



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

Wellness as a Continuous Journey of Adaptation and Growth.

Pre-Conference Hands on Training & Workshop in Physiotherapy



29 October 2026 (Thursday)



09:30 AM - 05:00 PM

Hands on Training



Resource Person

Dr. Yawar Manzoor Khan (PT)
Director & Head Physiotherapist
Comfort Care Athletics
Srinagar, J & K

Topic :- On - Field and Off -Field Sports Physiotherapy
(From Injury Assessment to Return to Play)

📍 Yoga Hall, School of Health Sciences
CSJM University, Kanpur



Workshop



Resource Person



Dr. AK Agrawal
MBBS, MS, DNB
M.Ch (Orthopaedics)
Joint Replacement Surgeon
Director, Satya Hospital, Kanpur

-: Topic :-

How to Approach the Case of Knee Pain ?

Resource Person



Dr. Rachit Mehta
MBBS, MS(Ortho), Diploma FIFA (Switzerland)
Fellowship in Arthroscopy and Sports Medicine (FIASM)
Fellowship in Joint Replacement (FIJR)
Shoulder and Knee Surgeon
Director, Dr. Rachit Mehta Ortho Clinic

-: Topic :-

Shoulder Injuries & It's Clinical Assessment

Resource Person



Dr. Anshul Babu (PT)
Performance Analyst – Physiotherapy
Sports Authority of India (SAI),
Lucknow Centre

-: Topic :-

Comprehensive Rehabilitation of Knee and
Shoulder Injuries

📍 Lecture Theatre No. 01, School of Health Sciences, CSJM University, Kanpur

Benefits of attending :

- Improve Knowledge & Skills
- On-Field Injury Assessment
- Injury Assessment to Return-to-Play
- Knee Pain – Clinical Approach
- Shoulder Injury Assessment
- Comprehensive Knee Rehabilitation
- Comprehensive Shoulder Rehabilitation
- Hands-on Clinical Skills
- Learn from Experts and Share Best Practices

Who can attend ?

- BPT Students
- MPT Students
- Ph.D. Scholars
- Clinicians



REGISTER NOW

For Wellness Con-2026 Delegates:

Registered conference delegates may attend the workshop FREE OF COST. Simply complete the Google Registration Form to confirm participation.

For Non-Conference Participants:

Those not registered for Wellness Con-2026 may attend the workshop by registering separately.

Workshop Registration Fee: 1,000/- only

Limited Seats | Prior Registration Required.

Google Form Link :- <https://shorturl.at/VpkUw>



SCAN TO REGISTER

DETAILS FOR ELECTRONIC TRANSFER

Account Name : PRAYATNA - Wellness Con
Account Number : 44077170222
Bank Name : State Bank of India
Branch : CSJMU Campus, Kanpur
IFSC : SBIN0064085
PAN No. : AADAP0472F
GST No. : 09AADAP0472F1ZO

Scan & Pay



UPI ID : wellnesscon@sb

E-Certificates of Participation will be awarded to participants who will complete the full workshop.

Workshop Co-ordinators

Dr. Hina Vaish
📞 7905746659

Dr. Umesh Maurya (PT)
📞 9839710719

Dr. Amil Agrawal (PT)
📞 8707601324

Dr. Adarsh Kumar Srivastav
📞 8618889003