Centre for Research
CHRIST (Deemed to be University), Delhi NCR Campus

Date: 18th to 20 May 2026
Activity Report

General Information

Type of Activity	*Handson Training Workshop*
Title of the Activity	**Hands-on Training Workshop on Systematic Literature Review**
Date/s	18th to 20th May 2026
Time	9:00 to 11:00 AM
Venue	Conference Hall, B Block 1st Floor
Collaboration/Sponsor (if any)	-
Social Media Link (if any)	-

Speaker's profile

Name	**Dr. Niti Upadhyay**
Title/Position	**Assistant Professor**
Organization	**CHRIST (Deemed to be University) Delhi NCR Campus**
Title of Presentation	**Hands-on Training Workshop on Systematic Literature Review**

Participant's profile

Type of Participants	**Research Scholars**
No. of Participants	**30**

Synopsis of the Activity (Description)

Highlights of the Activity	The three-day workshop on Systematic Literature Review (SLR) provided participants with comprehensive training on the conceptual and practical aspects of conducting high-quality review studies. The sessions covered major academic databases, formulation of effective search strings, and appropriate techniques for quoting variables while searching. Participants were introduced to defining timelines, framing inclusion and exclusion criteria, and understanding different stages of screening, such as abstract screening, full-text screening, and eligibility screening. Hands-on demonstrations were conducted on searching studies in databases, applying filters effectively, and removing duplicate records. Detailed sessions on PRISMA guidelines, including the PRISMA flowchart and checklist, enabled participants to understand reporting standards for SLR studies. Quality appraisal tools such as JBI, Cochrane tools, and bias assessment techniques were also discussed. The final day focused on manuscript development, AI tools for SLR, common mistakes in review studies, ROBINS visualization tools, and practical evaluation of five research papers.
Key Takeaway	The workshop enabled participants to gain a structured understanding of conducting Systematic Literature Reviews from planning to manuscript preparation. Participants learned how to perform systematic searches, critically screen and appraise studies, apply PRISMA guidelines, and utilize AI-assisted tools to improve efficiency

	and accuracy in review research. The practical sessions significantly enhanced participants' confidence in independently conducting and reporting SLR studies.
Summary of the Activity	The workshop was organized to equip research scholars and participants with the methodological knowledge and practical skills required for conducting Systematic Literature Reviews. Across three days, the sessions progressed from foundational concepts such as database searching and search string formulation to advanced topics including screening methods, quality appraisal, PRISMA reporting standards, and manuscript writing. Interactive demonstrations and hands-on activities formed a major component of the workshop, allowing participants to practice literature searching, filtering, duplicate removal, and quality assessment techniques. Discussions on AI tools and common errors in SLR further helped participants understand emerging practices and challenges in review-based research. The workshop concluded with practical paper evaluation exercises, providing participants with experiential learning opportunities.
Key Feedback	Participants appreciated the workshop for its practical orientation, structured delivery, and hands-on demonstrations. The sessions on database searching, PRISMA guidelines, and quality appraisal tools were found particularly useful for research work. The session was considered good and informative. The presenter was described as very knowledgeable, and the transmission of information was great.
Action Taken, if any	Based on participant feedback, additional resource materials, including templates, screening formats, and reference documents related to PRISMA guidelines and quality appraisal tools, were shared with the participants for future reference. Participants were also encouraged to apply the learned methodologies in their ongoing research work and review studies. Further workshops and advanced training sessions on evidence synthesis and review methodologies related to their specific disciplines are proposed to strengthen research competencies among scholars.

Rapporteur

Name of the Rapporteur	**Ansella Anna Thomas**
Email	**ansella.thomas@christuniversity.in**

Poster

CHRIST
(DEEMED TO BE UNIVERSITY)
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Centre for Research

