

## Head of Department – Athens

### **Konstantinos Hardavellas, Clinical Dietitian, Mental Health Counselor, Health Coach, Academic Coordinator of the Dietetics & Nutrition Department at NYC Athens, Lecturer in the Biomedical Sciences Department**

Konstantinos Hardavellas holds a BSc in Nutrition & Dietetics from King's College London. He earned an MSc in Psychology from the University of Liverpool, a Coaching diploma from the National and Kapodistrian University of Athens, and a second MSc in the "Assessment and Management of Pharmaceutical, Occupational and Environmental Risk" from the Medical School of the University of Athens. He has previously worked as a clinical dietitian specializing in oncology and HIV/AIDS at Saint Thomas' and Guy's Hospitals in London. Since 2020, he has been operating his private practice in Palaio Faliro while collaborating with gynecological clinics, oncologists, and endocrinologists across the Athens metropolitan area. He is also actively involved in innovation, sustainability, and environmental protection as Deputy Mayor of Palaio Faliro and General Director of the non-governmental organization WESIG. WESIG operates in the fields of sustainability and technology, implementing projects on the development of local circular economies, food waste reduction, alternative protein sources, and the use of artificial intelligence in designing personalized nutrition plans. He has participated in European research programmes under HORIZON related to health, such as *SMARTBEAR*, which focuses on the prevention and management of elderly health conditions through remote technologies, and *MERCURYNET*, which explores the use of blockchain technologies in preventing and managing health crises at local and national levels.

## Head of Department – Thessaloniki

### **Eugenia Papadaki, R&D Pharmaceuticals Researcher, Postdoctoral Senior Analyst, PhD Biotechnologist, MSc Chemist/Food Scientist, BSc Chemist**

Dr. Eugenia Papadaki earned her Bachelor's degree (BSc) in Chemistry from the University of Ioannina, receiving academic excellence awards as the top-ranking student from the State Scholarships Foundation (IKY – National Erasmus+ Agency). She continued her studies at the same university, completing her Master's degree (MSc) in Chemistry with distinction, specializing in "Food Science and Technology". Her strong interest in research led her to pursue and complete, with distinction, a PhD in the emerging field of "Biotechnology" at the Department of Chemistry, Aristotle University of Thessaloniki, where she also later served as a postdoctoral researcher. She has been actively involved in research projects funded by the European Union, including Marie Skłodowska-Curie Actions and Horizon 2020 programmes, where she had the opportunity to enhance her skills and collaborate with researchers from both Europe and Africa. Her research activities took her to Cyprus, where she received advanced training in Molecular Biology Techniques in collaboration with the Cyprus University of Technology in Limassol. As a member of a three-person research team, she also participated in the National Food Innovation Competition "ECOTROPHELIA Greece 2016", securing 3rd place. She is an active researcher with publications in international scientific journals such as *Bioresource Technology*, *Food Chemistry*, *Journal of Agricultural and Food Chemistry*, *Microorganisms*, *Biochemical Engineering Journal*, *Sustainability*, *Scientia Pharmaceutica*, and *Applied Sciences*. Her work has also been presented at national and international scientific conferences and symposia, including the *5th EuChemS International Conference on Green and Sustainable Chemistry*, *17th International Conference on Chemistry and the Environment*, *9th Panhellenic Congress of the Greek Lipid Forum*, *3rd International Conference IMEKO FOODS*, *22nd Panhellenic Chemistry Conference*, and the *COST EUBIS Action Workshop*. Her research interests focus on Biotechnology, Pharmaceutical Research, Instrumental Analytical Techniques, Waste Valorization, Enzymatic Activity, Antioxidants, and Statistical Prediction Models. Her work in pharmaceutical and food companies with international operations has provided her with significant experience in innovative product development. In addition, she has served extensively as a teaching assistant in undergraduate courses within the Division of Chemical Technology and Industrial Chemistry at the Department of Chemistry, Aristotle University of Thessaloniki. Currently, she is the Academic Coordinator and Lecturer of the (a) Biomedical Sciences and (b) Dietetics & Nutrition programmes at New York College Thessaloniki. Moreover, she is a member of the Reviewers' Board of the scientific publishing house MDPI and serves as an invited reviewer for several international peer-reviewed journals, such as *International Journal of Molecular Sciences*, *Pharmaceuticals*, *Antibiotics*, *Molecules*, *Fermentation*, *Sustainability*, *Applied Sciences*, *Life*, and *Preparative Biochemistry and Biotechnology*, among others.

