



CSJM University, Kanpur
Internal Quality Assurance Cell



PRAYATNA
Reg. No. 1482/2004-05

“ Save the date ”

Chhatrapati Shahu Ji Maharaj University, Kanpur (IQAC)
& PRAYATNA proudly announce



Wellness Con - 2026

3rd International Conference on Wellness

“EMPOWERING WELLNESS • ADVANCING KNOWLEDGE • TRANSFORMING LIVES”



Prof. Vinay Kumar Pathak

Vice Chancellor, CSJM University, Kanpur
Chief Patron, Wellness Con-2026

Wellness Con-2026 envisions a vibrant confluence of minds dedicated to cultivating healthier lifestyles and inspiring the adoption of attitudes & practices that nurture holistic well-being. It stands as a dynamic platform to advance meaningful research, ignite innovation, and collectively strengthen the wellness of our nation and society at large.

At our university, we remain steadfast in our commitment to fostering awareness, encouraging innovation, and promoting practices that uphold the essence of holistic well-being for all. I extend my heartfelt welcome to all participants.

30th – 31st October & 1st November 2026

Auditorium & Senate Hall, CSJM University, Kanpur



For Registration:
Google form Link
<https://forms.gle/Gro2TDE1G8nfeArQ8>

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
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Social Partners



PLEASE JOIN US IN SHAPING A HEALTHIER FUTURE.



CSJM University, Kanpur
Internal Quality Assurance Cell



PRAYATNA
Reg. No. 1482/2004-05

Jointly proudly present

Wellness Con - 2026

3rd International Conference on Wellness

"EMPOWERING WELLNESS • ADVANCING KNOWLEDGE • TRANSFORMING LIVES"

Venue: Auditorium & Senate Hall, CSJM University, Kanpur

!! Theme !!

Wellness Through

Ayurvedic Way of Life
Diagnostic Approaches
Environmental Management
Healthy Life Style & Yoga

Herbal Products
Mental Well-being
Personal Hygiene
Preventive Strategies for Health

Physiotherapy
Pollution Management
Proper Nutrient Intake
Wealth Management

Spiritual Management
Stress Management
Sustainable Living Practices
Time Management

Effective Prevention & Management of Life Style disorders (Hypertension/ DM etc.)

Empowering Women through Preventive Gynaecological Wellness

Management of Climatic Changes & Global Warming • Wellness strategies for People Living with HIV/AIDS (PLWHA)

Date:
30th – 31st
October &
1st November
2026

Registration open!

Assured Gifts on 200 early bird registrations

Registration

For Registration:

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

Fee Structure

Category	Early Bird (Upto 30th June 2026)			From 1st July 2026 to 30th September 2026			From 1st October 2026 onwards		
	Fee	GST 18%	Total Payable	Fee	GST 18%	Total Payable	Fee	GST 18%	Total Payable
Indian Participants (in INR)									
Delegates (Professionals / Academicians)	4000	720	4720	4500	810	5310	5000	900	5900
Prayatna Members	3000	540	3540	3500	630	4130	4000	720	4720
UG Students	1800	324	2124	2200	396	2596	2500	450	2950
PG Students	2200	396	2596	2500	450	2950	2800	504	3304
PhD Scholar	2500	450	2950	2800	504	3304	3100	558	3658
Accompanying Person	2000	360	2360	2400	432	2832	2800	504	3304
Delegates (Industry)	6000	1080	7080	7000	1260	8260	8000	1440	9440
Overseas Participants (in USD)									
Delegates (Professionals / Academicians)	300	54	354	350	63	413	400	72	472
UG/PG Students	200	36	236	250	45	295	300	54	354
PhD Scholar	230	41.40	271.4	280	50.40	330.40	330	59.40	389.40
Accompanying Person	150	27	177	175	31.5	206.5	200	36	236
Delegates (Industry)	400	72	472	450	81	531	500	90	590

Note:

- The registration fee includes conference kit, participation in conference, food and entry to the socio-cultural programme.
- Accommodation facility will be made available on demand & will be charged as applicable.
- For registration please scan the QR code and fill the Google form.