CHRIST (Deemed to be University) Delhi NCR Campus Invites you to

Systematic Literature Review:
Hands on Training Workshop

DR. NITI UPADHYAY
Assistant Professor
School of Psychological Sciences



18 - 20 MAY 2026
2:00 PM -3:00 PM

CONFERENCE HALL
B - Block, 1st Floor

Photos
2 Geotagged and 2 non-Geotagged



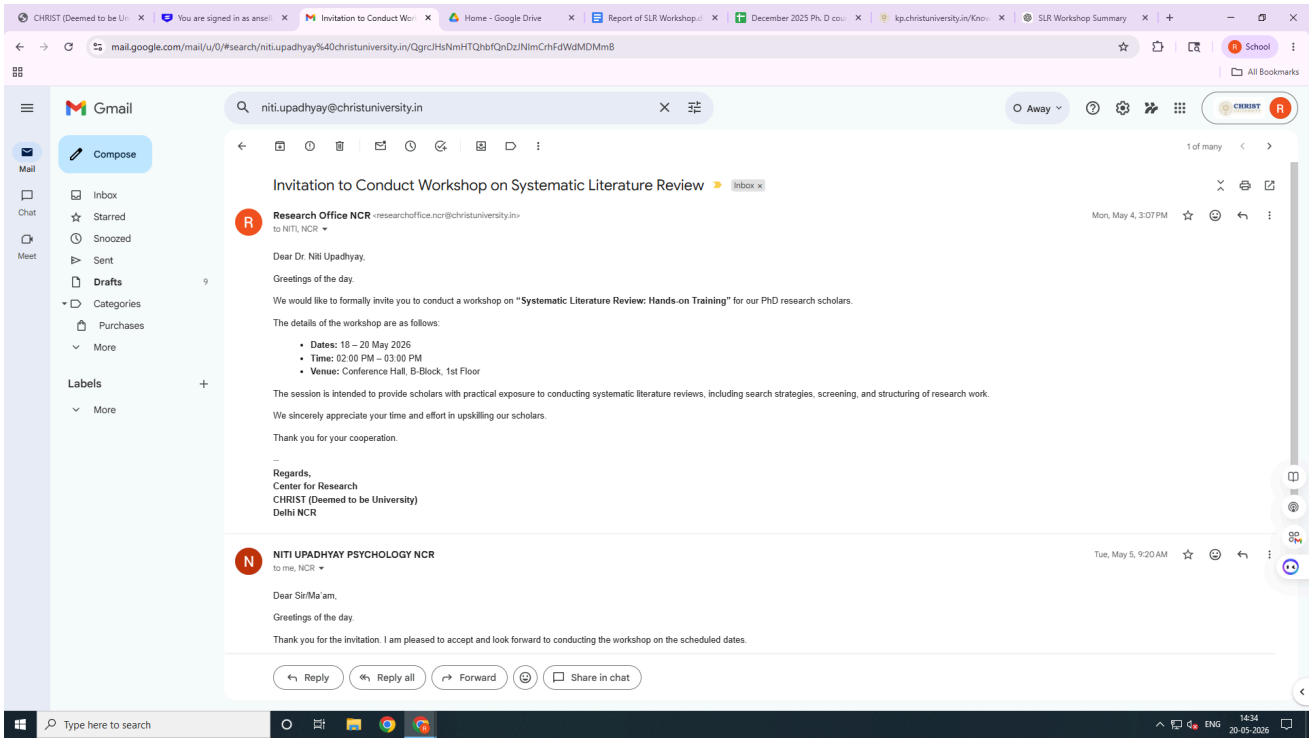


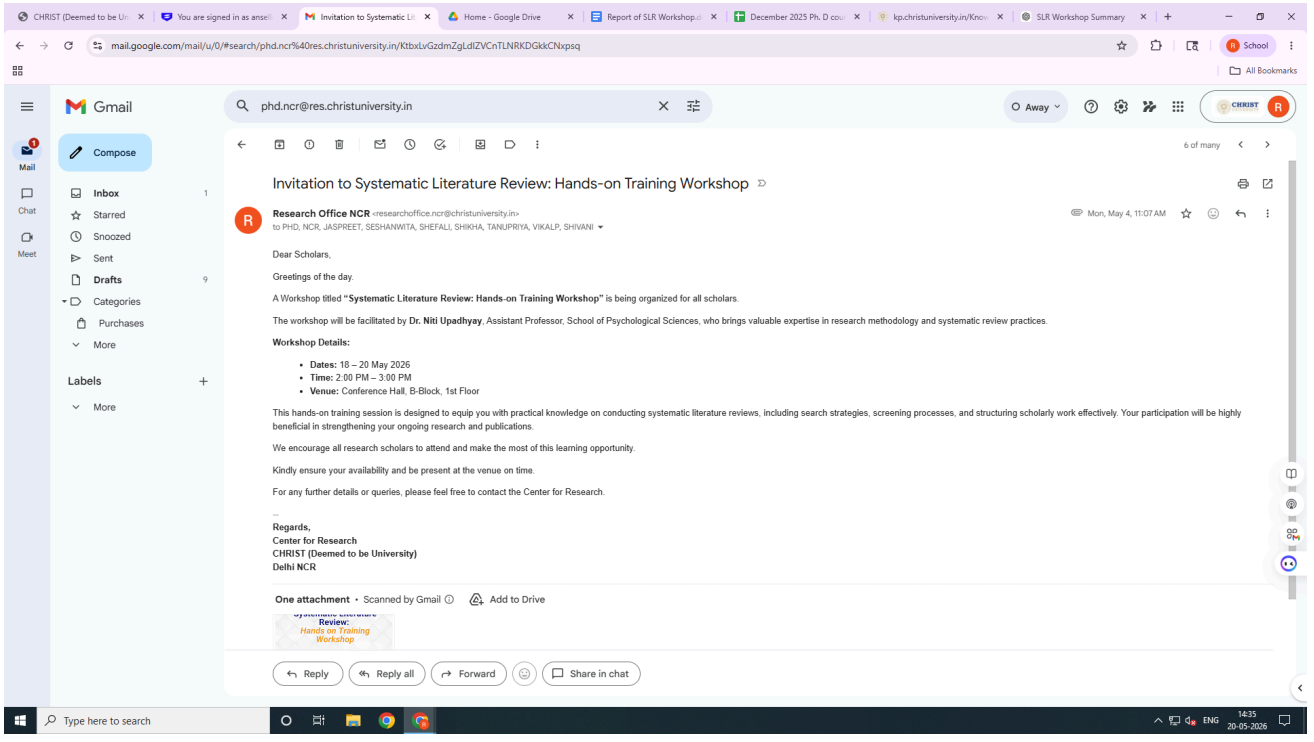






Information Email/ Message of Student and Faculty

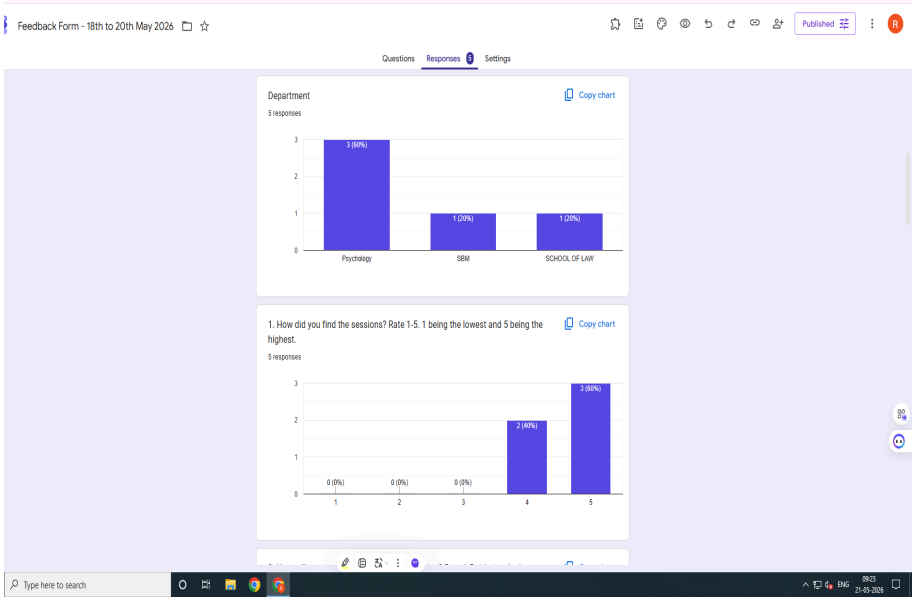


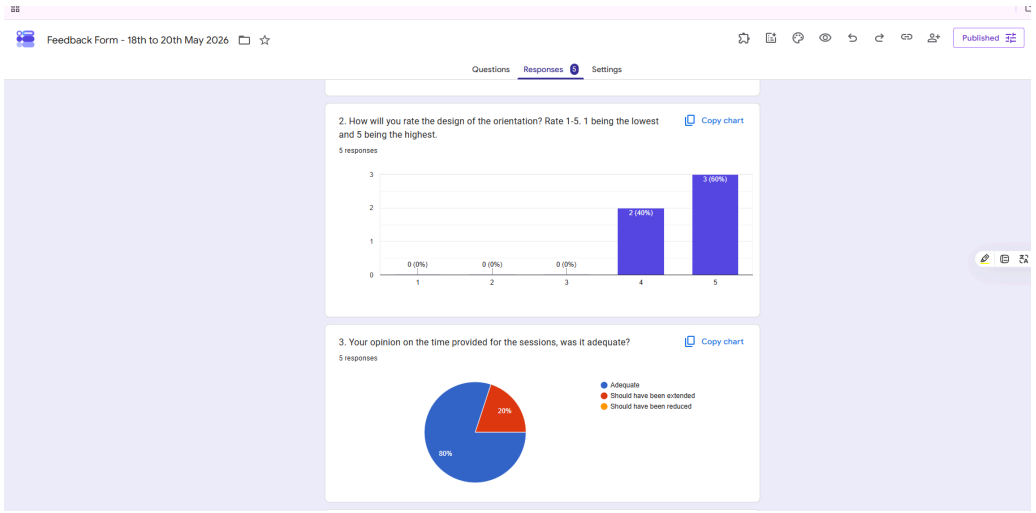


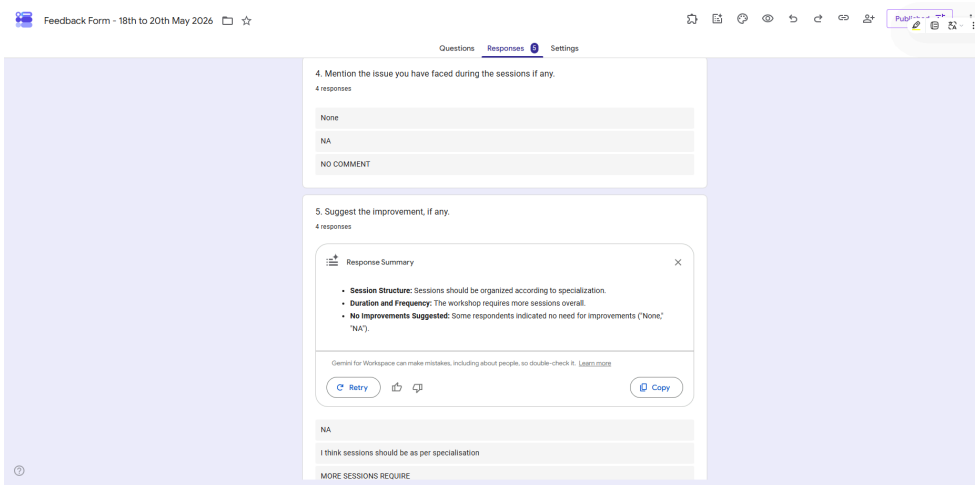
Attendance sheet

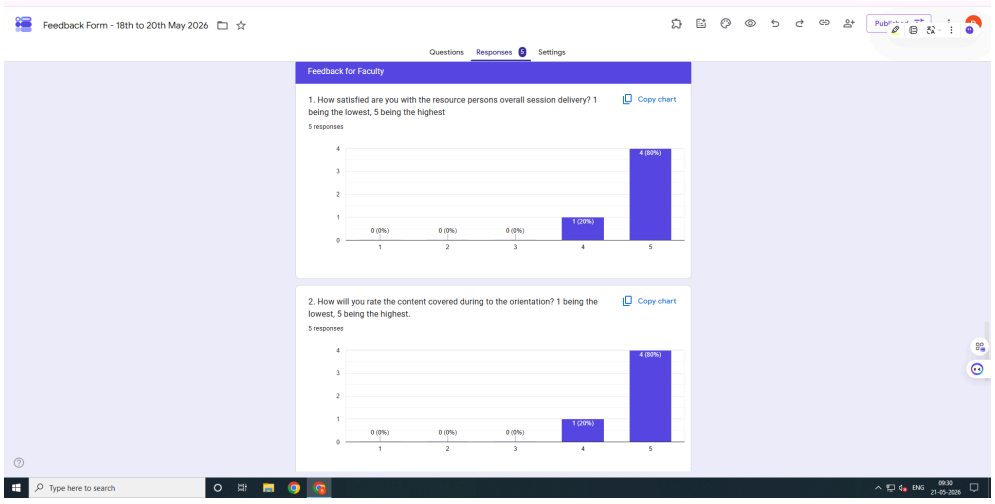
Attached at the end of the report

