

Advanced Sampling, Metadynamics, Umbrella & Replica — Hands-on

Go beyond straightforward MD and learn how to map free-energy landscapes, cross barriers and sample rare events in biomolecular systems. This module covers reaction coordinates, metadynamics, umbrella sampling, replica-exchange concepts and practical workflows so that you can design and interpret advanced sampling simulations for real research problems.

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Session 1

Fee: Rs 8800 [Apply Now](#)

Free Energy Landscapes & Reaction Coordinates

Why advanced sampling is needed beyond standard MD

[rare events and high barriers](#) [metastable states and
slow modes](#) [connection to kinetics and
thermodynamics](#)

Free-energy surfaces and collective variables (CVs)

[1D vs 2D free-energy profiles](#) [distance, angle and](#)

RMSD based CVs **choosing CVs aligned with mechanism**

Assessing CV quality and basic projection ideas

orthogonality and degeneracy issues **connection to PCA and slow coordinates** **sanity checks using short MD runs**

Session 2

Fee: Rs 11800 Apply Now

Metadynamics Concepts & Setup

Metadynamics basics and biasing along CVs

history dependent bias potentials **Gaussian height, width and stride** **ordinary vs well tempered metadynamics idea**

Practical metadynamics parameter choices

choosing bias factor and temperature **boundary handling and wall potentials** **avoiding runaway bias and artefacts**

Reconstructing free-energy surfaces from metadynamics

accumulated bias and FES reconstruction **monitoring convergence indicators** **interpreting barriers and minima**

Session 3

Fee: Rs 14800 Apply Now

Umbrella Sampling, Windows & PMF

Umbrella sampling concepts along a chosen coordinate

harmonic restraints and windows **initial structures and pulling runs** **coverage and overlap requirements**

Running umbrella windows and checking sampling quality

histogram overlap checks **equilibration vs**
production frames in each window **troubleshooting**
poorly sampled regions

PMF reconstruction and barrier interpretation

WHAM style reconstruction overview **error estimation**
and confidence bands **relating PMF to binding or**
transition mechanisms

Session 4

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Mini Capstone: Replica & Advanced Campaign

Replica-exchange ideas and temperature/hamiltonian ladders

Theory + Practical

Design a small advanced sampling campaign for a case system

choosing CVs and method (meta or umbrella)
optional replica or multiple walkers concept **running**
and monitoring a short pilot campaign

Deliverables: FES/PMF plots and advanced sampling report

free-energy landscape or PMF profiles **parameter**
tables and convergence diagnostics **written**
interpretation and limitations discussion