

Wellness Con - 2025

2nd International Conference on Wellness

Organizers



PRAYATNA
Reg. No. 1482/2004-05



Hind Institute of Medical Sciences
Safedabad, Barabanki, UP, India

10, 11 & 12

Oct. 2025

Venue:

Hind Institute of Medical Sciences, Safedabad
Barabanki, U.P., India (on Lucknow - Ayodhya Highway)



Chief Patron
Prof. Amod Kumar Sachan
Chairman, Hind Charitable Trust



Prof. SK Katiyar
Patron



Prof. SP Singh
Patron



Prof. Deepak Malviya
Patron



Dr. AS Prasad
Chairperson



Dr. AK Trivedi
Co-Chairperson



Dr. Praveen Katiyar
Convener

In association with



Powered by



Invitation

With immense pleasure and profound joy, we extend our most cordial invitation to you for “Wellness Con–2025,” the 2nd International Conference on Wellness, to be held at Hind Institute of Medical Sciences (HIMS), Barabanki (on Lucknow–Ayodhya Highway), from 10th to 12th October 2025.

This grand international gathering promises to be a celebration of knowledge, collaboration, and holistic well-being. We warmly welcome all distinguished guests, eminent speakers, enthusiastic participants, and esteemed delegates whose presence and contributions are instrumental in shaping the success of this significant event.

The stage is set and the preparations have been meticulously crafted to align with the conference's central theme of wellness, encompassing the physical, mental, emotional, and spiritual dimensions of health. The organizing committee is confident that this conference will not only meet but exceed your expectations, offering an intellectually stimulating and experientially enriching platform for all.

We are delighted to share that more than seven hundred delegates have already registered, reflecting the overwhelming response and shared enthusiasm towards this unique initiative. The scientific programme is replete with keynote addresses and thematic sessions delivered by eminent speakers from India and abroad, including nine distinguished Padma Shri awardees, whose insights and expertise will illuminate diverse aspects of wellness and health sciences.

The conference will feature a comprehensive scientific bonanza—a series of thought-provoking lectures, panel discussions, and interactive sessions designed to foster learning, innovation, and collaboration among researchers, clinicians, educators, and wellness practitioners. Alongside these academic pursuits, participants will be treated to sumptuous dinners, delicious feasts, and enchanting cultural evenings, providing the perfect blend of intellect & leisure.

“Wellness Con–2025” aspires to serve as a transformative platform that encourages individuals to adopt healthier lifestyles, cultivate positive attitudes, and nurture holistic well-being. It aims to enhance personal and professional productivity, foster physical and mental resilience, and promote environments that support sustained wellness. The sessions and activities have been thoughtfully curated to increase awareness about key factors contributing to overall well-being, and to provide practical tools and resources for leading a healthier, more fulfilling life.

We, the organizers and faculty, eagerly look forward to your gracious presence and active participation in this remarkable event. Together, let us make Wellness Con–2025 a memorable celebration of science, spirit, and shared humanity—a journey towards wellness in its truest sense.

With warm regards



Dr. AS Prasad
Chairperson



Dr. AK Trivedi
Co-Chairperson



Dr. Praveen Katiyar
Convener

Scientific Programme

Day 01, Friday, 10 October 2025

Registration: 08:00 AM onwards @ Ground Floor, HIMS, Barabanki

Breakfast : 08:30 AM onwards @ 3rd Floor, HIMS, Barabanki

Scientific Sessions @ Auditorium, 2nd Floor, HIMS, Barabanki

Scientific Session - 01 • Time : 09:50 AM to 10:25 AM

Topic: Lifestyle & kidney diseases

Distinguished Speaker



Prof. Dharmendra Singh Bhadauria
Former Professor & Unit Head
Dept. of Nephrology, SGPGIMS
Lucknow

Program Director



Dr. Archana Bhadauria
Sr. Nephrologist
Ex-President, IMA Kanpur
Director, Lotus Hospital, Kanpur

Chairperson

Prof. Shashank Gupta
Nephrologist
HIMS, Barabanki
Prof. Jyoti Srivastava
Head, Microbiology
HIMS, Barabanki

Scientific Session - 02 • Time : 10:25 AM to 11:00 AM

Topic: Role of chronomedicine in health & wellness

Distinguished Speaker



Prof. Surekha Kishore
Ex-Director
AIIMS, Gorakhpur, U.P.

Program Director



Dr. Munish Rastogi
Director
School of Health Sciences
CSJM University, Kanpur

Chairperson

Dr. AK Trivedi
Sr. Cardiologist
Kanpur
Dr. P. Hanumantha Rao
Padma Shri Awardee (2023)
Founder - Chairman, SARS
Hyderabad, Telangana

Scientific Session - 03 • Time : 11:00 AM to 11:35 AM

Topic: Preventive strategies for health & wellness – "The Ayurvedic way"

Distinguished Speaker



Dr. Poornima K. Murthy
Director & Chief Consultant
Prajna Kuteera Ayurveda Centre
Abhijna International Academy of Ayurveda and Yoga
Mysore, Karnataka, India

Program Director



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

Chairperson

Dr. Abhay Kumar Singh
Associate Professor
Community Medicine
AIIMS, Raebareli
Dr. Sourabh Paul
Associate Professor
Community Medicine
AIIMS, Raebareli

Scientific Session - 04 • Time : 11:35 AM to 12:10 PM

Topic: Wellness with rehabilitation

Distinguished Speaker



Dr. P. Hanumantha Rao
Padma Shri Awardee (2023)
Founder - Chairman
Sweekaar Academy of Rehabilitation Sciences (SARS)
Hyderabad, Telangana

Program Director



Prof. Rakesh Kumar Dixit
Head
Dept. of Pharmacology & Therapeutics
King George's Medical University UP
Lucknow

Chairperson

Dr. Mangathayaru
Hyderabad
Dr. Doodla Padmanabham
Hyderabad
Prof. Dolly Rastogi
Dept. of Physiology
GSVM Medical College, Kanpur

Inauguration

Chief Guest:

Dr. P. Hanumantha Rao
Padma Shri Awardee (2023)
Founder - Chairman
Sweekaar Academy of Rehabilitation Sciences (SARS)
Hyderabad, Telangana



Guest of Honour:

Prof. Amod Kumar Sachan
Chairman, Hind Charitable Trust
Founder - Chairman/MD
HIMS & Shekhar Hospital, Lucknow
Founder, Amod Foundation



Time : 12:10 PM to 01:15 PM

Venue : Auditorium, Hind Institute of Medical Sciences, Safedabad, Barabanki

Scientific Session - 05 • Time : 02:00 PM to 02:35 PM

Topic: The Power of One thought.

