2 as PDF, titled-**

Title of the study in short\_ NonComp\_CARES\_2026

For example- EatingDisordersMBBS\_NonComp\_CARES\_2026

(Use keywords for title of study in short during uploading)

**Attach** the two PDFs in the registration form by scanning the **QR code**.



## **INSTRUCTIONS FOR PPT SUBMISSION OF PP/RCT/CT**

- Presentation to be made in Powerpoint only.
- e-Presentation to be made under the same headings as that of the abstract.
- Font style - Arial, size: (32-62) for text, (50-75) for headings, and (120 - 150) for title.
- Avoid overcrowding of text in E-Presentation.
- Include both the CMC logo and CARES logo in the presentation. Logos will be provided upon acceptance of submission.
- Add images and tables to make your presentation more engaging and informative.
- Bibliography should be in Vancouver style.
- Avoid overcrowding of text on each slide.
- The poster should be clear, concise, and visually balanced. Presentation should be articulate, well-structured, and delivered in a professional manner.
- Maximum time: 3 minutes presentation + 2 minutes questions by judges. Exceeding this limit will lead to disqualification.

• **Send it in PDF form. Name it-**

Your Registration ID\_NonComp\_CARES\_2026

For example- 001\_NonComp\_CARES\_2026

Your final e-presentation must be submitted at the following

Email ID:

cares.symposium@cmcludhiana.in

**REFER TO THE GOOGLE DOC LINK FOR HOW TO WRITE FILE 1**

**<https://docs.google.com/document/d/1lznEQUwbG39yXrIjbutqq7Im3-so9EAEx6Vxoz7HO1A/edit?usp=drivesdk>**

MASTERCLASS 1

# CAST AND CURIOUS

## Expected Outcomes :

1. Clarity in knowledge about basics of fractures and its types.
2. Management of fractures.
3. Principles of cast immobilisation
4. How to read "warning signs" presenting as common problems after fracture & cast immobilisation.

**Plaster Cast Application & Basics of Fracture Healing** Ever wonder how doctors stabilise a fractured bone and help it heal the right way?

Designed especially for curious medical minds, this masterclass brings to you the very core of orthopaedics. Explore the basics of fracture healing and learn through the art of plaster cast application.

**Come experience orthopaedics beyond textbooks & gain skills every young doctor should know!**



**Date:** 30<sup>th</sup> April 2026

**Timings:** 2pm to 4pm

**Participant Entry:** UG Students

**Entry Fee:** ₹1000/-

**Max. Participants :** 36



MASTERCLASS 2

# CODE AIRWAY

## Expected Outcomes:

- Peripheral Line insertion with hands-on experience and skills learning.
- Hands-on practice for Airway management from face mask to intubation.

**Ready to step into shoes of an anaesthesiologist? Well grab a chair and discover how clinicians secure airways and gain rapid vascular access when every extra minute on the table counts!**

Explore airway pseudoanatomy orientation to improve knowledge, watch fiberoptic guided intubation and peripheral IV-Line placement with guided supervision.

Come for the adrenaline of airway management & leave with skills that could one day save a life!

**From vein to ventilation, See you in the OT!**



**Date & Timings:** 30th April, 2 pm to 4 pm

**Participant Entry:** UG Students

**Maximum Participants:** 25

**Entry Fee:** ₹1000/-

For any queries, contact

- Abel- 81579 13225
- Tania- 74772 24726



For any queries, contact

- Mannat- 78147 86948
- Kevin- 82794 96400

## MASTERCLASS 3

# THE RENAL DEAL

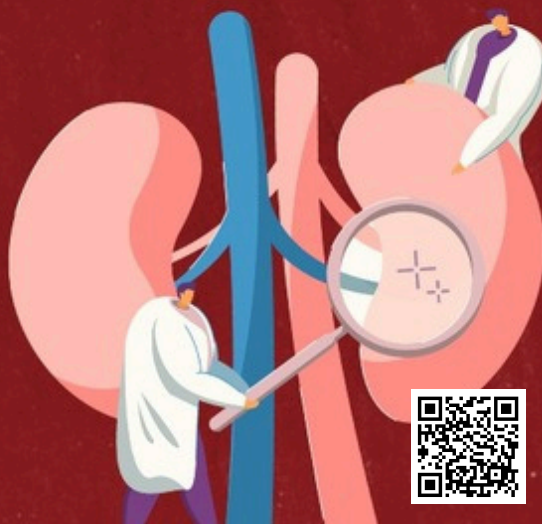
### Expected outcomes:

1. Understand nephrology basics: mechanics, components, and clinical workflows.
2. Master dialysis machine kidney function, renal failure, and dialysis indications.
3. Perform simulated kidney biopsies while learning techniques and complications.

