



TRY Research, THINK Research, TEACH Research.

Try Research. Think research. Teach research.

This should be what our young colleagues should do.

Research is a vital activity in this medical world, much more so in situations where there may be a thin line between what is true and what is not true. Some may view this as a time consuming task or an expensive work in financial terms. However, to be true to the patients we treat, we should rationalize our diagnostic as well as our therapeutic regimens based on valid grounds. Research is the answer.

Stimulate yourself towards this TRY THINK and then TEACH research strategy.

There will be a kind of a barrier or a resistance when one begins on something. This is a normal tendency. Compelling yourself to begin may be one of the proven methods but more importantly you should be very much motivated. The very first thing to do is to TRY first.

Here are a few pointers to begin this TRY THINK TEACH approach.

1. Review the works of the best known researchers.

(By learning how the great minds work--- that is the great way to be motivated. It will put you in the positive trail. Your mentors and your seniors can also motivate you. Their researches will help you move on. So review their works and get inspired. Remember that the pearls are discovered from the masters. Remember likewise that looking at the past is the best thing way not to commit the same mistake again.)

2. Envision a scenario of an ever changing world.

(This is an ever changing world and what may be true in the past may not be true today. Therefore, what people discovered before should be constantly checked and proven true in the present situation. Remember, the world was a believed to be square at first but was actually round.)

3. Start young in research

(When you start young, you will go a long way. A mind set for research should be developed in the early stage of life. Remember, the saying: The early bird catches the worm.)

4. Establish a specific time and pattern for research work

(Remember that Habit is formed if you consistently do it. Doing it at a specific time and pattern enhances this practice. So just do it!)

5. Attune yourself to opportunities for research

(Look for golden opportunities in all possible areas. You can surf the internet, read books and references, talk to your colleagues. What they speak out can help you in your research. Likewise, there are institutions or companies who may want you to be part of a research work. Grab the opportunity to research if you find one. Remember to strike while the iron is hot.)

6. Recruit colleagues to join you in your endeavor.

(Researching need not be a lonely job. Research should be a team effort. You might not be able to do it alone because of the complexity of the problem at hand. Get a team of motivated researchers to join you in the work. Remember that two or more heads are better than one.)

7. Create a lively teaching atmosphere to your fellow researchers and young colleagues

(Teach your colleagues on the value and techniques of research. Teaching Research need not be boring. When one teaches research, he should be full of energy and imagination. Active participation during didactics should be encouraged and dynamic exchange of ideas be promoted. Remember that Teaching and Learning is faster when there is fun and vitality.)

8. Hear the voice from within and from the world around you

(To try to go to Research is hard if you do not listen to your conscience. This world is full of lessons to be heard and to be learned. Hear from within, hear your inner voice and capture its defining moment. Even your patients, they can be sources of ideas. No matter how simple that idea is, explore that idea. Remember Desiderata's line: Even the ignorant, they too have a story to tell.)

TRY THINK and TEACH RESEARCH! This is the way to go and to progress in this medical profession.

The Society shall rise!

The Society shall shine!

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