

# Wellness Con - 2019

International Conference on Wellness

November 8, 9 & 10, 2019

Chhatrapati Shahu Ji Maharaj University, Kanpur, India

Organizers



University Institute  
of Health Sciences  
CSJM University, Kanpur



PRAYATNA



**First Announcement**

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## About the Conference

**Wellness** is an active process of becoming aware of and making choices towards a healthy & fulfilling life. Wellness is more than being free from illness. It is a dynamic process of change, growth and an overall feeling of well being.

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality of life. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It is an ongoing circle. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.

There are eight dimensions of wellness: Social, Physical, Emotional, Occupational, Financial, Spiritual, Environmental and Intellectual. Each dimension of wellness is interrelated with another. Each dimension is equally vital in the pursuit of optimum health. One can reach an optimal level of wellness by understanding how to maintain and optimize each of the dimensions of wellness.

Social wellness helps in performing social roles effectively, comfortably and create a support network. This dimension of wellness allows not only to develop encouraging relationships with peers, but also intimate relationships with partners.

Physical wellness relates to maintaining a healthy body and seeking care when needed. Physical health is attained through exercise, healthy eating, getting enough sleep and paying attention to the signs of illness and getting help when needed.

Emotional wellness relates to understanding feelings and coping effectively with stress. It is important to pay attention to self-care, relaxation, stress reduction and the development of inner resources to learn and grow from experiences.

Occupational wellness is about enjoying occupational endeavors and appreciating contributions. This dimension of wellness encourages personal satisfaction and enrichment in one's life through work.

Spiritual wellness allows to develop a set of values that help in seeking meaning and purpose. Spirituality can be attained in many ways, for example, through relaxation or religion. But being spiritually well means knowing which resources to use to cope with issues that come up in everyday life.

Financial wellness involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough, impacts health as well as academic performance. Financial stress is repeatedly found to be a common source of stress, anxiety and fear for college students.

Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and personal environment. Everyone can have a strong environmental consciousness simply by raising their awareness.

Intellectual wellness involves having an open mind on encountering new ideas and continuing to expand knowledge. It encourages active participation in scholastic, cultural and community activities.

Wellness Con - 2019 focuses on the following theme:

### **!! Theme !!**

#### **Wellness through-**

**Herbal Products**  
**Diagnostic Approaches**  
**Stress Management**  
**Wealth Management**  
**Pollution Management**

**Proper Nutrient Intake**  
**Healthy Life Style & Yoga**  
**Environmental Management**  
**Management of Climatic changes & Global warming**

**Physiotherapy**  
**Preventive Strategies for health**  
**Time Management**  
**Spiritual Management**

Organizing committee feels Wellness Con - 2019 will be helpful in enhancing knowledge about wellness and will provide some new aspects to the society.

We extend a warm invitation to attend and participate in the International Conference, **Wellness Con -2019** at Chhatrapati Shahu Ji Maharaj University, Kanpur. We also invite research papers for the presentation and publication.

Kindly register your self as soon as possible.

With regards



**Chairperson**  
**Dr. A.S. Prasad**

Senior Orthopedic Surgeon, Kanpur



**Chief Patron**  
**Prof. Neelima Gupta**

Vice Chancellor, CSJM University  
Kanpur, India



**Convener**  
**Dr. Praveen Katiyar**

Coordinator, University Institute of Health Sciences





## Call For Papers

Wellness Con -2019 invites research papers from the best of brains across the world covering topics related to Medical/Life Sciences/Pharmaceutical/Biotechnology/Ayurveda & all fields related to wellness.

You are cordially invited to share your research findings in respective fields before an international audience.

Submit scientific abstracts/papers. Submitted/selected scientific abstracts/papers will be published in Souvenir and Abstract book of Wellness Con-2019.

**Its time to make your mark as professional researcher!**

### ***Important Guidelines for Abstract and Paper Submission :***

The submission should include :

1. Name of authors, their address or affiliation, e-mail & phone numbers should be clearly mentioned.
2. It should be typed in English on A-4 size paper using single space with one inch margin on each side. The text should be typed in 12pt size using Times New Roman Font.
3. Text should be justified on both ends and start with a title followed by Author's details, Abstract, Keywords, main text, Reference and appendices.
4. Title should be descriptive and concise and should not exceed 50 characters. Abstract should not exceed 200 characters.
5. Main text of paper (without the author details) should be concise and total number of pages not exceeding eight including references, appendix, table and figures.
6. References should be cited in the text and should be listed in alphabetical order of the First author's surname.
7. At least one of the authors must be pre-registered for the conference, Wellness Con-2019.
8. E-mail the M.S. Word file of your manuscript to the Convener, Wellness Con-2019 on ***email ID: wellnesscon19@gmail.com***
9. For more information and instructions, please refer - "Instructions to author" link of [www.ijw.co.in](http://www.ijw.co.in)

***Best paper & best posters will be awarded in the Valedictory function of Wellness Con-2019 .***

### ***Full length paper publication***

Papers submitted and presented at the conference will be published in the ***International Journal of Pharmaceutical Sciences and Research*** (ISSN: 2320-5148, UGC approved and indexed in Thomas Reuters, PubMed(selected citations), EMBASE-Elsevier, ICAAP, PSOAR, Index Copernicus & Open-J-Gate etc.) and ***International Journal of Wellness*** (ISSN: 2394-2169), subject to their acceptance by the review committee, immediately after the conference.