DETAILS FOR ELECTRONIC TRANSFER

Account Name : WELLNESS CON
Account No. : 44047170222
Bank Name : State Bank of India
Branch : CSJMU Campus, Kanpur
IFSC : SBIN0064085
PAN No. : AADAP0472F
GST No. : 09AADAP0472F1Z0



UPI ID : wellnesscon@sbi

Abstract Submission

Wellness Con-2026 invites research papers from the best of brains across the world covering topics related to Medical/Life Sciences/ Pharmaceutical/ Paramedical/ Biotechnology/ Ayurveda & all fields related to wellness. You are cordially invited to share your research findings in the respective fields before an international audience. Submit scientific abstract to email ID: wellnesscon19@gmail.com. Submitted/selected scientific abstracts will be published in Souvenir and Abstract book. (with ISBN No.) of Wellness Con-2026.

Date to remember:

- Abstract submission: 31st Aug., 2026
- Abstract acceptance confirmation: 15th Sept., 2026
- Full paper/PPT file submission: 30th Sept., 2026
- Poster submission: 30th Sept., 2026
- The conference: 30-31 Oct. & 01 Nov. 2026

Best paper (Oral) & Poster presentation will be awarded in the Valedictory function of Wellness Con-2026

"Papers submitted and approved by the Technical Committee will be eligible for publication in the reputed Scopus-indexed journal, subject to compliance with all prescribed guidelines."

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

: Patrons :

Prof. Sudhir Kumar Awasthi Pro-Vice Chancellor CSJM University, Kanpur	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, G SVM Medical College Kanpur & Patron, Prayatna	Prof. SP Singh President Prayatna	Prof. Sanjay Kala Principal G SVM 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 Sr. Cardiologist 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	Convener Dr. Praveen Katiyar Associate Director IQAC, CSJMU, Kanpur	Director, Scientific Committee Prof. Sudhanshu Pandya Director School of Business Management	: Joint Director, Scientific Committee : Dr. Pankaj Gulati Former President IMA, Kanpur
Dr. Munish Rastogi Director School of Health Sciences	Dr. Nisha Sharma Director School of Pharmaceutical Sciences	Dr. Anuradha Kalani Director School of Life Sciences & Biotech.	Dr. Digvijay Sharma Associate Dean, Admin. CSJMU, Kanpur	Prof. Rakesh Kumar Dixit Head, Pharmacology & Therapeutics KGMU, Lucknow	Editor in chief, Souvenir Prof. Yashwant Kr. Rao Prof., Dept. of Pediatrics G SVM Medical College, Kanpur	Treasurer Dr. Ajay Kumar Gupta Associate Professor School of Pharmaceutical Sciences

Dr. Sangeeta Singh Chauhan Senior ENT Specialist Kanpur	Dr. Praveen Bhal Patel Associate Professor SET(UIET), Kanpur	Dr. Priyanka Shukla Associate Professor & Head Dept. of Clin.Psy., CSJMU Kanpur	Dr. Manish Kumar Gupta Associate Professor Biotechnology, VBSP Univ., Jaunpur	Dr. Vivek Singh Sachan Associate Professor School of Business Management	Dr. Ravindra Nath Associate Professor Comp. Science, BBAU, LKO
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Dr. Shashi Alok National President SPSR, Jhansi	Dr. Mohit Kumar Assistant Professor School of Business Management	Dr. Hina Vaish Assistant Director School of Health Sciences	Mr. Dheeraj Kumar Assistant Director School of Health Sciences	Dr. Ram Kishore Assistant Prof. Yoga, CSJMU Kanpur
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Academic Partners: School of Health Sciences, School of Pharmaceutical Sciences, School of Life Sciences & Biotechnology, Dept. of Clinical Psychology, Dept. of Yoga, G SVM Medical College, Kanpur

Social Partners: National Integrated Medical Association Central Council, Swasth Samaj Samiti, HIW WELFARE SOCIETY WE CAN, Rotary, PARAS HEALTH, Pailwal, PHARMACIA, LOTUS, REGENCY HEALTH, etc.