Distinguished Speaker



Dr. Mohit Dayal Gupta
Director-Professor of Cardiology
GB Pant Hospital
New Delhi

Program Director



Dr. Awadh Dubey
Founder Chairman
RK Devi Eye & Health Care Services
National President, 2025-26
Association of Community
Ophthalmologists of India
Former President, IMA Kanpur

Chairperson

Dr. AS Prasad
Sr. Orthopedic Surgeon, Kanpur
Dr. Alka Sharma
Former President, IMA Kanpur
Mr. Deep Garg
Art of Living, Kanpur

Scientific Session - 06 • Time : 02:35 PM to 03:10 PM

Topic: The Prescription doctors forget to write

Distinguished Speaker



Mr. Himadri Sinha
Wellness Consultant
Co-Founder & CEO
Countrywide Learning Systems
Vadodara, Gujrat

Program Director



Rtn. Anurag Jain
Rotary Club of Kanpur

Chairperson

Dr. Awadh Dubey
Former President
IMA Kanpur
Mrs. Aparna Jain
Kanpur

Scientific Session - 07 • Time : 03:10 PM to 03:45 PM

Topic: Wellness through wealth management

Distinguished Speaker



Mr. Ishkaran Chhabra
Founding Partner
& Chief Investment Counsellor
Centricity WealthTech

Program Director



Rtn. DC Shukla
Past District Governor
Rotary International (District 3110)

Chairperson

Rtn. Gaurav Agarwal Jain
President, Rotary Club of Kanpur
Rtn. Sanjay Malhotra
Secretary, Rotary Club of Kanpur
Rtn. Gulnawaj Lari
Rotary Club of Kanpur

Scientific Session - 08 • Time : 03:45 PM to 04:20 PM

Topic: Reinforcing traditional Indian practices to improve health and well-being

Distinguished Speaker



Mrs. Sheryl S. Salis
Director, Nurture Health Solutions, Mumbai
Director, NHARC, Mumbai
Certified Diabetes Educator
Author of Award-Winning Book Diet in
Diabetes Simplified

Program Director



Dr. Minhaj Akhtar Usmani
Associate Professor
Dept. of Food and Nutrition
Era University, Lucknow

Chairperson

Dr. Xshitij Bharadwaj
Chief Scientist
Food & Biosciences Research Lab
Lucknow
Prof. Siddhartha Mishra
Dept. of Biochemistry
University of Lucknow
Lucknow

Scientific Session - 09 • Time : 04:20 PM to 04:55 PM

Topic: Wellness begins in the gut: Integrating digestive health into holistic Well-being

Distinguished Speaker



Prof. Ajay Kumar Patwa
Prof., Gastroenterology & Hepatology Unit
Dept. of Medicine
King George's Medical University UP
Lucknow

Program Director



Dr. Vikas Singh Sengar
Senior Consultant Gastroenterologist
Director, Medihelp Hospital, Kanpur

Chairperson

Prof. Dolly Rastogi
Dept. of Physiology
GSVM Medical College, Kanpur

Dr. Sourabh Paul
Associate Professor
Community Medicine
AIIMS, Raebareli

Scientific Session - 10 • Time : 04:55 PM to 05:30 PM

Topic: Magic pill to treat Diabetes

Distinguished Speaker



Prof. NS Verma
Principal
Hind Institute of Medical Sciences, Sitapur, UP
Formerly
Professor & Head
Dept. of Physiology, KGMU Lucknow
President, UP Diabetes Association

Program Director



Dr. Chandru Nihlani
Senior Physician
Vice-President
Indian Medical Association
Kanpur Branch

Chairperson

Prof. DS Martolia
Head
Dept. of Community Medicine
GMC Kannauj

Dr. Abhay Kumar Singh
Associate Professor
Community Medicine
AIIMS, Raebareli

Scientific Sessions @ LT-01, Ground Floor, HIMS, Barabanki

Scientific Session - 01 • Time : 10:15 AM to 10:50 AM

Topic: Wellness challenges with ageing

Distinguished Speaker



Prof. DK Gupta
Ex-Vice Chancellor
King George's Medical University UP
Lucknow

Program Director



Dr. Ajay Kumar Gupta
Associate Professor
School of Pharmaceuticals Sciences
CSJM University, Kanpur

Chairperson

Prof. Surekha Kishore
Ex-Director, AIIMS, Gorakhpur

Prof. Akhilesh Agarwal
Head, Forensic Medicine
GSVM Medical College, Kanpur

Scientific Session - 02 • Time : 10:50 AM to 11:25 AM

Topic: Preventive Radiology-A new approach to non communicable diseases

Distinguished Speaker



Dr. Riju Mathew
President
Indian Radiology & Imaging Association
Kerala

Program Director



Dr. Raghunandan Prasad
Professor and Head
Dept. of Radiology and Interventional Radiology
Amrita Institute of Medical Sciences and Research
Centre, Faridabad, Haryana

Chairperson

Prof. Rajnikant Yadav
Dept. of Radiodiagnosis
SGPGIMS, Lucknow

Prof. Hira Lal
Dept. of Radiodiagnosis
SGPGIMS, Lucknow

Scientific Session - 03 • Time : 11:25 AM to 12:20 PM

Topic: Science of humanistic skills in day to day life

Distinguished Speaker



Dr. Sanjay Srivastava
Orthopedic Surgeon
HIMS, Barabanki

Program Director



Prof. Abhay Srivastava
Chief Medical Superintendent &
Prof., Dept. of Medicine
HIMS, Barabanki

Chairperson

Dr. RB Singh
Dept. of Surgery
HIMS, Barabanki

Prof. Ashish Jain
Professor & Head
Orthopaedics & Spine
HIMS, Barabanki

Scientific Session - 04 • Time : 02:30 PM to 03:05 PM

Topic: Healing the healers: Stress resilience and wellbeing in medicine

Distinguished Speaker



Dr. Meenakshi Agarwal
GMC
Member of Royal College of Anaesthesia
United Kingdom

Program Director



Dr. Xshitij Bhargava
Chief Scientist
Food and Biosciences Research Lab
Lucknow

Chairperson

Dr. Munish Rastogi
Director
School of Health Sciences
CSJM University, Kanpur
Dr. Rajeev Saxena
Surgeon
Railway Hospital, Lucknow

Scientific Session - 05 • Time : 03:40 PM to 04:15 PM

Topic: Walking your way to health

Distinguished Speaker



Dr. P. Ravi Shankar
Faculty, Program Coordinator
IMU University
Kuala Lumpur, Malaysia

Program Director



Prof. Ajay Kumar Singh
Bio-Chemical Engineering
HBTU, Kanpur

Chairperson

Dr. Fariza Zamil
Saraswati Medical College
Unnao
Dr. Manish Kumar
Consultant, Medical Health &
Family Welfare, Kanpur

Scientific Session - 06 • Time : 04:15 PM to 04:50 PM

Topic: Raising a Tobacco free generation: Empowering youth through wellness

Distinguished Speaker



Dr. Sourabh Paul
Associate Professor
Dept. of Community Medicine
AIIMS, Raebareli

Dr. Abhay Singh
Associate Professor
Dept. of Community Medicine
AIIMS, Raebareli

Program Director



Prof. DS Martolia
Head
Dept. of Community Medicine
GMC, Kannauj, U.P.
Ex-Principal, GMC, Kannauj &
Saharanpur, U.P.

