



CSJM University, Kanpur
Internal Quality Assurance Cell



PRAYATNA
Reg. No. 1482/2004-05

First Announcement

Jointly proudly present

Wellness Con - 2026

3rd International Conference on Wellness

Empowering Wellness • Advancing Knowledge • Transforming Lives

Wellness as a Continuous Journey of Adaptation and Growth.



**30 – 31 October &
01 November 2026**



Our Inspiration
Smt. Anandiben Patel
Chancellor & Hon'ble Governor, UP



Chief Patron
Prof. Vinay Kumar Pathak
Vice Chancellor, CSJM University, Kanpur

: Patrons :



Dr. Vandana Pathak
Secretary, NIMA Women Forum, UP
Senior Ayurvedacharya, Kanpur



Prof. Rajesh Kumar Dwivedi
Director, CDC
CSJM University, Kanpur



Prof. SK Katiyar
Ex-Principal, GSVM Medical College
Kanpur & Patron, Prayatna



Prof. SP Singh
President
Prayatna



Prof. Sanjay Kala
Principal
GSVM Medical College, Kanpur



Dr. Atul Kapoor
Promoter & Managing Director
Regency Hospital Limited



Chairperson
Dr. AS Prasad
Sr. Orthopaedic Surgeon
Kanpur



Co-Chairperson
Dr. AK Trivedi
Director, Cardiology
Regency Healthcare, Kanpur



Organizing Chairman
Prof. Sandeep K. Singh
Director
IQAC, CSJMU, Kanpur



Co-Organizing Chairman
Prof. Awadesh K. Sharma
Professor, Cardiology
LPS Inst. of Cardiology, Kanpur



Convenor
Prof. Praveen Katiyar
Associate Director
IQAC, CSJMU, Kanpur



**Veerangna Rani Lakshmi Bai Auditorium
& Senate Hall, CSJM University, Kanpur**

**Academic
Partners**

**School of
Health Sciences**

**School of
Pharmaceutical Sciences**

**School of
Life Sciences & Biotechnology**

**Dept. of
Clinical Psychology**

**Dept. of
Yoga**

**GSVM Medical
College, Kanpur**

**Social
Partners**



**Swasth
Samaj Samiti**



**HIV
WELFARE SOCIETY
WE CAN**



Rotary





About the Wellness Con - 2026

“Wellness is not a destination - it is a lifelong journey of conscious choices, purposeful living, and continuous growth.”

The twenty-first century has ushered in extraordinary scientific advances, unprecedented technological innovation, and limitless opportunities for human progress. Yet, alongside these achievements, humanity faces an equally profound challenge - the growing burden of lifestyle disorders, mental health concerns, environmental degradation, social isolation, and an ever-increasing imbalance between progress and well-being. In this rapidly evolving world, **wellness has emerged not merely as a healthcare priority, but as a universal aspiration and a defining imperative for sustainable human development.** True wellness transcends the conventional boundaries of medicine. It is far more than the absence of disease - it is the presence of vitality, resilience, purpose, harmony, and fulfilment. It is the art and science of living well, empowering individuals to make conscious choices that enrich every dimension of life and enable communities to flourish. Every thought we cultivate, every habit we embrace, every relationship we nurture, every environment we create, and every decision we make shapes our well-being. Wellness is therefore **not an event, a programme, or a destination - it is a lifelong commitment to balanced living and continuous self-transformation.** It represents the harmonious integration of the **body, mind, intellect, emotions, spirit, relationships, profession, finances, and environment**, creating a foundation for healthier individuals, stronger families, more resilient communities, and a sustainable future. At the heart of this philosophy lie the **Eight Dimensions of Wellness**, each indispensable to holistic human development:

- **Physical Wellness** – cultivating vitality through healthy living, preventive healthcare, balanced nutrition, physical activity, and restorative rest.
- **Emotional Wellness** – nurturing resilience, self-awareness, optimism, empathy, and the ability to navigate life's challenges with confidence.
- **Social Wellness** – strengthening meaningful relationships, inclusivity, compassion, and a sense of belonging.
- **Intellectual Wellness** – inspiring curiosity, creativity, innovation, critical thinking, and lifelong learning.
- **Occupational Wellness** – fostering meaningful work, professional excellence, creativity, and lifelong satisfaction.
- **Financial Wellness** – promoting financial literacy, responsible decision-making, security, and independence.
- **Environmental Wellness** – encouraging sustainable living and recognising that the health of humanity is inseparable from the health of our planet.
- **Spiritual Wellness** – discovering purpose, values, inner peace, compassion, and ethical living.

Together, these interconnected dimensions form the foundation of **Holistic Wellness** - a philosophy in which health is understood not merely a survival, but as the achievement of balance, excellence, happiness, and human flourishing. Recognising the transformative power of this vision, **Prayatna** initiated a pioneering movement to promote holistic wellness through scientific dialogue, interdisciplinary collaboration, education, research, and community engagement. This inspiring journey began with the **National Conference on Wellness (2014)**, followed by the landmark **First International Conference on Wellness (Wellness Con-2019)** and the highly acclaimed **Second International Conference on Wellness (Wellness Con-2025)**. These conferences established an enduring legacy by bringing together distinguished scientists, Padma Awardees, healthcare professionals, educators, researchers, policy makers, innovators, and wellness advocates from across India and around the world to exchange ideas, inspire innovation, and translate knowledge into meaningful societal impact. Building upon this remarkable legacy, we are proud to present the **Third International Conference on Wellness – Wellness Con-2026**, to be held on **30–31 October & 01 November 2026** at **Chhatrapati Shahu Ji Maharaj University, Kanpur, India**. **Guided by the inspiring vision - Empowering Wellness • Advancing Knowledge • Transforming Lives !**

Wellness Con-2026 aspires to become one of the world's leading interdisciplinary platforms dedicated to holistic health and human well-being. The conference will unite **Padma Awardees, globally renowned experts, visionary academicians, clinicians, researchers, policymakers, industry leaders, innovators, and students** to deliberate on emerging scientific discoveries, evidence-based practices, indigenous wisdom, technological innovations, and sustainable strategies that can transform health systems and improve lives. More than an academic gathering, **Wellness Con-2026 is a global movement** - a celebration of human potential, a convergence of science and compassion, and a collective commitment to creating a healthier, happier, more equitable, and more sustainable world.





Invitation

"The greatest wealth is health, and the greatest investment is in human well-being."

