Dr. Nahla Mousad
Nutrition & Beauty

Health & wellness
خطوة تغيير

Nutrition Secrets

مركز خطوه

athr

DECODING HEALTH AND *Wellness*

Princess Fatma Academy

Saturday, 13 September 2025



PURE SPOT
EVENTS MANAGEMENT

Honorary President of the Event:

Dr.Nahla Mousad

Clinical nutrition consultant

Honorary President of the Event:

Prof. Dr. Mohamed Alshibani

President of the Libyan Syndicate of Nutrition Specialists

Society President

Dt/ Bassant Abdelaleem

President of Athar Fundation

Nutritionist and Health Coach

Event Secretary:

Dr. Omneya Elfar

Pharmacist, Nutrition Consultant, and Certified Health Coach

Event Coordinator:

Dr. Ahmed El Shamy

Nutrition Consultant

DECODING HEALTH AND *Wellness*

Registration | 9:00 - 9:20

Moderator: **Dr. Emy Ghonemy**

Opening Remarks | (9:20 - 10:00)

Opening Remarks by Honorary Chairman *Dr.* Nahla Mousad	9:20 - 9:25
Introduction to "Khatwa" Initiative by Athar Foundation *Dr.* Bassant Abdelaleem	9:25 - 9:30
Establishment and Societal Impact of Athar Foundation *Dr.* Bassant Abdelaleem	9:30 - 9:40
General Syndicate of Agricultural Professions *Dr.* Gamal Maety | *Dr.* Ahmed Elkordy	9:40 - 9:45
Cooperation between Organizations in Libya and discussing ways of international Cooperation with Egypt *Dr.* Ghada Nashnush	9:45 - 9:50

Honoring Protocol | (9:50 - 10:00)

DECODING HEALTH AND *Wellness*

Session 1
Gastrointestinal and Liver Diseases
(10:00 - 11.00)



Moderator: **Dr. Emy Ghonemy**

Chairpersons:

Dr. Nahla Mousad - Dr. Mahmoud Azmy - Dr. Ahmed El Shamy
Dr. Safaa Tawfik

Decoding Fatty Liver: From Risks to Prevention *Dr.* **Mohamed Alshibani**	**10:00 - 10:15**
Decoding the Microbiome: The Tiny World Shaping Our Health *Dr.* **Bassant Abdelaleem**	**10:15 - 10:30**
Decoding IBS vs IBD: Untangling the Confusion *Dr.* **Nihal Ghoneim**	**10:30 - 10:45**
Decoding Real Cases: Lessons from Previous Initiatives *Dr.* **Shrouk Abd Elaziz** *Dr.* **Mai Mohammed Saied** *Dr.* **Donia Shehta** *Dr.* **Eman Mansour**	**10:45 - 11:00**

DECODING HEALTH AND *Wellness*

Session 2

Autoimmune Diseases & Others
(11:00 - 12:15)



Moderator: **Dr. Emy Ghonemy**

Chairpersons:

Dr. Nahla Mousad - Dr. Mahmoud Azmy - Dr. Heba El Galfy
Dr. Safaa Tawfik

Decoding Fibromyalgia: Cracking the Invisible Pain *Dr.* **Eman Rashed**	**11:00 - 11:15**
Decoding Rheumatoid Arthritis: New Hope in Old Joints *Dr.* **Mahmoud Refeat**	**11:15 - 11:25**
Decoding Functional Foods & Nutraceuticals: Eating Your Way to Stronger Immunity *Dr.* **Ehab Ashosh**	**11:25 - 11:40**
Thyroid Disorders: Diagnosis and Treatment *Dr.* **Ahmed El Khatieb**	**11:40 - 11:55**
Decoding Cases: Practical Insights from Experience *Dr.* **Riham Asser** *Dr.* **Fayrouz Atif** *Dr.* **Aya Mohamed** *Dr.* **Doha Elsanosy**	**11:55 - 12:15**

DECODING HEALTH AND *Wellness*

Session 3
Behavioral Health
(12:15 - 1:30)

Moderator: **Dr. Emy Ghonemy**

Chairpersons:

Dr. Mai Magdy - Dr. Walaa ElKobessy - Dr. Emy Anis

Decoding Nutrition & Beauty: The Metabolic Bridge Dr. Nahla Mousad	12:15 - 12:30
Decoding Health Coaching: The Missing Link in Healing Dr. Hend Dahshan	12:30 - 12:45
Decoding Mind-Body Harmony: How Emotions Shape Health Dr. Omneya Elfar	12:45 - 1:00
Decoding CBT: A Toolkit for Behavioral Health Dr. Dina Nasr	1:00 - 1:15

