

CURRICULUM VITAE

PERSONAL DATA

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Date of Birth : 8/1/1958 (in Athens)
Military Service : 4/87 - 2/89 Assistant to the Adjutant of the chief
General Commander of Greek Air Staff Forces

EDUCATION

Ph.D. IN CHEMISTRY and PHYSICAL-CHEMISTRY 1986

Doctorate (Ph.D.) in Surfactants - Detergents (Grade : Excellent), Technical University of Clermont Ferrand II, France. « Synthesis and surfactant properties of N6-AAMP5' »

MASTER OF SCIENCE IN ORGANIC CHEMISTRY (D.E.A.) 1984

Applied Organic Synthesis - Pesticides - Fungicides, University of Poitiers, France.

BACHELOR IN CHEMISTRY and BIOCHEMISTRY (MAITRISE) 1983

Speciality : Biochemistry, University of Limoges, France.

DIPLOMA OF STUDY 1st DEGREE 1989 Greek Ministry of Public Works in :

Study of Industries (Programming-Planning-Functioning), Chemical Studies and Research.

DIPLOMA IN QUALITY SYSTEM MANAGER 2000, from E.O.Q. Brussels and S.A.Q. Swiss.

NATIONAL ACCREDITATION SYSTEM E.SY.D. 2007, Quality Expert Assessor (after exams).

NATIONAL SCHOOL OF PUBLIC MANAGEMENT 2012, Food Safety & Food Hygiene (5days).

FOREIGN LANGUAGES

Fluent in French, English and Italian.

EMPLOYMENT EXPERIENCE

University of West Attica-School of PH: Ass. Profess. of Nutrition&Biochemistry 17/9/18-to date

Ministry of Health: Special Advisor of the Minister of Health/Nutrition & Sports 10/9/10-21/6/12

ATEI of Athens: Professor of Organic and Inorganic Chemistry in Cosmetics Laboratory 2014-18

National School of Public Health: Tutor of Nutrition, Biochemistry&TQM from 9/2004 till 16/9/18

National Accreditation System E.SY.D.: Quality Expert Assessor & Auditor 24/10/07 until today.

Evelpidon Military School-Academy: Professor of Chemistry & Chemical Technology 2006-2008.

SMYN of GEN: Professor of combustibles & lubricants and environment protection 2000-2003.

Tachymetafores ELTA S.A. : Total Quality Manager from 08/04/02 till 8/03.

Spray Pack S.A. : Quality Assurance, R. & D. and Q. C. Manager from 3/00 till 3/02.

COCA-COLA– 3E Group of Co's : Quality Assurance, R & D, Q. C. Manager August 97–2/2000.

Member of the main project team of new factory construction as Project Engineer & Q.Coordinator

ELAÏS–UNILEVER S.A. : Quality Control Manager 29/12/92-July 97. Food Company Unilever

S.C. JOHNSON & Son : Senior R. & D. / Q. A. Chemist from 10/9/90 till 28/12/92.

Chemical Industry of Floor Care Waxes-Polishes, Air Fresheners, Aerosols, Detergents, Insecticides and other consumer and industrial products.

ROLCO–VIANIL S.A.: In charge of the R&D Laboratory 27/3/89 – 31/8/90 Chemical Industry.

ELOT Hellenic Organisation for Standardization : Translator of Technical texts, 1988-1991.

French Professional High School of Nutritionists, City of Bourgneuf : Professor of Mathematics and Physical Chemistry, 1985-86.

Research CONTRACT between Limoges University & French edible oil filters manufacturers :

Governmental Institution L'Anvar and Lessieur-Tournessol Co's, Ader LPC, Sofrance 1985-86.

- After my graduation from "Lycée Leonin" High School of Athens, I attended the University of Montpellier, France, and received a First Degree in General Sciences (DEUG B, Diplôme d'Etudes Générales), in Chemistry and Biochemistry with specialisation (an option) in Business Economics.
- For the fulfilment of the requirements of the Licence, I attended courses in Macromolecular, General & Mineral Chemistry. I received the "Licence" in Chemistry from the University of Limoges (U.E.R. Sciences) after attending extra courses in Organic, General, and Analytical Chemistry. I also received a Bachelor Degree "Maitrise" in Chemistry from the same University, focusing on Biochemistry.
- I continued with postgraduate studies at the University of Poitiers, where I received a M.Sc. (Master of Science) in Applied Organic Synthesis, Applied Structural Chemistry, Plant Biology and Physiology with the following courses :
 - a. Literature: Reactional mechanisms, Solvents in Chemistry, Static and Dynamic Stereochemistry, Physicochemical methods of determination of Structures, Synthesis of Fungicides, Pesticides, Redox reactions, Phyto-hormones Exchange & transport in membranes, Isotopes, Spectroscopies, Statistics and New Methods of Synthetic Chemistry.
 - b. Research Topic - Experiment conducted: I synthesized the diphenylisobenzofurane series and, more specifically, the Isobenzofurane and the γ -butadienic Aldehydes.
- Finally, I received a Ph.D. Degree from the Technical University of Clermont Ferrand II in Chemistry and Physical-Chemistry, under the supervision of Professor S. Piekarski. I presented my Thesis on 18/12/1986 (before a 5-member jury) on the : "Synthesis and Surfactant properties of N6-Alkyladenosines mono-phosphate mono and disodic" and received the grade "excellent".
 In more detail: The organic synthesis of surfactant N6-AAMP5' as monosodium and disodium salts with alkyl chain ranging from C10 to C16, started from chloro-6 purine by grafting successively an amine with a long chain, an ester of β -D-ribofuranose, hydrolysis and phosphorylation.
 The final compound (molecule) had at the same time a micellium and biochemical activity behaviour. The enzyme myokinase recognized these molecules and provoked the transport of phosphoric acid. The data shows that micellisation is more favourable for monosodium AAMP5' and that, in general, these new surfactant compounds present analogies with the common Alkylphosphoric salts, mono and disodics that exist in living cells.
- * In parallel, I taught courses in Mathematics & Physical Chemistry at the Nutritionist Technical high school of Bourgneuf (France) & worked on a 2-year contract basis with Sofrance Co. in collaboration with the University of Limoges, the French Gover-

mental Institution of Technological Research Valorisation “L’Anvar” and with the Lessieur–Tournessol and Ader – LPC, companies as a Post Doctorate researcher. The subject of the Research was: “Study and physicochemical techniques for the separation by distillation of the liquid phases synthesized in emulsion using the physicochemical characteristics of solid state surfaces, and the technical application of dispersion phenomena of water in edible oils” by implementing & constructing cellulose filters of high water resistance.

