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INTRODUCTION

The Department of Health Research was created as a new Department under the Ministry of Health & Family Welfare vide Presidential Notification dated the 17th September, 2007 by an amendment to the Government of India (Allocation of Business) Rules, 1961. The Department has been allocated 9 new functions to promote health research activities, besides the ongoing work relating to the management and administration of ICMR.

Government of India, in June, 2013, vide sanction order at approved the scheme for 'Establishment of Multi -Disciplinary Research Units (MRUs) in the Government Medical Colleges/Research Institutions' during the 12th plan period as a path- breaking initiative to develop/strengthen the health research infrastructure in the country to fulfill the newly allocated function of the Department related to the "Promotion, Coordination and Development of Basic, Applied and Clinical Research".

OBJECTIVE OF THE SCHEME:

The objectives of the present scheme are to:

1. Encourage and strengthen an environment of research in medical colleges.
2. Bridge the gap in the infrastructure which is inhibiting health research in the Medical Colleges by assisting them to establish multidisciplinary research facilities with a view to improving the health research and health services.
3. To ensure the geographical spread of health research infrastructure, in order to cover un-served and under-served Medical Colleges and other institutions.
4. To improve the overall health status of the population by creating evidence-based application of diagnostic procedures/processes/methods

MAJOR FUNCTIONS OF THE MRU

1. To undertake research in **non-communicable diseases** and other need-based research as recommended by the Local Research Committee/Expert Committee of the DHR employing newer tools.
2. To promote and encourage quality medical research in the Institution.
3. To constitute the local research committees for identifying the research priorities and projects with participation of State health system officials

MRU IGMC will try to provide the highest level of patient related health research and help to bridge the barriers in diagnosis and treatment.

ORGANISATIONS:

Administrator: Dr. Sita Thakur (Principal, IGMC Shimla)

Founder Nodal Officer: Dr. PC NEGI ret'd. (Ex. Prof. & Head, Cardiology Deptt.)

Nodal Officer: Dr. Jagdeep Thakur (Prof. ENT Department, IGMC Shimla)

Lab In charge: Dr Anchana Gulati (Prof. Department of Pathology, IGMC Shimla)

Dr. Suruchi Bhagra (Prof. Department of Microbiology, IGMC Shimla)

Research Staff:

- Research Scientist-II: Dr. Meenakshi Chandel
- Research Scientist I : Dr. C.K. Sharma
- Laboratory Technician: Mr. Dinesh Kumar

With reference to letter no. R.11016/05/2024-Hr dated 09-05-2024 received from Government of India, MoH&FW, Department of Health and Research, the Executive Committee and Local Research Advisory Committee of MRU IGMC Shimla has been notified with the approval of The Principal IGMC Shimla.

Executive Committee members (notified on 09-08-2024)

s.no.	Name	Designation	Address
1	Dr. Sita Thakur	Chairperson	Principal , IGMC Shimla
2	Dr. Jagdeep Thakur	Nodal officer	Prof. Department of ENT, IGMC Shimla
3	Dr. Anchana Gulati	Member cum lab incharge	Prof. Department of Pathology, IGMC Shimla
4	Dr. Vivek Chauhan	member	Prof. Department of Medicine, IGMC Shimla
4	Dr. Suruchi Bhagra	Member cum lab incharge	Prof. Department of Microbiology, IGMC shimla
5	Dr. Vivek Chauhan	member	Prof. Department of Medicine, IGMC Shimla
6	Dr. Yogesh Diwan	member	Prof. Department of Anatomy, IGMC Shimla
7	Dr. Nidhi Jindal	member	Assoc. Prof. Department of Obestic, KNH Shimla

Local Research Advisory Committee members (08-08-2024)

s.no.	Name	Designation	Address
1	Dr. Ajay Duseja	Chairperson	Prof and Head Department of Hepatology, PGIMER Chandigarh
2	Dr. Man Updesh Singh Sachdeva	Co-Chairperson	Prof. Department of Hematology, PGIMER Chandigarh
3	Dr. Jagdeep Thakur	Member secretary -cum-nodal officer MRU-IGMC	Prof. Department of ENT, IGMC Shimla
4	Dr. Tanu Anand	Nominee (ICMR)	Scientist E, ICMR Delhi
5	Dr. Naveen Sankhyan	Clinical/academician-external	Prof. Department of Pediatric APC, PGIMER Chandigarh
6	Dr. Manish Gupta	Clinical/academician-internal	Prof. & Head, Department of Radiotherapy & Oncology, IGMC Shimla
7	Dr. Sanjeev Asotra	Clinical/academician-internal	Prof. Department of Cardiology, AIMSS Shimla
8	Dr. Yashpal Ranta	Nominee(state health Department)	Deputy Director, DHS, Kasumpti

