

CNIC PHDAY 2025 SCHEDULE PROPOSAL

Stronger Science, Healthier Lives (Friday 28th November, 2025)

WELCOME	
9:00 - 9:05 h	WELCOME SPEECH Anabel Díaz-Guerra Priego (<i>CNIC PhDay 2025 Coordinator</i>)
SESSION I	
9:05 - 9:20 h	OPENING – Institutional Speech Marina Pollán (<i>ISCIII Director</i>)
9:20 - 10:45 h	ROUND TABLE - From Science to Well-being: Metabolism, Heart and Sleep Ana Devesa Arbiol (<i>CNIC</i>) Borja Ibáñez (<i>CNIC</i>) Milagros Merino Andreu (<i>La Paz University Hospital</i>)
NETWORKING + LUNCH	
10:45 - 11:45 h	Poster session
11:45 - 12:45 h	Lunch
WORKSHOPS	
1st slot 13:00 – 13:40 h 2nd slot 13:45 – 14:25 h 3rd slot 14:30 – 15:10 h	There will be parallel workshops within each slot to maximize the offer. The assignment of participants into slots will be done after speakers' participation confirmation. Explore the grants from the Spanish Association Against Cancer (ENG) Marina Salmón Méndez (<i>Spanish Association Against Cancer - AECC</i>) Tu doctorado, una puerta abierta al Departamento Médico en el Sector Biotecnológico y Sanitario (ESP) Miguel Vela López (<i>Talento EPHOS</i>) Manejo del Estrés y el Bienestar Emocional durante el Doctorado (ESP) Iván Chamizo (<i>Autonomous University of Madrid - UAM</i>)

	4. Enhancing Scientific Training Through Visual Learning (ENG) Marta Nácar (<i>Journal of Visualized Experiments - JoVE</i>) 5. Ejercicio físico como necesidad biológica: dosis mínima eficaz y adherente para una longevidad saludable (ESP) Felipe Isidro (<i>International Institute of Physical Exercise and Health Sciences - IICEFS</i>) 6. Scientific Illustration: Communicating Science Through Visuals (ENG) Julia Bauzá Martínez (<i>Skid Visual Science</i>)
15:15 - 15:45 h	COFFEE BREAK
SESSION II	
15:45 – 16:15 h	KEYNOTE LECTURE: Resilience and Performance: unlocking Human Potential Hugh Montgomery (<i>University College London</i>)
16:15 - 16:45 h	Group Photo & Awards Ceremony
CLOSING LECTURE	
16:45 - 17:30 h	CLOSING LECTURE: Exercise as a Therapeutic Tool in Oncology Lucía Gil Herrero - (<i>Spanish Association Against Cancer - AECC</i>)
17:30 – 17:40 h	CONCLUDING REMARKS Anabel Díaz-Guerra Priego (<i>CNIC PhDay 2025 Coordinator</i>)
17:40 h	COCKTAIL WITH PARTICIPANTS