- * My job in ROLCO-VIANIL Co., partially consisted of the Quality Control of products coming from various production stages e.g. : Rol, Essex, Ava, Forte, Avamat, Rif, Purlan, Largo, Vionol, Silky, Roli, V-82, Vivo and, in part, of Research & Analysis of various Greek and foreign competitive soaps and detergents to identify new formulations applicable to the products of the company.
The techniques used included : Gas and Liquid chromatography (G.C. & HPLC), IR, UV-VIS, particle size analyzer (Laser granulometry) as well as ion exchange chromatography to separate the active ingredients of soaps and detergents.

- * My tasks in S.C .JOHNSON & Son (Hellas) as a Senior R. & D. / Q. A. Chemist concerned the development and modification of various syntheses in accordance with the Greek regulations, the bacteriological controls of raw materials and finished products, the follow-up (supervision & responsibility) of the production of liquid soaps (as Villanova) and with the control of waste water disposal and aerosol line inspection. I have also been involved in scaling up industrial and consumer product syntheses (first experimental run realization in the factory), in recording and reporting continuous storage testing measurements, in giving technical advice on our industrial products to industrial customers in relation to customer service, including preparation of technical manuals & handling customer complaints.
I also provided the customer product management with technical support for the realisation of the business plan and strategies of the company. I also handled consumer issues and complaints and conducted experiments, research and comparative performance testing on competitive products. The principal contacts of the position were with the Production, Marketing, Purchasing departments and the Central Laboratories R. & D. in England, Holland and U.S.A.

- * I Joined ELAÏS – UNILEVER S.A. in December 1992 as a Quality Control Assistant Manager and soon (Jan. 94) became Quality Control Manager, a position held until my resignation (july 1997). My duties as a Quality Control Manager entailed :
 - Controlling all incoming raw materials, ingredients and final products, as well as imported products distributed by the company.

- Supporting every day operations of the Production, Refinery, Hardening Packaging, Effluents and Environment Departments.
- Carrying out comparison tests between company and competitor products, supported by lab analysis.
- Ensuring the proper functioning of the instrumentation in all local labs, including the Microbiological lab, both on site and at the company's olive oil collection centre in Crete.
- Ensuring the HACCP implementation of the entire main plant & annexes activities.
- Organizing and supervising the activities of the whole lab personnel for the achievement of maximum performance and provision of quality services.
- Developing new analytical methods in order to obtain results much faster and more accurately.
- Ensuring that all specifications set by the company, the government or the E.C. on new and existing products, are met.
- Ensuring that all specifications set by E.C. regarding Olive Oil, by performing even more analyses, such as Pesticides and Polycyclic Aromatic Hydrocarbons PAH, are met.
- Carrying out all physicochemical analyses on potable and waste water, fat trap and effluents with their safe environmental disposition.
- Identifying deviations from standard specifications at any production process and providing assistance when problems arise.
- Handling the budget of the Quality Control Department.
- Representing the company in conferences, symposiums, technical associations, locally and abroad.

- Participating in the 3-year program of GGET, EPET - II sub-program 1, work 691 entitled "Hellenic Olive Oil Technology of Extraction Origin, Quality" 1/10/94-30/9/97 sponsored by Elaïs and Associated members: University of Thessaloniki-Food Technol. Labor., Agricultural University of Athens, General State Laboratory- Food Section, ETHIAGE-Olive Oil Institute in Chania-Crete and EIE-Institute of Biotechnology, with total budget 400.000.000 drs.

- Participating in the 32 month E.C. program AIR 2 (Agroindustry Research) CT 94-1224 entitled "Molecular & Isotopic Characterization of Virgin Olive Oil" 1/6/93-1/2/97 sponsored by E.I.E. and Associated members: Elaïs S.A., Eurofins Scientific S.A. Nantes France and Glamorgan U.K. University.

- * I joined the Coca-Cola-3E Group of Companies in August, 97 as a Project Engineer and Member of the main project team of a new Petrochemical Factory construction (the first in the Balkans) named as Volos Pet Industry (51% Frigoglass which is a Coca-Cola-3ε filial, 35% EL.PE. & 14% Radici group) as well as a Quality Coordinator. The Plant construction was accomplished in May 98 and production started in June. In 6/7/98 I was promoted to Quality Assurance, Q. C. and R. & D. Manager, a position referred directly to the company's CEO and the plant management was exercised by the Q.A.-R.&D. / Financial / Logistics-Human Resources and Technical Managers due to the absence of Plant Manager.
- * I completed EEDE courses in Quality Systems, May-Dec./00 and received the Diploma in Quality System Manager 2000 from the European Organization for Quality (E.O.Q.) based in Brussels and from the Swiss Association for the promotion of Quality (S.A.Q.).
- * I joined Spray Pack S.A., a detergents & cosmetics company, in Mars 2000 as a Quality Assurance, Quality Control and Research & Development Manager.
- * I worked as a Professor of Environmental Protection, Fuels and Lubricants at the Marine Academy SMYN, which belongs to the command of Naval Education of Greek Naval Staff Forces, during the Academic years 2000-03 and at the Aviation Military Academy STYA which belongs to the command of Air Forces Education during 2009-2010.
- * I joined Tachymetafores ELTA S.A., in April 02 both as a Total Quality Manager and Marketing and Information Technology Advisor, positions held until my resignation (August 03). My duties as T.Q.Manager entailed the development of the strategic approaches and needs of Quality, the Managerial training on quality assurance methods and the T.Q.M. system application in Tachymetafores ELTA.
- * Quality consultant: Freelance Quality systems application consultant in ISO, HACCP, Safety, Health, Environment and Process Reengineering, Aug. 2003 – 8/2004.
- * I have been working as a Professor of Nutrition at Sivitanidios Public School of Arts and Trades, during the Academic gears 2005-06.
- * I worked as permanent Tutor (Professor), of Nutrition, Biochemistry & Total Quality at the National School of Public Health, from 29/9/04 till 16/9/18, after appointment by the Minister of Health, published in the governmental journal FEK No3, 58-8/03/05 and I was appointed permanently (tenure) with FEK No 3, 855/25-8-15. At NSPH I taught the courses of: Nutrition & Biochemistry, Food Quality Control, Total Quality Management, Olive oil-Seed oils, Food Safety, ISO-HACCP, Nutrition on the job in Occupational Health & Food Legislation, in the 4 post-graduate programmes of NSPH. From 17/9/18 until today I am employed in the position of Assistant Professor of Nutrition & Biochemistry (of lipids) at the University of West Attica, School of Public Health, where I was offered the position after positive assessment, FEK3958/B'/12-9-18 & N.4610/2019 (FEK 70/τ.A'/7-5-19 & 874/28-5-19 τ.Γ')