LRAC Meetings carried out till 19-07-2025

<u>Sr.no</u>	<u>Held on</u>	<u>venue</u>
<u>1</u>	<u>23-01- 2017</u>	<u>IGMC</u>
<u>2</u>	<u>09-09-2017</u>	<u>Teleconferencing</u>
<u>3</u>	<u>07 -12-2018</u>	<u>IGMC</u>
<u>4</u>	<u>14 -03 2021</u>	<u>Video conferencing-Zoom app</u>
<u>5</u>	<u>03-03- 2021</u>	<u>Video conferencing-Zoom app</u>
<u>6</u>	<u>22-7-2021</u>	<u>Video conferencing-Zoom app</u>
<u>7</u>	<u>14-12-2022</u>	<u>Video conferencing-Zoom app</u>
<u>8</u>	<u>02-12-2023</u>	<u>Video conferencing-Zoom app</u>
<u>9</u>	<u>14-01-2025</u>	<u>Video conferencing- Zoom app</u>

Research

Status of research projects:

S. No.	Project Title	Status
1	Role of elevated levels of omega 6: omega 3PUFA ratio and Vit. D deficiency in obese metabolic syndrome; worksite based cross sectional study	Completed
2	Identification and characterization of putative target valvular antigen as the marker of susceptibility of RF	Completed
3	Role of plasma level of s-RAGE in COPD patients a hospital-based case-control study	Completed
4	To evaluate the prognostic impact of periprocedural change in hs-CRP and oxidative stress markers in predicting suboptimal coronary perfusion, and short term MACE among patients undergoing PCI in a tertiary hospital based prospective study	Completed
5	The levels of inflammatory cytokines in patients with RHD and its association with use of Benzathine Penicillin: a case-control pilot study.	Completed
6	Multi biomarkers based correlates of extent of colorectal cancer and their prognostic significance; Tertiary care hospital based prospective observational study"	Completed
7.	Impact of school health on behavioral intervention on awareness , practice pattern of health life style and cardio matabolic risk factor among school children of Shimla	Completed
8.	Role of sRAGE and oxidative stress as the prognostic markers in acute coronary syndrome	Completed
9.	High resolution plasma proteomic and lipidomic analyses for fibrosis related metabolic in dilated cardiomyopathy (DCM) patients in India. (MULTICENTRIC)	Completed
10.	Geoepidemiology of Lupus: Clinico-Serological update on Systemic Lupus Erythematosus (SLE) from India".(MULTICENTRIC)	Completed
11.	A study on Innate Immune Recognition Proteins and their role in Complement Activation among Lupus Nephritis (LN) patients from India. (MULTICENTRIC)	Completed
12.	To assess the response rate of Rosuvastatin on lipid profile in patients of highrisk group of coronary artery disease	Ongoing
13.	Evaluation of circulating plasma cells by flowcytometer in Multiple myeloma after therapy and testing the utility of new potential alternative gating markers Vs38, CD229 & CD319; tertiary care hospital based prospective observational study"	Ongoing
14.	Molecular determinants of mitral valvular incompetence and mitral stenosis in patients with RHD, isolated mitral stenosis.; Tertiary care hospital based prospective case control study.	Ongoing

Projects sponsored by other funding agencies but using MRU facilities:

Research Facilities

The Research Unit at IGMC Shimla has dedicated working areas and is in the process of procuring project need based equipments which would help in achieving the objectives of MRU. The laboratory is currently being used for conducting research in the field of non communicable diseases. It supports both intramural and extramural projects under different clinical researchers/faculty of the institute. Moreover, the laboratory facilities are also being used by Post-graduate (MD/DM) students for carrying out their thesis related work.

Project Call

MRU Research Proposal format is here attached as annexure I/ IGMC website. Project investigators are requested to submit the Softcopy of Research proposal to The Nodal officer MRU (Dr Jagdeep Thakur; drjagdeep.thakur@hp.gov.in) by or before 10th of every month till 10th March 2025.

