

Molecular Dynamics Simulations — Setup & Analysis — Hands-on

Learn how to set up, execute and analyze molecular dynamics (MD) simulations for proteins and protein–ligand complexes. From force field selection and system building through minimization, equilibration, production runs and trajectory analysis, you will construct MD workflows that are reproducible, physically sensible and ready to support docking, stability and mechanism studies.

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Session 1

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Force Fields, System Building & MD Basics

MD concepts and force fields

[Newtonian dynamics idea](#) [AMBER / CHARMM / OPLS style fields](#) [cutoffs and long range interactions](#)

Protein and complex preparation for MD

[fixing missing atoms and residues](#) [protonation states and pH ideas](#) [ligand parameter overview](#)

Solvation, ions and box definition

periodic boxes and shapes **water models (TIP3P like)**
neutralizing and adding salt

Session 2

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Minimization, Equilibration & Production

Energy minimization strategies

steepest descent and conjugate gradient **restraints**
on heavy atoms **convergence criteria ideas**

NVT / NPT equilibration design

thermostats and barostats **restraints and relaxation**
schedule **checking temperature and pressure**
stability

Production MD parameters and stability

time step and constraints **trajectory length planning**
saving coordinates vs performance

Session 3

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Trajectory Analysis & Property Extraction

Basic stability and flexibility metrics

RMSD and RMSF time series **radius of gyration**
secondary structure evolution ideas

Interactions and binding stability

H bond and contact analysis **salt bridges and**
hydrophobic contacts **distance and angle monitors**

Advanced views and projections

PCA / essential dynamics concepts **clustering**
conformations **extracting representative snapshots**

Session 4

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Best Practices, Reproducibility & Reporting

Good practice checklists for MD projects

documenting settings and versions **run logs and QC**
plots **common pitfalls and artefacts**

Connecting MD to docking and free energy ideas

using MD for pose refinement **extracting frames for**
MM PBSA style work **identifying metastable states**

Figures, tables and repositories for MD studies

time series and distribution plots **summaries for**
manuscripts **sharing inputs and trajectories overview**