## Dr. Maria Adamaki, Co-Head Biomedical Sciences Athens

Dr. Maria Adamaki is a biomedical scientist and educator with a strong background in molecular biology and oncology. She holds a BSc

(Hons) in Molecular Biology from the University of Hertfordshire (2000), an MSc in Molecular Medicine from Imperial College London (2001), and a PhD in Molecular Oncology from the National and Kapodistrian University of Athens (2016). Her career spans both research and teaching, with key positions including Molecular Scientist at the Hematology/Oncology Unit of the University of Athens (2009–2015), where she contributed to the identification of prognostic gene markers on childhood leukemias, and Post-Doctoral Research Associate at the National Hellenic Research Foundation (2018–2023), focusing on cancer biomarkers and immunological approaches to therapy. She has also taught in a postgraduate program on oncology, supervised doctoral research, and trained students in molecular biology laboratory techniques. Her expertise spans cancer biology, immunotherapy, and molecular diagnostics, with a dedicated interest in childhood leukemias and cancer biomarkers. Currently, she is a Lecturer and Academic Advisor at New York College in Athens, where she teaches biomedical sciences and supervises final year projects. In addition to her teaching, she has delivered invited talks at national and international conferences on precision oncology and cancer immunotherapy. Dr. Adamaki's academic and research pursuits are driven by a commitment to translational medicine, particularly the early detection and personalized treatment of cancer through molecular diagnostics.

### **Thanasis Anagnostopoulos**

Dr. Thanasis Anagnostopoulos obtained his undergraduate degree from the Department of Biology at the National and Kapodistrian University of Athens (NKUA). He earned his PhD from the Medical School of NKUA, focusing on the identification of biomarkers in the amniotic fluid of pregnant women carrying fetuses with chromosomal abnormalities (e.g., trisomy 21/Down syndrome). His doctoral dissertation was the first academic work in Greece to introduce the term *Proteomics*. Dr. Anagnostopoulos was trained and mentored by Professor M. Fountoulakis, one of the founding figures of Proteome Science. During his academic training, he conducted research at numerous institutions across Europe and participated in international collaborative research activities worldwide. As Head of the Department of Biotechnology at the Biomedical Research Foundation of the Academy of Athens (BRFAA), his work includes student supervision, organization of educational seminars and scientific conferences, and the leadership of a research group of young scientists investigating the impact of nutrition on human metabolism, as well as the molecular heterogeneity of cancer. His research applies state-of-the-art multi-omics platforms.

### **Ioannis Bratsos**

Dr. Ioannis Bratsos graduated from the National and Kapodistrian University of Athens (NKUA), earning his BSc in Chemistry in 2000. That same year, he was awarded a four-year postgraduate scholarship in Chemistry following competitive exams, from the National Centre for Scientific Research "Demokritos". He obtained his MSc (2003) and PhD (2005) in Bioinorganic Chemistry from NKUA, both with distinction. From 2005 to 2011, with a break in 2008 to complete his military service in Greece, he worked as a postdoctoral researcher at the University of Trieste (Department of Chemical and Pharmaceutical Sciences, Italy). In 2012, he returned to Greece and worked at NCSR "Demokritos" (Institute of Nanoscience and Nanotechnology – INN) as an external research associate in the Laboratory of Chemical Biology of Natural Products and Designed Molecules. Since 2021, he has been a Researcher Grade C at INN (NCSR "Demokritos") and Head of the Laboratory of Inorganic and Hybrid Functional Nanostructures. During his academic and research career, he has conducted research in leading European laboratories, such as CERM (University of Florence, Italy) and the Gorlaeus Laboratory (Leiden University, Netherlands), working under the scientific supervision of internationally renowned researchers. His research interests and expertise lie primarily in Inorganic and Bioinorganic Chemistry, with a focus on the development of novel metal-based pharmaceutical compounds. His research output includes 36 peer-reviewed publications in high-impact international journals, co-authorship of a book chapter in *Bioinorganic Medicinal Chemistry*, and one Italian patent (novel ruthenium complexes as potential anticancer agents). As of the latest Scopus update (28/12/2021), his work had received 1,514 citations and an h-index of 22. He has participated in over 20 national and international conferences, delivering 7 oral presentations and contributing more than 10 poster presentations.