- * I worked at the Evelpidon Military Academy as Professor of Chemistry (Organic and Inorganic-Mineral) and Chemical Technology, during the Academic years 2006-2008.
- * I worked as a Professor of Organic and Inorganic Chemistry in Cosmetics laboratory at ATEI of Athens (Esthetics & Cosmetics 2014-18) and I worked as a Professor of Chemistry, Biochemistry, Nutrition and Food Science at Metropolitan College in Athens (2015-16).
- * I am working at the National Accreditation System E.SY.D. as a Quality Expert Assessor & Auditor from 24/10/07 to date, after receiving special (2x40 h) training (12-16/2/07 & 8-11/5/17) and succeeding in exams, on the ELOT EN ISO/IEC 17021:15 model, the ELOT EN ISO 19011 audits and on the ESYD quality system management applications, with certificate No:A 1/01/07 (14-3-2007), in the framework of the competitiveness of the Ministry of Development.
- * I completed courses in Food Safety & Hygienic Systems and received the accreditation No11. 10.273.255) from National School of Public Management from 3-7/12/2012 (5 days courses).
- * I was appointed as special Advisor of the Minister of Health /Nutrition & Sports, on Nutrition & Food Safety & Food Control matters, from 10/9/2010-21/6/2012 (A.Loverdos & Ch.Aidonis) & Advisor of the General State Secretary of Public Health 7/2012-12/2012 (Ch.Papanikolaou)
- * Reference letters available upon request from: Johnson & Elais-Unilever companies, including those of NSPH Deans: Mr John Kyriopoulos (27-6-10) & Vas. Makropoulos (28-12-14), Greek Minister of Health A. Loverdos (3-10-17), General State Secretary of Public Health (15-01-15).

Professional Associations :

- Member of the National Accreditation System E.SY.D. (from 10/2007- to date).
- Member of the Foods Section of the Hellenic Association of Chemists & PSCHV from 1992.
- Member of EEDE-Idip-py /ex member of SEVITEL / PSVAK / FEA / representant of EOF.
- Member of the Council of the Franco-Hellenic Scientific & Technical Association from 95.
- Member of the Technical Commission ELOT / TE 85 "Foods" as representative of SEVT.
- Member of the Greek Lipid Forum (which is member of the Euro Fed - Lipid Society).
- Member of the Greek who is who.-Vice President of the Greek exSC.Johnson club from 1/1/23.
- Member of the Greek Scientific Committee of the Nutrition Policy and of the new Sanitary Regulation for the School Canteens, as representative of the Ministry of Health (ΑΔΑ 4570Θ1-EM & Β44ΞΘ-TME) & of the sub-Commission for the standardization of manufactured foods.
- Member of the Greek Scientific Committee of the Nutrition Policy, as representative of the Ministry of Health (2011). - Member of the Greek Filaios Forum (olive oil friends institution).
- Member of the Hellenic Health Foundation 2016 - to date (hhf-greece.gr).
- Member of the working group of the Ministry of Health (20/3/11-20/6/11) for the reorganization of the food quality control National System, according the EE guidelines and norms.
- Member of the working group of the Ministry of Health / EFET (Greek EFSA), concerning the actions for salt reduction in the Greek population (2012).
- Member of the community of 100 mentors of the Lycée Leonin students from 2016 to date.

PROFESSIONAL SEMINARS – PRESENTATIONS * & PUBLICATIONS **

- University of West Attica & Filaios: workshop “Olive Oil & Health” president & lecture with subject: “Olive Oil & Fraud” 22/11/23 from 11:50-12:10.
- University of West Attica-NSPH: 22th Greek Congress of Management & Health Economics in Athens Caravel, 13-15/12/2022, president of a round table 13/12/22 (from 13:30-14:30) hall Macedonia.
- * University of West Attica: workshop “Climat change, Food Safety, & Public Health”, president of a round table In the central amphitheatre 7/12/22 from 17:20-18:00.
- University of West Attica: workshop “child obesity, natural activity, nutrition” 18/5/18, president of a round table “nutrition & promotion of natural activity in Schools” in the central amphitheatre.
- * NSPH: 12th Greek Congress of Public Health in Divani-Caravel, 19-21/3/18, president of a round table “Nutrition 1”, 19/3/18 hall Templars.
- * NSPH: 13th Greek Congress of Management & Health Economics in Athens Caravel, 12-14/12/2017, president of a round table 13/12/17 hall Vergina.
- * NSPH: 12th Greek Congress of Management & Health Economics in Athens Caravel, 13-15/12/16, president of a round table: Food Hazards, Quality Assurance & Food Ethics and lecture with subject: food ethics-fat tax.
- * Agricultural University of Athens: Lecture “Planning & materialization of Nutrition Education programs in Public Schools” Post graduate courses “Public Health - Nutritional Education” 18/5/2016.
- * NSPH: 11th Greek Congress of Public Health in Divani-Caravel, 21-23/3/16, president of a round table “Nutritional / Chemical risks & Safety” and lecture with subject: “Pesticides & toxins in foods” 22/3/16.
- * NSPH: World-wide Health day for Food Safety of WHO, under aegis of Ministry of Health. Work-day coordinator (Nutrition Policy & Food Safety) and second session proposer “food safety from farm to fork” concerning the Quality Assurance, Food Safety & Management Systems, 27/4/15 amphitheatre NSPH.
- * NSPH: 11th Greek Congress of Management & Health Economics in Athens Hilton, 10-12/12/15, president of a round table: “Management & Control of main Health risk factors”.
- WHO: Meeting of the WHO Action Network (expert high level) on Salt Reduction in the Population in the European Region (ESAN), Pasteur Institute, Athens, Greece, 16-17/6/2015.
- EIE: Contemporary tendencies in Lipids aerea, 6th Greek Scientific Congress, Athens 11-12/6/15.
- * NSPH: International Health Day of WHO for Food Safety, work day organizer “food safety from farm to fork” under the aegis of Ministry of Health. 27/4/15 ΕΣΔΥ.
- * NSPH: 10th Greek Congress of Public Health & Health Services in Divani-Caravel, 31/3-2/4/14.
- Greek Presidency of the Council of the E.U., High Level Conference on “Nutrition & Physical Activity from Childhood to Old Age : Challenges & Opportunities” Zappeion, Athens-Greece, 25-26/2/2014.
- ISPOR 15th annual European congress–International Society for Pharmacoeconomics and Outcomes Research. Berlin, Germany, 3-7/11/12.
- Hungarian Presidency of the Council of the EU & European Commission, Action for Prevention. Expert High Level Conference on member states, Activities on Nutrition, Physical Activity & Smoking related issues, as representative of Greece. Museum of Ethnography in Budapest – Hungary, 30-31/5/11.
- ICEF 11th International Congress on Engineering and Food. “Food Process Engineering in a Changing World”, 22-26/5/11 at Hilton - Athens.
- YYKA-Meeting between the Greek Minister of Health and the Commissioner for Health & Consumer Policy of European Union (John Dalli), as advisor of the Minister of the Greek delegation, 7/4/11 at YYKA.
- * YYKA-Green Aim-Agrino: work-day “Nutrition, the role of school canteen, what things the family should be aware of” Chamber of Commerce of Agrinio, with subject “harmful substances in foods”, 22/1/11.
- National Technical University - E.M.Π. : “Sensory Evaluation of Foods”, work-day 18/03/2010.
- * NSPH: 8th Greek Congress of Public Health & Health Services in Divani-Caravel, 15–17/03/10.
- * TEI of Athens - Food & Drinks Department, work-day “Food & Drinks Safety”, lecture “Food Safety from purchase to consumption in summer”, TEI of Athens, 11/6/09.
- * National School of Public Health, 7th National Congress of Public Health & Health Services in Divani – Caravel, 17-19/03/08.