Chairperson

Prof. Ajay Kumar Singh
Bio-Chemical Engineering
HBTU, Kanpur
Dr. Rajeev Saxena
Surgeon
Railway Hospital, Lucknow

Scientific Session - 07 • Time : 04:50 PM to 05:25 PM

Topic: Navigating complexity: Challenges and opportunities in clinical trials

Distinguished Speaker



Prof. Theeshan Baharun
Executive Director
Mauritius Research and Innovation Council
Ebene Heights, Ebene, Mauritius
Formerly
Chair in Applied Biochemistry, ANDI Centre of
Excellence for Biomedical & Biomaterials Research
University of Mauritius

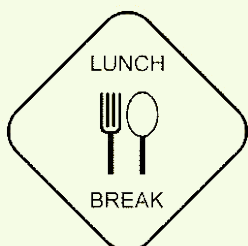
Program Director



Prof. Ashok Kumar
Ex-Vice Chancellor
CSJM University, Kanpur, UP
DDU University, Gorakhpur, UP
Shri Kallaji Vedic University
Chittorgarh

Chairperson

Dr. Ravindra Nath
Associate Professor
Computer Science, BBAU, Lucknow
Dr. Vimal Yadav
Assistant Professor, Biochemistry
ASMC, Kanpur Dehat



Lunch: 01:15 PM to 02:00 PM
@ 3rd Floor, HIMS, Barabanki



Paper (Oral) Presentation @ LT-02 & Conference Hall, Ground Floor, 02:00 PM onwards



LT-02

Chairperson

Dr. Shashi Alok
National President
SPSR, Jhansi

Prof. Yatindra Kumar
Dept. of Pharmacy
GSVM Medical College, Kanpur

Conference Hall

Chairperson

Dr. Sanjay Srivastava
Orthopedic Surgeon
HIMS, Barabanki

Prof. Ajay Kumar Singh
Bio-Chemical Engineering
HBTU, Kanpur

Poster Presentation @ Demo - 01, 02 & 03, 2nd Floor, 02:00 PM onwards

Demo-01

Chairperson

Dr. Manish Kumar Gupta
Asso. Professor
Biotechnology, VBSP University
Jaunpur

Dr. Sameena Jawaid
Asst. Professor
Dept. of Microbiology
HIMS, Barabanki

Demo-02

Chairperson

Dr. Sushmita Sil
Principal, Nursing
HIMS
Barabanki

Dr. Ravindra Nath
Asso. Professor
Comp. Science
BBAU, Lucknow

Demo-03

Chairperson

Dr. Sonia Teotia
Asst. Professor
Physiology, HIMS
Barabanki

Dr. Kulwant Singh
Faculty Member
Nursing, HIMS
Barabanki



Paper (Oral) & Poster Presentation in Hybrid Mode (Physical/Online).

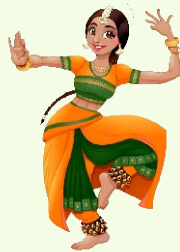
Tea Break: 05:30 PM to 06:30 PM @ 3rd Floor, HIMS, Barabanki

CULTURAL NIGHT

@ Auditorium, HIMS, Barabanki, 07:00 PM onwards

Performances by Delegates

Singing • Dancing • Fashion Show • Instrumental



Dinner

@ 3rd Floor, HIMS, Barabanki, 08:00 PM onwards

Day 02, Saturday, 11 October 2025

Registration: 08:00 AM onwards @ Ground Floor, HIMS, Barabanki

Breakfast : 08:30 AM onwards @ 3rd Floor, HIMS, Barabanki

Scientific Sessions @ Auditorium, 2nd Floor, HIMS, Barabanki

Scientific Session - 01 • Time : 09:30 AM to 10:05 AM

Topic: Cancer ! A preventable epidemic? The role of life style, diet & environment

Distinguished Speaker



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

Program Director



Prof. Hari S. Sharma
Professor, Department of Pathology &
Clinical Bioinformatics, Erasmus MC,
University Medical Centre, Rotterdam
The Netherlands

Chairperson

Dr. Manish Kumar Gupta
Asso. Professor
Biotechnology, VBSP University
Jaunpur

Dr. B.K.S. Sanjay
Padma Shri Awardee (2021)
Sr. Orthopedic Surgeon &
Social Entrepreneur, Uttarakhand

Scientific Session - 02 • Time : 10:05 AM to 10:40 AM

Topic: Holistic Wellbeing 2.0: Integrating Mind, Body, Money & Meaning at work

Distinguished Speaker



Dr. Subhasree Ray Kale
Section Head
Wellness, TVS Motor Company

Program Director



Prof. Amod Kumar Sachan
Chairman, Hind Charitable Trust
Founder - Chairman/MD
HIMS & Shekhar Hospital, Lucknow
Founder, Amod Foundation

Chairperson

Prof. Neeraj Kumar Singh
School of Business Management
CSJMU, Kanpur

Dr. Kuldeep Saxena
Past President, IMA Kanpur

Scientific Session - 03 • Time : 10:40 AM to 11:15 AM

Topic: Health is not only an asset but also a resource which must be nurtured by all.

Distinguished Speaker



Dr. B.K.S. Sanjay
Padma Shri Awardee (2021)
Sr. Orthopaedic Surgeon & Social Entrepreneur, Uttarakhand
Director, Sanjay Orthopaedic, Spine & Maternity Centre,
Dehradun, Uttarakhand
Founder President
Uttaranchal Chapter of Indian Orthopaedic Association

Program Director



Prof. SP Singh
President, Prayatna
Ex-Head, Pharmacology
GSVM Medical College, Kanpur

Chairperson

Prof. Deepak Malviya
Principal, HIMS, Barabanki

Prof. Naveen Kumar Arora
Secretary General, Society for
Environmental Sustainability
Lucknow

Dr. RA Sahu
Senior Physician, Kanpur

Scientific Session - 04 • Time : 11:15 AM to 11:50 AM

Topic: Internationalisation of Indian medical education

Distinguished Speaker



Dr. Ved Prakash
Dr. B.C. Roy National Award Recipient
Secretary General, International Council of Global Network
for Medical, Health Professions & Bioethics Education
President, Association of Medical Educators of India (AMEI)
International Co-Chair, Global Network of Medical & Health
Professions Education, Australia

Program Director



Prof. Deepak Malviya
Principal
HIMS, Barabanki

Chairperson

Prof. Shraddha Singh
Head, Physiology
KGMU, Lucknow

Dr. Sharad Katiyar
Director
Shrish Hospital, Kanpur

Scientific Session - 05 • Time : 11:50 AM to 12:25 PM

Topic: Therapeutic innovation for Pulmonary diseases

Distinguished Speaker



Prof. Hari S. Sharma
Professor, Department of Pathology and
Clinical Bioinformatics, Erasmus MC
University Medical Centre, Rotterdam
The Netherlands

Program Director



Prof. Santosh Kumar
Professor
Dept. of Respiratory Medicine
King George's Medical University UP
Lucknow

Chairperson

Prof. Abbas Ali Mahdi
Vice Chancellor
Era University, Lucknow
Dr. Alka Sharma
Former President
IMA Kanpur

Scientific Session - 06 • Time : 12:25 PM to 01:00 PM

Topic: COPING challenges in medical students life

Distinguished Speaker



Dr. Sharad Agarwal
National President, IMA HQs (2022-23)
Pro Vice Chancellor & Medical Director, KM University &
Medical College, Mathura, UP
National Chairman, IMA Hospital Board of India-2020-22
State President, IMA UP State -2014-15

Program Director



Prof. Haseeb Khan
Head, Dept of Psychiatry
HIMS, Barabanki

Chairperson

Prof. SK Katiyar
Ex-Principal
GSVM Medical College, Kanpur
Dr. Dinesh Singh Sachan
Ex-CMS, Manyawar Kashiram Hospital
Kanpur

Scientific Session - 07 • Time : 01:00 PM to 01:35 PM

Topic: Strategies to combat Air pollution & it's health hazards

Distinguished Speaker



Prof. Surya Kant
Head, Respiratory Medicine
King George's Medical University UP
Lucknow

Program Director



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

Chairperson

Prof. Rajendra Prasad
Dr. BC Roy Award Recipient
Ex-Director, VP Chest Institute, New Delhi
Ex-Head, Respiratory Medicine
KGMU, Lucknow
Mr. Shivanshu Sachan
Asst. Professor
School of Hotel Management
CSJMU Kanpur

Scientific Session - 08 • Time : 02:35 PM to 03:10 PM

Topic: Diet and Wellness : What is evidence?