### **Dimitris Vagenos**

Mr. Dimitris Vagenos is a PhD candidate at the Department of Water Resources and Environmental Engineering, National Technical University of Athens (NTUA). He holds a BSc in Biology (1996) from Virginia Commonwealth University, Richmond, USA, and an MSc in Biology – Microbiology (1999) from Long Island University, New York, USA. He taught Biology at Long Island University, where he was a faculty member of the Department of Biology, and has also served as a Biology lecturer for children with special needs at Legacy University, New York. In 2013, he was admitted to the PhD programme at the NTUA Department of Water Resources and Environmental Engineering, where he is currently writing his dissertation, titled: *"Study of Cyanobacterial Photosynthesis: An Environmentally Friendly Source of Energy"*. His experimental work is carried out at the laboratories of the Department of Biology, National Centre for Scientific Research "Demokritos". In 2015, he was a member of the Organising Committee for the International Conference *"Photosynthesis Research for Sustainability – 2015"* in Chania, Greece. He has presented his experimental research at academic conferences and currently teaches undergraduate courses at New York College.

## **Konstantinos Zervos**

Konstantinos Zervos is a Nutritionist with expertise in mindful eating, eating disorders, and weight management. He holds an MSc in *Health Promotion and Health Education* from the Medical School of the National and Kapodistrian University of Athens (NKUA). He is the creator of the EATT programme (*"I eat mindfully"*), and is a Certified Wellcoach and bodyART instructor (Levels 1 & 2). His mission is to inspire and empower individuals and groups to change their behaviours and improve their health and well-being through experiential learning. With over 20 years of experience in nutritional counselling and wellness coaching, he has also collaborated with multinational companies on workplace health and wellness promotion programmes. Over the past six years, his work has focused on mindfulness and its application to eating behaviour. He designed and implemented the EATT programme—the first scientifically documented mindful eating training/intervention in Greece—helping over 70 individuals transform their relationship with food and body image. His research was awarded at the *7th Panhellenic Conference on Health Promotion and Health Education* (Athens, 2017). He is currently a Visiting Lecturer (external associate) at the University of Suffolk, and a scientific associate of both the Health Services Research Centre of the NKUA Medical School and Birmingham City University.

## **Marios Sotiras**

Marios Sotiras is a dedicated scholar in the fields of entomology and agricultural science. He holds undergraduate and multiple postgraduate degrees from the Agricultural University of Athens and Frederick University (Nicosia–Limassol), having developed significant expertise in plant production, crop protection, and special education. He is currently pursuing a PhD in Entomology at the Agricultural University of Athens, where his research explores the intersection of entomology and crop science, focusing on innovative strategies to address agricultural challenges. His academic journey reflects a strong commitment to advancing scientific knowledge in his field, and his skills in research methodologies, entomological techniques, and practices in special education are invaluable assets in both academic and research environments. Marios has published nine peer-reviewed articles in scientific journals and currently serves as a laboratory specialist at New York College Athens.

## **Efrosyni Koronaïou**

Efrosyni Koronaïou holds a degree in Pharmacy from the National and Kapodistrian University of Athens (NKUA). For her undergraduate thesis, she conducted research on the isolation and evaluation of bioactive secondary metabolites from microorganisms, both at the Faculty of Pharmacy and at Givaudan in France. She completed her MSc in Molecular Biomedicine at the NKUA Medical School. Her dissertation focused on investigating the role of alpha-synuclein in dopamine-related behaviours. The results of this research have been published in peer-reviewed journals. She is currently a PhD candidate in Neuroimmunology at the NKUA Medical School and the Biomedical Research Foundation of the Academy of Athens (BRFAA). As a doctoral researcher, she has been awarded a teaching fellowship and contributes to the course "General Microbiology – Immunology" at the NKUA Medical School.