### Ever wondered how dialysis keeps life going when kidneys fail?

The Renal Deal masterclass brings to you the world of renal medicine. Witness a live **dialysis** demonstration followed by a **kidney biopsy simulation** on **goat kidney specimens** so you know what's really the deal with a kidney!

Join us to see how modern medicine keeps kidneys—and patients going. Because sometimes the smallest organs teach the biggest lessons!



Date: 30<sup>th</sup> April 2026

Timings: 2pm to 4pm

Participant Entry: UG Students

Entry Fee: ₹1200/-

Max. Participants : 30

For any queries, contact

- Sheryl- 88704 88858
- Hephzibah- 93013 05691

## MASTERCLASS 4

# THE EYE SPY



### Expected outcomes:

1. Introduction to basics of cataract-surgery
2. Learn key surgical skills, simple techniques, and instrument handling.
3. Hands-on microsurgical skill practice guided by experienced mentors.



Wondering how eye surgeries happen with such accuracy? Well you can do it and learn yourself now. Step into the delicate world of ophthalmic microsurgery & try your hand at the techniques behind one of the most common sight-restoring procedures—cataract surgery.

**A Hands-On Training on real Goat Eye Models!**

A rare chance to test your surgical finesse & experience the art of eye surgery up close. Build surgical dexterity & instrumental control for confidence in the OT!

For any queries, contact

- Archana- 84275 12377
- Aditi- 81095 51602

Date: 1<sup>st</sup> May 2026

Timings: 2pm to 4pm

Participant Entry: UG Students

Entry Fee: ₹1500/-

Max. Participants : 24

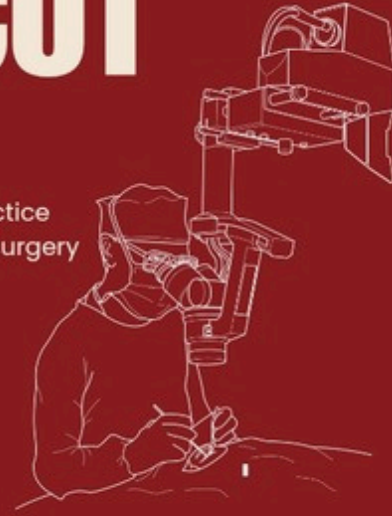


## MASTERCLASS 5

# KNOT AND CUT

### Expected outcomes:

1. Techniques of different sutures common used in practice
2. Handling of Laparoscopic instruments by hands-on surgery simulation practice.



### READY TO TEST YOUR SURGICAL PRECISION AND HAND-EYE COORDINATION?

This is a masterclass you do not want to miss. Learn the basics of **Laparoscopic Surgery** through a **Video-Game Style** simulation, helping sharpen hand-eye coordination and hands-on instrument practice for our aspiring surgeons!

This video game style gives you a great chance to explore the craft of surgery right here at **CMC Ludhiana- the NMC Nodal Centre & a primary training centre for the Grendel Medical Laptitude system.**

And to integrate all this knowledge and fun- **we bring Core Suturing Techniques used in everyday surgical procedure, so you're never confused in those ever again!**

For any queries, contact

- Emmanuel- 99462 02888
- Felitia- 97176 40494

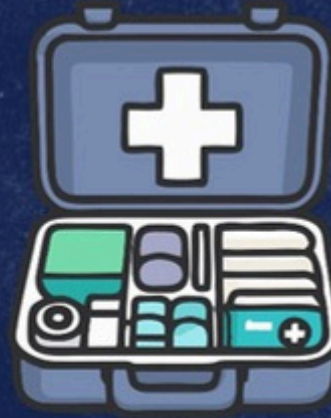


## MASTERCLASS 6

# THE PITT

### Expected outcomes:

1. Build confidence in systematic stabilisation and emergency response.
2. Learn rapid assessment, resuscitation, and teamwork in acute care.



**When seconds matter, the right skills can save lives. Join us for an exciting masterclass, especially if your nervous system craves the adrenaline rush!**

The PITT can be a scary place to be, but not when you're prepared to mentally & physically handle it like a pro.

Through an interactive emergency simulation lab, we dive deep into learning & practice essential life saving skills including principles and initial approaches to acute medical emergencies like shock, hypoglycemia etc.

**Step into "THE PITT" and test how you work under pressure!**



For any queries, contact

- Daniel- 88474 85569
- Asher- 81041 93398



**Date: 1<sup>st</sup> May 2026**

**Timings: 2pm to 4pm**

**Participant Entry:** UG Students and PG residents

**Entry Fee:** ₹1200/-

**Max. Participants : 30**

**Date: 1<sup>st</sup> May 2026**

**Timings: 2pm to 4pm**

**Participant Entry:** UG Student

**Entry Fee:** ₹1000/-

**Max. Participants : 30**

An Indian Childhood Cancer Initiative (ICCI)  
MASTERCLASS 7:  
**CHILDHOOD CANCER**

"LITTLE LIVES, BIG FIGHTS"

**Expected outcomes:**

1. Introduce 8 key algorithms for early childhood cancer diagnosis.
2. Integrate childhood cancer education into clinical training for all student levels.