It is with immense pleasure and profound honour that we invite you to **Wellness Con–2026**, the **3rd International Conference on Wellness**—a prestigious global congregation dedicated to advancing holistic health, scientific excellence, innovation, and sustainable well-being.

Wellness Con–2026 is far more than a conference - it is a movement. It is a celebration of human potential, a confluence of wisdom compassion, and a collective resolve to build healthier, happier, and more resilient societies. Bringing together **Padma Awardees, internationally acclaimed experts, eminent clinicians, researchers, academicians policy makers, industry leaders, and students** from India and across the world, the conference will serve as a vibrant platform for dialogue, discovery, collaboration, and transformative action. Our vision transcends the conventional boundaries of healthcare. We believe that **true wellness is the harmonious integration of body, mind, intellect, society, environment and spirit.** It is not merely freedom from disease, but the attainment of purpose, balance, dignity, resilience, fulfilment, and hope. Every participant is invited to become an **Ambassador of Wellness**, inspiring positive change and contributing to a healthier, more compassionate, and sustainable world.

Conference Themes

<i>Ayurvedic Way of Life Diagnostic Approaches Environmental Management Effective Prevention & Management of Lifestyle Disorders (Hypertension, Diabetes etc.)</i>	<i>Empowering Women through Preventive Gynaecological Wellness Healthy Lifestyle & Yoga Herbal Products Management of Climatic Changes & Global Warming</i>	<i>Mental Well-being Personal Hygiene Preventive Strategies for Health Physiotherapy Pollution Management</i>	<i>Proper Nutrient Intake Spiritual Management Stress Management Sustainable Living Practices</i>	<i>Time Management Wealth Management Wellness Strategies for People Living with HIV/AIDS (PLWHA)</i>
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The conference will feature **inspiring keynote lectures, plenary sessions, oral and poster presentations, and unparalleled networking opportunities.** We are privileged that **renowned speakers, including Padma Awardees and distinguished experts of international and national repute**, have graciously consented to enrich this landmark event with their knowledge, experience, and vision.

Researchers, academicians, clinicians, healthcare professionals, scholars, and students are warmly invited to **present their original research** and contribute to meaningful scientific discourse. Selected manuscripts will be considered for publication through the conference publication process, offering a valuable opportunity for wider academic dissemination. We cordially invite you to join us at **Chhatrapati Shahu Ji Maharaj University, Kanpur**, and become a part of this extraordinary global endeavour to redefine wellness through knowledge, collaboration, innovation, and compassionate leadership.

Register at your earliest convenience and be a part of this transformative international movement.

Join us as we empower wellness, advance knowledge, and transform lives—together.

Together, let us inspire healthier minds, stronger communities, and a more sustainable future for humanity.

With Regards



Prof. Vinay Kumar Pathak
Vice Chancellor, CSJM University, Kanpur
& Chief Patron, Wellness Con-2026

Dr. Vandana Pathak | Prof. Rajesh Kumar Dwivedi | Prof. SK Katiyar | Prof. SP Singh | Prof. Sanjay Kala | Dr. Atul Kapoor
—Patrons—

Dr. AS Prasad
Chairperson

Dr. AK Trivedi
Co-Chairperson

Prof. Sandeep K. Singh
Organizing Chairman

Prof. Awadesh K. Sharma
Co-Organizing Chairman

Prof. Praveen Katiyar
Convener

Prof. Sudhanshu Pandiya
Director, Scientific Committee

Dr. Pankaj Gulati | Dr. Rahul Mishra | Prof. Sandesh Gupta
—Joint Director, Scientific Committee—

Prof. Munish Rastogi | Prof. Nisha Sharma | Prof. Anuradha Kalani | Prof. Digvijay Sharma | Prof. Rakesh Kumar Dixit
—Organizing Secretaries—

Dr. Ajay Kumar Gupta | Prof. Yashwant K. Rao
—Treasurer—
—Editor-in-Chief, Souvenir—

Dr. Sangeeta Singh Sengar | Prof. Praveen Bhai Patel | Dr. Priyanka Shukla | Dr. Manish Kumar Gupta | Dr. Vivek Singh Sachan | Dr. Ravindra Nath | Dr. Shashi Alok | Prof. Mohit Kumar | Dr. Hina Vaish | Dheeraj Kumar | Dr. Ram Kishore
—Co-Organizing Secretaries—
—Joint Organizing Secretaries—



About the organizers



A Legacy of Excellence · A Future of Global Leadership

Established in 1966, Chhatrapati Shahu Ji Maharaj University (CSJMU), Kanpur formerly Kanpur University, is one of India's leading State Universities, committed to academic excellence, research, innovation, and social transformation. Guided by its timeless motto, "Aaroh Tamso Jyoti" (Lead from Darkness to Light), the University has evolved into a vibrant **264-acre residential campus** with **618 affiliated colleges** across seven districts of Uttar Pradesh, serving one of the largest higher education ecosystems in the region.

The University has earned **NAAC A++ Accreditation** and **UGC Category-I status**, reflecting its unwavering commitment to quality, institutional autonomy, academic excellence, and global standards.

The period **2021–2026**, under the visionary leadership of **Prof. Vinay Kumar Pathak** has been the most transformative in the University's history. Driven by the vision of **NEP 2020**, CSJMU established **13 Schools of Studies**, expanded its academic portfolio to **177 programmes** and **55 doctoral disciplines**, and introduced future-ready courses in **Artificial Intelligence, Quantum Technology, Defence Technology, Financial Services, Agri-Business Management**, and other emerging domains. The University also recorded an exceptional **132% growth in campus enrolment**, while strengthening digital governance through the **SAMARTH** platform and implementation of **ABC, APAAR, and outcome-based education**.

Through **Project CAM-AI**, the **AICTE IDEA Lab**, Robotics and Drone Laboratories startup incubation, entrepreneurship initiatives, and industry collaborations, CSJMU has emerged as a pioneering **AI-enabled, innovation-driven, and research-oriented university**, fostering interdisciplinary learning and future-ready skills.

CSJMU's academic excellence has earned prestigious national and international recognition, including distinction as the **highest-ranked State University in Uttar Pradesh** in the **QS Sustainability Rankings 2026**, alongside notable performance in the **QS Asia, THE, SCImago, Nature Index, EduRank, and NIRF** rankings. Strategic collaborations with institutions in **more than 15 countries** further strengthen its global engagement in education and research.

