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Conferences Attended:

Mood, Mind and Microbes. Amsterdam, The Netherlands 10th & 11th of May 2023, KIT Royal Tropical Institute.

The Mind, Mood, and Microbes conference brings together experts in the field to explore current knowledge on the Microbiota-Gut-Brain axis. The conference also addresses future research directions, including preclinical, neurodevelopmental, and neurodegenerative disorders. Attending this conference was a significant milestone in my scientific career, as it allows me to enhance my communication skills through sharing my own work and receiving valuable feedback for my viva. Moreover, networking with professionals from diverse research areas offers fresh perspectives for my own research. I am grateful to the College of Medicine and Health for their support and providing me with the opportunity to attend this conference.