**Date:** 2<sup>nd</sup> May 2026

**Timings:** 11am to 1pm  
2pm to 4pm

**Participant Entry:** MBBS Third years, Final years and Interns  
(PREFERENCE SHALL BE GIVEN TO FINAL YEARS AND INTERNS.)

**Entry Fee:** ₹1200/-

**Maximum Participants:** 40

If you're someone who's future is growing towards working among pediatric age groups, this masterclass brings to you the ICCI developed 8-module study to early-stage recognition and diagnosis of childhood cancer.

**What's special is that this is being introduced among medical students for the first time in India at our very institute!**

Join us in this initiative based learning and become an important part of a global initiative as an educator, learner & researcher.

**Certification for this masterclass completion shall be ICCI certified and will help boost your CV!**

For any queries, contact  
• Vallika- 8114520034  
• Jeremiah- 84279 60710



MASTERCLASS 8  
**NEURON:  
THINK FAST**



**Expected outcomes:**

1. Basics of Stroke- warning signs, FAST assessment
2. Build confidence in neurological examination of stroke patients to diagnose early

**A neurologist spots a stroke in seconds and acts before the brain cells are lost!**

**This masterclass will help you learn all the basics of the most common neurological disease, so you're always vigilant in action and prepared in emergencies.**

**Learn how to spot a stroke with its early signs, perform a neurological check & understand the basics of emergency management through hands-on activities and DSA lab demonstrations.**

**Know how to THINK FAST and act fast when time is Brain.**

**Date & Timings:** 2<sup>nd</sup> May 2026, 2 pm to 4 pm

**Participant Entry:** UG Students

**Maximum Participants:** 30

**Entry Fee:** ₹1200/-

For any queries, contact  
• Joshua- 9646232676  
• Grace- 9746699856



# SCIENTIFIC COMMITTEE

Dr. Sandeep Singh- Principal, COP  
Dr. Michael Deodhar- Professor, General Surgery  
Dr. Deepshikha Kamra- Professor, SPM  
Dr. Candy Sodhi- Professor, Physiology  
Dr. Mary Joan- Professor, Radiation Oncology  
Dr. Ritu Jain- Professor, Periodontics, CDC  
Dr. Reena Jairus- Professor, Community Health Nursing, CON  
Mrs. Ritu P. Naihar- Professor- Medical Surgical Nursing, CON  
Dr. Abhishek Samuel- Assoc. Prof, Orthopaedics  
Dr. Pranay Pawar- Assoc. Prof, Vascular Surgery  
Dr. Pallavi Abhilasha- Assoc. Prof, Psychiatry  
Dr. Rohit John Chaudhary- Assoc. Prof, Biochemistry  
Dr. Nirmal Kurian- Assoc. Prof, Oral & Maxillofacial Prosthodontics  
Dr. Nikhil Gautam- Asst. Prof, Psychiatry  
Dr. Neena Bhatti- Asst. Prof, Pharmacology  
Dr. Girish Joseph- Asst. Prof, Pharmacology  
Dr. Osheen Bhandari -Asst. Prof, COP  
Dr. Kripa Anna Varghese- Senior Resident, Medicine  
Dr. Vivek Shaw- Senior Resident, SPM

## Chief Patron

Dr. William Bhatti-  
Director, CMC&H

## Organizing Chairperson

Dr. Jeyaraj D. Pandian-  
Principal, CMC

## Organizing Secretary

Dr. Ruby Singh-  
Professor, Pediatrics

## Joint -Organizing Secretary

Dr. Karan Pramod-  
Assistant Professor,  
Forensic Medicine

## Scientific Committee Chair

Dr. Abhilasha Williams-  
Vice Principal, UG



# ORGANISING COMMITTEE -CSRC

## ORGANISING HEADS

EVITA TEMPLETON VANSHIKA ANDRIYAS  
Phone No: 9821080753

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VALLIKA E. KANTH VANSHIKA ANDRIYAS  
Phone No: 8114520034

## STUDENT CO-ORDINATORS

ARCHANA DOGRA MANNAT SARPAL  
SHERYL ADELIN

## HEAD OF PR

EVITA TEMPLETON  
Phone No: 9068303012

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Phone No: 81579 13225 Phone No: 96462 32676

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website: [csrc.cmcludhiana.in](http://csrc.cmcludhiana.in)

For accomodation inquiries, please contact - 8157913225

Kindly Contact between 4pm to 8pm for all Queries.