Distinguished Speaker



Prof. Rajendra Prasad
Dr. BC Roy Award Recipient
Ex-Director, VP Chest Institute, New Delhi
Ex-Head, Respiratory Medicine
KGMU, Lucknow

Program Director



Dr. Sandeep Katiyar
Consultant Pulmonologist &
Interventionist, Kanpur

Chairperson

Prof. SK Katiyar
Ex-Principal
GSVM Medical College, Kanpur
Prof. Surya Kant
Head, Respiratory Medicine
KGMU, Lucknow
Prof. Arpita Singh
Dept. of Pharmacology
Dr. RMLIMS, Lucknow

Scientific Session - 09 • Time : 03:10 PM to 03:45 PM

Topic: Swarn Prashan and it's role in preventive paediatric healthcare

Distinguished Speaker



Dr. Vandana Pathak
Senior Ayurvedacharya, Kanpur
Secretary
NIMA, UP (Women forum)

Program Director



Dr. Rashmi Bhusan
Gynaecologist, Kanpur

Chairperson

Prof. Arpita Singh
Dept. of Pharmacology
Dr. RMLIMS, Lucknow
Dr. Neelima Yadav
Gynaecologist, Lucknow

Scientific Session - 10 • Time : 03:45 PM to 04:20 PM

Topic: Role of AI in Wellness

Distinguished Speaker



Prof. Vinay Kumar Pathak
President, Association of Indian Universities
Vice-Chancellor, CSJM University, Kanpur
Ex-Vice Chancellor, Uttarakhand Open University,
Vardhman Mahaveer Open University, Kota,
AKTU, Lucknow & HBTU, Kanpur

Program Director



Prof. Amod Kumar Sachan
Chairman, Hind Charitable Trust
Founder - Chairman/MD
HIMS & Shekhar Hospital, Lucknow
Founder, Amod Foundation

Chairperson

Dr. Vikas Mahatme
Padma Shri Awardee (2010)
Ophthalmologist & Social Entrepreneur
Founder, Mahatme Eye Bank &
Eye Hospital, Maharashtra
Prof. Deepak Malviya
Principal, HIMS, Barabanki

Scientific Session - 11 • Time : 04:20 PM to 04:55 PM

Topic: "UNSEEN WELLNESS"

Distinguished Speaker



Dr. Vikas Mahatme
Padma Shri Awardee (2010)
Ophthalmologist & Social Entrepreneur
Founder, Mahatme Eye Bank & Eye Hospital
Maharashtra

Program Director



Dr. Umesh Paliwal
Managing Director
Paliwal Diagnostics Pvt. Ltd.
Founder & Managing Trustee
Aaroh Foundation
Chairman, Red Cross Society, Kanpur

Dr. Rakesh Kumar Singh
Ex-President, IMA Lucknow

Dr. SK Misra
Vice President, National Board of
Examinations in Medical Sciences
MoHFW, Govt. of India

Scientific Session - 12 • Time : 04:55 PM to 05:30 PM

Topic: Evaluation of HIV scenario over 40 years in India

Distinguished Speaker



Dr. J.K. Maniar
President, HIV Welfare Society, Mumbai
Consultant in HIV Medicine
Jaslok Hospital & Research Centre
Saifee Hospital and Wockhardt Hospital &
Bhatia Hospital, Mumbai

Program Director



Dr. Rahul Mishra
General Secretary, HIV Welfare Society
Past Hony. Secretary, IMA Kanpur

Chairperson

Dr. Pratima Dubey
Asst. Prof., Physiology
Dr. RMLIMS, Lucknow

Dr. Vidushi Singh
Asst. Prof., Physiology
Dr. RMLIMS, Lucknow

Scientific Session - 13 • Time : 05:30 PM to 06:05 PM

Topic: The Weight of the Nation : Tackling Obesity in India

Distinguished Speaker



Dr. SK Misra
Vice President
National Board of Examinations in Medical Sciences
MoHFW, Govt. of India
Ex-President
Association of Surgeons of India

Program Director



Dr. Ved Prakash Mishra
Dr. B.C. Roy National Award Recipient
Secretary General, International Council of
Global Network for Medical, Health Professions
& Bioethics Education
President, Association of Medical Educators of
India (AMEI)
International Co-Chair, Global Network of
Medical & Health Professions Education
Australia

Chairperson

Dr. SN Prasad
Director, JK Cancer Institute
Kanpur

Mr. Ram Prakash Verma
Editor, Arogya Darpan

Mr. Devendra Pratap Singh
Judicial Magistrate, Kanpur

Scientific Session - 14 • Time : 06:05 PM to 06:40 PM

Topic: Sudden Cardiac deaths

Distinguished Speaker



Dr. Mohsin Wali
Padma Shri Awardee (2007)
Former physician to the President of India
Sr. Consultant, Sir Ganga Ram Hospital
New Delhi

Program Director



Prof. Awadesh Kumar Sharma
Professor, Cardiology
LPS Institute of Cardiology, Kanpur

Chairperson

Dr. Rishi Shukla
Sr. Endocrinologist
Regency Hospital, Kanpur

Prof. Ajay Kr. Verma
Head, Respiratory Medicine,
Dr. RMLIMS, Lucknow

Mr. Devendra Pratap Singh
Judicial Magistrate, Kanpur
Dr. Chaman Kumar
Senior Consultant, Kanpur

Scientific Sessions @ LT-01, Ground Floor, HIMS, Barabanki

Scientific Session - 01 • Time : 10:00 AM to 10:35 AM

Topic: Prevention of atrial fibrillation and stroke related to atrial fibrillation

Distinguished Speaker



Dr. Akash Makkar
Director, Arizona Heart Arrhythmia Associates
Phoenix, AZ, USA.
Medical Director, Electrophysiology, St Joseph
Hospital and Medical Center, Phoenix, AZ, USA
Adjunct Professor, Cardiac Electrophysiology
Creighton University School of Medicine
Phoenix, AZ, USA

Program Director



Dr. Abhay Srivastava
Chief Medical Superintendent &
Prof., Dept. of Medicine
HIMS, Barabanki, U.P.

