

IIHMR UNIVERSITY, JAIPUR

EVENT OUTCOME REPORT

“Master Class Episode no 65”

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| <p style="text-align: center;">“Master Class Episode No 65”</p> |
| <p>Topic: - “NUTRIGENOMICS A Novel Approach Towards Personalized Nutrition”</p> |
| <p>Date: - 9th December 2022 from 04:00 pm to 05:00 pm</p> |
| <p>Venue: - LH-10, IIHMR University</p> |
| <p>Speaker: - Dr. Sreekumar MBBS, DLO, FACNEM, ENT Surgeon Functional Health & Wellness Expert Foundation Soukhya Foundation.</p> |
| <p>Number of participants: - 102 students from Health Management Batch -27</p> |
| <p>Introduction: - The 65th episodes of the Master Class titled - NUTRIGENOMICS A Novel Approach Towards Personalized Nutrition” on 9th December 2022 from 5:00 pm to 6:00 pm by - Dr. A Sreekumar MBBS, DLO, FACNEM, ENT Surgeon Functional Health & Wellness Expert Foundation Soukhya Foundation at IIHMR university. Dr. Varsha Tanu as the moderator of the Master Class and the whole session was based on interaction and understanding the nutrigenomics towards personalized nutrition and how important it is to understand and follow personal nutrition.</p> |
| <p>Objective: - The objective of this regulatory session was to enhance understanding and proficiency of nutrition and how it affects an individual.</p> |
| <p>Salient Novel Points Covered: Role: - Dr. A Sreekumar covered how important it is to focus on health and along with the importance of nutrition in daily life and how does it play a vital role in the nutrigenomics of an individual and how it can transform lives and overall health of an individual. Challenges and Opportunities: -How to educate people on the right nutrition diet and regime and how it works. -How to train individuals to follow the routine and make it a habit to eat proper diet. -How to make one understand the nutrigenomics of oneself and how it can change the Dynamics of an individual affect his overall health. Q &A and Interactive Discussion: The session encouraged active participation from students, who asked insightful questions based on how nutrigenomics works and how one can understand his nutrigenomics and make it into his lifestyle.</p> |
| <p>Future Scope: Nutrigenomics aims to move away from one-size-fits-all dietary recommendations towards personalized nutrition plans tailored to an individual's genetic profile. By understanding how genetic variations influence nutrient metabolism and disease risk, nutrigenomics has the potential to revolutionize disease prevention and treatment. As nutrigenomics research advances, it may influence public health policies and guidelines related to nutrition. Nutrigenomics aligns with the broader concept of precision medicine, which aims to tailor medical treatment to the individual characteristics of each patient. In summary, nutrigenomics holds tremendous promise for revolutionizing nutrition and health care by providing personalized dietary recommendations based on an individual's genetic makeup</p> |
| <p>Appropriate caption for the seminar: - “Unlocking the Genetic Secrets of Nutrition: Exploring the Future with Nutrigenomics”</p> |



IIHMR UNIVERSITY

iwcc
Create the Wellness Code
INDIA

Master Class
Episode 65

NUTRIGENOMICS

A Novel Approach Towards Personalized Nutrition

Friday, Dec 09, 2022

🕒 04:00 PM to 05:00 PM (INDIA) 🇮🇳

📍 Old Auditorium, IIHMR University



SPEAKER
Dr. A Sreekumar
MBBS, DLO, FACHEM, ENT Surgeon
Functional Health & Wellness Expert
Founder Soukya Foundation



Welcome Address
Dr. (Col) Mahender Kumar
Dean IIHMR & Proctor
IIHMR University, Jaipur



MODERATOR
Dr. Varsha Tanu
Associate Professor
IIHMR University, Jaipur



Master Class Episodes 65

Date: 09/12/2022 (04:00 PM to 05:00PM)