Committed to **holistic education, sustainability, healthcare, women empowerment innovation, and community engagement**, CSJMU continues to nurture globally competent professionals, visionary leaders, ethical citizens, and innovative entrepreneurs, advancing confidently toward its vision of becoming a **globally respected university of excellence**.



Celebrating 21 Years of Compassion, Commitment & Social Transformation

"Serving Humanity · Promoting Wellness · Transforming Lives"

Established in **March 2005** and registered under the **Societies Registration Act 1860**, **Prayatna** is a voluntary social welfare organization dedicated to advancing holistic wellness and sustainable community development. Over the past **21 years**, it has grown into a respected institution of public service, transforming compassion into action through healthcare, education, awareness, and social empowerment.

Inspired by the philosophy that **wellness embraces physical, emotional, social, intellectual, occupational, financial and environmental, spiritual well-being**, Prayatna has touched thousands of lives through health awareness campaigns, free medical and health screening camps, educational programmes, seminars, workshops, public lectures, and community outreach initiatives. Its unwavering commitment to preventive healthcare and public education has fostered healthier lifestyles and strengthened community well-being.

A pioneer in promoting wellness through academic dialogue, Prayatna launched **Wellness Con**, a flagship conference series that has become a nationally recognized platform for interdisciplinary learning and collaboration. In partnership with **Chhatrapati Shahu Ji Maharaj University, Kanpur**, it successfully organized the **National Conference on Wellness (Wellness Con–2014)**, the **International Conference on the Fight Against Cancer (2017)**, and the **First International Conference on Wellness (Wellness Con–2019)**. Further expanding its mission Prayatna collaborated with the **Hind Institute of Medical Sciences, Safedabad, Barabanki**, to organize the **Second International Conference on Wellness (Wellness Con–2025)**.

Building upon this remarkable legacy, **Wellness Con–2026**, the **Third International Conference on Wellness**, is being jointly organized with the **Chhatrapati Shahu Ji Maharaj University, Kanpur**, from **30 October to 01 November 2026**. The conference reflects Prayatna's enduring vision of uniting healthcare, education, research, innovation, and community participation to advance holistic wellness and societal well-being.

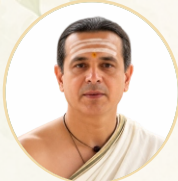
As Prayatna celebrates **21 glorious years of dedicated social service**, it renews its pledge to inspire healthier lives, empower communities, and create enduring social impact. More than an organization, **Prayatna is a movement of hope, knowledge and compassion - committed to building a healthier, happier, and more sustainable future for all.**





Distinguished Speakers Speakers from Abroad

Eminent speakers confirmed till 19 September 2026



Āchārya Jonas Masetti
Padma Shri Awardee (2025)
Founder-Āchārya
Vishva Vidya Gurukulam
Brazil



Prof. Motoşugo Nagao
Professor & Chair in
Diabetology & Metabolism
Tokyo Women's Medical
University, Tokyo
Japan



Prof. Bhaskar K. Somani
Consultant Endourologist
University of Southampton
UK



Dr. Naira Mkrtchyan
Distinguished Psychologist
Historian-orientalist, Diplomat
TV Anchor & Writer
Republic of Armenia



Dr. Dalwinder Kaur
Programme Leader
School of Education
GlobalNxt University
Kuala Lumpur
Malaysia



Dr. Viana Hassan
Adjunct Professor
The American University
of Malta
Founder and CEO
European Tourism & Events
Training Academy, Malta



Dr. Rashmi Tondon
Associate Professor
Pathology & Laboratory Medicine
Director, GI Pathology
Penn Medicine
Perelman School of Medicine,
Uni. of Pennsylvania, USA



Dr. Mamta Prasad
Medical Practitioner
UK



Ms. Itra Singh
Senior Project Manager
Sanguine Biosciences
Woburn, MA
USA





Distinguished Speakers India, Padma Awardee



Prof. KK Talwar

Padma Bhushan Awardee (2006)

Chairman
PSRI Heart Institute, New Delhi
Former Director, PGIMER Chandigarh
Former Head, Cardiology
AIIMS, New Delhi & PGIMER, Chandigarh
Former Chairman
Board of Governors, MCI



Prof. Anoop Misra

Padma Shri Awardee (2007)

Dr. B.C. Roy Award recipient (2006)

Executive Chairman
Fortis C-DOC Centre of Excellence
for Diabetes & Allied Sciences
Former Head, Diabetes & Metabolism
AIIMS, New Delhi
Former Honorary Physician
to the Prime Minister of India



Dr. Mohsin Wali

Padma Shri Awardee (2007)

Sr. Consultant
Former Physician to
the President of India
Sir Ganga Ram Hospital
New Delhi



Prof. Ravi Kant

Padma Shri Awardee (2016)

Dr. B.C. Roy Award recipient (2014)

Yash Bharti Award
Recipient (2016)
Former Director
AIIMS, Rishikesh, UK
Former Vice Chancellor
KGMU, Lucknow



Dr. BKS Sanjay

Padma Shri Awardee (2021)

President, AIIMS Guwahati
Social Entrepreneur & Director
Sanjay Orthopaedic, Spine
& Maternity Centre, Dehradun
Founder President
Uttaranchal Chapter, IOA



Prof. Rajendra Prasad

Padma Shri Awardee (2026)

Dr. B.C. Roy Award recipient (2010)

Director, Medical Education
& Head, Pulmonary Medicine
Era's Lucknow Medical College
& Hospital, Lucknow
Ex-Director, V.P. Chest Institute
New Delhi
Ex-Head, Respiratory
Medicine, KGMU Lucknow



Prof. Suresh Hanagavadi

Padma Shri Awardee (2026)

Professor
Pathology, JJM Medical College
Karnataka
Founder
Karnataka Haemophilia
Society



Prof. Shyam Sundar

Padma Shri Awardee (2026)

Department of Medicine
Institute of Medical Sciences
Banaras Hindu University
Varanasi, UP



Dr. Padma Gurmet

Padma Shri Awardee (2026)

Director
National Institute of
Sowa-Rigpa (NISR)
Leh, Ladakh



Prof. KK Thakral

Padma Shri Awardee (2026)

Ex-Principal
Govt. Ayurvedic Medical
College, Lucknow
Ex-Director
Ayurved & Unani Services
UP