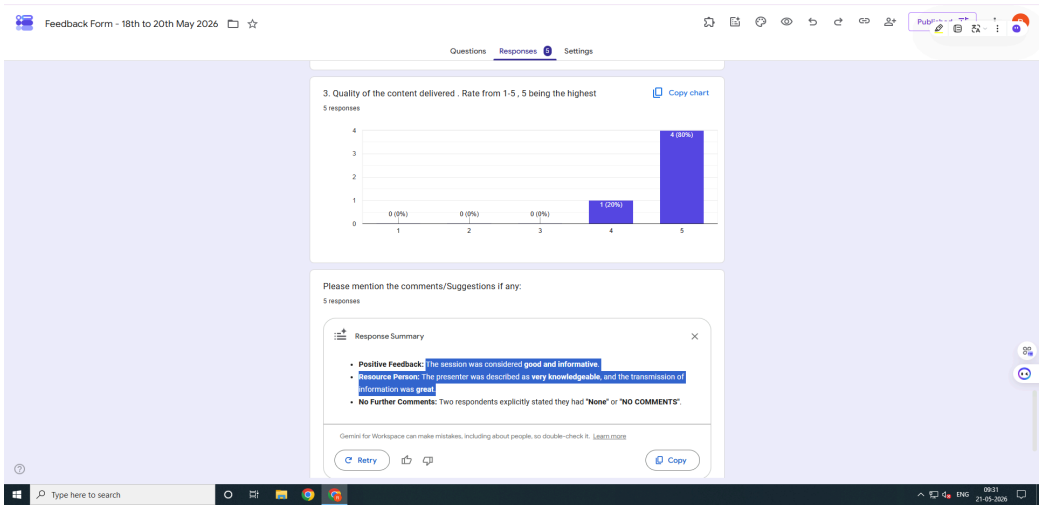
Feedback form [with the answers]


Feedback Form - 18th to 20th May 2026
Published
Questions
Responses 5
Settings
Department
Copy chart
5 responses
3 (60%)
1 (20%)
1 (20%)
Psychology
SBM
SCHOOL OF LAW
1. How did you find the sessions? Rate 1-5. 1 being the lowest and 5 being the highest.
Copy chart
5 responses
0 (0%)
0 (0%)
0 (0%)
2 (40%)
3 (60%)
Type here to search
ENG
09:23
21-05-2026


Feedback Form - 18th to 20th May 2026
Published
Questions
Responses 5
Settings
2. How will you rate the design of the orientation? Rate 1-5. 1 being the lowest and 5 being the highest.
Copy chart
5 responses
0 (0%)
0 (0%)
0 (0%)
2 (40%)
3 (60%)
3. Your opinion on the time provided for the sessions, was it adequate?
Copy chart
5 responses
20%
80%
Adequate
Should have been extended
Should have been reduced







Feedback Analyses

Participants appreciated the workshop for its practical orientation, structured delivery, and hands-on demonstrations. Sessions on database searching, PRISMA guidelines, and quality appraisal tools were found highly useful for research work. The workshop was considered informative, and the presenter was

appreciated for their knowledge and effective delivery of content. The scholars suggested the time duration of the session be extended.

Impact Analyses and Action Taken

The workshop enhanced participants' understanding of systematic literature review methodologies and improved their confidence in conducting review studies. Based on the feedback received, additional resource materials, templates, and reference documents related to PRISMA guidelines and quality appraisal tools were shared with participants. Further advanced and discipline-specific workshops on evidence synthesis and review methodologies are also proposed to strengthen research competencies among scholars.

[Speaker's post of the session on their social media handle or blogs links can be added (in case available)]

Signature **Seal**