



**MEDICAL RESEARCH CENTRE/
OFFICE OF RESEARCH INNOVATION &
COMMERCIALIZATION**

MARCH 2021

NEWSLETTER



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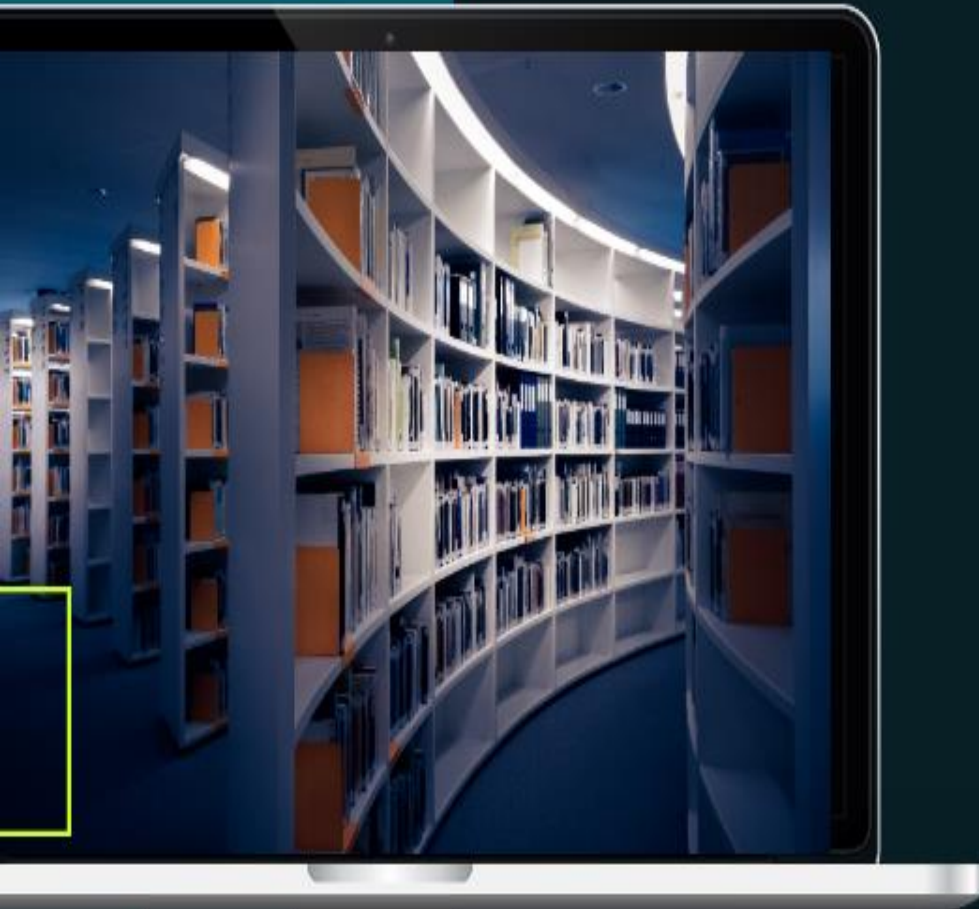
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Call For Abstract Submission



1st LUMHS Apprentice International
Medical Research Conference
Deadline: April 2021

LIAQUAT MEDICAL RESEARCH JOURNAL

CALL FOR
PAPERS



“Liaquat Medical
Research Journal”

“Call For
Papers”

- Reflecting fields of vast range & highly quality work in biological health sciences
- Innovation opportunities that will help researcher in understanding the transformation of diseases and human health
- Rigorous peer review with streamlined decisions for publication
- Submission are welcomed in the field of health sciences
- A journal with focuses on health care policy

For Further Details Please Visit:
www.lmrj.lumhs.edu.pk



Email: lmrj@lumhs.edu.pk

WORKSHOPS/ TRAININGS

- Monday 1st - Friday 5th March 2021
5-days Faculty and Innovative Research Certificate Program
(Research methodology & Academic Writing)
- Wednesday 10th - Thursday 12th March 2021
3 Days Mandatory Workshop For
Postgraduates on
(Research Methodology)
- Thursday 18th - Friday 19th March 2021
(2-Days workshop on Synopsis Writing)
- Thursday 25th - Friday 26th March 2021
(2-Days workshop on Synopsis Writing)



Call For Content Contribution MRC Magazine

Medical Research Center is going to start MRC Magazine, MRCmag.

*We're pleased to announce the launch of **MRC** magazine.*

This new magazine, hitting web every Spring and Fall.

*It will feature everything you know and love about **scientific research and health sciences**, your achievements, personal experiences, stories which you are willing to share and this will not be limited to MRC or even LUMHS.*

As we prepare for this exciting new launch, we're seeking writers and photographers to contribute to the premiere issue. Whether you are a passionate writer, poet or photographer, you have the opportunity to be a part of the first issue of this magazine.



SCHOLARSHIP

HEC Post-Doctoral Fellowships Programme

Deadline for Submission of Application:
April 15, 2021

www.hec.gov.pk/site/postdoc



HEC Post-Doctoral Fellowships Programme

Applications are invited from Pakistani/AJK nationals for
“**Post-Doctoral Fellowship Programme (Phase-III)-HEC**”
as per the following eligibility criteria:

Eligibility Criteria

- ✓ PhD degree holder from HEC recognised local or international university
- ✓ Must be a regular employee of public/private sector HEC recognised university/DAI or public sector R&D organisation (recognised by Pakistan Council of Science & Technology)
- ✓ Must not have availed any post-doctoral fellowship before
- ✓ Must not be more than 45 years of age on the closing date
- ✓ 5 years work experience in Pakistan after completion of foreign PhD
- ✓ Must have a placement letter in top 200 QS World Ranking universities/ research institutes from a relevant supervisor
- ✓ Must have acquired requisite qualification on or before the closing date

How To Apply

- Applicants are required to submit online application through: research.hec.gov.pk
- Applicants have to deposit/online transfer/Bank Draft/Pay Order/ATM transfer Rs. 1000/- (Non-refundable) as application processing fee in favour of Director General Finance, HEC. Fee can be deposited in Habib Bank Limited A/C No. 1742-79001334-01.
- Only **SUBMITTED** applications will be processed. **SAVED** applications will not be considered.