Distinguished Speakers - India



Prof. MLB Bhatt

Dr. B.C. Roy Award recipient (2018)

Director
Kalyan Singh Super Speciality
Cancer Institute, Lucknow
Former Vice Chancellor
KGMU Lucknow & HNB Med. University
Uttarakhand



Prof. Sharad Kr. Agarwal

Former National President
Indian Medical Association HQ (2022-23)
Pro- Vice Chancellor, Medical Director
& Dean, K.M. University, Mathura
Former National Chairman
IMA Hospital Board
Former State President &
Hony. State Secretary, IMA UP



Prof. Arvind Kumar

Dr. B.C. Roy Award recipient (2014)

Founder and Managing Trustee
Lung Care Foundation, India &
Doctor for Clean Air & Climate Action
Former Chairman
Centre for Chest Surgery
& Director, Institute of Robotic Surgery
Sir Ganga Ram Hospital, New Delhi



Prof. Ajay Singh

Vice Chancellor, UPUMS, Saifai, Etawah
Ex-Executive Director & CEO
AIIMS, Bhopal, Gorakhpur & Raipur
Ex-Director, Super Speciality Paediatric
Hospital & Post Graduate
Teaching Institute, Noida, UP
Director, INDUSEM Academic Council
for Emergency Traumatology



Prof. Ashok Kumar

Ex-Vice Chancellor
CSJM University, Kanpur, UP
DDU University, Gorakhpur, UP
Shri Kallaji Vedic University
Chittorgarh, Rajasthan
Nirvan University, Jaipur
Rajasthan



Prof. Amod Kumar Sachan

Founder, Chairman
& Managing Director
Hind Institute of Medical Sciences
Shekhar Hospital & Amod Foundation
Ex. Head
Dept. of Pharmacology & Therapeutics
KGMU Lucknow



Prof. Anuj Maheshwari

National President
RSSDI
President
Asian Pacific Society of Hypertension
Past Governor
ACP India Chapter



Dr. JK Maniar

President, HIV Welfare Society, Mumbai
Consultant in HIV Medicine
Jaslok Hospital & Research Centre
Saifee Hospital & Wockhardt Hospital
& Bhatia Hospital
Mumbai



Prof. Amool Ranjan Singh

Professor & Head
Department of Clinical Psychology
RINPAS, Ranchi
Former Director
Ranchi Institute of Neuro-Psychiatry
and Allied Sciences, Ranchi
Jharkhand



Prof. RC Gupta

Principal
LLRM Medical College
Meerut, UP



Prof. Narayan Prasad

Head
Dept. of Nephrology
SGPGIMS, Lucknow
President
International Society of Nephrology



Prof. Surya Kant

Head, Dept. of Respiratory Medicine
KGMU Lucknow
Editor in Chief
Indian Journal of Allergy, Asthma
& Immunology (2025-27)
Past President
Indian Chest Society, NCCP(I)
Indian College of Allergy
Asthma & Applied Immunology



Distinguished Speakers - India



Prof. Sanjay Gupta

Dean, IMS, BHU, Varanasi, UP
Founder
Khushhaali Happiness Movement
Professor
Dept. of Psychiatry, IMS BHU, UP



Prof. Navneet Kumar

Senior Neurologist
Formerly Principal & Dean
Government Medical College
Kannauj &
GSVM Medical College
Kanpur, UP



Dr. Sujata Chahande

Prof. & Head, Ophthalmology
Grant Govt. Medical College and
JJ group of Hospitals
Mumbai



Dr. HP Pattanaik

Consultant Gynaecologist &
Endoscopic Surgeon, Cuttack
Ex-Special Secretary
Health & Family Welfare, Odisha
Ex- Director, Health Services &
Director, Public Health, Odisha



Dr. Tanmay Goswami

Ayurvedic Physician, Author
Wellness Mentor, Speaker
Founder – GOSVAL
Ex-Vice Chancellor
Sanskriti University
Mathura



Dr. Ashutosh S. Kulkarni

President
National Integrated
Medical Association – CC (India)



Dr. Vandana Pathak

Senior Ayurvedacharya, Kanpur
Secretary
NIMA, UP (Women Forum)
Kanpur



Mr. Himadri Sinha

Wellness Consultant
Co-founder & CEO
Countrywide Learning Systems
Vadodara, Gujarat



Prof. GS Tomar

Member, Technical Working Group
AYUSH–NTEP Collaboration
MoH & FW, Govt. of India
Visiting Professor
Mahayogi Gorakhnath University
Gorakhpur
Formerly – Principal & Suprintendent
Govt. Ayurvedic College, Prayagraj



Prof. Kamini Dhiman

Head, Dept. of SRPT
Sumandeep Ayurveda Medical College
Sumandeep Vidyapeeth
Vadodara, Gujarat



Dr. Kuldip Kohli

Kohli Ayurveda Panchakarma Centre
Mumbai
Maharashtra



Prof. SP Singh

President, Prayatna
Former Head
Dept. of Pharmacology
GSVM Medical College, Kanpur



Prof. Rakesh Kumar Dixit

Professor & Head
Dept. of Pharmacology
& Therapeutics
King George's Medical University
UP, Lucknow



Prof. Durgesh Kr. Dwivedi

Professor, Radiophysics
Dept. of Radiodiagnosis
King George's Medical University
UP, Lucknow



Prof. (Dr.) Rajul Rastogi

Professor
Department of Radiodiagnosis
Chairman, College Research Committee
Teerthanker Mahaveer Medical College
& Research Centre
Moradabad, UP

Distinguished Speakers - India



Prof. Mona Asnani

Professor
Dept. of obstetrics & Gynecology
King George's Medical University
UP, Lucknow



Dr. Vaibhav Saxena

Senior Director & Head of Urology
Yashoda Group of Hospitals
Ghaziabad, UP



Dr. Shashikant Mishra

Senior Consultant Urologist
& The Medical Director
Precision Urology Hospital
& Kidney Transplant Centre
Lucknow, UP



Dr. Vijay S.C. Pawar

Associate Professor
Dept of Obs. & Gynae.
Dr. VM Govt. Medical College
Solapur, Maharashtra



Dr. Rajat Jain

Associate Professor
Dept. of Otorhinolaryngology &
Head Neck Surgery
King George's Medical University
UP, Lucknow



Prof. Bhaskar Agarwal

Professor, Prosthodontics
Crowns & Bridges
Faculty of Dental Sciences
King George's Medical University
UP, Lucknow