Chairperson

Dr. Rajeev Saxena
Surgeon
Railway Hospital, Lucknow
Dr. Devashish Mukerjee
Vice Dean, Nursing
HIMS, Barabanki

Scientific Session - 02 • Time : 10:35 AM to 11:10 AM

Topic: Deciphering lab values in anemia

Distinguished Speaker



Prof. A.K. Tripathi
Ex-Director
Dr. RMLIMS, Lucknow

Program Director



Dr. Alka Sharma
Sr. Pathologist, Kanpur
Ex-President
Indian Medical Association
Kanpur branch

Chairperson

Mrs. Swastika Singh Chandel
Asst. Professor
Faculty of Allied Health Sciences
Rama University, Kanpur
Ms. Simmi Singh
Asst. Professor
Faculty of Allied Health Sciences
Rama University, Kanpur

Scientific Session - 03 • Time : 11:10 AM to 11:40 AM

Topic: Preventable ENT diseases

Distinguished Speaker



Dr. Rashmi Prashant Rajashekhar
Professor, Dept. of Oto-rhinolaryngology
Dr. D.Y. Patil Medical College, Hospital and Research
Centre, Pimpri, Pune, Maharashtra

Program Director



Dr. Sangeeta Singh Sengar
Senior ENT Specialist, Kanpur

Chairperson

Dr. Vertika Patel
Director, Lenus Hospital
Lucknow
Dr. Shriti Bala
Gynaecologist, Kanpur

Scientific Session - 04 • Time : 11:40 AM to 12:15 PM

Topic: The fitness psychology

Distinguished Speaker



Dr. Saranjeet Singh
Fitness & Sports Medicine Specialist
Sports Psychologist, NCHM(UK)
Fitness Trainer

Program Director



Prof. Suraj Kumar
Professor, Center for Physiotherapy &
Rehabilitation Sciences
Jamia Milia University (A Central University)
New Delhi

Chairperson

Prof. Anupam Sachan
Director, Dayanand Dinanath College
Institute of Pharmacy, Kanpur
Dr. Ajay Kumar Yadav
Associate Professor
School of Pharmaceutical Sciences
CSJM University, Kanpur

Scientific Session - 05 • Time : 03:55 PM to 04:30 PM

Topic: Wellness of the ageing pelvis

Distinguished Speaker



Prof. Ajay Rane
Professor and Head, Dept. of Obstetrics and
Gynaecology, James Cook University School
of Medicine, Australia
Visiting Medical Officer, Mater Hospital
Townsville
Director, Urogynaecology, Townsville Hospital, Australia

Program Director



Prof. Sonia Luthra
Unit head, Dept. of Obs. & Gynae.
HIMS, Barabanki

Chairperson

Prof. Anjana Agarwal
HIMS, Barabanki
Dr. Sheetal Agarwal
Dept. of Microbiology
HIMS, Barabanki

Scientific Session - 06 • Time : 04:30 PM to 05:05 PM

Topic: The Khushhaali Happiness model

Distinguished Speaker



Prof. Sanjay Gupta
Founder, Khushhaali Happiness Movement
Professor, Dept. of Psychiatry, IMS, BHU, UP
Head, Stress Management & Counselling centre, IMS
BHU, UP

Program Director



Dr. Ravi Kumar
Consultant Psychiatrist, Regency Hospital, Kanpur
Formerly
President, Indian Psychiatric Society, Central Zone
Asst. Director, IMA CGP Kanpur Sub Faculty
Vice President & Hony. Sec., IMA Kanpur

Chairperson

Prof. PK Dalal
Ex-Head, Dept. of Psychiatry
King George's Medical University UP
Lucknow

Prof. Shrikant Srivastava
Head, Geriatric Mental Health
King George's Medical University UP
Lucknow

Workshop on Chakra Healing : Unlock the Power Within @ LT-02, Ground Floor, HIMS, Barabanki

Time : 10:00 AM to 01:00 PM

Distinguished Speaker



Dr. Rohet Sethi
Master Numerologist & Spiritual Coach
Swar Vigyan Specialist
Healer, Author, Life Coach

Program Director



Prof. Jyoti Srivastava
Head, Microbiology
HIMS, Barabanki

Scientific Sessions @ LT-02, Ground Floor, HIMS, Barabanki

Scientific Session - 01 • Time : 03:30 PM to 04:05 PM

Topic: Acute Cardiac care around the world : The Asian perspective

Distinguished Speaker



Prof. Satyendra Tewari
Professor, Cardiology
SGPGIMS, Lucknow

Program Director



Prof. Awadesh Kumar Sharma
Professor, Cardiology
LPS Institute of Cardiology
Kanpur

Chairperson

Dr. RK Mishra
Cardiologist
HIMS, Barabanki

Dr. Nistha Singh
Asst. Prof., Physiology
HIMS, Barabanki

Scientific Session - 02 • Time : 04:05 PM to 04:40 PM

Topic: Arrhythmogenic complications of Hypertension

Distinguished Speaker



Dr. Sajid Ansari
Director
SS Heart Centre, Lucknow

Program Director



Dr. Rishi Shukla
Senior Endocrinologist
Regency Hospital, Kanpur
Patron, Society for Prevention and
Awareness of Diabetes (SPAD)

Chairperson

Prof. Awadesh Kumar Sharma
Professor, Cardiology
LPS Institute of Cardiology
Kanpur

Dr. Dinesh Singh Sachan
Ex-CMS, Manyawar Kashiram Hospital
Kanpur

Scientific Session - 03 • Time : 04:40 PM to 05:15 PM

Topic: Principle & practice of wound management in Ayurveda

Distinguished Speaker



Prof. Manoranjan Sahu
Padma Shri Awardee (2023)
Former Dean, Faculty of Ayurveda, BHU, Varanasi
Ex-Head, Ayurvedic Surgery, BHU, Varanasi
President, National Shushrut Association

Program Director



Dr. Shweta Singh
Ayurvedacharya, Kanpur

Chairperson

Dr. RA Sahu
Senior Physician
Kanpur

Dr. Pramita Dubey
Asst. Professor, Physiology
Dr. RMLIMS, Lucknow

Lunch: 01:00 PM onwards @ 3rd Floor, HIMS, Barabanki

Tea Break : 06:00 PM to 07:00 PM @ 3rd Floor, HIMS, Barabanki



Award Night

Wellness Laureates: Inspiring Journeys of Excellence



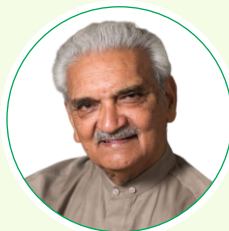
Chief Guest:

Dr. Mohsin Wali
Padma Shri Awardee (2007)
Former physician to the President of India
Sr. Consultant, Sir Ganga Ram Hospital
New Delhi



Guest of Honour:

Dr. Anil Rastogi
Former Head, Biochemistry, CDRI Lucknow
Famous Indian theater, television & film actor



Saturday, 11 October 2025 • 07:00 PM Onwards

@ Auditorium, 2nd Floor, HIMS, Barabanki

Musical Evening

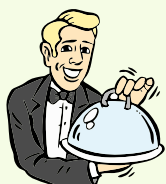
with

ROOH BAND

Saturday, 11 October 2025
08:00 PM Onwards

@ Auditorium, 2nd Floor, HIMS, Barabanki

Enjoy the live performances.