*Authors of accepted abstracts have to submit full length manuscript according to "Instructions to Authors" link on [www.ijpsr.com](http://www.ijpsr.com) or [www.ijw.co.in](http://www.ijw.co.in)*

### ***Dates to remember:***

- Abstract submission : 15<sup>th</sup> Aug., 2019
- Abstract acceptance confirmation: 31<sup>st</sup> Aug., 2019
- Full paper/PPT file submission: 15<sup>th</sup> Sept., 2019
- Poster Submission: 08<sup>th</sup> Nov., 2019
- The conference: 08, 09 & 10 Nov., 2019

### **Wellness Con Secretariat**

University Institute of Health Sciences, CSJM University Campus, Kanpur - 208 024, India  
Cell.: +91-9415132492, +91-9415510866, +91-6387048770 Tel.: +91-512-2585180, Fax : +91-512-2585180  
E-mail : [wellnesscon19@gmail.com](mailto:wellnesscon19@gmail.com), [drpraveenkatiyar@gmail.com](mailto:drpraveenkatiyar@gmail.com)

## Registration

**Delegate Registration Open. Register Now!**  
**Early Bird Registration : Upto 31st August, 2019**  
**Registration with late fee- 1st September to 31st October, 2019**

### Fee Structure

Category	Early Bird (Upto 31 Aug., 2019)	Late (From 01 Sept. to 31 Oct., 19)	Spot (01 Nov., 2019 onwards)
<b>Overseas Participants (In USD)</b>			
Delegates (Professionals / Academicians)	300	350	400
Students	200	250	300
Accompanying Person	150	175	200
Delegates (Industry)	400	450	500
<b>Participants from India (in INR)</b>			
Delegates (Professionals / Academicians)	3200	3800	4200
Prayatna Members	2000	2500	3000
Students	2000	2500	3000
Accompanying Person	1400	1800	2200
Delegates (Industry)	4000	5000	6000

**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.
- Registration can either be done by sending duly filled form to us by email with softcopy of delegate fee deposition at Bank/Electronic Transfer or Forward duly filled registration form along with requisite amount by Demand Draft/Cheque Favoring "WELLNESS CON", payable at Kanpur to the conference secretariat -  
" University Institute of Health Sciences, CSJM University Campus, Kanpur (U.P.) - 208 024, India ."

#### DETAILS FOR ELECTRONIC TRANSFER

Account Name : WELLNESS CON Account No. : 349502010998088  
Bank Name : Union Bank of India Branch : Kalyanpur, Kanpur  
IFSC Code : UBIN0534951 PAN No. : AADAP0472F

**For any query please contact -**

Mob.: +91 9415132492, +91 9415510866, +91 6387048770, Tel.: +91-512-2585180, Fax: +91-512-2585180  
E-mail : wellnesscon19@gmail.com, drpraveenkatiyar@gmail.com

**Final programme will be sent to you very soon.**





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**PRAYATNA**

### Delegate Registration Form

Title:  Professor  Dr  Mr  Mrs  Ms

First Name: .....

Last Name: .....

Gender:  Male  Female  Transgender

Category:  Professional or Academician  Student  Delegate (Industry)

Organization: .....

Position: .....

Postal Address: .....

.....

Pin/Zip: ..... Country: ..... Mobile No.: .....

E-mail: .....

Accompanying person :  Yes  No

If yes then, name of accompanying person : .....

Whether Accommodation required :  Yes (charges applicable)  No

Presentation :  Yes  No

Title of Paper: .....

Type of Presentation:  Oral  Poster

Name of Presenting Author : .....

#### Payment Details :

Payment for:  Delegate Fee  Accompanying person Fee  Accommodation Charges

Mode of Payment:  Cheque  Cash  Demand Draft  Electronic Transfer

Total Amount: \$/₹ ..... Amount in words .....

.....

Cheque / DD / Electronic Transfer No.: ..... Date: .....

Bank Name: ..... Branch: .....

Area / City: ..... State: ..... Country: .....

Signature

**Note: Please fill all the details in Capital letters.**

**This form may be photocopied or downloaded from the website <www.kanpuruniversity.org> or <www.ijw.co.in> . You can send your form to us by post, fax or e-mail.**

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