Dr. Sangeeta Saraswat

Senior Gynaecologist
Saraswat Maternity Centre, Kanpur
State Co-ordinator Uttar Pradesh
Aao gadhe Sanskarwaan Peedhi
Shantikunj, Haridwar



Prof. (Dr.) Ashish Raina

Dean, School of Management
Hotel Management and Design
CT University, Ludhiana
Punjab



Prof. Suraj Kumar

Professor
Centre for Physiotherapy
& Rehabilitation Sciences
Jamia Millia University
(A Central University)
Jamia Nagar
New Delhi



Dr. Navin Chandra Joshi

Associate Professor
Faculty of Ayurveda
Uttarakhand Ayurved University
Dehradun



Dr. Yawar Manzoor Khan (PT)

Director & Head Physiotherapist
Comfort Care Athletics
Srinagar, J & K



Dr. Poonam Tiwari

Head, Dept. of Dietetics
Dr. Ram Manohar Lohia
Institute of Medical Sciences
Lucknow, UP
Executive Member, National
Nutrition Professionals Council
Ministry of Health and Family Welfare
India



Dr. Smita Singh

Chief Dietitian, Midland Health
& Research Centre
Director, Wellness Diet Clinic
Executive Board Member
Lucknow Chapter, IAPEN
Executive Board Member
International Society of Medical
Nutrition (ISMN)



Dr. Aparna Pandey

Head, Lab Services
Hannah Joseph Hospital
A Centre of Excellence for
Neurosciences & Trauma Care
Madurai, Tamil Nadu
Internal Auditor for NABL & NABH

Full Paper Publication Opportunity

In Scopus Indexed & International Peer-Reviewed Journals

Authors presenting their research at Wellness Con–2026 are invited to submit full-length manuscripts for possible publication in the internationally reputed journals. All submitted manuscripts will undergo the standard editorial screening and independent peer-review process of the respective journals.

INTERNATIONAL PARTNER JOURNALS

Sn.	Journal	Publisher	Indexing	Major Research Areas	Publication Charges
01	Development	The Company of Biologists UK	SCIE (Web of Science) Scopus, MEDLINE/ PubMed Q1	Developmental Biology Stem Cells, Regeneration Organogenesis, Developmental Genetics, Disease Models	Eligible CSJMU Corresponding Authors may avail Open Access benefits (subject to eligibility & acceptance). *Article Processing Fee: ₹20,000/- per manuscript.
02	Journal of Cell Science	The Company of Biologists UK	SCIE (Web of Science) Scopus, MEDLINE/ PubMed Q2	Cell Biology, Membrane Biology Extracellular Vesicles Cytoskeleton, Stem Cells Cell Signaling, Advanced Imaging	Eligible CSJMU Corresponding Authors may avail Open Access benefits (subject to eligibility & acceptance). *Article Processing Fee: ₹20,000/- per manuscript.
03	Journal of Experimental Biology	The Company of Biologists UK	SCIE (Web of Science) Scopus, MEDLINE/ PubMed Q2	Physiology, Neurobiology Metabolism, Biomechanics Environmental Adaptation Comparative Biology	Eligible CSJMU Corresponding Authors may avail Open Access benefits (subject to eligibility & acceptance). *Article Processing Fee: ₹20,000/- per manuscript.
04	Disease Models & Mechanisms (DMM)	The Company of Biologists UK	SCIE (Web of Science) Scopus, MEDLINE/ PubMed Q1	Translational Medicine Disease Mechanisms, Biomarkers Precision Medicine, Regenerative Medicine, Organoids	Eligible CSJMU Corresponding Authors may avail Open Access benefits (subject to eligibility & acceptance). *Article Processing Fee: ₹20,000/- per manuscript.
05	Biology Open	The Company of Biologists UK	SCIE (Web of Science) Scopus, MEDLINE/ PubMed Q3	Biotechnology, Molecular Biology, Genetics, Microbiology Physiology, Biomedical Sciences	Eligible CSJMU Corresponding Authors may avail Open Access benefits (subject to eligibility & acceptance). *Article Processing Fee: ₹20,000/- per manuscript.
Note: For Journal (Sno. 01 to 05) - Multiple Corresponding Authors are permitted However at Least one Corresponding Author must be affiliated With CSJMU Kanpur					
06	Environmental Sustainability	Springer Nature	Scopus SCIE (Web of Science) UGC-CARE Q2	Climate Change, Environmental Health, Biodiversity, Renewable Energy, Sustainable Development Waste Management	Subscription route available. Optional Open Access as per Springer Nature policies.
07	Research Journal of Biotechnology	Research Journal of Biotechnology	Scopus Indexed Q4	Biotechnology, Molecular Biology Microbiology, Medical Biotechnology, Plant Biotechnology, Bioinformatics	Approximate publication charges ₹10,000–20,000/- (subject to prevailing journal policy). Maximum 5 authors per Manuscript.

SELECTION FOR
PUBLICATION WILL
BE BASED EXCLUSIVELY ON:



Scientific Quality
& Originality



Novelty & Research
Significance



Reviewer
Recommendations



Editorial Decision



Ethical & Technical
Compliance

Full Paper Publication Opportunity

PUBLICATION GUIDELINES

GENERAL PUBLICATION REQUIREMENTS

	Originality	Manuscripts must contain original and unpublished research.
	Scientific Quality	High scientific rigor, sound methodology & reproducible results are essential.
	Ethical Compliance	Necessary ethical approvals for human/animal studies wherever applicable.
	Plagiarism	Compliance with international plagiarism and publication ethics standards is mandatory.
	Peer Review	Every manuscript will undergo independent editorial screening and peer review.
	Editorial Decision	Acceptance, revision or rejection rests solely with the journal editors and reviewers.

CONFERENCE PUBLICATION SCHEDULE

Activity	Schedule
Conference Registration	First Author and/or Corresponding Author must be registered before manuscript submission.
Full Paper Submission Begins	Full paper submission has been started.
Priority Review Batch	Full papers received will be forwarded immediately after preliminary screening.
Rolling Submission	Papers received will be processed periodically.
Final Batch Forwarding	Up to the end of November 2026.
Editorial & Peer Review	As per individual journal policies and timelines.

