



**INDIAN PSYCHIATRIC SOCIETY, SOUTH ZONAL BRANCH**  
**Brief Course in Psychiatric Research, 2026**

**Inaugural Session** – 7-8.30 pm, 18<sup>th</sup> March (Wednesday), 2026, Zoom

**Welcome address:** Dr. D Raj Kiran – 2 minutes

**Inauguration:**

Dr. Arul Prakash, President, IPS South Zone – 5 min

**Felicitations:**

Dr. Thomas John - 2 minutes

Dr. George Reddy – 2 minutes

Dr. Mahesh Gowda – 2 minutes

Dr. Rajshekhar Bipeta – 2 minutes

**Introduction to the Course:**

*First contact session:* Dr Suhas Chandran – 5 minutes

*Zoom sessions:* Dr. Denis Xavier – 10 minutes

*Online activities:* Dr. Shahul Ameen – 5 minutes

*Multicenter study, Second contact session:* Dr. Samir Kumar Praharaj – 5 minutes

**Session:**

*Challenges and opportunities in psychiatric research* – Dr. Vikas Menon – 40 minutes. Chair: Dr. Sai Krishna Tikka

**Vote of Thanks:** Dr. Arul Saravanan – 2 minutes

**First Contact Session, 22<sup>nd</sup> – 26<sup>th</sup> March 2026**

Venue: Cardinal Gracias Hall, Ground Floor,  
St. John's Medical College, Bengaluru

DAY 1, 22 <sup>nd</sup> March 2026 (Sunday)		
02.30 – 03.00	Registration	
03.00 – 03.15	Introduction of participants	
03.15– 05.30	Understanding variables as the foundation in research	Dr. Chittaranjan Andrade
	15 minutes tea break 4.15-4.30	
05.30 – 07.00	Research question, Overview of designs, and Cross-sectional study designs	Dr. Samir Kumar Praharaj
DAY 2, 23 <sup>rd</sup> March 2026 (Monday)		
09.00 – 09.30	Key reflections from Day 1	Dr. Sai Krishna Tikka
09.30 – 10.30	Activity on cross-sectional designs	Dr. Samir Kumar Praharaj
10.30 – 10.45	Tea	
10.45 – 11.45	Case-control designs	Dr. Venkat Subramanian
11.45 – 12.00	Introduction of participants continued	
12.00 – 01.00	Activity on case-control designs	Dr. Venkat / Suhas
01.00 – 02.00	Lunch	
02.00 – 03.00	Registry-based Studies	Dr. Jagadisha Thirthalli
03.00 – 03.15	Introduction of participants continued	
03.15 – 04.15	Activity on Registry-based Studies	Dr. Jagadisha Thirthalli
04.15 – 04.30	Tea	
04.30 – 05.30	How to prepare and present a protocol	Dr. Sai Krishna Tikka
DAY 3, 24 <sup>th</sup> March 2026 (Tuesday)		
09.00 – 09.30	Key reflections from Day 2	Dr. Arul Saravanan

09.30 – 10.30	Cohort design	Dr. Denis Xavier
10.30 – 11.00	Psychiatry panel on cohort design	RCBC team
11.00 – 11.15	Tea	
11.15 – 12.15	Activity on cohort design	Dr. Suhas Chandran
12.15 – 01.15	Interventional studies - I	Dr. Denis Xavier
01.15 – 02.15	Lunch	
02.15 – 03.15	Interventional studies - II	Dr. Denis Xavier
03.15 – 03.30	Tea	
03.30 – 04.30	Psychiatry panel on interventional studies	RCBC team
04.30 – 05.30	Group discussions	
<b>DAY 4, 25<sup>th</sup> March 2026 (Wednesday)</b>		
09.00 – 09.30	Key reflections from Day 3	Dr. Sai Krishna Tikka
09.30 – 10.30	Activity on interventional studies	Dr. Suhas Chandran
10.30 – 10.45	Tea	
10.45 – 12.45	Qualitative research designs	Dr. Johnson Pradeep
12.45 – 01.45	Lunch	
01.45 – 02.45	Activity on qualitative designs	Dr. Johnson Pradeep
02.45 – 03.45	Sample size estimation and working with a statistician	Dr. Denis Xavier
03.45 – 04.30	Psychiatric perspectives on sample size estimation	Dr. Samir Kumar Praharaj
04.30 – 05.30	Tea, Group discussions	
<b>DAY 5, 26<sup>th</sup> March 2026 (Thursday)</b>		
08.30 – 09.00	Key reflections from Day 4	Dr. Arul Saravanan
09.00 – 10.00	Activity on sample size estimation	Dr. Samir Kumar Praharaj
10.00 – 10.30	Grant writing and funding opportunities	Dr. Denis Xavier
10.30 – 10.45	Tea	
10.45 – 11.45	Activity on grant writing	RCBC team
11.45 – 01.00	Protocol Outline	Each group (5 mins)

01.00 – 02.00

Lunch