- * PETET - ARTOZA Work-day for the actual nutritional trends, future and perspectives, "lecture concerning low fat foods" old est Athens airport, 10-13/2/07.
- NSPH, 6th National Congress of Public Health & Health Services in Divani – Caravel, 13-15/03/06.
- National School of Public Health, 1st–3rd National Congress for Management, Economics & Health Policies in Athens Hilton, 14-17/12/05 (32 hours) and 12-15/12/07.
- * National School of Public Health (NSPH) - TEI of Athens, 2 years post graduate programme on applicable Public Health, 2005-06 and 2006-07.
- * National School of Public Health, Principles of Total Quality Management & ISO, 29/3&24/5/04 (3+3 hours)
- * The Swiss Business School for Hotel & Tourism Management Education in Greece and Charokopio University of Athens - Nutrition section, Principles of ISO, HACCP and Environmental Protection, Alpine Center Palmyra Hotel in Glyfada, 7/2/04 (5 hours)
- Procter & Gamble Quality Assurance Key Elements Course in Brooklands-London, 26-30/3/01 (50 hours)
- * First FRIGOGLASS – COCA-COLA: International Sales Conference in VPI, 26/09/99
- * First FRIGOGLASS – COCA-COLA: International Management Meeting at Pentelikon, 25/09/98
- 3E – COCA-COLA: Training visit in Italian factories, 28/02/98 – 27/03/98
- 3E Group of Companies – COCA-COLA : Train the Trainer Course, 4 - 5/02/98 (18 hours)
- COCA-COLA Hellas : Supplier Development Training Course and SPC-R&R, 20-21/1/98 (18 hours)
- Training visit in Taiwan - Taipei and the Kaohsiung Petrochemical Factory, 17/11-27/11/97
- 3E – COCA-COLA: Training visit in Italian factories and the 3ε factory (Skimatari), 22/9 - 3/10/97
- ELAÏS S.A. : Innovation Process Management Implementation Training Course, 15/5/97 (8 hours)
- ELAÏS S.A. : Management of Change (by PMS), 14-16/2/97 (27 hours)
- ELAÏS S.A. : Human Resources Coaching and Appraisals by PMS, 24/11/96 (10 hours)
- *Isotope Analyses, Applications in Food & Beverage Authentication, Detection of Adulteration, under the Food Analysis Using Isotopic Techniques (FIT) program, Thematic network No SMT4 - CT95-7500 funded by European Commission, host: IOPC, Workshop in Athens on Friday, November 22nd of 1996, National Hellenic Research Foundation.
- ELAÏS S.A. : The Learning Company, 2-3/1/97 (20 h) - Integrated Quality System (I.Q.S.), 18/3/96
- *UNILEVER U.R.L. : Global Unilab Users Meeting-Vlaardingen The Netherlands, 18-19/6/96
- *UNILEVER E.S.G. : Olive Oil working group in Pomezia Italy, 27-28/5/96
- IMS : Unilever International Management Seminar, Educational Centre of ATE, 8-13/10/95 (70 hours)
- EEDE : Product Liability 5/10/95, Human Resources Management, 2-3/6/95 (16 hours)
- ATE : Quality Assurance & Healthy Foods Hygiene / HACCP / ISO 9000, 25-27/5/95 (30 hours)
- *UNILEVER European Works Chemists Meeting 1995 Heppenhein, Germany, 3-5/5/95.
- EMP (Polytechnic school of Athens) : Statistical Process Control (S.P.C.), 5-19/4/95 (20 hours)
- *ETHIAGE : Cross Meeting Product Quality, 16-17/3/95
- BVQI : H.A.C.C.P. Seminar, 15-16/11/94 (16 h)
- ITEC–Consultants : Lotus 123 ver. 4.0, 13-16/11/95 (16 hours), CC : Mail, 5/5/95 (4 hours), Freelance 19-21/10/94 (12 hours), Ms Windows 3.1, 17-18/10/94 (8 hours), Powerpoint, 30-31/10/00 (8h).
- ATE : Olive Oil Quality, New Control Methods (E.C. program – Comett), 17-19/5/94