IMPORTANT NOTES

- ✓ Presentation of an abstract at Wellness Con-2026 does not guarantee publication.
- ✓ Publication depends entirely upon editorial screening, peer review originality and scientific merit.
- ✓ Authors must strictly follow the Instructions for Authors of the selected journal.
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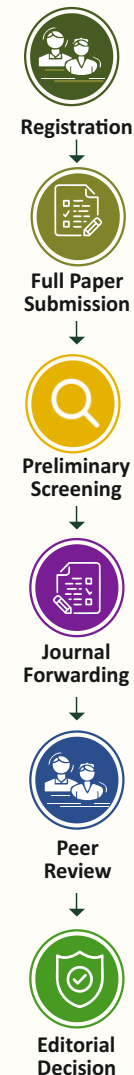
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Category	From 1st July 2026 to 30th September 2026			From 1st October 2026 onwards		
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Delegates (Professionals / Academicians)	4500	810	5310	5000	900	5900
Prayatna Members	3500	630	4130	4000	720	4720
UG Students	2200	396	2596	2500	450	2950
PG Students	2500	450	2950	2800	504	3304
PhD Scholar	2800	504	3304	3100	558	3658
Accompanying Person	2400	432	2832	2800	504	3304
Delegates (Industry)	7000	1260	8260	8000	1440	9440
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Delegates (Professionals / Academicians)	350	63	413	400	72	472
UG/PG Students	250	45	295	300	54	354
PhD Scholar	280	50.40	330.40	330	59.40	389.40
Accompanying Person	175	31.5	206.5	200	36	236
Delegates (Industry)	450	81	531	500	90	590

For Registration:

Please fill- <https://forms.gle/Gro2TDE1G8nfeArQ8>

Note:

- The registration fee includes conference kit, participation in conference, food & entry to the socio-cultural programme.
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Important Guidelines for Abstract Submission :

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3. Text should be justified on both ends and start with a title followed by Author's details, Abstract & Keywords.
4. Title should be descriptive and concise and should not exceed 50 words. Abstract should not exceed 200 words.
5. At least one of the authors must be pre-registered for the conference, Wellness Con-2026.
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Best paper (Oral) & poster presentation will be awarded in the Valedictory function of Wellness Con-2026.

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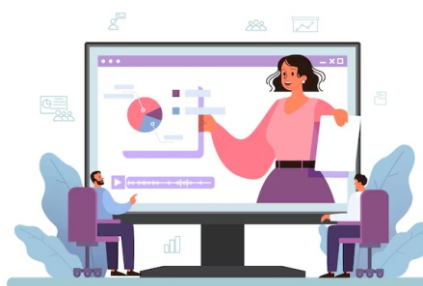
Abstract submission : 30th September 2026

Abstract acceptance confirmation: 10th October 2026

Full paper/PPT file submission: 15th October 2026

Poster Submission: 25th October 2026

The conference: 30 - 31 October & 01 November 2026



Online Oral & Poster Presentation facility is available. The [zoom](#) link will be shared in the delegates' WhatsApp group on 30 October 2026.



Tentative Programme



DAY 01 | 30 OCTOBER 2026

IGNITING THE JOURNEY OF WELLNESS

• Scientific • Innovation • Research • Culture

Time	Programme
08:00 AM onwards	Registration & Welcome Desk @ Veerangna Rani Lakshmibai Auditorium
08:30 AM onwards	Breakfast @ back side of the Veerangna Rani Lakshmibai Auditorium
10:00 AM onwards	Scientific Sessions @ Veerangna Rani Lakshmibai Auditorium
11:00 AM	GRAND INAUGURATION CEREMONY @ Veerangna Rani Lakshmibai Auditorium
01:00 PM to 02:00PM	Lunch @ back side of the Veerangna Rani Lakshmibai Auditorium
02:00 PM	Parallel Scientific Sessions @ Veerangna Rani Lakshmibai Auditorium & Senanayak Tatya Tope Senate Hall
02:00 PM onwards	Oral & Poster Presentations @ First Floor, Auditorium & Designated Halls
05:30 PM	Evening Tea @ back side of the Veerangna Rani Lakshmibai Auditorium
06:30 PM onwards	WELLNESS UTSAV 2026 : Rhythms of Wellness Cultural Evening, Performances by Delegates @ Veerangna Rani Lakshmibai Auditorium
08:30 PM onwards	Dinner @ back side of the Veerangna Rani Lakshmibai Auditorium



DAY 02 | 31 OCTOBER 2026

ADVANCING WELLNESS THROUGH KNOWLEDGE & INNOVATION

• Evidence • Discovery • Innovation • Excellence

Time	Programme
08:00 AM onwards	Registration & Welcome Desk @ Veerangna Rani Lakshmibai Auditorium
08:30 AM onwards	Breakfast @ back side of the Veerangna Rani Lakshmibai Auditorium
09:00 AM onwards	Parallel Scientific Sessions @ Veerangna Rani Lakshmibai Auditorium & Senanayak Tatya Tope Senate Hall
01:00 PM to 02:00PM	Lunch @ back side of the Veerangna Rani Lakshmibai Auditorium
02:00 PM to 05:30PM	Parallel Scientific Sessions @ Veerangna Rani Lakshmibai Auditorium & Senanayak Tatya Tope Senate Hall
05:30PM	Evening Tea @ back side of the Veerangna Rani Lakshmibai Auditorium
06:30PM onwards	WELLNESS LAUREATES 2026 : Inspiring Journeys of Excellence Honouring Excellence • Celebrating Impact • Inspiring Generations @ Veerangna Rani Lakshmibai Auditorium
07:45PM	WELLNESS LIVE: An Evening of Music, Celebration & Togetherness Live Musical Band
08:30 PM onwards	Dinner @ back side of the Veerangna Rani Lakshmibai Auditorium



DAY 03 | 01 NOVEMBER 2026

TRANSFORMING INSIGHTS INTO IMPACT

• Integration • Reflection • Collaboration • Action

Time	Programme
08:30 PM onwards	Breakfast @ back side of the Veerangna Rani Lakshmibai Auditorium
09:00 PM onwards	Parallel Scientific Sessions @ Veerangna Rani Lakshmibai Auditorium & Senanayak Tatya Tope Senate Hall
01:00 PM - 02:00PM	Lunch @ back side of the Veerangna Rani Lakshmibai Auditorium

Time	Programme
02:00PM onwards	Parallel Scientific Sessions @ Veerangna Rani Lakshmibai Auditorium & Senanayak Tatya Tope Senate Hall
04:00PM onwards	VALEDICTORY CEREMONY Reflections • Recognition • The Way Forward @ Veerangna Rani Lakshmibai Auditorium
05:00 PM onwards	High Tea / Refreshments & Farewell @ back side of the Veerangna Rani Lakshmibai Auditorium



Three Days • One Journey • A Transformed Tomorrow

Please note that this is a tentative programme. The final programme schedule will be shared with you very soon.



