

**Report on the
'Basics of Meta-Analysis Boot Camp - From Topic Selection to Basic Analysis'
23rd October 2026, 9.00 AM, Board Room, JSS Medical College, Mysuru.**

The Internal Quality Assurance Cell (IQAC), JSS Academy of Higher Education & Research, conducted a one-day hands-on workshop titled “Basics of Meta-Analysis Boot Camp: From Topic Selection to Basic Analysis” on 23rd October 2026 in the Board Room, JSS Medical College, Mysuru.

The workshop aimed to provide structured introductory training in the methodology of systematic reviews and meta-analyses, in response to growing interest among students in undertaking evidence-synthesis research.

A total of 37 participants attended the workshop. These comprised 27 MBBS students of JSS Medical College, 4 Ph.D. scholars and 6 students of the Master of Public Health programme. Participants were allocated to small working groups to facilitate collaborative learning during the hands-on exercises.



The programme was inaugurated in the presence of Dr. Prashanth V, Dean – Research, JSS AHER, Dr. Pushpalatha K, Dean – IQAC, JSS AHER, Dr. Narayanappa D, Principal, JSS Medical College, Mysuru, and Dr. Deepa Bhat, Faculty Coordinator, SRC, JSS MC, Mysuru. The inaugural session concluded with the vote of thanks delivered by Dr. Pratham Mehta, Tutor, Department of Anatomy, JSS MC, Mysuru.



Dr. D. Narayanappa, Principal, JSSMC addressing the gathering

The academic sessions were conducted by Dr. Deepashree R, Assistant Dean – Research, JSS AHER; Dr. Arun Gopi, Assistant Professor, Department of Community Medicine, JSS Medical College, Dr. Sulochana B.C, Assistant Professor, School of Public Health, and Dr. Pratham Mehta, Tutor, Department of Anatomy, JSS Medical College. The workshop followed a blended format in which each brief didactic session was followed by a guided hands-on exercise.





The day began with an orientation and introduction to systematic reviews and meta-analysis. This was followed by a session on choosing a clinically relevant topic and formulating the research question, after which participants worked in groups to select their own review topics. The next session addressed framing the question using the PICO/PECO framework and defining eligibility criteria, and participants then developed these for their chosen topics.

Literature searching and study screening were introduced along with the Nested Knowledge platform, and participants carried out title and abstract screening and study selection on the platform. After lunch, a session on data extraction and the organization of study characteristics was followed by a hands-on exercise in which participants prepared a data-extraction sheet. The final academic session covered the interpretation of a meta-analysis, including effect measures, heterogeneity and forest plots, and participants practiced interpreting forest plots and meta-analysis outputs from published reviews.

The valedictory session was chaired by Dr. Sumana K, Deputy Dean – IQAC, JSS AHER. Participants shared their experiences of the workshop and offered feedback on its content and conduct. Feedback was also collected through an online form.

The boot camp received an average overall rating of 4.42 out of 5, with every respondent rating it 4 or 5. Participants' self-rated confidence in conducting a meta-analysis rose from an average of 1.83 out of 5 before the workshop to 3.83 out of 5 after it. Respondents felt the balance between lectures and hands-on work was just right, and the venue and organization received an average rating of 4.58 out of 5.

Participants particularly valued the hands-on component and the time given to apply concepts, the step-by-step explanation from first principles, the interactive format and the approachability of the facilitators. Participants requested a follow-up workshop on the statistical analysis component of meta-analysis; other suggestions included a session on the critical analysis of research papers and more workshops of this kind.

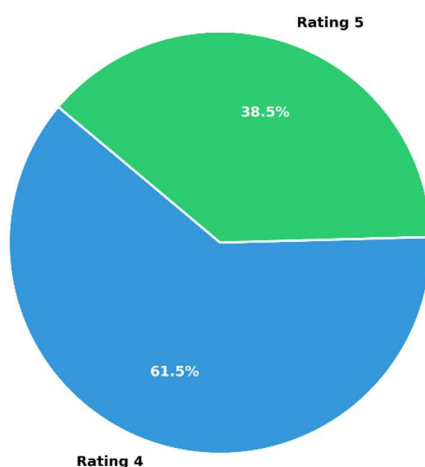
The workshop is aligned with the objectives of the IQAC and contributes to several NAAC quality indicators. It supports Criterion 5.1.2 through capability enhancement and skill development in research methodology and evidence synthesis, and Criterion 5.1.3 by supporting students pursuing competitive and international examinations and academic pathways. As a workshop on research methodology, it contributes to Criterion 3.3.2 and to the institutional promotion of research capacity. Its interactive demonstrations, guided exercises and group-based hands-on learning reflect the student-centric teaching-learning methods described under Criterion 2.3.1.