Attendance Sheet

| Sr. No. | Students Name | Stream with Batch |
|---------|------------------|---------------------------|
| 1 | Aakash Mahajan | MBA PM Batch 13 (2021-23) |
| 2 | Aditi Gaikwad | MBA PM Batch 13 (2021-23) |
| 3 | Amarjit Bera | MBA PM Batch 13 (2021-23) |
| 4 | Amitabh Sinha | MBA PM Batch 13 (2021-23) |
| 5 | Amol Patil | MBA PM Batch 13 (2021-23) |
| 6 | Animesh Roy | MBA PM Batch 13 (2021-23) |
| 7 | Anjali Pawar | MBA PM Batch 13 (2021-23) |
| 8 | Anshu Aman | MBA PM Batch 13 (2021-23) |
| 9 | Arkaprabha Pal | MBA PM Batch 13 (2021-23) |
| 10 | Arpita Bhardwaj | MBA PM Batch 13 (2021-23) |
| 11 | Atika Naushad | MBA PM Batch 13 (2021-23) |
| 12 | Avinash Patnaik | MBA PM Batch 13 (2021-23) |
| 13 | Ayush Tiwari | MBA PM Batch 13 (2021-23) |
| 14 | Ayushi Singh | MBA PM Batch 13 (2021-23) |
| 15 | Binita Lahiri | MBA PM Batch 13 (2021-23) |
| 16 | Darshan Chhajer | MBA PM Batch 13 (2021-23) |
| 17 | Divyansh Chauhan | MBA PM Batch 13 (2021-23) |
| 18 | Dnyan Gawande | MBA PM Batch 13 (2021-23) |
| 19 | Faizan Kadiwala | MBA PM Batch 13 (2021-23) |
| 20 | Harshit Manav | MBA PM Batch 13 (2021-23) |
| 21 | Hinal Jain | MBA PM Batch 13 (2021-23) |
| 22 | Injamul Haque | MBA PM Batch 13 (2021-23) |
| 23 | Jaibhagwan | MBA PM Batch 13 (2021-23) |
| 24 | Kanika Birla | MBA PM Batch 13 (2021-23) |
| 25 | Ketaki Dongare | MBA PM Batch 13 (2021-23) |

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| Sr. No. | Students Name | Stream with Batch |
|---------|-----------------------|---------------------------|
| 26 | Kinnari Rathod | MBA PM Batch 13 (2021-23) |
| 27 | Komal Bhauso Bhintade | MBA PM Batch 13 (2021-23) |
| 28 | Koushik Ghosh | MBA PM Batch 13 (2021-23) |
| 29 | Kundan Kumar | MBA PM Batch 13 (2021-23) |
| 30 | Laxmikanta Lenka | MBA PM Batch 13 (2021-23) |
| 31 | Manish Sardana | MBA PM Batch 13 (2021-23) |
| 32 | Mayansh | MBA PM Batch 13 (2021-23) |
| 33 | Milan Khunti | MBA PM Batch 13 (2021-23) |
| 34 | Mustafa | MBA PM Batch 13 (2021-23) |
| 35 | Muzammel Ali Ahmed | MBA PM Batch 13 (2021-23) |
| 36 | Niraj Kumar | MBA PM Batch 13 (2021-23) |
| 37 | Nirali ben Patel | MBA PM Batch 13 (2021-23) |
| 38 | Niyati Talwar | MBA PM Batch 13 (2021-23) |
| 39 | Param Kaila | MBA PM Batch 13 (2021-23) |
| 40 | Piyush Shukla | MBA PM Batch 13 (2021-23) |
| 41 | Praful Sen | MBA PM Batch 13 (2021-23) |
| 42 | Pranjal Rakesh Singh | MBA PM Batch 13 (2021-23) |
| 43 | Prem Agrawal | MBA PM Batch 13 (2021-23) |
| 44 | Prince Kumar | MBA PM Batch 13 (2021-23) |
| 45 | Prince Rana | MBA PM Batch 13 (2021-23) |
| 46 | Rakhi | MBA PM Batch 13 (2021-23) |
| 47 | Rishi Singh | MBA PM Batch 13 (2021-23) |
| 48 | Ritik Tatia | MBA PM Batch 13 (2021-23) |
| 49 | Rohit Yadav | MBA PM Batch 13 (2021-23) |
| 50 | Sachin Kumar | MBA PM Batch 13 (2021-23) |