Coffee Break | (1:15 - 2:00)

Honoring Protocol: Athar Foundation Team and Distinguished Individuals

(02:00 - 2:15)

Decoding Sustainable Nutrition: Feeding Health, Protecting the Planet Dr. Omar Elshaib	02:15-02:20
Marcyrl Symposium	02:20-02:25
Praxo Symposium	02:25-02:30

DECODING HEALTH AND *Wellness*

Session 4
Obesity and Metabolic Health
(2:30 - 4:30)



Moderator: **Dr. Emy Ghonemy**

Chairpersons:

Dr. Nahla Mousad - Dr. Mahmoud Azmy – Dr. Omnya Elfar

Decoding Iron Deficiency: From Hidden Fatigue to Healthy Recovery Dr. Maha Salem	2:30 - 2:45
Decoding the Obesity Puzzle: Causes, Risks & Smart Solutions Dr. Elsaid Hamad	2:45 - 3:00
Decoding the Weight Plateau: Practical Hacks That Work Dr. Mahmoud Azmy	3:00 - 3:15
Decoding Underweight: Risks and Management Dr. Mai Magdy	3:15 - 3:30
Decoding Diabetes: Type I vs Type II Dr. Walaa ElKobessy	3:30 - 3:45
Decoding Obesity & Heart Health: Tackling the Double Challenge Dr. Maria Samy	3:45 - 4:00
Decoding Mesotherapy: Hands-On Workshop (Gkinium)	4:00 - 4:30

DECODING HEALTH AND *Wellness*

Session 5
Child and Maternal Health
(4:30 - 5:45)



Moderator: **Dr. Emy Ghonemy**

Chairpersons:

Dr. Ehab Ashosh - Dr. Mahmoud Azmy – Dr. Safaa Tawfik

Decoding Childhood: Prevention and Management *Dr.* **Youssef Saad**	4:30 - 4:45
Decoding Pregnancy & Lactation: Nourishing Life *Dr.* **Nahla Mousad** *Dr.* **Bassant Abdelaleem**	4:45 - 5:00
Decoding Menopause & Autoimmunity: A Lifestyle Approach *Dr.* **Mai Magdy** *Dr.* **Hoda Hamdy**	5:00 - 5:15
Decoding From Cradle to Cane: Supplement Smarts at Every Age *Dr.* **Emy Ghonemy**	5:15 - 5:30
Decoding Real Cases: Lessons from Experience *Dr.* **Bassant Abdelaleem** *Dr.* **Ebtsam El Sayed**	5:30 - 5:45

DECODING HEALTH AND *Wellness*

Session 6
Self-Development
(5:45 - 6:45)



Moderator: **Dr. Emy Ghonemy**

Chairpersons:

Dr. Nahla Mousad - Dr. Bassant Abd El Aleem - Dr. Omnya Elfar
Dr. Ahmed El Shamy

Decoding the Art of Writing Health Content *Dr.* **Eman Salah**	**5:45 - 6:00**
Decoding Branding: Scaling Down, Growing Up *Dr.* **Eslam Ahmed**	**6:00 - 6:15**
Decoding Social Media: The Double-Edged Sword in Public Health *Dr.* **Mayada Hamdy**	**6:15 - 6:30**
Decoding Success: From Learning to Earning with the Right Certificate *Dr.* **Salah Darwish**	**6:30 - 6:45**

Conclusion | (6:45 - 7:00)

- **Honoring Protocol: Athar Foundation Team and Distinguished Individuals (6:45 - 6:55)**
- **Closing Remarks and Key Outcomes of the Event (6:55 - 7:00)**

THANKS TO OUR SPONSORS

SKINIUM

Premier International Pharmaceuticals

PRAXO Care & Cure

GROUP Marcyrl

ZYMA PHARMA

NANOSTETIC nanotherapy technology

Rio Pharma

penta pharma Egypt your healthcare partner

MPC Hair, Scars & Rejuvenation, Whitening & Body Solutions

HYGINT

Dr. Nahla Mousad — Nutrition & Beauty —



PROJECT MANAGER

MR. MAHMOUD ELSHABRAWY

01062200959

MAHMOUD.ELSHABRAWY@PURESPOT.ORG

ALEXANDRIA LUXOR DELTA ASYUT DUBAI

21 YEARS OF EXCELLENCE

FOLLOW US

PURE SPOT EVENTS MANAGEMENT

www.purespot.org