



**TWO DAYS  
INTENSIVE  
ONLINE  
CERTIFICATE  
ON  
PRECISION  
NUTRITION**

**DATE: 29<sup>th</sup> AND 30<sup>th</sup> JANUARY 2022**

**TIME: 09:00 A.M – 05:00 P.M (IST)**

*Presented by*

**INSTITUTE OF NUTRIGENETICS, INDIA  
&  
FEDERAL UNIVERSITY OF MINAS GERAIS (UFMG), BRAZIL**

*In Association With*

**MALAYSIAN ASSOCIATION FOR ADVANCEMENT IN FUNCTIONAL &  
INTERDISCIPLINARY MEDICINE (MAAFIM)**

**&**

**GENOMY GROUP, MALAYSIA**

***Designed for Health Professionals – Nutritionists, Dietitians, Clinicians, Nutrition Scientists,  
Academicians, Students, Researchers from Industry, Government Agencies and  
Educational Institutions***

*This two- days intensive course provides the fundamental concepts of precision nutrition, brings together diverse expertise to explore how deep learning concepts and techniques may be used to generate individualized dietary recommendations, discusses the opportunities for training of the next generation of future researchers in the field of precision nutrition.*

**MYR350 INDIVIDUAL | MYR 300 UNIVERSITIES & GOVERNMENT | MYR 250 STUDENT & POSTGRADUATES**

**Whatsapp: +6013-6416426**

**Email: sales.genomygroup@gmail.com**

**Website: [www.geno.my/precision-nutrition](http://www.geno.my/precision-nutrition)**

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**COURSE COORDINATORS**



**Ms. Janani Tamilvanan,**  
Director, Institute of Nutrigenetics,  
India.



**Dr. Debmalya Barh**  
Professor,  
Federal University of Minas Gerais (UFMG),  
Brazil. Editor - Sports,  
Exercise and Nutritional Genomics - Current  
status and Future Directions.

**COURSE INSTRUCTORS**



**Dr. Kumar Sankaran**  
CEO, Leucine Rich Bio, Bangalore,  
India.



**Dr. Priya Sekar,**  
Clinical Scientist, Covid 19 testing  
Rak Hospital, UAE



**Dr. Yiannis Mavrommatis**  
Programme Director MSc Nutrition and  
Genetics & Senior Lecturer  
St Mary's University, UK



**Dr. Kumari Malkanthi Rathnayake**  
Head/ Senior Lecturer, Department of Applied Nutrition,  
Wayamba University of Srilanka,  
Srilanka



**Dr. Mahenderan Appukutty, FNSM**  
Associate Professor &  
Nutritionist Sports Science Programme  
Faculty of Sports Science & Recreation  
Universiti Teknologi MARA (UiTM) MALAYSIA



**Dr. Annalisa Terranegra,**  
Principal Scientist,  
Precision Nutrition, Sidra Medicine,  
Qatar



**Dr. Silambarasan MaskoMani,**  
Personalized Healthcare (PHC)  
Ecosystem Partner - Oncology at Roche,  
India



**Dr. V. Aravindhan,**  
Assistant Professor, Department of Genetics,  
Dr.ALM PG IBMS, University of Madras,  
Chennai, India

