



## NTHRYS WORKSHOPS

# Introduction To Obesidomics

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

Overview of obesidomics principles and applications.  
Hands-on session on understanding the molecular basis of obesity.  
Introduction to the importance of obesidomics in personalized medicine.

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

Networking and refreshments.

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

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

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

Catered lunch and networking opportunity.

### 1:00 PM - 2:30 PM: Session 3: Nutrigenomics and Obesidomics

Exploring the interaction between nutrigenomics and obesidomics.

Hands-on training on studying how diet affects obesity-related genes.  
Case studies on the role of obesidomics 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 Obesidomics**

Workshop on applications of obesidomics.  
Practical techniques for applying obesidomics in personalized nutrition and weight management.  
Case studies on the impact of obesidomics 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**