

Continuing Professional Development Programme (CPD) On  
**“UNPACKING NUTRITION: BIOCHEMICAL  
PERSPECTIVE AND PRACTICAL INSIGHTS”**

Organized by Department of Biochemistry

Applied for  
**2** TGMC  
Credit Hours

Organizing Chairperson

**Dr. V. Sunanda**

Professor, Dept. of Biochemistry

🕒 **08:30 AM to 05:30 PM**

📅 **13<sup>th</sup> Feb 2026, Friday**

📍 Ivan Pavlov Ground Floor Lecture Hall, MRIMS, Suraram, Hyderabad

[www.mrims.edu.in](http://www.mrims.edu.in)

# "Unpacking Nutrition : Biochemical Perspective and Practical Insights"

Nutrition is the foundation of health and disease prevention. A deep understanding of nutritional biochemistry empowers healthcare professionals to make evidence-based decisions that improve patient outcomes. Nutrition Matters as it is Essential for Cellular Function , Prevention of Lifestyle Disorders like risk of diabetes, obesity, cardiovascular disease, fatty liver, and metabolic syndrome ,Supports Immunity & Healing , Critical in Vulnerable Groups like Infants, pregnant women, elderly, and patients with chronic illness

This CPD Is Important as it

- Provides updated biochemical insights into nutrition.
- Focuses on practical, clinically relevant approaches to diet and metabolism.
- Enhances ability to interpret lab results for personalized nutrition.
- Strengthens collaboration between clinicians, dietitians, and laboratory professionals.
- Helps practitioners integrate nutrition-based interventions into routine patient management.

We invite you to attend our CPD on "Unpacking Nutrition: Biochemical Perspective and Practical Insights" on 13-02-2026 at our esteemed institution.

Sincerely,

**Dr. D. Sridevi**

Professor & Head, Department of Biochemistry,  
Malla Reddy Institute of Medical Sciences, Suraram, Hyderabad

## Registration Details :

**For Faculty & PG's Registration – Rs. 500/-**

**Note: Registration fee Rs. 300/- for MRV Faculty & PG's**

**Spot Registration – Rs 600 to faculty and PGs**

**Registration closes on 05-02-2026 at 04:00 PM**



**Registration Link :** <https://forms.gle/CdyNmYQtkcmgnnDe6>

## Payment details:

Name of A/C : Principal, Malla Reddy Institute of Medical Sciences

Bank Name : BANK OF INDIA

A/C Number : 5710201100000090

IFSC code : BKID0005710

Branch : MIMS BRANCH, SURARAM



**For More Details Contact:**

**Dr. Asra Naweel - 9398192167 | Ch. Sankeerthi – 95734 89345**

# PROGRAM SCHEDULE

TIME	SESSION	SPEAKER
08:00AM - 09:00AM	<b>Registration</b>	
09:00AM - 09:30AM	<b>Introduction, Foundations of Nutrition Biochemistry</b> <ul style="list-style-type: none"> <li>- Macro Vs Micro Nutrients</li> <li>- Overview of Energy Metabolism(ATP, OP)</li> <li>- Glycemic Index &amp; Glycemic Load: Biochemical basis</li> </ul>	<b>Dr. V. Sunanda</b> Professor Department of Biochemistry MRIMS, Hyderabad.
09:30AM - 10:15AM	<b>Micronutrients–Vitamins &amp; Minerals</b> <ul style="list-style-type: none"> <li>- Water Soluble Vitamins</li> <li>- Fat Soluble Vitamins</li> <li>- Trace Elements (Zn, Se, Fe)</li> <li>- Anti oxidants : Biochemical Basis &amp; Clinical relevance</li> </ul>	<b>Dr Aparna Varma Bhongir</b> Additional Professor Department of Biochemistry AIIMS Bibinagar
10:15AM - 10:45AM	<b>Inaugural Function</b>	
10:45AM - 11:00AM	<b>Tea – Break</b>	
11:00AM - 11:45AM	<b>Nutritional Biochemistry in Special Populations</b> <ul style="list-style-type: none"> <li>- Pregenancy &amp; Lactation</li> <li>- Infants &amp; adolescents</li> <li>- Elderly Population: Malnutrition, Sarcopenia</li> <li>- Sports Nutrition &amp; Metabolic Adoption</li> </ul>	<b>Dr. Syyeda Anees</b> Professor Department of Biochemistry DCMS, Hyderabad
11:45AM - 12:30PM	<b>Nutrition Related Disorders: A Biochemical View</b> <ul style="list-style-type: none"> <li>- Obesity: Metabolic Inflammation, adipokines</li> <li>- Metabolic Syndrome: Biochemical Markers</li> <li>- NAFLD: Carbohydrate &amp; Lipid Metabolism interplay</li> <li>- Malnutrition (PEM, Micronutrient deficiencies)</li> </ul>	<b>Dr. Siraj Ahmed Khan</b> Additional Professor Department of Biochemistry NIMS, Hyderabad
12:30PM - 01:15PM	<b>Functional Foods Nutraceuticals</b> <ul style="list-style-type: none"> <li>- Polyphenols, flavanoids, antioxidants</li> <li>- Probiotic formulation</li> <li>- Evidance base nutraceutical interventions</li> </ul>	<b>Dr. Jamuna Rani</b> Professor & Head Department of Pharmacology MRIMS, Hyderabad
01:15PM - 02:00PM	<b>Lunch Break</b>	
02:00PM - 02:45PM	<b>Practical Dietary Assessment Tools</b> <ul style="list-style-type: none"> <li>- Dietary recall methods &amp; Biochemical Correlations</li> <li>- Biomarkers of nutritional Status</li> <li>- Interpreting the lab reports: Vitamin levels, lipid profile, Amino acid disorders</li> </ul>	<b>Dr. A. Anamika</b> Chief Consultant Biochemist & Lab Director, Yashoda Hospitals, Malakpet, Hyderabad
02:45PM - 03:45PM	<b>Panel Discussion on Case based Scenarios</b>	<b>Dr. A. Bhagya Lakshmi</b> Professor ,Dept. of Biochemistry MRIMS, Hyderabad  <b>Dr. Asma Niloufer</b> Consultant Biochemist, Apollo Hospitals, Jubilee Hills Hyderabad  <b>Dr. Prashanthi Srikanth</b> Consultant Biochemist Renova Century Hospitals, Banjara Hills, Hyderabad
03:45PM - 04:00PM	<b>Vote of thanks / Valedictory Function</b>	

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