- Training visit at Unilever - Rome (Pomezia) - Milano (Crema) - Italy, 20-30/3/94
- ATKO : 1 Minute Manager and Management Flexibility II, 7+13/11/93 (20 hours)
- American Soyabean Association : seminar in World-class Edible Oil Quality, 11-12/11/93
- ELAÍS S.A. : Total Quality Management (T.Q.M.), 5-9/7/93 (60 hours)
- *SEVITEL : Chemistry Experts (Specialists) Workshop, 4/6/93
- UNILEVER Research Laboratorium Vlaardingen (U.R.L.), Sensory Analysis Symposium, Panel Supervisors, Taster Trainers Training Course, 24-26/5/93
- EEDE: Effective Communication/Collaboration-Listening - Teamwork/Leadership - Decision Making, 91-92
- S.C. JOHNSON & Son : Technical Seminar, 1990 (12 hours)

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- (1)** Sergentanis Th.N., Kotrokois K., et al. 2023. Journal of the American Geriatrics Society (JAGS), to be published. "Micronutrient Supplementation in Frailty: A Systematic Review and Meta-Analysis".
 - (2)** V. Makropoulos, E. Papadogiannakis, K. Kotrokois, G. Spanakos 2017. "mtDNA mutations may affect random nuclear DNA mutations of Stem cells". Science Journal (4 April 2017).
 - (3)** Kotrokois K., D. Katrinis. "Fodborne parasitic diseases", Iatriki (Medicine) 2011, 100 (5-6): 258-270.
 - (4)** Kotrokois K., Deligianni L., Theophilou N. "Effect of Polyethylene's (PE) crystallization on its mechanical and thermal properties", Review of Clinical Pharmacology and Pharmacokinetics. Vol. 23, p. 183-186. (2005).
 - (5)** Kotrokois K., Deligianni L., Theophilou N. "Recycling of Plastics Packing Materials", Review of Clinical Pharmacology and Pharmacokinetics. Vol. 23, p. 187-193. (2005).
 - (6)** Kotrokois K. "Olive Oil: a Modern Approach", Review of Clinical Pharmacology and Pharmacokinetics. Vol.21, No 2. p. 93-102. (2003).
 - (7)** Kotrokois K. "Nutritional Value of Olive Oil", Sience & Pedagogy, Atrapos editions (accepted 05/2003).
 - (8)** Kotrokois K. "PET Production, Quality Characteristics, Uses, New Applications & Recycling" (publication in English), Review of Clinical Pharmacology and Pharmacokinetics. Vol. 17, No1. p. 43-48 (2003).
 - (9)** Kotrokois K. "Seed Oils in Greece", Sience and Pedagogy, Atrapos editions. Part No 5. (5-8/2003).
 - (10)** Kotrokois K. "Seed Oils: Production, Composition, Properties, and Products", Review of Clinical Pharmacology and Pharmacokinetics. Vol. 21, No 2Σ. p. 139-147. (2003).
 - (11)** Tsimidou, M.; Voulgaris, Ch.; Helmis, A.; Kotrokois, K.; Boskou, D. "Virgin Olive Oil: Quality parameters not included in the Global Index of Quality". Proceedings of the Ninth European Conference on Food Chemistry (EURO FOOD CHEM IX: Authenticity and Adulteration of Food—the Analytical Approach, Interlaken, Switzerland, September 24-26, 1997 FECS Event No. 220). Ed. Amado, R. and Battaglia, R., Druckerei Sailer, Winterthur, Sweitzerland, Vol. 3, pp. 565-570. (1997).
 - (12)** Kotrokois K., Theophilou N. "Electric-Field dependence of conductivity in highly conducting polyacetylene" (publication in English), International Conference on Science and Technology of Synthetic metals. ICSM' 90 Germany -Tübingen: 1-9/9/90 Vol. II 1.21. p. 127. (1990).
 - (13)** Kotrokois K., Piekarski S., Granet R. "Surface properties and misellisation of mono and disodium salts of Alkyl Adenosines Monophosphates (N-6-AAMP 5)" (publication in English), Journal of Physical Chemistry 85 No. 3. p. 399-403. (1988).

- (14) ** Kotrokois K., Papadogiannakis M. "Nutrition and Food Chemistry in Public Health" (Book 612 pages), Medical Publications P.Ch. Paschalidis (2009), ISBN: 978-960-399-895-2, Evdoxos: 45115.
- (15) ** Arapis G., Vlastos D., Drosinos E., Kotrokois K., Makropoulos V., Matthopoulos D., Tokousbalidi Ch., Machera Kyr., Dounias G., Rapti An., "Public Health and Pesticides and Plant Protection Products" (Book 354 pages), Publications ELINYAE Hellenic Institute for Occupational Health & Safety (2013).
- (16) ** Kotrokois K. "Nutrition and Food Chemistry in Public Health with Food Quality Assurance elements" (Book 660 pages), Medical Publications P.Ch. Paschalidis (2017), ISBN: 978-999-632-741-16, Evdoxos: 59395420.

Articles of interest by Kostas Kotrokois are:

- * TV Chanel-ERT1 in the programme my life, my health "bottled water" 18/5/2017.
- * ESDY: International Health Day of WHO for Food Safety, work day organizer "food safety from farm to fork" under the aegis (shield) of the Greek Ministry of Health. 27/4/15 ESDY.
- * TV Chanel-Agrinio: the role of the school canteen and dangerous substances in foods (22-1-2011).
- * Radio Sky Chanel: Are food controls safe? (23-5-2008).
- * Revue fe-mail: Food safety during Summer. (18-6-2009).
- * Revue of POESE: Panhellenic Federation of Restaurants & Restaurant Related Professions. Article: Organics, Biologicals & Functional Foods. Issue 09 Nov. 2010.
- * Revue of POESE: Article: Olive Oil & Frying Oils. Issue 10 Dec. 2010.
- * Revue of POESE: Article: ω 3- ω 6- ω 9 Fatty Acids. Issue 12 Febr. 2011.