Master Class Episodes 65

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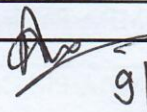
| Sr. No. | Students Name | Stream with Batch |
|---------|--------------------------|---------------------------|
| 51 | Sakshi Bohra | MBA PM Batch 13 (2021-23) |
| 52 | Sakshi Verma | MBA PM Batch 13 (2021-23) |
| 53 | Samiksha Ram | MBA PM Batch 13 (2021-23) |
| 54 | Sankalp Sapkal | MBA PM Batch 13 (2021-23) |
| 55 | Satakshi Pathak | MBA PM Batch 13 (2021-23) |
| 56 | Satyam Gupta | MBA PM Batch 13 (2021-23) |
| 57 | Saurabh | MBA PM Batch 13 (2021-23) |
| 58 | Shivakshi Shah | MBA PM Batch 13 (2021-23) |
| 59 | Shivam Sharma | MBA PM Batch 13 (2021-23) |
| 60 | Shivangi Mishra | MBA PM Batch 13 (2021-23) |
| 61 | Shubham Singh | MBA PM Batch 13 (2021-23) |
| 62 | Shubham Rukme | MBA PM Batch 13 (2021-23) |
| 63 | Silky Jaiswal | MBA PM Batch 13 (2021-23) |
| 64 | Prince Singh | MBA PM Batch 13 (2021-23) |
| 65 | Smita Srinivas Chitragar | MBA PM Batch 13 (2021-23) |
| 66 | Sparsh Jain | MBA PM Batch 13 (2021-23) |
| 67 | Sri Krishna | MBA PM Batch 13 (2021-23) |
| 68 | Tanisha Jain | MBA PM Batch 13 (2021-23) |
| 69 | Tanvi Shah | MBA PM Batch 13 (2021-23) |
| 70 | Vaibhav Shewale | MBA PM Batch 13 (2021-23) |
| 71 | Sudeepti Naga sai | MBA PM Batch 13 (2021-23) |
| 72 | Viraj Jain | MBA PM Batch 13 (2021-23) |
| 73 | Vivek Sharma | MBA PM Batch 13 (2021-23) |
| 74 | Yash Kalyani | MBA PM Batch 13 (2021-23) |
| 75 | Yash Nagpal | MBA PM Batch 13 (2021-23) |

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|---------|---------------------------|-----------------------------|
| 76 | Yashpal Solanki | MBA PM Batch 13 (2021-23) |
| 77 | Yogesh Kumar | MBA PM Batch 13 (2021-23) |
| 78 | Bhaskar Gupta | MBA PM Batch 12 (2020-2022) |
| 79 | Chaitali Dilip Desale | MBA PM Batch 12 (2020-2022) |
| 80 | Debasis Das | MBA PM Batch 12 (2020-2022) |
| 81 | Dhiyanesh S | MBA PM Batch 12 (2020-2022) |
| 82 | Dikshita Hatwar | MBA PM Batch 12 (2020-2022) |
| 83 | Dishi Chaudhary | MBA PM Batch 12 (2020-2022) |
| 84 | Garima Kango | MBA PM Batch 12 (2020-2022) |
| 85 | Gaurav Gupta | MBA PM Batch 12 (2020-2022) |
| 86 | Gunjan Shrivastava | MBA PM Batch 12 (2020-2022) |
| 87 | Himabindu Nayakanti | MBA PM Batch 12 (2020-2022) |
| 88 | Himanshu Sukhnandan Dubey | MBA PM Batch 12 (2020-2022) |
| 89 | Jasneet Kaur | MBA PM Batch 12 (2020-2022) |
| 90 | Jayesh Parihariya | MBA PM Batch 12 (2020-2022) |
| 91 | Kartikey Sharma | MBA PM Batch 12 (2020-2022) |
| 92 | Kirti Arora | MBA PM Batch 12 (2020-2022) |
| 93 | Kritika Kapoor | MBA PM Batch 12 (2020-2022) |
| 94 | Kumar Aadarsh | MBA PM Batch 12 (2020-2022) |
| 95 | Kushal G M | MBA PM Batch 12 (2020-2022) |
| 96 | Mahima Chopra | MBA PM Batch 12 (2020-2022) |
| 97 | Mohd Moonis | MBA PM Batch 12 (2020-2022) |
| 98 | Nagaruru Rupasree | MBA PM Batch 12 (2020-2022) |
| 99 | Nigamananda Satapathy | MBA PM Batch 12 (2020-2022) |
| 100 | Nishtha Vivek Agarwal | MBA PM Batch 12 (2020-2022) |
| 101 | Pallavi Verma | MBA PM Batch 12 (2020-2022) |
| 102 | Paras Soni | MBA PM Batch 12 (2020-2022) |
| 103 | | |
| 104 | | Anusadha Banerji |
| 105 | | |


9/12/22