Equipments available in MRU IGMC Shimla

S.No.	Particulars of asset	Cost of the asset
1	CENTRIFUGE MACHINE 4000RPM	81600.00
2	CENTRIFUGE MACHINE 3000RPM	81600.00
3	REFRIGERATED MICROFUGE MACHINE	353664.00
4	FLOURESCENT MICROSCOPE	1394880.00
5	(-)20 DEEP FREEZER(cell frost)	299275.00
6	(-70) DEEP FREEZER THERMOSCIENTIFIC	663264.00
7	MINICOLD LAB	797475.00
8	BLOOD CHEMISTRY AUTOANALYSER EM-360	1320995.00
9	CRYOSTAT MICROTOME MODEL	2330249.00
10	TRINOCULAR MICROSCOPE	1017482.00
11	EMBEDDING STATION	703382.00
12	MANUAL ROTARY MICROTOME	709842.00
13	FULLY ENCLOSED TISSUE PROCESSOR	4194517.00
14	SPINIX VORTEX SHAKER	10704.00
15	ULTRASONICATOR ACCESSORIES	1087389.00
16	iMARK MICROPLATE READER	418000.00

17	OVEN UVIVERSAL	119499.00
18	SPECTROPHOTOMETER WITH ACCESSORIES	2242000.00
19	ice flaking machine	197000.00
20	DIGITAL MAGNETIC STIRRER WITH HOT PLATE	23985.00
21	WEIGHING BALANCE	226595.00
22	WATERBATH WITH CIRCULATOR	29798.00
23	PH/CON 2700 METER	132278.00
24	2D ELECTROPHORESIS	3539248.00
25	DESKTOP COMPUTERS HP280	43359.00
26	Research plus autopipettes test	112000.00
27	RESEARCH PLUS 8 CHANNEL	75539.00
28	LIQUID NITROGEN CONTAINER	38114.00
29	BIOPLEX-200 SYSTEM	4411740.00
30	DEEP FREEZER -80	1215990.00
31	LAPTOP HP	47190.00
32	ROCKMAX SHAKER	37782.00
33	MOTORLESSS MAGNETIC STIRRER	5973.00
34	Vortex shaker	9812.00
35	ACCESSORIES 2D ELECTROPHORESIS	38506.00
36	AUTOPIPETTES	300003.00
37	MICROPLATE INCUBATOR	356478.00
38	ULTRASONICATOR (bath for multiplex)	76231.00
39	CORNING MICROPLATE SHAKER	155439.00
40	Spinot magnetic stirrer with hot plate	31084.00
41	Flowcytometer	7552000.00

List of Publications

1. Negi, P. C., Sharma C.K., Sondhi, S., Merwaha, R., & Asotra, S. (2019). Prevalence and risk determinants of metabolic syndrome in obese worksite workers in hill city of Himachal Pradesh, India. *Indian heart journal*, 71(1), 45–51.
2. Negi, P. C., Sharma, C. K., Nihjawan, R., Sharma, R., & Asotra, S. (2022). Role of omega 3 and omega 6 poly unsaturated fatty acids (PUFA) and vitamin D deficiency as risk determinants of metabolic syndrome in obesity: Worksite based case-control observational study. *Diabetes & metabolic syndrome*, 16(4), 102467.
3. Mahajan A, Negi PC, Gandhi S, Sharma D, Grover N (2022). Impact of School-Based Health Behavioral Intervention on Awareness, Practice Pattern of Healthy Lifestyle, and Cardiometabolic Risk Factors among School Children of Shimla: A Cluster-Randomized, Intervention Study. *Indian J Pediatr*. 89(4):343-350. The Impact Factor of IJP is 5.319 in 2021.
4. Kumar S, Negi PC, Asotra S, Chandel M, Kumar J, Marwaha R, Sharma R, Kumar R, Bhardwaj V, and Thakur PS. (2025). Inflammatory cytokine levels in rheumatic heart disease and their association with use of benzathine penicillin: a case- controlled pilot study. *Indian heart Journal*, <https://doi.org/10.101016/j.ihj.2025.01.007>. IF 1.4

Dr. Jagdeep Thakur
Prof. ENT-cum-Nodal officer MRU
IGMC Shimla, 171001