



About the Institute of Nutrigenetics:

The Institute of Nutrigenetics (ION) is leading the development of precision nutrition in India, serves as a global platform to provide cohesive training and education towards gaining a broad and deep understanding of the cutting-edge science of nutrigenetics is located in Coimbatore, India. It also aims to facilitate interdisciplinary research in various omics technologies in nutritional sciences among graduate students and health professionals. Scientists at ION seek to discover why people differ in their metabolic and nutritional requirements and to use this understanding to ensure optimal health through individualized nutrition. We aim to empower clinicians especially dietitians and nutritionists through our training programs and courses.

Overview:

Over the past several years, the newest development within the field of dietetics has been the push toward giving clients personalized nutrition advice based on their genetics. Nutritional genomics – as this field is called – has great promise for both the clinical and public health practice settings; but for tomorrow's dietitians to be knowledgeable about this field, they must be educated on the topic. Unfortunately, most undergraduate and post graduate dietetics curricula do not currently include genetics as a required component of classroom instruction. Therefore, creating awareness, highlighting the importance of nutrigenetics in dietary practice can bridge the knowledge gap and will be more useful to the current dietetic students. The workshop consists of alternating sessions and practical training on introduction to nutrigenetics and clinical implications of nutrigenetics in dietary practice.

Training programs for dietitians in India and Abroad : A glimpse



Workshop for Nutrigenetics in MGM Hospitals, Vashi, Navi Mumbai, India



Workshop on personalised nutrition Dhaka, Bangladesh for dietitians and Nutritionists



Workshop in Nutrigenetics, Campus Institute of Technology, Nepal



CME on Genetics as a tool in dietary assessment organized by VPS Lakeshore Hospital, Kochi, India



Student Testimonials:

What Students are Saying



"After 15 years of being a dietitian this course in nutrigenetics enabled me to clearer domains of what our DNA says how our eating habits impact our lifestyles and how can I plan individualised diets for my patients"

- Ms. Shifali Mehraa, Chief Dietitian, MGM New Bombay Hospital, Vashi.



"I am Privileged to learn & probe the relationship between genes and diet which has prompted a revolution in the field of nutrition"

- Ms. Tanweer Fatima, Nutritionist & Public Speaker, Writer at Shape fit, Kingdom of Saudi Arabia.



"It was really a wonderful experience and I'm really proud to be a student of this institute"

- Ms. Anusha Krishnan, Diabetes Educator & Sports Nutritionist, Ponnalligai Hospital/ Laser and Laproscopic Center.



"It's a fascinating and amazing experience to learn about what a vital role genes play and how the right nutrition can change the future of health care. Thank you tutors for this beautiful gift of knowledge that motivates me to seek more and more information"

- Sonam Ragani, Nutrition and Diet Consultant, Founder, Jatropa Wellness, Mumbai.



"Tutors have taken great efforts to make the information available to us in simplified form at the same time complicated enough to have doubts and challenging enough to make us quench for the knowledge on our own so that we know about understanding the best"

- Ms. Rashida Fatim Kulanuwala, Clinical Dietitian, Ministry of Kuwait.



"Best part was solving daily assessments which hooked me to this topic till end and now after finishing the course, I feel like studying more and more. This is an interesting science and I would like to establish a significant relationship between nutrition and genetics through my research and practice"

Ms. Priyam Sharma, Nutritionist, DIETFIT & Certified Pilates Instructor, KAUST, Kingdom of Saudi Arabia.



Institute of Nutrigenetics has empowered 8000+ Nutrition & Dietetic students and 100+ Dieticians & counting.....

Apart from the training programs and workshops, we offer short term online courses

1. Introduction to Translational Nutrigenetics
2. Introduction to Translational Pharmacogenetics
3. Introduction to Gut microbiomics for personalized nutrition
4. Introduction to Sports Nutrigenomics
5. Introduction to Nutriepigenetics

Website address: www.instituteofnutrigenetics.in