



NTHRYS WORKSHOPS

Introduction To Nutrigenomics

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

Overview of nutrigenomics principles and applications.
Hands-on session on understanding the interaction between nutrients and genes.
Introduction to the importance of nutrigenomics in personalized nutrition.

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

Networking and refreshments.

10:30 AM - 12:00 PM: Session 2: Techniques in Nutrigenomics

Interactive session on techniques used in nutrigenomics.
Workshop on using genomic and transcriptomic analyses.
Practical demonstration of nutrigenomics techniques.

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

Catered lunch and networking opportunity.

1:00 PM - 2:30 PM: Session 3: Nutrient-Gene Interactions

Exploring nutrient-gene interactions.

Hands-on training on studying how different nutrients affect gene expression.
Case studies on the role of nutrigenomics in health and disease.

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

Time for a stretch and informal discussions.

2:45 PM - 4:15 PM: Session 4: Applications of Nutrigenomics

Workshop on applications of nutrigenomics.
Practical techniques for applying nutrigenomics in personalized nutrition and diet planning.
Case studies on the impact of nutrigenomics in healthcare and wellness.

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