The programme thus strengthened the research culture of the institution, built capacity in evidence-synthesis methodology and promoted interdisciplinary learning among medical, public health and doctoral students. The encouraging feedback and the clear demand for a follow-up workshop on meta-analytic statistics indicate the value of continuing this initiative.

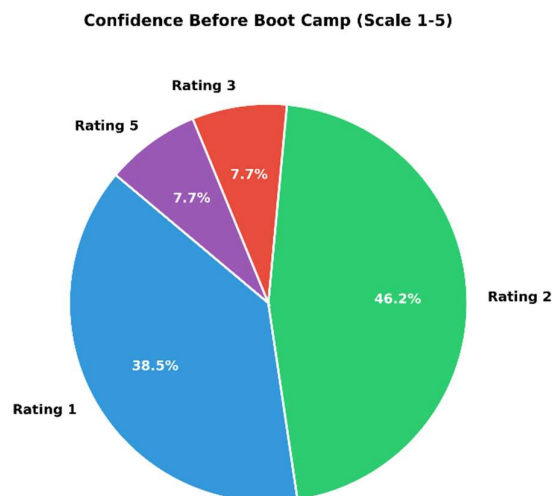
The participants feedback was collected at the end of the sessions.

1. Overall, how would you rate the boot camp?

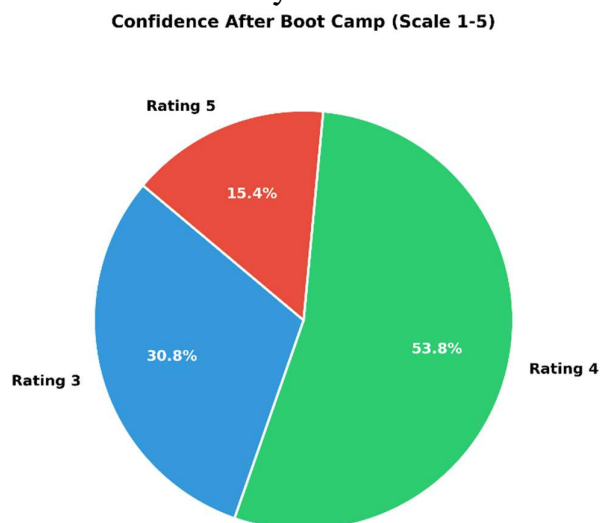
Overall Rating of the Boot Camp (Scale 1-5)



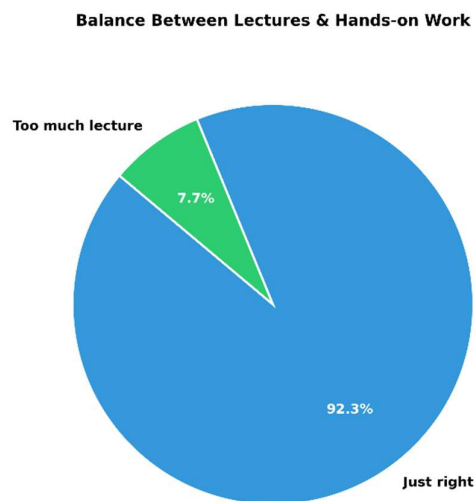
2. How confident were you about doing a meta-analysis **before** the boot camp?



3. How confident are you **now**?



4. The balance between lectures and hands-on work was?

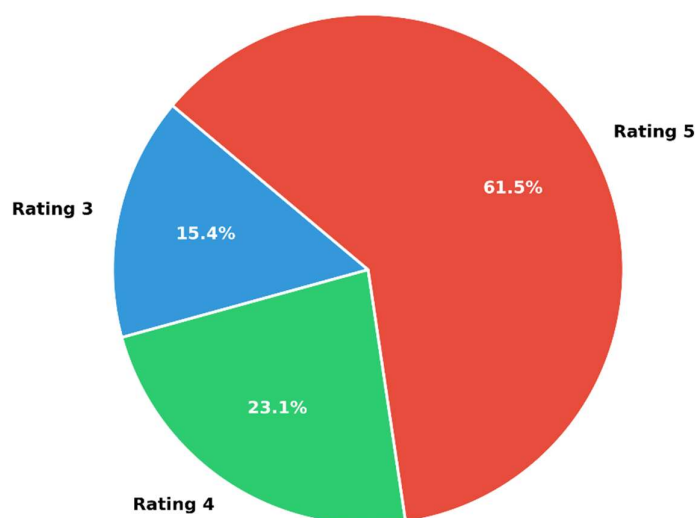


5. What did you like the most about the event?

- **Hands-on Practice:** Appreciated the interactive sessions, practical exercises, and dedicated time to apply theoretical learning with supportive assistance.
- **Instruction Quality:** Valued the clear, comprehensive, and scratch-level explanations from approachable organizers and professors.
- **Event Value:** Gained useful insights, future research direction, and clarity on conducting a meta-analysis in an engaging and fun atmosphere.