He has also published the following **Books**:

- (1) ** Kotrokois K., "Nutrition and Food Chemistry in Public Health with Food Quality Assurance elements" (Book 660 pages), Medical Publications P.Ch. Paschalidis and Broken Hill Publishers Ltd (2017).
- (2) ** Arapis G., Vlastos D., Drosinos E., Kotrokois K., Makropoulos V., Matthopoulos D., Tokousbalidi Ch., Machera Kyr., Dounias G., Rapti An., "Public Health and Pesticides and Plant Protection Products" (Book 354 pages), Publications ELINYAE Hellenic Institute for Occupational Health & Safety (2013).
- (3) ** Kotrokois K., Papadogiannakis M. "Nutrition and Food Chemistry in Public Health" (Book 612 pages), Medical Publications P.Ch. Paschalidis and Broken Hill Publishers Ltd (2009).
- (4) ** Kotrokois K. Olive Oil unsoaponifiable substances. Elais-Unilever (72 pages) Febr. 1994.
- (5) ** Kotrokois K. Olive Oil. Elais-Unilever (11 pages) Sept. 1995.
- (6) ** Kotrokois K. Seed Oils. Elais-Unilever (11 pages) Sept. 1995.
- (7) ** Kotrokois K. Description of Polyethylene Terephthalate (PET) used raw material and Quality Control Plan (ISO 9002, Hasard Analysis Critical Control Points – H.A.C.C.P., Good Manufacturing Practice – G.M.P., Good Laboratory Practice – G.L.P., G.H.P., Statistical Process Control – S.P.C., Reliability and Reproducibility – R. & R.), Coca-Cola / Frigoglass / VPI-Volos Pet Industry, (59 pages) 19/01/1998.
- (8) ** Kotrokois K. PET–Polyethylene Terephthalate, Properties, Characteristics, Uses, Production, Coca-Cola Frigoglass – 3E / VPI-Volos Pet Industry, (41 pages) 29/05/1998.

Some Publications

(1) Kotrokois K. "Poly-ethyleneterephthalate (PET): Production, Quality Characteristics, Uses, new Applications and Recycling", Review of Clinical Pharmacology and Pharmacokinetics. Vol. 17, No 1. p. 43-48. (2003).

Summary: Poly ethylene terephthalate, better known as PET, was patented as a fiber forming polymer in 1941 in England. The intervening 60 year period has seen an on-going development of the manufacturing technology and engineering to a high degree of sophistication based on the spectacular world-wide growth of PET and diversification of the outlets for it. Besides expanding into a wide range of film outlets, PET applications of bottles (particularly for carbonated soft drinks) and thermoformed containers. The source of PET is crude oil, and the manufacturing of bottle-grade PET resin is based on the polymerization of purified Terephthalic Acid (PTA) and Methyl Ethyl Glycol (MEG) and it is produced through a continuous melt phase and a subsequent solid state polymerization (SSP). PET is a crystalline resin. Final bottle appearance requires that no crystallization occur in the preforms. An excellent property of PET bottle is low gas permeation. The PET resin quality characteristics are; crystallinity, Tg & Tm, density, molecular weight and molecular weight distribution, intrinsic viscosity, viscosity and viscosity in solution, stability, carboxyl end groups concentration, DEG and residual acetaldehyde, cyclic trimers, catalyst residues and color. The Key properties of PET are: molecular weight, Tg and crystallinity. Description of competitive advantages and outstanding properties of oriented PET resin. Elements concerning PET world-wide production, uses, new PET applications and PET recycling.

(2) Kotrokois K., Theophilou N. "Electric-Field dependence of conductivity in highly conducting polyacetylene", International Conference on Science & Technology of Synthetic Metals, ICSM' 90 Germany - Tübingen: 1-9/9/90 Vol. II 1.21. p. 127. (1990).

Summary: The conductivity of a new stretch-aligned, $l/l_0 = 6.5$ (l = final length, l_0 = initial length) iodine doped ($[CH(I_3)_{0.07}]_x$), and highly conducting polyacetylene ($\sigma = 30,000$ S/cm), has been increased by a factor of $\approx 20-30$ by applying a strong electric field at 100 K in the direction of stretching. Current densities of ≈ 1100 A/cm² have been reached without any breakdown effect of the polymer. This behavior will be explained with the picture of ovalar conducting islands (200-300 Å) separated by amorphous regions (5-10 Å), seen by STM at the surface of the polymers. The effect of metallic impurities, to the conductivity, is a matter of discussion. Equally by repeating several times the ON-OFF cycle of electric-field through the sample, the conductivity of the polyacetylene has been remarkably improved. The morphology, structure and conductivity at 100 GHz of the highly conducting polyacetylene will be also described.

(3) Kotrokois K., Piekarski S. Granet R. "Surface properties and micellisation of mono and disodium salts of Alkyl Adenosines Monophosphates (N-6-AAMP 5')" or "Propriétés de surface et Micellisation des sels monosodiques et disodiques de N6 Alkyladénosines Monophosphates 5'". Journal of Physical Chemistry 85 No. 3. p. 399-403. (1988).

Abstract: Four new N6 Alkyladenosines 5' monophosphates (AAMP) have been synthesized as monosodium and disodium salts, with alkyl chains containing 10, 12, 14 and 16 carbon atoms. Surface and thermo-dynamic properties of the AAPM are investigated in an aqueous solution and in a NaCl solution. The surface tensions observed at the CMC in pure water are the same for all the monosodium salts (37.2 mN/m) and grow from 37.9 to 45.4 mN/m for the disodium salts. The minimum area per molecule is smaller for the monosodium salts: $52 \pm 3 \text{ \AA}^2$ than for the disodium salts: $104 \pm 6 \text{ \AA}^2$. These values are decreased to 30 \AA^2 and 43 \AA^2 respectively with addition of excess NaCl. The CMC values follow the well known relation, where n is the carbon number of the alkyl chain. $\log \text{ CMC} = A+Bn$ where $B = -0,26$ for monosodium salts and $-0,19$ for the disodium salts.

The ionization degree of the micelles, α evaluated from the slope of the Corrin-Harkins plot, grows slightly with increasing carbon number.

The standard free energy of micellization per CH_2 has been evaluated as -2.86 kJ/mol and -2.36 kJ/mol for the mono and di-sodium salts, respectively.

The AAMP studied here present great analogies with the corresponding alkyl phosphates; nevertheless the introduction of the adenosine moiety leads to CMC values reduced by approximately 40 times.

(4) Tsimidou, M.; Voulgaris, Ch. ; Helmis, A.; Kotrokois, K.; Boskou, D. "Virgin Olive Oil: Quality parameters not included in the Global Index of Quality". Proceedings of the Ninth European Conference on Food Chemistry (EURO FOOD CHEM IX: Authenticity and Adulteration of Food – the Analytical Approach, Interlaken, Switzerland, September 24-26, 1997 FECS Event No. 220, Volume 3). Ed. Amado, R. and Battaglia, R., Druckerei Sailer, Winterthur, Switzerland, 1997, Vol. 3, pp. 565-570.

