

# Wellness Con - 2025

## 2<sup>nd</sup> 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



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## 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. A.K. 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 Honor:

**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. A.S 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 Kuma 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. N.S. 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. D.K. 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

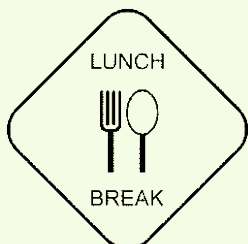
##### Program Director



**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. S.P 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. R.A 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 Mandi**  
Vice Chancellor  
Era University, Lucknow  
**Dr. Alka Sharma**  
Ex-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. S.K. 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  
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. R.A. 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



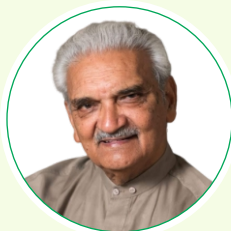
## Chief Guest:

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



## Guest of Honor:

**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

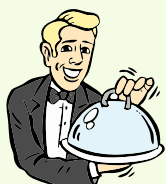
with

## 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. K.K. Pandey**  
Consultant Biochemist  
Regency Hospital Ltd., Kanpur  
**Dr. S.K. 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 AM

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

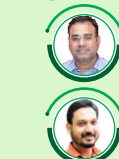
Topic: Pharmacological approaches for anti ageing: A holistic perspective

### 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, 2<sup>nd</sup> 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:

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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



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Org. Secretary



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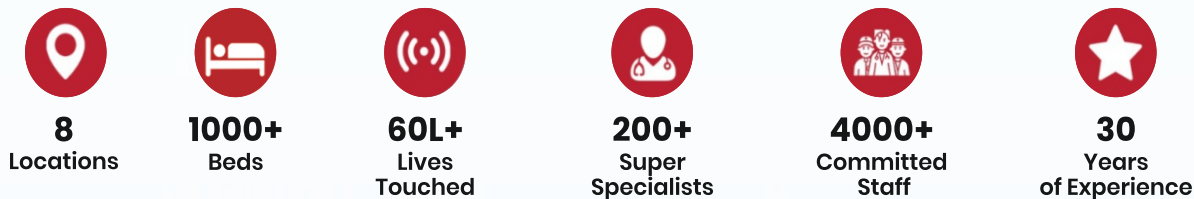
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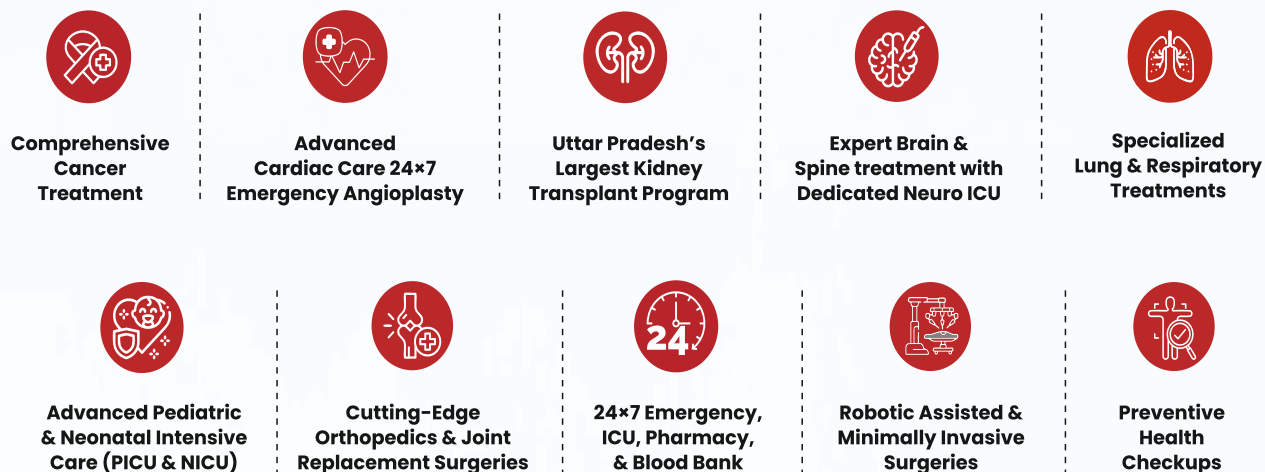
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