### Keynote Session

**Title:** Treating the main cause of sleep apnea in the dental office by OJW: Weight control—an alternative option to removable appliances and gastro-intestinal surgery  
*Teddy Rothstein, OJW Protocol, USA*

**Title:** Is self management program and exercises best form of treatment for knee arthritis? An evidence based concept  
*John Ebnezar, Wholistic Orthopedic Expert, India*

### Coffee Break 10:50-11:10

**Title:** Obesity, fat distribution, sexual hormones, and degree of homosexuality  
*Cheryl Wang, Shengli Oilfield Central Hospital, Teaching Hospital of Binzhou Medical College, China*

### Sessions:

**Current Research in Nutrition and Dietetics | Nutrition and Balanced Diet | Importance of Nutrition in Healthcare | Current research on Obesity & Diet Management | Science of Obesity and Diabetes & Weight Management | Fitness Research & Development | Physical Education & Rehabilitation | Types of Fitness & Benefits | Sports Nutrition and Sports Medicine | Yoga Therapy and Naturopathy | Aerobic Exercise**

**Session Chair:** Teddy Rothstein, OJW Protocol, USA  
**Session Chair:** John Ebnezar, Wholistic Orthopedic Expert, India

### Panel Discussion

**Title:** Development and nutritional analysis of multigrain mixture to improve nutritional status of obese individuals  
*Meenakshi Garg, University of Delhi, India*

### Lunch Break 12:30-13:30

**Title:** The effect of gender on proprioception accuracy in mechanical low back pain  
*Dina Mohamed Ali Al Hamaky, Cairo University, Egypt*

**Title:** Research on regional equity measurement of government health expenditure in China  
*Mengying Wang, Jiangxi University of Finance and Economics, China*

**Title:** Safely teaching quality bariatric surgery  
*Preekesh Patel, Waikato Hospital, New Zealand*

**Title:** Effect of aerobic exercises versus natural extract on leptin level on obese women  
*Talaat Abdallah Ali Ahmed, Cairo University, Egypt*

### Coffee Break 15:30-15:50

**Title:** Genomics of the obese patient before and after bariatric surgery  
*Darlene Antoine, Lorraine University Faculty of Medicine, France*

**Title:** Effects of berberine on high-fat/high-sucrose induced non-alcoholic steatohepatitis (NASH) in experimental rats  
*Eman Hashem Hashem Ali Elrefaei, Tanta University, Egypt*

### Networking sessions & B2B meetings (16:50-17:20)

**Panel Discussion**
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>09:20-10:00</td>
<td><strong>Title: The fitness jigsaw: Dance-based paradigms</strong>&lt;br&gt;Sharon Phelan, Physical Education and Dance at the Institute of Technology, Ireland</td>
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<td>10:00-10:40</td>
<td><strong>Title: Obesity: Eat well, eat healthy-calorie restriction and protein diet-the stories behind the scene</strong>&lt;br&gt;Cheryl Wang, Shengli Oilfield Central Hospital, China</td>
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<td>11:00-11:40</td>
<td><strong>Title: Vitamins, herbs and nutritional supplements</strong>&lt;br&gt;Rucha Majmundar Mehta, Clinical Nutrition from Bombay University, India</td>
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<td>11:40-12:10</td>
<td><strong>Title: Role of NAFLD fibrosis score in overweight and obese non alcoholic fatty liver disease</strong>&lt;br&gt;Sandeep Garg, Maulana Azad Medical College, India</td>
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<td>12:10-12:40</td>
<td><strong>Title: GC-MS and molecular docking studies for identification of anti-diabetic compounds in methanolic extract of hunteria umbellata seeds</strong>&lt;br&gt;Olusola Abiola Ladokun, Lead City University, Nigeria</td>
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<td>13:40-14:10</td>
<td><strong>Title: A net structure bariatric surgery device with silicone materials</strong>&lt;br&gt;Teng Zhang, Columbia University, USA</td>
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<td>14:10-14:40</td>
<td><strong>Title: Innovation in children’s health – how cross-sector collaboration can address health inequity</strong>&lt;br&gt;Kathy Higgins, Alliance for a Healthier Generation, USA</td>
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<tr>
<td>14:40-15:10</td>
<td><strong>Title: The effect of 20- HETE antagonism on myocardial infarction of metabolic syndrome rats</strong>&lt;br&gt;Corinna Lozano, New York Medical College, USA</td>
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<td>15:10-15:40</td>
<td><strong>Title: An integrated approach can curb obesity and unhealthy lifestyles: The role of religious leaders on health promotion in Southern Africa</strong>&lt;br&gt;Ngwako Daniel Sebola, University of Pretoria, South Africa</td>
</tr>
<tr>
<td>16:00-17:00</td>
<td><strong>Title: Design a toolkit to improve obesity management in primary care</strong>&lt;br&gt;Soonduck Lee and Yue Song, Columbia university, USA</td>
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</tbody>
</table>

**Sessions:**
- Effects of Obesity on Women’s Health & Pregnancy
- Obesity & Weight Loss Management: Food Diet Compatibility
- Balanced Diet and Chronic Diseases
- Bioenergetics & Dietary Interventions
- Nutrition Lipidomics
- Obesity and High Protein Diet
- Vaccines/Weight Loss Pills for Obesity
- Obesity and Cardiac Health
- Nutrition and Brain Health
- Diet: Healthspan and Aging
- Food Quality & Nutritional Values
- Traditional Chinese Medicine, Acupuncture & Nutrition

**Session Chair:** Sharon Phelan, Physical Education and Dance at the Institute of Technology, Ireland
**Session Chair:** Cheryl Wang, Shengli Oilfield Central Hospital, China