Summary: The Global Index of Quality (Indice Globale de Qualité IGQ) is a simplified approach proposed by the International Olive Oil Council (IOOC) to express numerically the quality of virgin olive oil. It is a conventional scale (0-10) which takes into consideration the legal limits of quality parameters such as acidity, peroxide value, specific absorbance at 270 nm and organoleptic score in the various virgin olive oil grades. In the equation of IGO a balance of factors is applied which is based on different coefficients of ponderation suggested by IOOC. In this paper, sixty (60) samples of virgin olive oil were examined for their IGO and also for fatty acid composition, specific absorbance at 232 nm, total polyphenol and α -tocopherol content.

Stability was assessed by Rancimat and keepability tests and all measurements were statistically correlated using univariate and multivariate techniques.

It was concluded that classification in various grades does not always coincide with the actual oxidative stability of the oil. Moreover, organoleptic quality does not ensure oxidative stability it appears that for a better evaluation of total quality of a virgin olive oil a more complex factor expressing stability should be inserted to the equation. Such a factor should be based on the coevaluation of parameters related to stability. Total phenol content, α -tocopherol content, linoleic acid content and K232 should be assessed together with peroxide value to give such a complex factor. Alternatively, total quality of virgin olive oil could be expressed by two different indices, one for the organoleptic and the other for the oxidative stability of the oil.

- (5) Kotrokois K. "Olive Oil: a Modern Approach", Review of Clinical Pharmacology and Pharmacokinetics. Vol.21, No 2. p. 93-102. (2003).

RESUME: L'huile d'olive, qui est un produit de l'arbre d'Olivier, il s'utilise depuis l'antiquité pour l'alimentation de l'homme. La Grèce occupe aujourd'hui mondialement la troisième place en ce qui concerne la production de l'huile d'olive, avec une consommation par tête et par année de 32,3 Kilogrammes. L'huile d'olive se constitue principalement par un mélange d'esters de glycerol avec d'acides gras supérieures et secondairement il contient aussi comme produits inférieures (mais qui ont une importance primordiale) des acides gras libres, des stérols, des lécithines, etc. L'huile d'olive favorise la digestion, il diminue la pression artérielle et contrebalance le manque du Calcium (Ca) à l'ossification ainsi qu'il contient les acides gras dites indispensables et primordiales à l'organisme. L'huile d'olive subit plusieurs alternations comme celle de l'augmentation de l'acidité et de la peroxydation, la quelle conduit à sa polymérisation. Les principales paramètres de l'oxydation de l'huile d'olive sont la température, l'oxygène, la lumière et bien d'autres.

- (6) Kotrokois K. "Seed Oils: Production, Composition, Properties, and Products", Review of Clinical Pharmacology and Pharmacokinetics. Vol. 21, No 2Σ. p. 139-147. (2003).

RESUME: Les huiles Végétales, surtout les raffinées, sont entrées récemment au marché Grec de façon très dynamique. Parmi eux, ceux qui se consomment le plus souvent sont l'huile de Soja (BO), de Tournesol, (SF) de Mais (MZ) et de Coton (CS). Toutes les huiles Végétales attirent leur provenance des plantes et ils se classifient comme huiles de germe, de fruits et huiles de grain ou pèpin. Elles sont bien connues pour leur haute valeur nutritionnelle, la quelle est due au contenu haut en acides gras polyinsaturés (PUFA) qu'elles ont et pour le rapport $\omega 3/\omega 6$ des acides gras indispensables. C'est à cause de leur haute valeur en PUFA que les huiles Végétales doivent ne pas s'exposer à la lumière, à la température et au vent. Pendant

leur raffinage et leur hydrogenation (pour en devenir de margarines), il se forme des acides gras en position trans. La grande difference qui existe entre les huiles Végétales s'est due aux stérols. Les huiles Végétales sont entrées à la production de margarines surtout à cause des différences entre les matières grasses des plantes et des animaux, pour remplacer les dernières. Par exemple, le Beurre a une portion stérolique qui se constitue presque exclusivement de cholestérol et son contenu en acides gras saturés (SAFA) est 60-70%, contre 12-15% des acides gras saturés (SAFA) des Huiles Végétales.

- (7) Kotrokois K., Deligianni L., Theophilou N. "Effect of Polyethylene's (PE) crystallization on its mechanical and thermal properties", Review of Clinical Pharmacology & Pharmacokinetics. Vol. 23, p. 183-186. (2005).

SUMMARY: The way that a polymer is crystallized during the compounding step affects its thermal (melting enthalpy) and mechanical properties (tensile strength, draw ratio) leading to applications such as packaging with improved life cycle. The article has as objective to show the existing correlation between the crystallite size of PE measured by X-Rays, with the thermal and mechanical properties on the material.

- (8) Kotrokois K., Deligianni L., Theophilou N. "Recycling of Plastics Packing Materials", Review of Clinical Pharmacology and Pharmacokinetics. Vol. 23, p. 187-193. (2005).

Summary: Most of the volume of solid urban waste (Municipal Solid Waste: MSW) including paper, aluminum, glass, and plastics demonstrate a grade of reusability through recycling that amounts to 26%, 32%, 12%, and 1% respectively. This certain low grade is a fundamental problem for the plastics industry shaping public opinion into believing that plastics are not recyclable. The volume of produced plastics and management-related problems have rendered plastics a target for environmentalists, sociologists, and the media that advocate their decrease, removal, or destruction. Hence, the recycling chain created waste collection and sorting services.

97% of plastic waste consists of five different plastics that are mainly used in household objects, like rigid bottles and containers or flexible wrapping/package film. These plastics include PET, PE, PP, PVC, and PS, for which there was initially a theoretical framework created, a complicated four-level one, that used the sedimentation phenomenon for the separation of the above mixture of plastic waste.

- (9) Kotrokois K., D. Katrinis. "Foodborne parasitic diseases", Iatriki (Medicine) 2011, 100 (5-6): 258-270.

Summary: Parasites are considered emerging pathogens that infect humans. Foodborne parasitic diseases are generally difficult to identify and assess, due to inadequate diagnosis, recording, and report methods. However, over the last years, a great number of infections have been recorded even in the most developed countries. The globalization of food production, an increase in international travel, changes in eating habits, a rise in the number of vulnerable persons, but, at the same time, advanced diagnostic tools are some of the factors that relate to the increase in foodborne parasitic diseases. Parasites vary in size,

from mono-cellular organisms to vermins sometimes visible with the naked eye. The diseases caused vary from mild to severe, even life-threatening. This present report shall present data on the most usual foodborne parasites, their epidemiology, clinical data, and therapy, with a focus on prevention and control measures.

