



NTHRYS WORKSHOPS

Advanced Techniques In Applied Nutrition

8:45 AM - 10:15 AM: Session 1: Nutrigenomics

Introduction to nutrigenomics and its applications.
Practical demonstration of genetic testing for personalized nutrition.

10:15 AM - 10:30 AM: Coffee / Tea / Snacks Break

Networking and refreshments.

10:30 AM - 12:00 PM: Session 2: Clinical Nutrition

Overview of clinical nutrition and its role in healthcare.
Hands-on workshop on designing and implementing clinical nutrition plans.

12:00 PM - 1:00 PM: Lunch Break

Catered lunch and networking opportunity.

1:00 PM - 2:30 PM: Session 3: Functional Foods and Nutraceuticals

Introduction to functional foods and nutraceuticals.
Practical session on developing and evaluating functional food products.

2:30 PM - 2:45 PM: Short Break

Time for a stretch and informal discussions.

2:45 PM - 4:15 PM: Session 4: Nutrition Policy and Public Health

Discussion on the role of nutrition policy in public health.
Case studies on successful nutrition programs and initiatives.

4:15 PM - 4:30 PM: Coffee / Tea / Snacks Break

Last networking opportunity with snacks.

4:30 PM - 5:30 PM: Closing Session: Implementing Changes and Technology Adoption

Group discussions on implementing new techniques learned today.
Dialogue on overcoming challenges in adopting new technologies in similar sectors.
Feedback session and closing remarks.

Certificate Issue

5:30 PM: Workshop Concludes