Important Note

- Please visit www.hec.gov.pk/site/postdoc for detailed information.
- The application will be processed on the basis of online information/data provided by the applicant. In case of any error/omission and misrepresentation, HEC reserves the right to reject the application at any stage.
- Incomplete applications will be rejected.
- HEC reserves the right to postpone or cancel the process at any stage without assigning any reason.

Deadline for Submission of Applications: **April 15, 2021**

Higher Education Commission

Project Coordinator
Post-Doctoral Fellowships
Programme (Phase-III)

Sector H-9, Islamabad.
UAN: 051-111-119-432
Email: postdoc3@hec.gov.pk

RSTMH Global Grant 2021



Applications for the 2021 grants
round open on 1 February and
close on 15 April.

<https://rstmh.org/grants>



Are the gut microbes directing our brains?

Dr. Sorath Sindhu
(PG Pathology)

There is famous quote "slow down and think about the lessons elders gave to us", our ancestors were devoid of scientific methodology and equipment yet they managed to conduct their research on the basis of observations, trials and learnt over the period of time. One of best advices they passed on us was FASTING, yes, fasting is an essential practice that every religion binds followers to obey. How it started and why? could be very long and controversial to discuss. moreover, it's not the topic I want to discuss in this piece. Talking about human scientific evolution, we have interlinked most of religious, cultural and old practices under the light of science and evidences.

As the research is more delving into the relation of human body with other tiny living creatures abiding inside us, recent study published in Nature journal on 03rd February 2021, preceding the theories. In 2006 neuroscientist Jane Foster discovered while conducting an experiment on two groups of rats: one with microorganisms in gut and other lacked. She was amazed to notice the mice without gut bacteria seemed less anxious than other mice. That extracted the result that bacteria in gut seemed to be influencing their brain and behavior too. Thereupon, she discovered the same results with other groups too.

At McMaster University in Hamilton, Canada, wrote up the study and submitted it for publication. It was rejected. She rewrote it and sent it out again. Rejected. "People didn't buy it. They thought it was an artefact," she says. Finally, after three years and seven submissions, she got an acceptance letter. However, the GUT-BRAIN axis is a feature at major medicine meeting.

Surprisingly, she wasn't alone where a guy name faster from Ireland gave few prudent insights over the past decade and revealed how the bacteria residing in gut could have profound effects on brains and our behaviors.

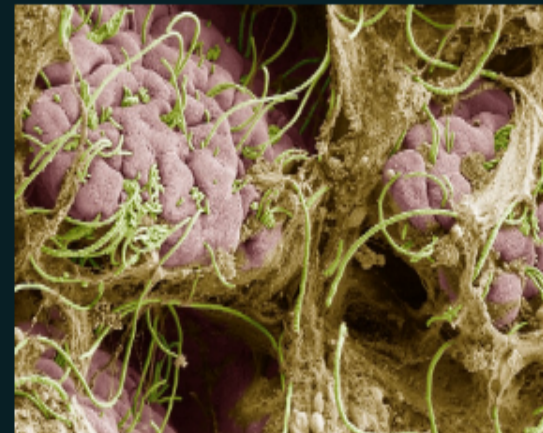
Studies in mice – and preliminary work in humans – suggest that microbes can trigger or alter the course of conditions such as Parkinson's disease, autism spectrum disorder and more (see 'Possible pathways to the brain'). Therapies aimed at tweaking the microbiome could help to prevent or treat these diseases, an idea that some researchers and companies are already testing in human clinical trials.

By tracing back the history, the relation of gut-brain discovered centuries ago, as in 1817, the English surgeon James Parkinson narrated the first case of 'shaking palsy' that came to be known as Parkinson's disease. One patient developed numbness and pricking sensations in both upper limbs. Parkinson noticed that the man's abdomen seemed to contain 'considerable accumulation'. He dosed the patient with a laxative and ten days later when his bowels were empty, simultaneously his symptoms were gone. In some studies people who develop the disease of brain have experienced constipation long before incident. That could lead the idea that many behavioral diseases begin in the gut, at least in some cases.

Plenty of studies published in past decade providing evident proofs that how some bacteria in gut like *Escherichia Coli* produces the clumping proteins called Curli, accumulated in the brains. The possible routes could be the one of longest nerves Vagus or via blood circulation. Knowing at least half of the all small molecules in the blood are either by microbes or modulated by microbes. For example, in a Swedish cohort of nearly 1.8 million people, those whose mothers had been hospitalized for any infection during pregnancy had a 79% higher risk of being diagnosed with Autism spectrum disorder. Research in mice supports the very link. Meanwhile, researchers are also exploring the more brain maladies like depression.

The recently published studies, including the previous have given perceptive evidences which are extraordinary claims. With influx of healthy practices like fasting, healthy diet and regular bowel habits can curb the initiation of many disease evolving due to presence of unwanted organisms in gut.

Referenced from article published by *Cassandra Willyard*, Nature 2021.



THANKS

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