



NTHRYS WORKSHOPS

Emerging Trends In Applied Nutrition

8:45 AM - 10:15 AM: Session 1: Personalized Nutrition

Introduction to the concept of personalized nutrition.
Practical session on using data for personalized dietary recommendations.

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

Networking and refreshments.

10:30 AM - 12:00 PM: Session 2: Nutrition and Chronic Diseases

Overview of the relationship between nutrition and chronic diseases.
Hands-on workshop on designing nutrition interventions for disease prevention and management.

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

Catered lunch and networking opportunity.

1:00 PM - 2:30 PM: Session 3: Innovations in Nutritional Science

Discussion on recent innovations in nutritional science.
Practical exercises on evaluating new dietary supplements and ingredients.

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

Time for a stretch and informal discussions.

2:45 PM - 4:15 PM: Session 4: Future Directions in Nutrition Research

Exploration of future trends and innovations in nutrition research.

Case studies on the impact of advanced research on dietary guidelines and public health.

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