WELLNESS CON 2026

3rd International Conference on Wellness

Organized by School of Health Sciences, CSJM University, Kanpur & PRAYATNA

Dates: October 30, 31 & November 01, 2026 | Kanpur, India

ORAL / POSTER PRESENTATION — AWARD WINNERS

CATEGORY A – MEDICAL, PARAMEDICAL, NURSING & ALLIED HEALTH PROFESSIONALS

★ 1ST PRIZE

Title: Structural Anatomy and Anatomical Variations of the Pancreas on Multidetector Computed Tomography (MDCT)

- **Raushan Kumar** — *MMRIT 1st Yr., SHS, CSJMU, Kanpur*
- **Dr Dheeraj Kumar** — *Assistant Professor, SHS, CSJMU, Kanpur*
- **Virendra Kumar Maurya** — *Assistant Professor, SHS, CSJMU, Kanpur*

★ 1ST PRIZE

Title: From HIV Co-receptor Biology to Cancer Progression: A Pan-Cancer Investigation of CCR5 and CCR2

- **Riya Saini** — *Disease Biology Lab, School of Life Sciences and Biotechnology, CSJMU, Kanpur, 208024*
- **Prof. Rajeev Mishra** — *Disease Biology Lab, School of Life Sciences and Biotechnology, CSJMU, Kanpur*
- **Prof. (Dr.) Anuradha Kalani** — *Disease Biology Lab, School of Life Sciences and Biotechnology, CSJMU, Kanpur*

★ 2ND PRIZE

Title: Assessment of Quality of Life Before and After Functional Endoscopic Sinus Surgery (FESS) in Patients with Chronic Rhinosinusitis

- **Shweta Saini** — *UG Scholar, Department of Medical Laboratory Technology, CSJMU, Kanpur, Uttar Pradesh, India*

★ 3RD PRIZE

Title: Evolution of Computed Tomography: From Early CT to Modern Artificial Intelligence

- **Anjali Srivastava** — *BMRIT 2nd Yr., SHS, CSJMU, Kanpur*
- **Renuka Pandey** — *BMRIT 2nd Yr., SHS, CSJMU, Kanpur*
- **Ayush Sengar** — *BMRIT 2nd Yr., SHS, CSJMU, Kanpur*
- **Rajdeep** — *BMRIT 2nd Yr., SHS, CSJMU, Kanpur*
- **Ashish Yadav** — *Assistant Professor, SHS, CSJMU, Kanpur*
- **Ghungharoo Rani** — *Assistant Professor, SHS, CSJMU, Kanpur*

★ 3RD PRIZE

Title: From Microbial Metabolites to Wound Repair: A Cell-Free Probiotic Patch for Burn Injuries

• **Shruti De** — *Disease Biology Lab, School of Life Science and Biotechnology, Chhatrapati Shahu Ji Maharaj University, Kanpur, India*
• **Jeenat Yadav** — *Disease Biology Lab, School of Life Science and Biotechnology, CSJMU, Kanpur*
• **Prerna Tandon** — *Disease Biology Lab, School of Life Science and Biotechnology, CSJMU, Kanpur*
• **Maulishree** — *Disease Biology Lab, School of Life Science and Biotechnology, CSJMU, Kanpur*
• **Ashutosh** — *Disease Biology Lab, School of Life Science and Biotechnology, CSJMU, Kanpur*
• **Prof. (Dr.) Anuradha Kalani** — *Disease Biology Lab, School of Life Science and Biotechnology, CSJMU, Kanpur*

★ CONSOLATION PRIZE

Title: Digital Finger-Tapping Performance and Manual Asymmetry in Young Adults: A Cross-Sectional Study

• **Shikha Rani** — *BPT Student, School of Health Sciences, CSJMU University, Kanpur*
• **Dr. Adarsh Kumar Srivastava** — *Senior Assistant Professor, School of Health Sciences, CSJMU University, Kanpur*

CATEGORY B – AYURVEDA, PHARMACY, LIFE SCIENCES & BIOTECHNOLOGY

★ 1ST PRIZE

Title: Plant derived extracellular vesicles: emerging roles in stress adaptation and secondary metabolism

• **Sapna Mishra** — *Plantomics lab, Department of Life Sciences and Biotechnology, CSJMU, Kanpur*
• **Monika Chaudhary** — *Plantomics lab, Department of Life Sciences and Biotechnology, CSJMU, Kanpur*
• **Dr. Soni Gupta** — *Plantomics lab, Department of Life Sciences and Biotechnology, CSJMU, Kanpur*

★ 2ND PRIZE

Title: CORRELATION OF SERUM TRIGLYCERIDES WITH NEWLY DIAGNOSED TYPE 2 DIABETES MELLITUS PATIENTS

• **Avnish Mishra** — *P.hD Scholar (MLT), Adani Institute of Higher Education, Nagpur, Maharashtra, India*
• **Anubhav Chaudhary** — *P.hD Scholar (MLT), Adani Institute of Higher Education, Nagpur, Maharashtra, India*
• **Kirti Singh** — *M.Sc. Medical Laboratory Sciences (Clinical Biochemistry), Atal Bihari Vajpayee Medical University, Lucknow, India*

★ 2ND PRIZE

Title: Candida Species Distribution in Vulvovaginal Candidiasis and Its Implications for Women's Health and Wellness

