



## NTHRYS WORKSHOPS

# Introduction To Life Sciences

### 8:45 AM - 10:15 AM: Session 1: Basics of Life Sciences

Overview of life sciences principles and applications.  
Hands-on session on fundamental techniques in biology.  
Introduction to the importance of life sciences in research and industry.

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

Networking and refreshments.

### 10:30 AM - 12:00 PM: Session 2: Cellular Biology

Interactive session on cellular biology techniques.  
Workshop on microscopy, cell culture, and other methods.  
Practical demonstration of cellular biology experiments.

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

Catered lunch and networking opportunity.

### 1:00 PM - 2:30 PM: Session 3: Molecular Biology

Exploring techniques for studying molecular biology.

Hands-on training on PCR, cloning, and sequencing.  
Case studies on the application of molecular biology in research.

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

Time for a stretch and informal discussions.

### **2:45 PM - 4:15 PM: Session 4: Genetics and Genomics**

Workshop on genetic and genomic techniques.  
Practical techniques for gene editing and analysis.  
Case studies on the role of genetics and genomics in life sciences.

### **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**