## **Giorgos Kalonomos**

Giorgos Kalonomos began his academic journey in Computer Engineering, earning a BSc from the University of Applied Sciences of Central Greece. After two years working as a mobile software engineer, he decided to shift careers and pursue his passion for health and fitness. He earned a BSc in Human Nutrition and Dietetics from the University of Greenwich with First-Class Honours. Driven by a love of sports, he completed an MSc in Applied Sports Nutrition at Oxford Brookes University with distinction and became a registered member of the UK Sport and Exercise Nutrition Register (SENr). His MSc research, titled *"Biochemical Changes in Professional Football Players During the Competitive Season"*, is pending publication. Passionate about continuous improvement, he obtained a Personal Training certification from renowned scientist Menno Henselmans, becoming the only certified Greek graduate of the program. He also holds a Level 1 ISAK anthropometry certification and has completed J3U certification in body recomposition, specialising in muscle development. Additionally, he holds a certification in sports coaching from UPGRADE. In October 2024, he is set to begin his PhD in Exercise Science at the University of Bolton. Giorgos is a scientific associate and senior nutrition coach at two nutrition practices and maintains a private clientele, specialising in athletes and recreational exercisers. He also has extensive clinical experience, having worked for two years at the renal unit of Errikos Dynan Hospital. His vision is to deepen his expertise and contribute to the next generation by promoting evidence-based nutrition and eliminating misinformation in the health and wellness domain.

## **Paris Roidos**

Dr. Paris Roidos studied Biology with a focus on Applied Biosciences at the University of Ioannina. He holds a Master's degree in Biotechnology with a specialisation in Genetic Engineering from the KTH – Royal Institute of Technology in Stockholm, and a PhD in Cancer Genetics from Heidelberg University, where he graduated with honours (*magna cum laude*). His research experience centres on human genetics, with particular emphasis on cancer genetics. He has presented his work at international

scientific conferences and remains actively engaged with the latest scientific developments. Notably, he is the first author of a peer-reviewed publication in *Nature Communications*, highlighting his contribution to the field. With nine years of professional experience at leading international research institutions such as the Karolinska Institute, the University of Manchester, and EMBL, he has demonstrated his ability to thrive in highly demanding scientific environments. He has led flow cytometry operations at a research company and supervised interns, providing hands-on guidance to students. His teaching abilities have also been recognised through consistently positive evaluations from peers and audiences during scientific presentations. Dr. Roidos is the founder and scientific director of the Molecular Biology and Genetics Laboratory “DNA Therapeutics.” Since 2023, he has been a lecturer at New York College Thessaloniki, teaching modules such as Cancer Biology and Clinical Immunology.

### **Vasiliki Karpa**

Vasiliki Karpa studied Biology at the Aristotle University of Thessaloniki (AUTH). After graduation, she completed a lifelong learning programme titled “Modern Applications in Life Sciences – Biomedical Cycle” at AUTH, where she received training in Genetic and Monogenic Disorders, Complex Diseases, and advanced methodologies in Biology and Medicine. She later enrolled in the Medical School of Democritus University of Thrace and earned an MSc in Biomedical and Molecular Sciences in Disease Diagnosis and Therapy. She went on to complete her PhD at the Medical School of AUTH, focusing on childhood leukemia. Vasiliki has worked as a molecular biologist in a Molecular Cytopathology Laboratory, where she was responsible for a wide range of diagnostic techniques for identifying pathogenic organisms in biological specimens. She participated in international external quality assessment schemes (WHO, UK NEQAS) for molecular diagnostics. She also served for several years as a Scientific Associate and Laboratory Assistant in the Medical Department of the School of Health Sciences at AUTH, where she participated in numerous research projects as a primary and co-investigator. Currently, she works as a scientific staff member at the Interbalkan Medical Center of Thessaloniki. Since 2021, she has been a lecturer at New York College Thessaloniki, teaching courses in the School of Health Sciences.