Dinner
@ 3rd Floor, HIMS Barabanki, 08:30 PM onwards



Day 03 Sunday, 12 October 2025

Registration: 08:00 AM onwards @ Ground Floor, HIMS, Barabanki

Breakfast : 08:30 AM onwards @ 3rd Floor, HIMS, Barabanki

Scientific Sessions @ Auditorium, 2nd Floor, HIMS, Barabanki

Scientific Session - 01 • Time : 09:15 AM to 09:50 AM

Topic: To Provide Quality Health care service to people of India & beyond

Distinguished Speaker



Dr. JI Meena
Principal Assessor, NABH & NQAS
Former Member, MARB, Govt of India
National Medical Commission
Division Head (SPE) & Joint Director
National Health Authority, Govt of India, N. Delhi
Member of NABH Accreditation Committee 2015 - 2017
Member of the QA Expert Group
Ministry of Health & Family Welfare, Govt of India

Program Director



Dr. Mohsin Wali
Padma Shri Awardee (2007)
Former physician to the President of India
Sr. Consultant, Sir Ganga Ram Hospital
New Delhi

Chairperson

Dr. KK Pandey
Consultant Biochemist
Regency Hospital Ltd., Kanpur
Dr. SK Katiyar
Director
Aastha Health Centre, Kanpur
Dr. Raj Kumar Gangwar
Asst. Professor
Divya College of Health Sciences
Maharajganj

Scientific Session - 02 • Time : 09:50 AM to 10:25 AM

Topic: Integrative medicine is way forward for healthcare in India

Distinguished Speaker



Prof. MLB Bhatt
Director, Kalyan Singh Superspecialty Cancer Institute
Lucknow, UP
Ex-Vice Chancellor
Hemvati Nandan Bahuguna Medical University
Uttarakhand
King George's Medical University UP, Lucknow

Program Director



Prof. Rakesh Kumar Dixit
Head
Pharmacology & Therapeutics
King George's Medical University UP
Lucknow

Chairperson

Dr. Mohsin Wali
Padma Shri Awardee (2007)
Former physician to the President of India
Sr. Consultant, Sir Ganga Ram Hospital
New Delhi
Dr. Guaran Gupta
Oncologist, Lucknow
Dr. Shivam Verma
Asst. Prof., Dept. of Physiology
Dr. RMLIMS, Lucknow

Scientific Session - 03 • Time : 10:25 AM to 11:00 AM

Topic: Why there is need of centre of Happiness at medical institutions ?

Distinguished Speaker



Prof. Ajay Singh
Vice Chancellor, UPUMS, Saifai, Etawah
Ex-Executive Director & CEO AIIMS, Bhopal, MP
Ex-Director, Super Specialty Paediatric Hospital
Post Graduate Teaching Institute, Noida, UP
Ex-Director, AIIMS, Gorakhpur, UP
Ex-Director, AIIMS, Raipur, Chhattisgarh

Program Director



Prof. DS Martolia
Head, Dept. of Community Medicine
Govt. Medical College, Kannauj



Dr. Praveen Katiyar
Asso. Professor
School of Health Sciences
CSJM University, Kanpur

Chairperson

Dr. Ram Kishore
Asst. Professor, Yoga
CSJM University, Kanpur
Dr. Ajit Singh
Director, Vimla Group of Institutions
Kanpur
Mr. Dheeraj Kumar
Asst. Director, School of Health Sciences
CSJM University, Kanpur

Scientific Session - 04 • Time : 11:00 AM to 11:35 AM

Topic: Swar Vigyan – Unlock infinite potential & transform your life through the miraculous power of breath

Distinguished Speaker



Dr. Rohet Sethi
Renowned Numerologist
Vastu expert
Swar Vigyan Specialist
Healer, Author, Life coach

Program Director



Prof. Jyoti Srivastava
Head, Microbiology
HIMS, Barabanki

Chairperson

Prof. Sudhanshu Pandiya
Director
School of Bussiness Management
CSJM University, Kanpur
Dr. Sandesh Gupta
Head, CS, UIET
CSJM University, Kanpur

Scientific Session - 05 • Time : 11:35 AM to 12:05 PM

Topic: There is no successful stressed person : A western perspective on how Vedic knowledge transforms well-being

Distinguished Speaker



Acharya Jonas Masetti
Padma Shri Awardee (2025)
Founder & Director
Vishwa Vidhya Gurukulam, Brazil

Program Director



Dr. Pankaj Gulati
Senior ENT Specialist
Formerly
President
Indian Medical Association
Kanpur branch

Chairperson

Prof. Sandeep Kumar Singh
Director, IQAC
CSJM University, Kanpur
Dr. Praveen Bhai Patel
Director, Placement
CSJMU Kanpur

Scientific Session - 06 • Time : 12:05 PM to 12:40 PM

Topic: Wellness redefined : Why gynaecological health is the core of female empowerment ?

Distinguished Speaker



Prof. Neerja Bhatla
Padma Shri Awardee (2025)
Formerly
Professor & Head, Department of Obstetrics & Gynaecology
AllIMS, New Delhi
Head, Gynaecologic Oncology, National Cancer Institute
AllIMS, Jhajjar, Haryana
President, International Federation of Gynaecology and
Obstetrics (FIGO)

Program Director



Dr. Kiran Pandey
Former Prof. & Head
Dept. of Obs. & Gynae.
GSVM Medical College, Kanpur
President, UP State Chapter of AGOI
Former President
Indian Medical Association, Kanpur branch

Chairperson

Prof. Sonia Luthra
Unit Head, Dept. of Obs &
Gynaecology, HIMs, Barabanki
Prof. Anjana Agrawal
HIMs, Barabanki

Scientific Session - 07 • Time : 12:40 PM to 01:15 PM

Topic: Three Dimensional Healthcare

Distinguished Speaker



Prof. Amod Kumar Sachan
Chairman, Hind Charitable Trust
Founder - Chairman/MD
HIMs & Shekhar Hospital, Lucknow
Founder, Amod Foundation

Program Director



Dr. Vinay Kumar Verma
Secretary
Medical Pollution Control Committee
Kanpur

Chairperson

Prof. Rakesh Kumar Dixit
Head, Pharmacology & Therapeutics
KGMU, Lucknow
Dr. Devashish Mukerjee
Vice Dean, Nursing
HIMs, Barabanki
Mr. Mukesh Kumar Gupta
Director, GG College of Nursing &
Paramedical, Agra

Scientific Session - 08 • Time : 01:15 PM to 01:50 PM

Topic: Relation of stress & wellness

Distinguished Speaker



Prof. Rakesh Kumar Dixit
Head
Pharmacology & Therapeutics
King George's Medical University UP
Lucknow

Program Director



Dr. Manas Upadhyay
Asst. Professor
School of Arts Humanities &
Social Sciences
CSJM University, Kanpur

Chairperson

Mr. Sudheer Srivastava
Deputy Director, MSME & Exports Promotion
Govt. of UP
Prof. Santosh Kumar Burman
Ex-Head, Dept. of Community Medicine
GSVM Medical College, Kanpur
Dr. Hina Vaish
Asst. Director, IQAC, CSJMU Kanpur
Mr. Dheeraj Kumar
Asst. Director, SHS, CSJMU Kanpur

Scientific Session - 09 • Time : 02:45 PM to 03:20 PM



**Maa Chandramukhi
Memorial Oration**

Topic: Cancer menace - prevention and screening

Distinguished Speaker



Dr. Dinesh Chandra Katiyar
Senior Oncologist
Venketeshwar Hospital, New Delhi

Program Director



Dr. Sharad Singh
Prof. & Head
Dept. of Radiation Oncology
Kalyan Singh Super Speciality Cancer
Institute, Lucknow

Chairperson

Mr. DM Katiyar
Chief Tax Officer, Lucknow
Mrs. Nidhi Mohan Katiyar
Joint Commissioner, GST, Lucknow
Dr. Shashi Alok
National President, SPSR, Jhansi
Dr. Shivam Verma
Asst. Prof., Dept. of Physiology
Dr. RMLIMS, Lucknow

Scientific Session - 10 • Time : 03:20 PM to 03:55 PM

Topic: Medicine is Art & Science

Distinguished Speaker



Prof. Ravi Kant
Padma Shri Awardee (2016), Dr. B.C. Roy Award Recipient (2014)
Yash Bharti Award Recipient (2016)
Formerly
Director, AllIMS, Rishikesh, UK, India
Vice Chancellor, King George's Medical University UP, Lucknow
Professor, Surgery, Maulana Azad Medical College
University of Delhi, New Delhi

