

Press Release

Faculty of Life Sciences, JMI, organizes one-day workshop on Systematic Review and Meta-analysis on 'Evidence Synthesis in Interdisciplinary Science'

New Delhi, February 12, 2026.

The Faculty of Life Sciences, Jamia Millia Islamia (JMI), successfully organized a '**Hands-on Workshop on Systematic Review and Meta-analysis' on 9th February 2026**' under the theme "Learn Evidence Synthesis in Interdisciplinary Science." The initiative reflects the Faculty's continued commitment to promoting research excellence, capacity building, and advanced methodological training in contemporary scientific research. The workshop aimed to strengthen research capacity and promote evidence-based practices among students, researchers, and faculty members from diverse academic backgrounds.

During the inaugural session, Prof. Shama Parveen, the organizing secretary, presented an overview of the workshop and its objectives. Dean, Faculty of Life Sciences and Convener, Prof. Zahid Ashraf highlighted the critical role of data in modern science, emphasizing that reliable and high-quality data form the foundation of credible and reproducible research. He noted that systematic reviews and meta-analyses are essential tools for transforming scientific data into actionable evidence across disciplines. The inaugural session was also graced by Dr. Vikas Dhikav, Scientist 'E' at the Department of Health Research (DHR), Ministry of Health & Family Welfare, Government of India, and Senior Medical Scientist at the Indian Council of Medical Research (ICMR). A distinguished medical professional and researcher, Dr. Dhikav emphasized the growing importance of systematic reviews and highlighted the one-of-a-kind interdisciplinary nature of the workshop in India, which brought together participants from diverse fields, including basic sciences, biological sciences, clinical medicine, dentistry, engineering, and education.

The inaugural session was followed by an insightful keynote lecture delivered by Dr. Vikas Dhikav, who provided participants with a comprehensive introduction to the fundamentals of systematic reviews. He explained the importance of formulating clear and focused research questions using the PICO framework (Population, Intervention, Comparison, and Outcome) and outlined key methodological principles underlying evidence-based research. Building on these foundations, Prof. Sudha Chandelia (Dr. Ram Manohar Lohia Hospital) guided participants through the essential methodological steps involved in conducting systematic reviews, including PROSPERO registration, protocol development, comprehensive literature search strategies, study selection, data

extraction, and critical appraisal of evidence. Her engaging session helped participants bridge theoretical concepts with practical applications necessary for producing high-quality reviews. Dr. Manya Prasad (AIIMS, New Delhi) further enriched the workshop with an in-depth session on meta-analysis, where she explained core concepts, interpretation of pooled findings, and the importance of meta-analysis in strengthening the conclusions of systematic reviews.

Adding a policy and funding perspective, Dr. Saurabh Verma from DHR provided an overview of various DHR schemes and initiatives, discussing research opportunities, eligibility criteria, and the role of national programs in advancing evidence-based healthcare in India. He highlighted funding opportunities, training programs, collaborative platforms, and eligibility criteria, encouraging young researchers to actively engage with national research initiatives. The technical sessions were complemented by an informative presentation by Mr. Ravindra Gupta from Elsevier Life Sciences, who introduced participants to the EMBASE database, demonstrating its advanced search features and practical strategies for retrieving high-quality biomedical literature essential for systematic reviews and research. The workshop was further strengthened by an impressive panel of Chairpersons from reputed institutes, whose academic expertise and thoughtful moderation enriched the scientific discussions.

The major highlight of the workshop was an engaging hands-on session on RevMan (Review Manager) conducted by Prof. Prabudh Goel (AIIMS, New Delhi). Participants received practical training on organizing systematic review data, conducting meta-analysis, and generating forest plots and other visual outputs. Prof. Goel guided attendees step-by-step through the key functionalities of RevMan, enabling them to apply methodological concepts in a real-time learning environment. The interactive nature of the session enhanced participants' technical skills and boosted their confidence in conducting and presenting systematic reviews effectively.

The workshop witnessed an enthusiastic response with 130 registered participants representing prestigious institutions including Jawaharlal Nehru University, University of Delhi, Aligarh Muslim University, Jamia Millia Islamia, Delhi Technological University, Amity University Noida, Gautam Buddha University, SGT University, Noida International University, Graphic Era University (Dehradun), Maharishi Dayanand University (Rohtak), and Kurukshetra University. The programme was further enriched by doctors from leading medical institutions such as AIIMS New Delhi, Vardhman Mahavir Medical College and Safdarjung Hospital, Hamdard Institute of Medical Sciences, and Teerthanker Mahaveer Medical College and Research Centre, Moradabad. Dentists, physiotherapists, and participants from diverse disciplines including Engineering, Psychology, and Education also contributed to the interdisciplinary learning environment.

The interactive format of the workshop enabled participants to clarify concepts, exchange ideas, and build confidence in conducting high-quality systematic reviews and meta-analyses. The vibrant and interdisciplinary participation reflected the growing relevance and broad applicability of evidence synthesis across multiple domains of science, healthcare, and education.

Prof. Saima Saeed
Chief Public Relations Officer, JMI



















Jamia Millia Islamia

Faculty of Life Sciences

Hands-On Workshop on Systematic Review and Meta-Analysis

Monday, 9th February 2026

About

This workshop empowers participants to understand, design, and execute systematic reviews and meta-analysis, from framing the right research question to interpreting results.

Themes

- Getting Started with Systematic Reviews and Meta-analysis: PICO formulation, Steps and Process
- Unlocking Opportunities: Transform Health Research Career with DHR
- Overview of Basic Concepts in a Meta-analysis
- Concepts of Data Analysis in Meta Analysis
- Hands-On Experience on RevMan
- Optimising Data Recall and Precision in Systematic Literature Reviews: A Database-First Approach

Organizing Committee



Chair Patron
Prof. M. Mahtab A. Rizvi
Vice-Chancellor



Patron
Prof. M. Mahtab A. Rizvi
Registrar



Convenor
Prof. M. Zahid Ahsan
Dean, F/O Life Sciences



Organizing Secretary
Prof. Shoma Pansean

Last Date of Registration

Feb, 3rd 2026

Scan for Registration



Certificates will be given to
all the registered
participants

Speakers



Dr. Vikas Chikov
DHR- ICMR, New Delhi



Dr. Saurabh Verma
DHR- ICMR, New Delhi



Prof. Prabudh Goyal
AIMS, New Delhi



Prof. Sudha Chandola
RML, New Delhi



Dr. Manya Prasad
AIMS, New Delhi



Mr. Ravinder Gupta
Elsevier Life Sciences, Gurugram

Registration Fee: Rs. 500

Venue: Seminar Hall, 202, S. Ramanujan Block, Gate No 23, JMI

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