



**Dr. A. Muruganathan, M.D.**  
Director, API Physicians Research Foundation

PRESIDENT API..2013

Dean-Indian College of Physicians (ICP): 2016-2017

Imm. Past Governor American College of Physicians India Chapter

President-Hypertension Society of India (HSI):2015-2016  
Member Tamil Nadu Medical Council.



**Dear Brothers and Sisters,**

**Greetings,**

I am honored to address you as the newly elected Director of the Physician Research Foundation (PRF). I would like to express my deepest gratitude for the trust and confidence you have placed in me.

At the recent APICON in Kolkata, we had the privilege of launching a book titled "*Research Made Easy*" on research methodology, which was distributed to all delegates. Additionally, we organized a dedicated PRF session where we discussed various research activities, papers, and programs. I had the honor of delivering the Director's Oration during this session. Furthermore, we presented the inaugural *Shri Arumugam Research Foundation Award* to Dr. Anjana, and I distributed PRF logo ties to the governing council members.

**Looking forward, I am excited to share our future plans with you:**

**1. Establishing PRF Chapters Across India:**

We aim to create PRF chapters in each state to facilitate greater collaboration and promote research activities at the regional level.

**2. Disease Registries and Multicenter Studies:**

We will develop registries for key diseases, including heart failure, asthma, kidney failure, liver failure, and sudden cardiac death, involving all states with the support of our state chapters. We also

plan to conduct multicenter studies across India to create a more unified research landscape.

**3. Recognizing Exceptional Research Contributions:**

To encourage participation and celebrate excellence, we propose the following:

- **Best State Branch Award** - for the branch with the highest number of research projects in a year.
- **Individual Impact Award** - for a researcher whose project makes a significant difference in healthcare delivery or outcomes.

**4. Launching 100+ Research Projects This Year:**

Our target is to launch at least 100 research projects this year, with a minimum of three projects in each state.

**5. Central Ethics Committee for Research Integrity:**

We will establish a Central Ethics Committee to ensure that all research conducted under our banner Scrutinised in its entirety.

**6. Celebrating Research Week:**

We will observe *Research Week* from 7th November to 14th November with live workshops across four zones in India. Our goal is to facilitate research activities at every medical college, supported by our state PRF chapters.

**7. E-Newsletter:**

We will continue to publish , our research-focused e-newsletter to share updates and promote research on a monthly basis.

**8. HBPM Mapping and Survey Among Physicians:**

We will conduct a nationwide survey on Home Blood Pressure Monitoring (HBPM) among physicians to better understand its current practices and challenges.

**9. Developing Guidelines for Home BP Monitoring:**

We are committed to developing a set of guidelines for home blood pressure monitoring, customized to the Indian context, to help standardize this practice across the country.

**10. Awareness about Dyslipidaemias:**

We will focus on raising awareness about dyslipidaemias among both physicians and the public, addressing this growing concern in cardiovascular health.

**11. Collaborating with ICMR for Research Initiatives:**

PRF will actively collaborate with the Indian Council of Medical Research (ICMR) on various research initiatives, particularly those that address critical public health challenges.

**12. Developing an Indigenous Home BP Monitor with IIT Chennai:**

We are exploring the development of an indigenous home blood pressure monitor in collaboration with IIT Chennai, aimed at improving accessibility and affordability for patients.

In addition to these plans, we are also focusing on the following exciting new initiatives:

• **Strengthening Data Sharing Platforms:**

We will establish a digital platform for seamless data sharing, enabling collaboration across India and providing access to valuable research data for physicians and researchers alike.

• **Research Grants and Funding Opportunities:**

We are introducing research grants to support innovative medical research projects, particularly in underfunded areas of healthcare.

• **Building Regional Research Hubs:**

We will establish regional research hubs in key cities to promote

collaboration and accelerate research in different parts of India.

- **Integrating Artificial Intelligence in Medical Research:**  
We will explore the use of AI and machine learning to streamline research processes and uncover insights from large datasets.
- **Promoting Translational Research:**  
By focusing on translational research, we aim to bridge the gap between laboratory findings and clinical applications, ensuring that our research translates into real-world healthcare solutions.
- **National Research Awards and Fellowships:**  
New categories of awards will be introduced to recognize outstanding research, with a focus on clinical, basic science, and translational research. We will also offer research fellowships to encourage young scientists.
- **Involving Medical Students in Research:**  
We will introduce research internships and mentorship programs for medical students to encourage them to participate in and contribute to ongoing research efforts.
- **Establishing an Online Repository for Research Publications:**  
An online, open-access repository will be created for PRF members to submit and access research publications, ensuring that our research reaches a broader audience.
- **Expanding Our Global Collaborations:**  
We will strengthen our partnerships with international research organizations to facilitate knowledge exchange and joint research projects.

**Our efforts will be supported by the President API, Dean ICP, Editor JAPI, General Secretary, and all other governing council members, who have graciously offered their full support and cooperation for**

**these initiatives.**

I request your active support and valuable input as we embark on these important endeavors. We will send you further details and a structured program soon.

Together, let us make PRF a leading force in the world of medical research.

**Thank you,**  
**Dr. Muruganathan**  
*PRF Director*