



NTHRYS WORKSHOPS

Introduction To Nutrition

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

Overview of nutrition principles and applications.
Hands-on session on understanding macronutrients and micronutrients.
Introduction to the importance of nutrition in health and wellness.

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

Networking and refreshments.

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

Interactive session on techniques used in nutritional science.
Workshop on using dietary assessments, biomarkers, and other methods.
Practical demonstration of nutrition techniques.

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

Catered lunch and networking opportunity.

1:00 PM - 2:30 PM: Session 3: Nutritional Biochemistry

Exploring the biochemical aspects of nutrition.

Hands-on training on studying nutrient metabolism and function.
Case studies on the role of nutritional biochemistry in understanding health.

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 Nutrition

Workshop on applications of nutrition.
Practical techniques for applying nutrition science in diet planning and health promotion.
Case studies on the impact of nutrition 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