

**RAMAIAH UNIVERSITY OF
APPLIED SCIENCES**

FACULTY OF LIFE AND ALLIED HEALTH SCIENCES

DEPARTMENT OF ALLIED HEALTH SCIENCES

DIVISION OF PUBLIC HEALTH

3 DAY WORKSHOP

on

ARMOR-1.0*

**Applied Research Methodology and
Outcomes in Research**

Dates: 27 to 29 November 2025

**VENUE: FLAHS (FACULTY OF LIFE AND ALLIED HEALTH SCIENCES),
NEXT TO FACULTY OF DENTAL SCIENCES, GNANAGANGOTHRI CAMPUS,
GG CAMPUS, NEW BEL ROAD, BENGALURU -560054**

ARMOR-1.0

Dear Participants,

Greetings from the Division of Public Health,

We are extremely privileged to announce a three-day Workshop on “ Applied Research Methodology and Outcomes in Research- (ARMOR- 1.0)” on 27th, 28th & 29th November 2025.

Objectives of the Workshop:

- To orient the researchers on the basics of research methodology, which will enable them to write the research proposals
- To empower the researchers with basic skills of statistical analysis using SPSS software to facilitate self-dependence in data analysis.
- To provide information on writing and publishing scientific communications.

Who can attend the workshop?

- Faculty members in any health and allied health science Institutions
- Post-graduate students in health, Public health and allied health science Institutions
- Research/PhD scholars
- Hospital/Health care administrators
- Faculty from Indigenous system of Medicine Institutions

Number of seats: 75

Fee Structure:

- For RUAS Faculty, Researchers and Students: Rs. 750/- only (Inclusive of GST)
- For Others: Rs. 1000/- only (Inclusive of GST)

Breakfast, Lunch and Snacks will be provided

PATRONS

Dr. M. R. Jayaram, Hon'ble Chancellor

Prof. Kuldeep Kumar Raina, Vice Chancellor

Mr. S. Ashok Rao, Registrar

Dr G S Venkatesh, Provost, (Health and Allied Health Sciences)

Dr Soma Chaki, Professor and Dean - Faculty of Life and Allied Health Sciences

HEAD OF THE DEPARTMENT

Dr. Tushar Shaw

Assistant Professor & Head, Dept. of Allied Health Sciences.

ORGANIZING COORDINATORS

Dr Tejaswini BD

Assistant Professor, Division of Public Health, Dept of Allied Health Sciences.

Phone: 96112 66133

Dr G Hari Prakash

Assistant Professor, Division of Public Health, Dept of Allied Health Sciences.

Phone: 7306789341

RESOURCE PERSONS

Dr Sukanya R

Scientist-F, Indian Council of Medical Research (ICMR)-NCDIR, Bengaluru.

Dr Nandakumar BS

Professor & Associate Dean (Research), Dept of Community Medicine, Ramaiah Medical College, Bengaluru.

Dr Praveen Kulkarni

Professor & Vice Principal (Para Clinical), Dept of Community Medicine, JSS Medical College, Mysuru.

Mr Arun Gopi

Assistant Professor of Biostatistics, JSS Medical College, Mysuru.

Mr Shivraj NS

Associate Professor of Biostatistics, Ramaiah Medical College, Bengaluru.

Ms Anjana S Nair

Assistant Professor of Biostatistics, Ramaiah Medical College, Bengaluru.

DAY - 1 :

Time	Topic	Facilitator
• 9:00 – 9:20 AM	• Registration	
• 9:20 – 9:40 AM	• Introduction to Research Methodology	Dr Tejaswini BD
• 9:40 – 10:00 AM	• How to Conduct a Literature Review	Dr Hari Prakash
• 10:00 – 10:30AM	• Formulating and Selecting a Research Problem	Dr Sukanya R
• 10:30 – 11:15AM	• Inauguration	
• 11:15 – 11:30 AM	• Tea / Coffee Break	
• 11:30 – 12:15 PM	• Defining Research Questions and Objectives	Dr Sukanya R
• 12:15 – 01:00 PM	• Group Activity – Drafting Research Questions	Dr Sukanya R
• 1:00– 2:00 PM	• Lunch Break	
• 2:00 – 2:45 PM	• Overview of Study Designs	Dr Nanda Kumar BS
• 2:45 – 3:30 PM	• Sampling Methods and Sample Size Basics	Ms Anjana S Nair
• 3:30 – 3:45 PM	• Ethical Principles in Research	Dr Tejaswini BD
• 3:45 – 4:30 PM	• Tea / Coffee Break	
• 4:30 – 5:00 PM	• Open Discussion & Wrap-up of Day 1	

DAY - 2 :

Time	Topic	Facilitator
9:00 – 9:15 AM	Recap of Day 1	Dr Tejaswini BD
9:15 – 10:00 AM	Basics of Biostatistics	Mr Shivaraj NS
10:00 – 10:45 AM	Inferential Statistics: Hypothesis Testing, Correlation & Regression	Mr Arun Gopi
10:45 – 11:00 AM	Tea / Coffee Break	
11:00 – 11:45 AM	SPSS Module 1 – Data Entry & Descriptive Analysis	Mr Shivaraj NS
11:45 – 12:30 PM	SPSS Module 2 – Hypothesis Testing	Mr Arun Gopi
12:30 – 1:15 PM	Validity and Reliability in Research	Mr Shivaraj NS
1:15 – 2:00 PM	Lunch Break	
2:00 – 2:45 PM	Screening Tests: Sensitivity, Specificity & ROC Curve	Mr Shivaraj NS
2:45 – 3:30 PM	Advanced SPSS (Modules 3 & 4) – Regression / Survival Analysis	Mr Arun Gopi
3:30 – 3:45 PM	Tea / Coffee Break	
3:45 – 4:30 PM	Group Activity – Analysing a Dataset in SPSS	Mr Arun Gopi
4:30 – 5:00 PM	Open Discussion & Wrap-up	

DAY - 3 :

Time	Topic	Facilitator
9:00 – 9:15 AM	Recap of Day 2	Dr Hari Prakash
9:15 – 10:00 AM	Introduction to Systematic Reviews & Meta-Analysis	Dr Praveen Kulkarni
10:00 – 10:45 AM	Introduction to Qualitative Research	Dr Praveen Kulkarni
10:45 – 11:00 AM	Tea / Coffee Break	
11:00 – 12:00 PM	Designing and Validating a Questionnaire	Dr Praveen Kulkarni
12:00 – 1:00 PM	Group Activity – Critiquing a Research Paper	Dr Tejaswini BD/Dr Hari Prakash
1:00 – 2:00 PM	Lunch Break	
2:00 – 2:45 PM	Tips for Writing & Publishing Research Papers	Dr Praveen Kulkarni
2:45 – 3:15 PM	Panel Discussion / Open House (Q&A)	Moderated by Dr Tejaswini BD
3:15 – 3:30 PM	Tea / Coffee Break	
3:30 – 4:15 PM	Future Directions in Research Methodology (Emerging Trends)	Dr Hari Prakash
4:15 – 4:45 PM	Open Feedback Session	
4:45 – 5:00 PM	Valedictory & Certificate Distribution	