**CONVENORS**



**Ms. Hendrawati**  
CEO, Genomy Group, Malaysia



**Dr. Paramjit Kaur**  
Vice President MAAFIM

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**AGENDA**

**Day 1 ( 29<sup>th</sup> & 30<sup>th</sup> of January , 2022)**

09:00 AM - 09:15 AM	:	INAUGURATION: ORIENTATION ABOUT THE COURSE.
09:15 AM - 10:15 AM	:	PRECISION HEALTH: ONE-SIZE- DOESN'T- FIT-ALL (Dr. Debmalya Barh, Professor, Full Professor (Titular, Grade-E) in Federal University of Minas Gerais (UFMG), Brazil.)
10:15 AM - 11:15 AM	:	THE WORLD OF GENOMICS AND GENETICS: AN INTRODUCTION (Dr. V. Aravindhan, Assistant Professor, Department of Genetics, Dr.ALM PG IBMS, University of Madras, Chennai, India.)
11:15AM - 11:30AM	:	QUICK BREAK
11:30 AM - 12:30 PM	:	GENETIC TESTING FOR PERSONALISED HEALTHCARE (Dr. Silambarasan MaskoMani, Personalized Healthcare (PHC) Ecosystem Partner - Oncology at Roche, India)
12: 30 PM - 01:00 PM	:	LUNCH BREAK
01:00 PM - 02:00 PM	:	INTRODUCTION TO NUTRITIONAL GENOMICS: TWO SIDES OF A COIN – TOWARDS PERSONALISED NUTRITION ( Dr. Kumari Malkanthi Rathnayake, Head/ Senior Lecturer, Department of Applied Nutrition, Wayamba University of Srilanka, Srilanka)
02:00 PM - 03:00 PM	:	INTRODUCTION TO NUTRIPIGONOMICS & ITS APPLICATION (Ms. Janani Tamilvanan, Director, Institute of Nutrigenetics, India)
03.00 PM - 03:15 PM	:	TEA BREAK
03:15 PM - 04:15 PM	:	REALITIES AND EXPECTATIONS OF PERSONALISED NUTRITION APPROACH BASED ON GENETICS. (Dr Yiannis Mavrommatis , Programme Director MSc Nutrition & Genetics, St Mary's University, UK)
04:15 PM - 04:45 PM	:	QUIZ
04:45 PM - 05:00 PM	:	INSTRUCTIONS FOR DAY 2 & FEEDBACK

**DAY 2 ( 30<sup>th</sup> JANUARY, 2022)**

**APPLICATIONS IN CLINICAL PRACTICE**

09:00PM - 10:00 PM	:	INTRODUCTION TO GUT MICROBIOME AND PERSONALISED NUTRITION (Dr. Priya Sekar, Microbiota Research Group, Sharjah University, UAE)
10:00PM - 11:00 PM	:	APPLICATION OF GUT MICROBIOME TESTING IN PERSONALISED NUTRITION AND HEALTHCARE (Mr. Kumar Sankaran, CEO, Leucine Rich Bio, Bengaluru, India)
11:00 PM - 11:15PM	:	BREAK
11:15 PM - 12:15 PM	:	INTRODUCTION TO SPORTS NUTRIGENOMICS (Dr. Mahenderan Appukutty, Associate Professor, Faculty of Sports science and Recreation, Universiti Teknologi MARA, Malaysia.)
12:15 PM - 12:45 PM	:	LUNCH BREAK
12:45 PM - 01:45 PM	:	CONCEPT OF PRECISION NUTRITION: CHALLENGES AND OPPORTUNITIES (Dr. Annalisa Terranegra, Principal Scientist, Precision Nutrition, Sidra Medicine, Qatar)
01:45 PM - 02:15 PM	:	SUMMARY OF PRECISION NUTRITION APPROACHES TO CUSTOMISE DIETARY RECOMMENDATIONS (Ms. Janani Tamilvanan, Director, Institute of Nutrigenetics)
02:15 PM - 03:00 PM	:	CASE STUDY: HOW TO INTEGRATE DIFFERENT OMICS APPROACH INTO PERSONALISED NUTRITION MODEL? GROUP DISCUSSIONS
03:00 PM - 04:15 PM	:	GROUP PRESENTATIONS: 10 MINUTES FOR EACH GROUP
04:15 PM - 04:30 PM	:	DISCUSSION SUMMARY
04:30 PM - 04:45 PM	:	VALEDICTORY SUMMARY – VOTE OF THANKS
04:45 PM - 05:00 PM	:	FEEDBACK ABOUT THE COURSE

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