Program Director



Prof. Yashawant Kumar Rao
Dept. of Pediatrics
GSVM Medical College, Kanpur

Chairperson

Dr. Aditya Tripathi
Intensivist, Kanpur
Prof. Prashant Tripathi
Professor, Biochemistry
Jalaun Medical College, Orai
Dr. Nistha Singh
Asst. Prof., Physiology
HIMs, Barabanki
Mr. Vishwadeep Mishra
Asst. Prof., SHS, CSJMU Kanpur

Scientific Session - 11 • Time : 03:55 PM to 04:30 PM

Topic: "Revised definition of obesity and strategic prioritization of it's management"

Distinguished Speaker



Prof. Anoop Mishra
Padma Shri Awardee (2007)
Dr. B.C. Roy Award recipient (2006)
Chairman, Fortis-C-DOC Centre of Excellence
for Diabetes, Metabolic Diseases and Endocrinology, New Delhi
Chairman, National Diabetes, Obesity and
Cholesterol Foundation (N-DOC), New Delhi
President, Diabetes Foundation (India) (DFI)

Program Director



Dr. Vivek Singh Sachan
Director, Campus Alumni
CSJM University Kanpur

Chairperson

Dr. Yashwant Kumar Rao
Dept. of Pediatrics
GSVM Medical College, Kanpur
Dr. Adarsh Srivastava
Asst. Dean, R & D
CSJMU Kanpur
Mr. Santosh Kumar Yadav
Asst. Prof., SHS, CSJMU Kanpur

Scientific Sessions @ LT-01, Ground Floor, HIMS, Barabanki

Scientific Session - 01 • Time : 09:30 AM to 10:05 AM

Topic: "Targeting Citrate transport in bone: A novel approach to enhance skeletal wellness"

Distinguished Speaker



Dr. Priya Bhardwaj
Senior Scientist
Department of Orthopedic Surgery
Washington University
St. Louis, USA

Program Director



Prof. Ajay Kumar Verma
Head
Dept. of Respiratory Medicine
Dr. RMLIMS, Lucknow

Chairperson

Dr. Manish Kumar Gupta
Asso. Prof., Biotechnology,
VBSP University, Jaunpur
Dr. Anuradha Kalani
Dean, Projects
CSJM University, Kanpur

Scientific Session - 02 • Time : 10:05 AM to 10:40 AM

Topic: "Wellness without borders: ACP SoCal 3 insights for global lessons & local impact"

Distinguished Speaker



Dr. Vineet Gupta
Clinical Professor of Medicine
& Hospitalist, University of California
USA

Program Director



Mrs. Swastika Singh Chandel
Asst. Professor
Faculty of Allied Health Sciences
Rama University, Kanpur

Chairperson

Dr. Shyam Mishra
Coordinator, NSS
CSJM University, Kanpur
Dr. Anuradha Kalani
Dean, Projects
CSJM University, Kanpur

Scientific Session - 03 • Time : 10:40 AM to 11:15 AM

Topic: Self care for better patient care : Beating burnout improving work life integration & physician wellness

Distinguished Speaker



Dr. Rashmi Tondon
Asso. Prof., Pathology and Laboratory Medicine
Gastrointestinal and Hepatobiliary Pathology
Division of Anatomic Pathology
Perelman School of Medicine,
University of Pennsylvania, USA

Program Director



Dr. Mohsin Wali
Padma Shri Awardee (2007)
Former physician to the President of India
Sr. Consultant, Sir Ganga Ram Hospital
New Delhi

Chairperson

Dr. Vinay Verma
Secretary, MPCC, Kanpur
Dr. Aditya Tripathi
Intensivist, Kanpur
Dr. Seema Burman
Asst. Prof., Forensic Medicine
Govt. Medical College, Kannauj

Scientific Session - 04 • Time : 11:15 AM to 11:50 AM

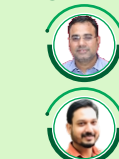
Topic: Pharmacological approaches for anti ageing: A holistic perspective

Distinguished Speaker



Prof. Suraj Kumar
Professor
Center for Physiotherapy and Rehabilitation Sciences
Jamia Millia University (A Central University)
Jamia Nagar, New Delhi

Program Director



Dr. Digvijay Sharma
Asso. Dean, Administration
CSJM University, Kanpur

Mr. Umesh Kumar Maurya
Asst. Prof., SHS
CSJM University, Kanpur

Chairperson

Dr. Adarsh Srivastava
Asst. Dean, R & D, CSJMU Kanpur
Mr. Dayashankar Rastogi
Asst. Prof., SHS, CSJMU Kanpur
Mr. Vishvadeep Mishra
Asst. Prof., SHS, CSJMU Kanpur

Scientific Session - 05 • Time : 11:50 AM to 12:25 PM

Topic: Physician heal thyself

Distinguished Speaker



Dr. Dileep Gupta
Orthopedic Surgeon
OAM Orthopedic & Multi Speciality Hospital
Basti, UP

Program Director



Prof. Santosh Kumar Burman
Ex-Head
Dept. of Community Medicine
GSVM Medical College, Kanpur

Chairperson

Dr. Digvijay Sharma
Asso. Dean, Administration
CSJM University, Kanpur
Dr. Umesh Maurya (PT)
Asst. Prof., SHS
CSJM University, Kanpur
Dr. Vaibhav Agnihotri (PT)
Lucknow

Scientific Session - 06 • Time : 12:25 PM to 01:00 PM

Topic: "Physiotherapy for holistic health"

Distinguished Speaker



Dr. Sohrab Ahmad Khan
Head, Department of Physiotherapy
Head, Department of Paramedical Sciences
SNSAH, Jamia Hamdard, New Delhi

Program Director



Dr. Adarsh Srivastava
Assistant Dean, R & D
CSJM University, Kanpur

Chairperson

Dr. Amit Mishra (PT)
Senior Physiotherapist
Kanpur
Dr. Aditya Sengar(PT)
Physiotherapist
Kanpur
Mr. Santosh Kumar Yadav
Asst. Prof., SHS, CSJMU Kanpur

Scientific Session - 07 • Time : 02:00 PM to 02:35 PM

Topic: "Midlife women's Health : The impact of HRT"

Distinguished Speaker



Prof. Mary Ann Lumsden
Hony. Professor
Medical Education & Gynaecology
University of Glasgow, Scotland, U.K.
Formerly
CEO, FIGO, President, International Menopause Society
Chair, British Menopause Society

Program Director



Dr. Kiran Pandey
Former Prof. & Head
Dept. of Obs. & Gynae.
GSVM Medical College, Kanpur
President, UP State Chapter of AGOI
Former President
Indian Medical Association, Kanpur branch

Chairperson

Dr. Nistha Singh
Asst. Prof., Physiology
HIMS, Barabanki
Dr. Hina Vaish
Asst. Director, IQAC
CSJMU Kanpur
Dr. Sushmita Sil
Principal, Nursing
HIMS, Barabanki

Lunch: 01:00 PM onwards @ 3rd Floor, HIMS, Barabanki

VALEDICTORY CEREMONY

04:30 PM onwards @ Auditorium, 2nd Floor, HIMS Barabanki

Hi - Tea : 5 PM @ 3rd Floor, HIMS, Barabanki



If you want to attend
the conference online, Please join the



link, which will be provided in the
whatsapp group of the delegates
on 10, 11 & 12 Oct. 2025.

warm
welcome

Wellness Con Secretariat:

Prayatna, House No. 117, Q Block, 490/10
Sharda Nagar, Kanpur, U.P.-208025, India

Hind Institute of Medical Sciences
Safedabad, Barabanki, U.P.-225001, India

Contact:

wellnesscon19@gmail.com
www.ijw.co.in | www.himsup.com
9415132492, 9935565432, 9415510866

Whatsapp : 9415132492, 9935565432, 9415510866

Wellness Con - 2025



Prof. Amod Kr. Sachan

Chairman

Hind Charitable Trust &

Chief Patron, Wellness Con - 2025

Wellness Con-2025 will serve as a vibrant platform for participants to cultivate a healthier lifestyle, fostering the embrace of habits and attitudes that nurture their overall well-being. This conference aspires to champion and uplift research endeavors that will encourage the wellness of our nation.