Supervision of 26 dissertations (diplomes) in the post graduate programme (PGP)

1. Mycotoxins in Foods and their effect in Public Health.
Dad. Glyceria (Doctor) 2007.
2. Lipids and Cooking – Chemical & Quality changes of lipids during cooking.
Panag. Nicolas (Biologist) 2007.
3. Metabolic Syndrome: Definition and Effects.
Papag. Andreas (Doctor) 2008.
4. ω -3 and ω -6 unsaturated fatty acids in Nutrition, their biological activity and their positive effect in Public Health.
Dimitrak.-Alexat. Athina (Doctor) 2009.
5. Foods containing Natural Antioxidants and their benefits for human health.
Strat. Georges (Doctor in Olympic Village) 2009.
6. Genetically Modified Foods and microorganisms: benefits and possible effects in Public Health.
Syr. Niki (Nurse) 2010.
7. Child's Obesity prevalence in Diou municipality of Pieria & the factors affecting it.
Marant. Lazaros (General Doctor-superintendent) 2010.
8. Industrial Contaminations in foods and their effect in Public Health.
Athanas. Athanasios (Occupational Doctor -Cyprus) 2010.
9. Cholesterol, lipoproteins, apo-lipoproteins, prostaglandins and their effect (as value) in Public Health.
Kalos. Panagiotis (Doctor-Ministry of Health) 2011.
10. The role of nutrition and the effect of eating habits on Coronary Artery Disease.
Bat. Pelagia (Nurse) 2012.
11. Nutrition of patients with Diabete type II in Lamia's Hospital.
Rov. Areti (Nurse) 2012.
12. Organic Foods - Quality and Safety in Public Health.
Aslan. Niovi (Health visitor) 2012.
13. Nutrition and Quality of life in Patients with chronic Kidney disease.
Kas. Basiliki (Nurse-Red Cross) 2014.
14. Functional Foods in Public Health.
Georg. Fotios (Chemical Engeneear-Ministry of Health) 2015.
15. HACCP System in Hospitals belonging to the National Health System.
Garav. Georges (Chemical Engeneear NTUA) 2016.
16. Nutrition of Patients with Diabete type II.
Katsig. Kaiti (Biochemist) 2016.
17. Nutrition in Ophthalmology.
Papak. Sotiris (Ophtalmologist-Atticon Hospital) 2017.
18. HACCP System in Hospitals belonging to the National Health System.
Vin. Dimitra (Pediatre-Nikaia Hospital) 2017.

19. Food-borne risks to fish and other fisheries.
Driv. Aphrodite (Veterinary surgeon) 2019.
20. The implementation of Haccp System in a food catering business.
Stog. Maria (Veterinary surgeon) 2020.
21. Update of E.U. Legislation Regulations.
Evangel. Kostas (Veterinary surgeon) 2020.
22. Nutrition knowledge among preadolescents in association with their Habits: a school-based survey.
Iatr. Georges (Nutritionist-TEI) 2020.
23. Oxidative stress indicators measurement in conditions which are similar to flight conditions.
Petr. Konstantina (Nutritionist) 2021.
24. Foods containing Antioxidants and their benefits for human health.
Theodor. Panagiota (TEI preschool education) 2022.
25. Childhood and adolescent Obesity, a modern malady. Investigation whether and to what extent the eating habits & physical, sports and recreational activities, are malady antidote.
Sior. Panagiota (Pharmacist) 2022.
26. The role of the School Canteen, in the primary schools of Rhodes, as nutritional training factor. For example Rhodes primary school schoolboys of 5th & 6th grade.
Tsets. Kyriaki (Nurse) 2023.

Supervision of Ph.D. Thesis

Philosophical Diploma of Mr Anastassios Karaoglou (2021-2024), as supervisor, with subject: "Comparison of physical condition, nutritional, anthropometric and biochemical characteristics of adolescent school students with systematic or non-systematic participation in sports".

EDUCATIONAL WORK

Kotrokois Kostas, Assistant Professor, Epidemiology Sector, Prevention and Life Quality, Public Health Policies Department.

- Field (Knowledge item): Nutrition & Biochemistry of lipids in Nutrition and Public Health with emphasis in Food Safety.
- Educational work - Courses: (UGP=under graduate programme 2021-23) "Quality Assurance & Food Safety Systems and School Hygiene & Safety", (PGP=post graduate programme 2021-23) "Quality Assurance & Food Safety Systems, Legislation & Food Quality Control, ISO 9000, 22000, EMS, Haccp Systems", (PGP 2020-22) "Food Innovation Policies", "Food & Public Health 2": Food legislation, food safety & hygiene legislation, control mechanisms – competent institutions, quality basic definitions, food safety, hazard & risk assessment. Quality assurance & food safety systems HACCP, (PGP 2014-) "Food & Environment" with subject units: "food protection 2022", "Food Quality Control, Agricultural remainders-antibiotics in foods & Quality assurance & food safety systems QAS-ISO-Haccp" (2014-2021), (PGP 2005-07, 2008-10, 2010-2012) "quality control & pesticides remainders, quality assurance & food safety systems and

modern approach and food new tendencies as TTIs, MAP, HP, PEF, OD, Irradiations, Traffic lights”, (PGP 2005-07, 2008-10, 2010-12) “quality control & pesticides remainders and modern approach and new tendencies on foods, new extraction methods, nano-emulsifications, food innovation & packaging products”. (PGP 2011-16) “nutrition in working groups” in Occupational Health sector. (PGP 2016) “nutrition training in schools”. (PGP 2005-2012) “food & public health, principles of healthy nutrition, special nutrition issues for athletes, nutrition & sports, olive oil & seed oils, olive oil nutritional value. (UGP 2011-2014) “Chemical disinfection-sterilisation, properties of disinfectants, handling of hospitals effluents”. (UGP 2006-08 & 2014-18) “Chemical Technology, Organic & Inorganic laboratory Chemistry”. (UGP 2009-10) Combustibles-lubricants. (PGP 2005-2018) “Pesticides and Chemical substances & Remainders in food, Food Legislation” and (PGP 2019-2020, 2020-2021) “Food and Public Health 2”.

21/11/2023

Dr. Kostas Kotrokois



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