



NTHRYS WORKSHOPS

Advanced Techniques In Nutrition

8:45 AM - 10:15 AM: Session 1: Advanced Nutrition Techniques

Introduction to advanced techniques in nutrition.
Hands-on session on using omics technologies, bioinformatics, and other methods.
Practical demonstration of advanced nutrition applications.

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

Networking and refreshments.

10:30 AM - 12:00 PM: Session 2: Epigenetics in Nutrition

Exploring the role of epigenetics in nutrition.
Workshop on studying how nutrients influence epigenetic modifications.
Case studies on the applications of epigenetics in nutritional science.

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

Catered lunch and networking opportunity.

1:00 PM - 2:30 PM: Session 3: Nutrition and Disease Prevention

Hands-on session on nutrition applications in disease prevention.

Exploring techniques for identifying dietary risk factors and interventions.
Practical applications of nutrition in developing preventive strategies.

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

Time for a stretch and informal discussions.

2:45 PM - 4:15 PM: Session 4: Integrative Omics in Nutrition

Workshop on integrating multi-omics data in nutrition research.
Practical techniques for combining genomics, metabolomics, and proteomics.
Case studies on the role of integrative omics in advancing nutrition science.

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