### **Tania Aggidou**

Tania Aggidou began her academic journey in Biochemistry at King’s College London (School of Health and Life Sciences), with her undergraduate research focusing on modified DNA. She pursued postgraduate studies in Applied Genetics and Biotechnology at the Department of Biology, Aristotle University of Thessaloniki (AUTH), where her MSc thesis, carried out at the School of Medicine, examined the genetic basis of non-small-cell lung cancer. She later participated in research projects related to lung and cervical cancer at the AUTH Medical School’s Department of Biochemistry, leading to several publications. Parallel to her research, she worked for eight years as Head of the Biochemistry Department at the central laboratories of the Interbalkan Medical Center of Thessaloniki. After transitioning from clinical practice, she focused on education. Since 2013, she has been teaching Biology, Chemistry, and Biochemistry to students preparing for international university admission. Since 2022, she has collaborated with New York College Thessaloniki as a lecturer in the School of Health Sciences, teaching modules such as Biochemistry and Hematology.

### **Elena Sotiriou**

Elena Sotiriou graduated from the Department of Biology at the Aristotle University of Thessaloniki (AUTH). During her studies, she participated in a research programme on honeybee physiology. She later completed a Master's degree in Reproductive Biology at the University of Thessaly Medical School, specialising in Clinical Embryology and Human Genetics. Her strong interest in research led her to pursue a second MSc at AUTH, focusing on innovative research in Vaccinology, Infectious Diseases, and Oncovirus Genetics. She has attended numerous scientific seminars and conferences in Greece and abroad. She has worked in a private clinical laboratory in Thessaloniki but eventually shifted her focus to education. With certified teaching proficiency in English, she has been teaching Biology in English to both Greek and international students in recent years. Since 2022, she has been a lecturer at New York College Thessaloniki, teaching modules such as Genetics within the School of Health Sciences.

### **Anna Kokkinopoulou**

Dr. Anna Kokkinopoulou is a Clinical Dietitian – Nutritionist with a PhD from the Medical School of the University of Crete. She earned her undergraduate degree in Nutrition and Dietetics from the Alexander Technological Educational Institute of Thessaloniki (ATEITH) and completed an MSc in Clinical Nutrition and Health at Glasgow Caledonian University (GCU). Since 2021, she has served as an Academic Fellow in the Department of Nutrition and Dietetics at the International Hellenic University (IHU), where she teaches “Nutritional Assessment and Diet Planning”, “Fundamentals of Clinical Nutrition”, “Nutritional Management of Pathological Conditions”, and “Nutrition Economics and Policy”. She is also a Scientific Associate (2011–present) at the same department and the Nutrition Information Systems Lab (NISLAB), participating in European and national research projects on nutrition and childhood obesity, including WHO COSI, HerA, PROTEIN, BigO, JANPA, FastBio, Nutri-Face, and EYZN. Her research focuses on the economic impact of childhood obesity, personalised nutrition, monitoring physical

activity using innovative technologies, and adolescent nutritional education through platforms like Facebook. She has also worked as a Research Assistant at GCU and has presented her research at national and international conferences, with publications in peer-reviewed international journals. Dr. Kokkinopoulou joined New York College Thessaloniki in 2023 as a faculty member in the Dietetics & Nutrition programme.

### **Xenofon Theodoridis**

Xenofon Theodoridis holds a BSc in Nutrition and Dietetics from the Alexander Technological Educational Institute of Thessaloniki. He completed postgraduate studies in the MSc programme “Nutrition in Health and Disease” at the University of Thessaly Medical School, as well as in the MSc programmes “Applied Nutrition and Health Promotion” and “Research Methodology in Medicine and Health Sciences” at the Aristotle University of Thessaloniki (AUTH) Medical School. He is currently pursuing a PhD at the AUTH Medical School and serves as a scientific/research associate at the Laboratory of Hygiene, Social & Preventive Medicine, and Medical Statistics. His research interests include the proper design and implementation of primary studies and meta-research, as well as the impact of lifestyle interventions on hypertension and vascular complications. He has contributed to several studies on the effectiveness of interventions targeting obesity and risk factors for chronic disease. He has authored over 40 peer-reviewed articles in high-impact international journals. Since 2024, he has been teaching in the Health Sciences programme at New York College Thessaloniki.