Program Directors



Dr. AC Agarwal
Senior Consultant Physician
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Indian Medical Association
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Dr. Aditya Narula
Director & Head
Orthopaedics, Robotic knee &
hip surgeon
Paras Hospital, Kanpur



Dr. Alka Sharma
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Dr. DS Martolia
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Medical College, Ayodhya, UP



Dr. Kiran Pandey
Former Prof. & Head, Dept. of Obs. &
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Dr. Madhukar Vashistha
Professor, Dept. of Otorhinolaryngology
Rama Medical College Hospital &
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Dr. Manish Nigam
Senior Psychiatrist
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Dr. Peeyush Mishra
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Dr. Pramod Kumar Singh
Associate Professor
Radiotherapy & Oncology
JK Cancer Institute, Kanpur



Program Directors



Dr. Ravi Kumar
Consultant Psychiatrist
Regency Hospital, Kanpur
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Dr. SK Gautam
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Head, Community Medicine
Autonomous State Medical College
Kanpur Dehat



Prof. Poonam Mani
Head
Dept. of Obs. & Gynae.
MMC, Muzaffarnagar



Prof. Prashant Tripathi
Department of Biochemistry
GSVM Medical College
Kanpur



Prof. Sandip Kumar
Dept. of Community Medicine
UPUMS, Saifai, UP



Prof. Sangeeta Arya
Head, Dept. of Obs. & Gynae.
Dr. BS Kushwaha Institute of
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Prof. Santosh Burman
Dept. of Community Medicine
GSVM Medical College
Kanpur



Prof. Shrawan Kumar
Head, Dept. of Medicine
Rama Medical College Hospital
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Kanpur



Prof. Siddhartha Mishra
Dept. of Biochemistry
University of Lucknow
Lucknow



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Head
Dept. of Community Medicine
GSVM Medical College, Kanpur



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Associate Professor
Dept. of Community Medicine
AIIMS, Raebareilly



Dr. Abhishek Singh
Senior Consultant & Head
Clinical and Radiation Oncology
Gangasheel Cancer Institute
Bareilly



Liaisoning Committee Co-ordinators



Dr. Adarsh Kr. Srivastava

Sr. Asst. Professor, Physiotherapy
School of Health Sciences
Asst. Dean R&D
CSJM University, Kanpur



Dr. Ajay Kumar Yadav

Associate Professor
School of Pharmaceutical Sciences
CSJM University, Kanpur



Dr. Alka Katiyar

Assistant Professor
School of Health Sciences
CSJM University, Kanpur



Dr. Anurag Mishra

Assistant Professor
School of Health Sciences
CSJM University, Kanpur



Dr. Arpana Katiyar

Assistant Professor
School of Business Management
CSJM University, Kanpur



Dr. Ashutosh Bajpai

Associate Professor, Biochemistry
Nodal Officer, BSc-OTT
LPS Institute of Cardiology &
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Kanpur



Dr. Baijnath Das

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TMU, Moradabad



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Assistant Professor
Dept. of Physiology
Dr. BR Ambedkar Medical College
Kannauj



Dr. Harish Sharma (PT)

Senior Physiotherapist
School of Health Sciences
CSJM University, Kanpur



Dr. JR Tyagi

Associate Professor
Dept. of Pathology
Autonomous State Medical College
Kanpur Dehat



Dr. KK Pandey

Consultant Biochemist
Regency Hospital Ltd. Kanpur



Dr. Manas Upadhyay

Assist. Professor
School of Arts Humanities
& Social Sciences
CSJM University, Kanpur



Dr. Manish Kumar Verma

Assistant Professor
Dept. of Biochemistry
Rajarshi Dashrath Autonomous
State Medical College, Ayodhya



Dr. Medha Mishra

Associate Professor
Dept. of Pathology
Dr. BR Ambedkar Medical College
Kannauj



Dr. Minhaj Akhtar Usmani

Associate Professor
Dept. of Food and Nutrition
Era University, Lucknow



Dr. Mohit Kumar

Assistant Professor
School of Health Sciences
CSJM University, Kanpur



Dr. Mohit Mishra

Assistant Professor
Dept. of Community Medicine
Autonomous State Medical College
Kanpur Dehat



Dr. Neelima Yadav

Gynaecologist & Fertility Specialist
Galaxy Hospital & IVF Centre
Lucknow



Dr. Nehal Jais (PT)

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Technology, Kanpur



Dr. Nidhi Agarwal

Head
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Rama University, Kanpur



Dr. Nistha Singh

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Hind Institute of Medical Sciences
Barabanki



Dr. Priyadarshi Meena

Assistant Professor
Dept. of Zoology
University of Rajasthan, Jaipur



Dr. Puneet Kumar Mishra

Reader
Department of Practice of Medicine
Pt. Jawaharlal Nehru Homoeopathic
Medical College & Hospital, Kanpur



Liaisoning Committee Co-ordinators



Dr. Rashmi Gore
Associate Professor
Dept. of Advanced Edu. Research
& Teaching of Edu. Foundations
School of Teacher Education
CSJM University, Kanpur



Dr. Satyendra Singh (PT)
Assistant Professor & Coordinator
Dept. of Physiotherapy
Bundelkhand University, Jhansi



Dr. Shivam Verma
Assistant Professor
Dept. of Physiology
Dr. RML Institute of Medical Sciences
Lucknow



Dr. Shyam Mishra
Principal,
Vidya Mandir Mahavidhyalaya
Farrukhabad,
Coordinator, NSS, CSJM University
Kanpur



Dr. Snehlata Verma
Associate Professor
Dept. of Medicine
LLRM Medical College, Meerut



Dr. Vertika Patel
Senior Gynaecologist
Director Lenus Hospital
Lucknow



Dr. Vimal Kumar
Assistant Professor
Dept. of Biochemistry
Autonomous State Medical College
Kanpur Dehat