6. Rate the venue, food and organisation (*linear scale 1–5*)

Rating of Venue, Food & Organisation (Scale 1-5)



7. Any other suggestions or comments?

- **Event Feedback:** The bootcamp provided useful lectures and in-depth insights into the elements, phases, and process of meta-analysis.
- **Future Requests:** Interest was expressed for follow-up bootcamps focusing specifically on the mathematical, analytical, and paper analysis aspects, along with requests for similar workshops.
- **Logistics:** Recommendations included optimizing air conditioning usage.

-Sd-
Dean (IQAC)
JSS AHER, Mysuru

ONE-DAY HANDS-ON WORKSHOP

Basics of Meta-Analysis Boot Camp

From topic selection to basic analysis

Topic selection

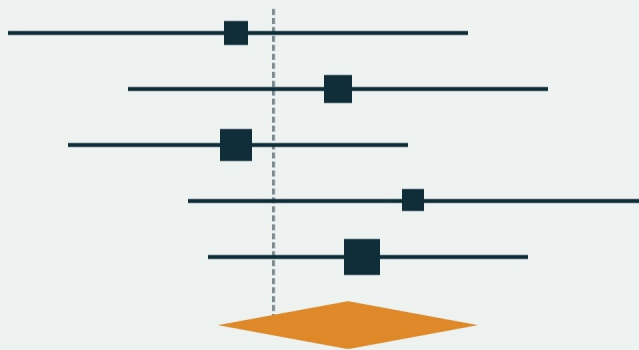
PICO/PECO & eligibility

Search & screening

Data extraction

Basics of analysis

Systematic review



Friday
23 October 2026

Registration begins
9:00 AM

Board Room
JSS Medical College, Mysuru

WHAT YOU WILL PRACTISE

- Choosing a clinically relevant topic
- PICO/PECO and eligibility criteria
- Title and abstract screening
- Building a data-extraction sheet
- Effect measures and heterogeneity
- Forest plots and pooled results

Free registration • **Limited seats**

FORMAT

Lectures + guided hands-on

YOU GET

Certificate of participation

BRING

A laptop



SCAN TO REGISTER



JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
(Deemed to be University), Accredited A++ Grade by NAAC

Basics of
Meta-Analysis
Boot Camp

FROM TOPIC SELECTION TO BASIC ANALYSIS

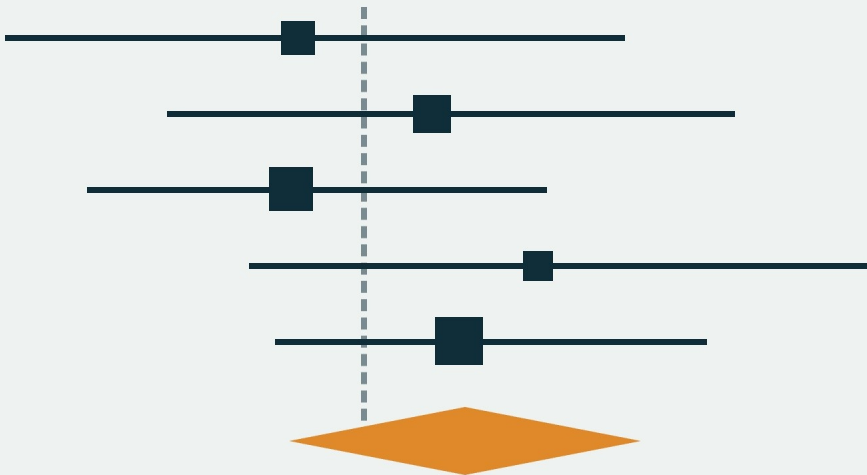
Under the aegis of
INTERNAL QUALITY ASSURANCE CELL
JSS AHER

KEY HIGHLIGHTS

- Topic selection & PICO
- Title & abstract screening
- Data extraction
- Risk of bias (RoB 2)
- Forest plots
- Hands-on group work

Friday, 23 October 2026 · 9:00 AM
Board Room, JSS Medical College, Mysuru

- Topic selection
- PICO/PECO & eligibility
- Search & screening
- Data extraction
- Basics of analysis
- Systematic review**



 A++	 21st University Category	 World Rank 401-500 National / Regional Rank 5	 Sustainability Impact Ratings 2026 SDG-3 Good Health and Wellbeing 2026 11 in WORLD	 Sustainability Impact Ratings 2026 Overall 74 in WORLD 3 in INDIA	 WORLD UNIVERSITY RANKINGS By Subject 2026 Pharmacy & Pharmacology 91 Medicine 551- 600	 World University Rankings 2027 701-800 17 in INDIA	 World University Rankings 2026 by Subject Medical & Health 601- 800 Life Science 801-1000
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