• **Anil Kumar** — *Department of Microbiology, Shri Gorakhnath Medical College Hospital and Research Centre, Mahayogi Gorakhnath University, Gorakhpur, Uttar Pradesh, India- 273007*
• **Rajeev Kishore Saxena** — *Department of Microbiology, Shri Gorakhnath Medical College Hospital and Research Centre, Mahayogi Gorakhnath University, Gorakhpur*

★ 3RD PRIZE

Title: EFFECT OF 6 WEEKS OF RAMP WARM-UP PROTOCOL VS TRADITIONAL WARM-UP PROTOCOL ON AGILITY, SPEED AND BALANCE AMONG INTERUNIVERSITY FOOTBALL PLAYERS

• **Aman Sagar** — *Master of Sports Physiotherapy (2025-2027), School of Health Sciences, C.S.J.M. University, Kanpur*
• **Dr. Umesh Kumar Maurya (PT)** — *Assistant Professor, School of Health Sciences, C.S.J.M. University, Kanpur*

★ 3RD PRIZE

Title: Impact Of Stress, Sleep and Lifestyle Factors on Menstrual Cycle Which Causes Menstrual Irregularities among College Age Women

• **Sania Siddiqui** — *BMM, school of health sciences, CSJMU Kanpur*
• **Nandini Prakash** — *BMM, school of health sciences, CSJMU Kanpur*
• **Stuti Katiyar** — *Assistant professor, school of health sciences, CSJMU Kanpur*

★ CONSOLATION PRIZE

Title: Deciphering the Role of Rhodopsin in Photoreceptor Outer-Segment Architecture and Stability

• **Raj Verma** — *School of Life Sciences and Biotechnology, Chhatrapati Shahuji Maharaj University, Kanpur 208024*
• **Dipesh Kumar Verma** — *School of Life Sciences and Biotechnology, Chhatrapati Shahuji Maharaj University, Kanpur 208024*

CATEGORY C – OTHER WELLNESS-RELATED DISCIPLINES, INCLUDING ENGINEERING, MANAGEMENT, SOCIAL SCIENCES & INTERDISCIPLINARY FIELDS

★ 1ST PRIZE

Title: Correlation of Sleep Quality and Level of Physical Activity among Postmenopausal Women: an online cross-sectional survey

• **Arya Gupta** — *MPT (Cardiopulmonary) 2nd Year Student, School of Health Sciences, Chhatrapati Shahu Ji Maharaj University, Kanpur*
• **Dr. Hina Vaish** — *Associate Professor, School of Health Sciences, Chhatrapati Shahu Ji Maharaj University, Kanpur*

★ 2ND PRIZE

Title: Social Sustainability and Transgender Inclusion: A Comparative study of Economic, Healthcare, legal, and Political Exclusion among Transgender persons in Kolkata and Lucknow.

• **Ms Mousumi Baskey** — *Research Scholar, Department of Lifelong Learning & Extension, CSJM University, Kanpur (Uttar Pradesh)*
• **Prof. Sandeep Kr. Singh** — *Professor & Dean, Faculty of Advanced Studies of Social Sciences, Department of Lifelong Learning & Extension, CSJM University, Kanpur (Uttar Pradesh)*

★ 2ND PRIZE

Title: Alexithymia in Depression and Anxiety: A Comparison of Two Clinical Groups Using the Perth Alexithymia Questionnaire

• **Shilpa Pareek** — *Department of Clinical Psychology, Chhatrapati Shahu Ji Maharaj University, Kanpur, Uttar Pradesh, India*
• **Dr. Priyanka Shukla** — *Associate professor, Department of Clinical Psychology, Chhatrapati Shahu Ji Maharaj University, Kanpur, Uttar Pradesh, India*

★ 3RD PRIZE

Title: Beyond the Classroom: Lifelong Learning as a Driver of Psychological Well-Being and Life Satisfaction

• **Ashok Kumar Yadav** — *Research Scholar, Department of Lifelong Learning & Extension, CSJM University, Kanpur*
• **Dr. Abhishek Kumar Mishra** — *Assistant Professor, Department of Life Long Learning & Extension, Chhatrapati Shahu Ji Maharaj University, Kanpur, Uttar Pradesh, India*

★ 3RD PRIZE

Title: Telemedicine in Healthcare: Transforming Access to Quality Care

• **Sadhwi chaubey** — *BMRIT scholar, Department of radiology and imaging technology, T.S Mishra University Lucknow*
• **Zainab hasnat** — *BMRIT 3rd semester scholar, Department of radiology and imaging technology, T.S Mishra University Lucknow*

★ CONSOLATION PRIZE

Title: Coping Patterns and Alcohol-Related Risk among Male Alcohol Users: A Descriptive-Correlational Study

• **Riddhika Jaiswal** — *M.A. Clinical Psychology (RCI), Department of Clinical Psychology, Chhatrapati Shahu Ji Maharaj University, Kanpur, Uttar Pradesh*
• **Dr Priyanka Shukla** — *Associate Professor, Department of Clinical Psychology, Chhatrapati Shahu Ji Maharaj University, Kanpur, Uttar Pradesh*
• **Dr Durga Yadav** — *Assistant Professor, Department of Clinical Psychology, Chhatrapati Shahu Ji Maharaj University, Kanpur, Uttar Pradesh*