Dr. Xshitij Bhardwaj
Chief Scientist, Food & Biosciences
Research Lab, Lucknow
Head, Dept. of Food Science &
Technology, NCI Institute of Food
Nutrition & Health Sciences



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Lucknow



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CSJM University, Kanpur



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Assistant Professor
School of Health Sciences
CSJM University, Kanpur



Mrs. Aamena Jaidi
Assistant Professor
School of Health Sciences
CSJM University, Kanpur



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Assistant Professor
Regency Institute of Nursing
Kanpur



Mrs. Simmi
Assistant Professor
Faculty of Allied & Healthcare Sciences
Rama University, Kanpur



Mrs. Swastika Singh Chandel
Assistant Professor
Faculty of Allied & Healthcare Sciences
Rama University, Kanpur



Ms. Shivangi Kushwaha
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Charak Institute of Allied Health Sciences
Lucknow



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Director
Dr. Shakir Physiotherapy
& Sports Injury Clinic, Lucknow



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SAAIL College of Medical Science
& Technology, Kanpur



Dr. Vaibhav Bhushan (PT)
Kodarma Physiotherapy Centre
Neuro Science Department
Capital University, Jharkhand



Mr. Ankit Srivastava
PhD Scholar, King George's
Medical University UP, Lucknow



Mr. Indrajeet Singh
Lab Technician
UPHC, Baiy, Kalyanpur
Kanpur Nagar



Mr. Ratan Deep Kumar Patel
Lab Technician
CHC, BKT, Lucknow



Ms. Itra Singh
Senior Project Manager
Sanguine Biosciences
Woburn, MA, USA



Ms. Riya Srivastava
PhD Scholar
School of Health Sciences
CSJM University, Kanpur



Dr. Aditya Sengar (PT)
Consultant Physiotherapist
Prakhar Hospital, Kanpur



Dr. Harsh Gupta (PT)
Head Consultant physiotherapist
Dr. Harsh physiotherapy and
rehabilitation centre, Kanpur



Dr. Vijay Singh Bhadauria (PT)
Director
Dr. Bhadauria Physiotherapy Healing
& Rehab Centre, Kanpur



Mr. Anupam Katiyar
M.Sc. - MLT Student
School of Health Sciences
CSJM University, Kanpur



Mr. Kuldeep Kumar
M.Sc. - MLT Passed
School of Health Sciences
CSJM University, Kanpur



Mr. Shivam Agarwal
PhD Scholar
School of Health Sciences
CSJM University, Kanpur



Ms. Kumud Mishra
M.Sc. - MLT Passed
School of Health Sciences
CSJM University, Kanpur



Ms. Sanjana Saxena
PhD Scholar
Physical Education, VSSD College
CSJM University, Kanpur



Dr. Chandan Kumar
Assistant Professor
Amritsar Group of Colleges
Amritsar, Punjab



Dr. Khusboo Anjum (PT)
Assistant Professor
School of Health Sciences
CSJM University, Kanpur



Mr. Amit Yadav
Department of Naturopathy
& Yogic Science College - Uttaranchal
Ayurvedic College Rajpur, Dehradun



Mr. Harsh Gupta
Lab technician, DEIC
Centre, District Hospital
Noida sector 30
Gautam Budh Nagar, UP.



Mr. Neeraj Gautam
MMLS Student
School of Health Sciences
CSJM University, Kanpur



Mr. Shivanshu Awasthi
Co Partner In Franchise Paregoric
Criminal & Family Lawyer, Kanpur Court
Ex- Area Manager
Alembic, Panacea & Wanbury
Ex - RBM, Aculife Healthcare



Ms. Meha
MMLS Student
School of Health Sciences
CSJM University, Kanpur



Mr. Tushar Sharma
Assistant Professor
School of Health Sciences
CSJM University, Kanpur



Dr. Deepak Maurya (PT)
Head of Department
Lohia Arogya Dharmarth
Physiotherapy Centre
Swaroop Nagar, Kanpur



Dr. Saurabh Kumar (PT)
UR Advance Physiotherapy
& Rehabilitation Centre, Lucknow



Mr. Ankit B. Srivastava
Lecturer
Aastha Paramedical & Nursing
College, Kanpur



Mr. Himanshu Kumar
PhD Scholar
School of Health Sciences
CSJM University, Kanpur



Mr. Pradeep Yadav
Director
Geetanjali Diagnostic Centre
Kalyanpur, Kanpur



Mr. Suraj Bhan
MPT Student
School of Health Sciences
CSJM University Kanpur



Ms. Ojasvee Singh Rathore
Yoga Teacher
Kendriya Vidyalaya No.1 AFS
Chakeri, Kanpur



Ms. Yashvi Gupta
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डॉ. आर.पी.एस. भदौरिया
(M) 9839209606 MS, M.Ch.



नेफ्रोलॉजिस्ट

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Wellness Con - 2026

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Wellness Con - 2026 aspires to be a vibrant confluence of knowledge, inspiration and purposeful action—an enriching platform where individuals come together to embrace healthier lifestyles, cultivate positive habits and attitudes, and nurture a harmonious state of holistic well-being. Beyond fostering personal wellness, the Conference seeks to ignite and strengthen research endeavours that translate knowledge into meaningful action, inspiring innovations and evidence-based pathways towards a healthier, happier and more resilient nation. May Wellness Con - 2026 kindle a collective commitment to wellness and become a catalyst for transforming lives and advancing the health and well-being of our society.



Wellness is not merely the absence of illness; it is the art of creating an environment in which healthy choices, positive relationships and purposeful living can flourish. Wellness Con - 2026 seeks to foster such a culture—one that inspires individuals to make informed choices, develop sustainable healthy lifestyles and discover the many pathways that lead towards a fulfilling and balanced life. The Conference will bring together diverse perspectives, experiences and resources to deepen awareness of the physical, mental, social and emotional dimensions of well-being. We envision this vibrant confluence of ideas as an opportunity to transform awareness into action, knowledge into practice, and individual aspirations into a collective movement for healthier lives and healthier communities.



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With immense warmth and pleasure, we welcome you to Wellness Con 2026—an inspiring confluence of minds, cultures and ideas united by a shared vision of holistic well-being. May these enriching days of dialogue, discovery and fellowship spark fresh perspectives, foster meaningful collaborations and inspire each of us to carry the spirit of wellness beyond the Conference. Let us learn together share generously and journey together towards a healthier, happier and more harmonious world.



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