Prof. SK Katiyar

Former Principal

GSVM Medical College, Kanpur

Patron, Prayatna

Patron, Wellness Con- 2025



Prof. SP Singh

Former Head, Pharmacology

GSVM Medical College, Kanpur

President, Prayatna

Patron, Wellness Con-2025



Prof. Deepak Malviya

Principal, HIMS Barabanki

Former Director

RML Institute of Medical Sciences, LKO.

Patron, Wellness Con-2025

With sincere warmth and appreciation, we welcome all the participants of Wellness Con-2025. This illustrious international gathering stands as a vibrant celebration of holistic well-being, innovation and the spirit of global collaboration. We invite you to immerse yourselves fully, to share your wisdom and to welcome fresh perspectives that inspire a healthier, more harmonious world. May your journey here be profoundly meaningful and enriching.



Dr. AS Prasad

Chairperson



Dr. AK Trivedi

Co-Chairperson



Dr. Praveen Katiyar

Convener



Prof. Jyoti Srivastava

Org. Secretary



Dr. Ajay Kr. Gupta

Org. Secretary



Prof. Rakesh Kr. Dixit

Org. Secretary



Prof. Ashok Kumar

President

ISLS

Director

Scientific Committee



Dr. Rahul Mishra

General Secretary

HIV Welfare Society

Jt. Director

Scientific Committee



Prof. Ajay Kr. Singh

Bio-Chemical Engineering

HBTU, Kanpur



Dr. Manish Kr. Gupta

Asso. Prof., Biotechnology

VBSP University, Jaunpur



Dr. Ravindra Nath

Asso. Prof., Comp. Sci.

BBAU, Lucknow



Dr. Shashi Alok

National President

SPSR, Jhansi



Dr. Vivek Singh Sachan

Asso. Prof., SBM

CSJMU, Kanpur

Jt. Organising Secretaries



Dr. Kaushlendra Kr. Pandey

Consultant Biochemist

Regency Hospital Ltd., Kanpur

Treasurer



Prof. Yashwant Kr. Rao

Dept. of Pediatrics

GSVM Medical College, Kanpur

Editor-in-Chief, Souvenir & Abstract Book



Mr. Varun Srivastava

CEO

HIMS, Barabanki

Venue Co-ordinator

In association with

Powered by



CSJM University, Kanpur

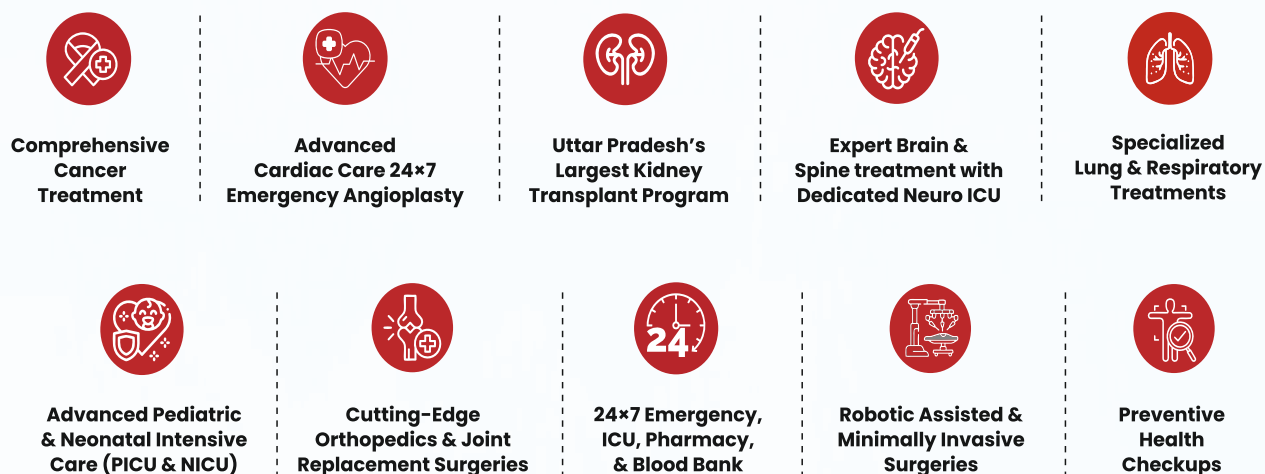




WHAT MAKES US EXPERTS IN TRUST



OUR EXCELLENCE





- One of the 10 most admired Diagnostic Center of India.
- Largest Diagnostics Lab of Uttar Pradesh.



23
उत्कृष्ट लैब्स



250 +
कलेक्शन सेंटर



270 +
पिकअप पॉइंट्स



10 लाख
कुल पेशेंट प्रतिवर्ष
(2024-25) में



Dr. Umesh Paliwal
Managing Director

27
पलीवाल

स्वर्णिम वर्ष
1997-2025



Dr. Mridula Paliwal
Managing Director

Paliwal Diagnostics Pvt. Ltd.

CENTRAL LAB - 117/H-1/02, Pandu Nagar, Near J.K. Temple, Kanpur

Tel. : 0512- 2335500, 2235821, 2232962

*** FACILITIES ***

- ★ PATHOLOGY ★ C.T.SCAN ★ ULTRASOUND ★ DIGITAL X-RAY ★ CARDIOLOGY
- ★ DOPPLER STUDY ★ DENTAL X-RAY ★ PFT ★ EEG ★ AUDIOMETRY ★ EYE & EAR

हमारे विभिन्न किफायती हेल्थ पैकेजेस में से आज ही चुनें,
अधिक जानकारी के लिए हेल्पलाइन नं. पर संपर्क करें।

Home Collection/ Help Line

☎ 9305028499, 7311130006, 9336843141

☎ 6390335500

● Email :-customercare.pdpl@lalpathlabs.com

🌐 www.paliwaldiagnostics.in

लैब जैसी सुविधा
अब घर पर भी



स्वच्छता



सुविधा



भरोसा



मुख्य शाखा लैब

परख डायग्नोस्टिक
सेन्टर

सी.टी. स्कैन, एक्सरे, अल्ट्रासाउंड व सभी पैथोलॉजी जाँचें

37/17 वेस्टकोर्ट बिल्डिंग कैम्पस, द मॉल, कानपुर
फो.: 0512-2363605, 2304005, 9919406571



साउथ ब्रान्च

मातृ छाया बिल्डिंग
621/37, W-2 बर्रा
निकट सचान गेस्ट हाउस
फोन: 9335093357, 9838900770

Paliwal

Diagnostics
(P) Ltd



In association with

Dr Lal PathLabs