

ON WORLD HEALTH DAY,
DEPARTMENT OF CLINICAL NUTRITION,
VPS LAKESHORE HOSPITAL, ERNAKULAM
CORDIALLY INVITES YOU FOR AN

INTERNATIONAL WORKSHOP ON 'Genetics as a Tool in Dietary Assessment'



Date: 7th April 2019
Time: 8.30 AM - 4.30 PM
Venue: Auditorium, Main Block 2nd Floor.



Designed for Doctors, Dietitians, Clinicians, Health Professionals and Nutrition Scientists from academia and industry

Organized by

Dept. of Clinical Nutrition,
VPS Lakeshore Hospital, Ernakulam, Kerala

in association with

AEDAN (Association for Evidence Based Dietetics And Nutrition), Kochi

by

Dr. VIMAL S. KARANI, Assistant Professor, Nutrigenetics,
University of Reading, U.K.

&

Ms. JANANI TAMILVANAN, Founder & Director,
Institute of Nutrigenetics, Coimbatore

This workshop style course will provide the fundamental concepts of nutrigenetics, and personalised nutrition through cutting-edge presentations and hands on experiences.

The objectives of this workshop are to allow clinicians, especially dietitians to gain an understanding of:

- Concepts in genetics and nutrition (basic concepts, technical terms and technology involved);
- How to interpret the findings in modern genetic research;
- How can nutritional genomics be applied to optimize health, fitness, prevent and treat diseases;
- How to read, understand and interpret nutrigenomics research; and
- How can nutritional genomics be used to transform nutrition and dietetics practice - case studies.

PROGRAM SCHEDULE

Genetics as a Tool in Dietary Assessment

8.30 AM – 9.00 AM: Registration/ Verification

9.00 AM: Silent Prayer

9.05 AM – 9.15 AM: Inauguration followed by scientific session

SESSION 1

FUNDAMENTALS OF GENETICS

PRESENTER: DR. VIMAL S. KARANI,

Assistant Professor, University of Reading, U.K.

9.15 AM – 9.45 AM: ABC's of Genetics

9.45 AM – 10.45 AM: What is Nutrigenetics all about?

10.45 AM – 11 AM: **TEA BREAK**

11.00 AM – 11.45 AM: The Science behind personalised nutrition

11.45 AM – 12.15 PM: Quiz

12.15 PM – 01.00 PM: **LUNCH BREAK**

SESSION 2

TRANSLATING NUTRIGENETICS INTO DIETARY PRACTICE

PRESENTER: MS. JANANI TAMILVANAN,

Director, Institute of Nutrigenetics

1.00 PM – 1.30 PM: Introduction to genetic testing for nutrition

1.30 PM – 2.00 PM: Genetics as a tool in dietetics practice

2.00 PM – 4.00 PM: **HANDS- ON TRAINING ON INTEPRETING PN REPORTS**

4.00 PM – 4.15 PM: **AEDAN ACTIVITY BRIEFING**

4.15 PM: **VOTE OF THANKS.**

4.20 PM – **TEA BREAK.**

REGISTRATION DETAILS:

Registration fee	Before 28th March 2019	After 28th March 2019	Spot registration- 7.4.2019
Professionals (Non-AEDAN members)	Rs. 1,000/-	Rs. 1200/-	Rs. 1500/-
AEDAN members and Students	Rs. 800/- (Upon verification of ID cards only)	Rs. 1000/- (Upon verification of ID cards only)	Rs. 1300/- (Upon verification of ID cards only)

TRANSACTION DETAILS:

Name of the Bank	HDFC BANK
Address of the Branch	PALLURUTHY, KOCHI 682006
Bank Account Name	'LAKESHORE HOSPITAL AND RESEARCH CENTRE LTD'
Account Number	57500000268175
IFSC code	HDFC 0001515
MICR Code	682240022
PAN number	AAACL4923A

Mention- 'Towards Nutrigenetics Workshop - VPSL-April 2019'

Please contact: Dt. Elby Sebastian #944 7604 004/ Dt.. Rakhi Ramakrishnan #9961 888 004 for confirming registration details. Don't forget to E-mail/ WhatsApp the details of transaction with your corresponding e-mail IDs, so as to reach you back with details of the workshop.

E-mail: nutrition@lakeshorehospital.org



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